

# "SEEDS ARE FOR SHARING"

## APRIL 08 NEWSLETTER

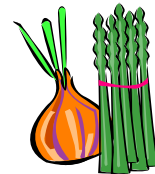
### "STEPPING NATURALLY INTO SPRING"

**Whether it's inside or out, in the garden or in the kitchen, going natural can add bounce to your step and years to your life.**

- your family
- your health
- your budget
- your time

#### TABLE OF CONTENTS

- Organic Seeds
- Planting Tomatoes
- Benefits of Nasturtiums
- Seed Early & Accurately
- Early Salad Greens
- Raccoons Love Corn
- Seeding Sweet Peas
- Soften Paint Brushes
- Natural Drain & Toilet Cleaners
- Ginger For Our Health
- Apple Cider Vinegar For Our Health
- Benefits of Buckwheat
- Crunchy Buckwheat Cookies
- Buckwheat Batter Pancakes
- Buckwheat Soup
- Buckwheat Pillows



## **ENJOY GARDENING NATURALLY**

As we see the snow melt and feel the warm sunshine, our thoughts are often drawn to the outside and to plans for our garden.

### **ORGANIC SEEDS**

This year I decided to order organic seeds. I have always been careful to keep the garden organic by using manure and mulch as a fertilizer. I did companion planting or used natural sprays to keep away the insects that could harm the produce, so I felt it was time to go all the way and order organic seeds.

### **SAVING SEEDS FOR THE FUTURE**

A plus when buying organic seed will be that I can save some seeds for next year's garden. This is not possible when using hybrid seed. But that's getting ahead of myself. We will talk about that during the summer, when the garden's produce begins to mature and it is time to save seeds.

### **TRANSPLANTING TOMATO PLANTS**

The seeds arrived a few weeks ago, so the tomatoes are about an inch tall now. I will transplant them this week into individual 4 or 5 inch pots so they can grow properly, and when I put them into the garden, I will be able to carefully place the root system with the plant into the hole, without disturbing it. There will be little set back and the plant will continue to grow. I cut the bottom out of a plastic pail and put this around the plant to protect it from wind and from frost if it should dip below freezing some nights. As well, this way it is easy to cover the pails with a blanket or large sheet of plastic without disturbing the plants. It can be removed easily in the morning, after the frost is past.

### **NASTURSIUMS**

I was reading this winter of the benefits of nasturtium plants to ward off insects, so I bought a package and started them in the house as well. But I didn't realize they grow so quickly. They are now 6 inches tall and it isn't nearly time to put them out. So I cut the tops off and hopefully they will bush out. I may have to do that again before they are transplanted into the garden. I have decided to get another package to seed right into the garden when danger of frost is past. Seeing they grew so quickly, this will probably be my procedure in years to come. I will plant several rows throughout the garden, especially where the cabbage, broccoli, cauliflower, kale and Brussels sprouts will be planted.



### **GRAMMA'S NATURAL PROTECTION**

Now I understands why Gramma had rows of nasturtiums in her garden. The orange, yellow and golden flowers were very pretty, so I never wondered why she planted them. She depended on this garden for a whole years supply of fruits and vegetables, so she took care of it as best she could. As well, I remember that she had the onions and garlic planted here and there amongst the other vegetables. This truly was companion planting, and now I know her reasoning.

### **SEED AS RECOMMENDED**

Seeds are not cheap, so be careful to seed as recommended. Later when they are up, you may have to pull out a few so they are still not too thick, but by spacing the seeds, you will have less to thin out later. Cucumbers, melons, squash or pumpkins will not produce properly when the plants are too close.

### **SMALL SEEDS**

Small seeds can be put into a spice bottle that has small holes for sprinkling small even amounts. Carrots, lettuce, onions and flower seeds are often quite small and should not be seeded too close.

### **EARLY PLANTING**

Some seeds grow best when seeded as early as one can get into the garden. These are carrots, beets, spinach and lettuce. They will sprout in soil at 40 °F. As well, if you didn't plant the garlic bulbs out late last fall, you will want to put them into the garden as soon as you can get into it.

### **SAVE GARLIC FOR SEED**

Here as well, I want to save some of the garlic heads that will be harvested this year, break them into cloves and plant them this coming fall for larger bulbs next summer. I did that one year, and the heads were much larger than when I planted in spring. I just have to put them into a spot where I will not be cultivating in spring, and of course, mark them well.

### **FIRST SALAD GREENS**

If you are lucky, you may have volunteer spinach come up in the garden that seeded out last fall. When I see these between the rows, I leave them grow and it means early salad greens to add and enjoy.

If young dandelion leaves are in a spot where the dogs and cats or other animals can't get at them, they as well can be added to salads.

