

Storing Grains and Legumes (Wheat, Rice, etc. and Beans)

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I always obtain HDPE(2) buckets and lids. I can recommend US Plastics, they have great service and reasonable prices. I now recommend using 5 gallon buckets only, because I discovered that the common size of mylar bags I work with (20" x 23") actually let me store the same amount of food as I could with the 6 gallon buckets. I suppose if I had a large bag I could make use of the taller bucket, but I'm not that concerned about this.

Normally each time I do a "bucket" run I plan on doing (4) at once. In this example, we used (100lbs) of Pinto beans with the goal of storing 25 lbs of beans per 5 gallon bucket.

First, place the mylar bag in the bucket and then drop (2) Oxygen absorbers into the bottom. Fill the bucket with 25 lbs of beans, drop (2) more Oxygen absorber packets on top, then begin to seal the mylar. I use (4) 750 cc absorbers but it's overkill. I just want to make sure I eliminate any vermin and halt food decay.



Once you've filled the bucket, you are ready to begin heat sealing. Since we're poor and do not see the need to purchase a fancy heat sealer, we use a common household appliance, an electric iron with an old tee-shirt to prevent the iron from melting the mylar bag.

We fold the mylar bag over a thin piece of wood we sit over the top of the bucket. We usually start in one corner, sealing it well, then work our way across the top of the bag. In the example below, we have already sealed the corner of the bag and are now lining up the edges of the bag in preparation of heating it.



We lay the tee-shirt over top of the mylar bag after lining it up, and then apply the iron over the tee-shirt. We set the iron to about $\frac{3}{4}$ on the dial, somewhere in the lower steam range. I often just let the iron sit there for up to a minute which is about the longest you'd want to heat an area. I work my way across the top of the bag, re-aligning the edges of the bag as needed until the depth of my heat seal is at least 4 inches.



I leave the last corner of the bag open, then press down on the bag until I've bled as much air out as possible. Then I begin to seal the last corner.

Here you see the last corner unsealed just after I compressed the air out, and then I sealed the last corner. After it cools down, test the seal by pushing on the mylar bag, it should remain slightly puffed and pillow-like, otherwise listen for a leak and re-heat the seal until you've solved the problem.



Once you have your mylar bags well-sealed, you're ready to put the lids on. I simply lay the bucket lids on top of the bucket and using a couple thick layers of cardboard, use a small sledge hammer tapping the lids on, making sure I have each lid on evenly until they're locked on tight.



There is nothing difficult about storing grains like wheat, rice, and legumes (beans) using this method and you're going to be able to put away a lot of food quickly. This is the most important part of your food stockpiling in my humble opinion. You can survive on beans and rice. You can supplement this rather boring diet with canned meats, game that you hunt, or your farm animals as well as your garden. The key factor is that you can get by on rice and beans alone for awhile.