

Why Include Other Grains in Your Food Storage?

They taste good! We get tired of eating the same foods over and over, and we may prefer not to eat at all, rather than eat that same food again. This is called appetite fatigue. Children and the elderly are especially susceptible to it. This is something we want to avoid, and is why we need variety! Also a wide assortment of grains will ensure better nutrition. I would rather have a three month supply of lots of different things, that would give nourishment and a feeling of well-being to my family, than a one year supply of wheat alone. Of course, our goal is to have a one year supply that will fully sustain us.

Many people are allergic to wheat. Many more can become allergic if necessity forced them to eat it at every meal- babies, children, and the elderly. Diarrhea can be fatal! Other mild grains can provide a host of possibilities for those with health problems, or the very young. An emergency will tax every one of our resources. "A stressful period is not a good time to totally change your diet" – Vicki Tate. Begin now to incorporate these delicious grains into your diet. Find out now what will work for your family. It's better to discover the food storage mistakes now while there is still time and means to correct them.

The following is a list of grains that can be stored in tight lidded buckets, cans or jars. Kept cool and dry, they will keep for a year or more (often much longer).

- **Corn**- cornbread, cornmeal mush, tortillas, succotash (buy only organic corn)
- **Popcorn** – for popping!! Adds fun to your food storage. And fiber. (Only keeps for two years because it tends to dry out, and will no longer pop. After that point, grind it!)
- **Millet** – crackers, cereal, good served with other grains, mild enough for babies.
- **Buckwheat Groats** – cereal, pancakes, breads, mild enough for babies, this plant belongs to the rhubarb family. Wonderful sprouted.
- **Brown Rice** – There are 101 ways to serve rice! One of the best mild grains for babies. Will store up to 2 years, or more, if kept cool and dry. Brown rice is MUCH better than white in terms of nutritional value and flavor. White rice will not sustain life.
- **Lentils** – A legume that is good combined with grains in soups and stews.
- **Rolled Oats** – breakfast cereal, granola, breads, muffins, mild and easy to digest.
- **Oat Groats** (whole grain oats) – These are for sprouting. Must be kept cool and dry because it has a higher fat content (similar to rice).
- **Barley** – soups, cereals, sprouts can be used in salads.
- **Quinoa** – (pronounced Keen-Wah) great steamed with vegetables. A complete protein grain from South America.
- **Rye**- breads, cereals, crackers, sprouting.
- **Flax Seed**- breads, used in crackers it acts as a binder as well as adding wonderful nutrients and *crunchiness*.
- **Kamut**- great sprouted and in soups (from Egypt).
- **Spelt**- Ancestor of wheat from the British Isles
- **Teff**- Highly nutritious, from Africa, makes a wonderful porridge
- **Chia**- from Mexico, very bland, but highly nutritious. A good thickener. Mild for babies.
- **Einkorn**- an ancient grain from Europe.