But other greens such as Swiss chard, lettuce, water cress, or beet leaves all add nutrition to a salad, so enjoy these special treats.

### **RACCOONS**

Raccoons love corn, so plant the corn inside a border of cucumbers, squash, melons and pumpkins and they will be sure to stay away. Be sure that the vines completely surround the corn. We don't have raccoons because our dog chases them away, so this year I have decided to try this method at the farm where we have our cattle. I started a small garden there last year and I want to test the raccoons. The lady who lived there earlier found it did keep them from eating her corn.



**For more natural garden remedies**, see my newsletters written in the past years on the website. As well I will share more in the summer as the gardens grow.

**SWEET PEAS** as well should be planted early for the most growth and flowers. My best sweet peas were planted early in spring in a trench I dug 6 inches deep. I covered the seeds with 1 inch of soil. A four foot chicken fence gave them the opportunity to climb all the way to the top and more. This row had plenty of sun for most of the day.



## **ENJOY CLEANING, REDECORATING & PAINTING ... NATURALLY!**

### **HARDENED PAINT BRUSHES**

Cover them with boiling vinegar and let stand 1 hour. Then bring this to a boil and simmer 30 minutes. Rinse and rub to take out the paint. Repeat if necessary.

### **CLEANING SHOWER TILES**

MIX apple cider vinegar and water 50/50 and wash clean.

### **CLEANING WINDOWS**

Add ½ cup water to warm water. Wash windows and dry with a clean soft cloth.

### **DRAIN CLEANING**

Weekly, I put ¼ cup baking soda followed by ½ cup vinegar and then 2 litres of boiling water into each drain. Since I started this, I have never had a plugged drain.

But when I first started this procedure, I had a clogged drain. I did the above remedy once, and then used the plunger to get it down. I repeated this a number of times, until it was running well.

This is so very inexpensive, but as well a very natural and non-toxic remedy.

### **CLEANING TOILETS**

Here as well I use baking soda and vinegar and scrub with the toilet brush. I buy baking soda in bulk and have a litre jar in each bathroom. I also have 2 gallons of vinegar in the house at all times.

I use baking soda on a damp rag to clean the chrome rims on the stove elements, to clean my toaster and other chrome appliances. Besides all the savings on buying cleaners, this is so very environmentally friendly.

### **TOOTH PASTE**

Mix equal amounts of salt and baking soda in a salt shaker and sprinkle on your tooth brush to brush your teeth.

**These remedies are so very inexpensive,  
but as well they are natural and safe for our environment.**

**See Winning Ways cookbook  
for more ways to enjoy life in a natural way!**

## **ENJOY GOOD HEALTH . . . NATURALLY!**

### **BACK TO BASICS**

When we read about the first settlers to our country many years ago, why is it that they only had to shop a few times a year to pick up a few basic supplies?

Today we find ourselves shopping every week or sometimes even more than that and the choices are endless.

This winter I wanted to try a new recipe that called for a special flavor of gelatin. I couldn't believe the choices that were before me. There were so many different name brands, so I went for the less expensive packages. But there were so many different kinds of each brand, so I started reading labels.

I found some were still sweetened with sugar, but others had different artificial sweeteners, some which are not found to be good for us. I finally picked the package with the least harmful additives and decided I would make gelatin from scratch after this.

But we have choices like this in every aisle.

I have learned to do most of my shopping in the Bulk, the Vegetables & Fruits, the Dairy and the Baking Needs aisles. I have a grain mill, a dehydrator and a dough mixing machine so many items are made right in our home. Previous newsletters give directions for making many of these and you can find them on the website, but I will share a couple of ones that I am now using and enjoying regularly.

### **GINGER**

I love to add ginger root to recipes as it give a wonderful flavor. On one of my shopping trips, I got a kilogram bag of ginger for \$1.00. I realized this wouldn't keep very long in the fridge and if I freeze it all, would I ever remember to take it out to use when I am cooking a meal?

I shredded it all up, dehydrated it and then blended it up into a powder. I bagged it in small food grade bags and froze it. It probably would have kept in the cupboard, but I like to freeze all of these powders in a basket in the freezer. If it is a powder that I use every day, I will take it out a bag at a time

If you don't have a dehydrator, this shredded ginger can also be frozen to use that way. You will need to use more for the same results.

### **GINGER FOR . . . colds, sinus problems and sore throat**

When you have one of these or you feel it coming, have a hot cup of ginger tea at least 4 times a day.

*GINGER TEA - To ½ teaspoon powdered ginger, 1 teaspoon honey, 1 teaspoon lemon juice, add 1 cup boiling water.*

### **GINGER FOR . . . constipation, gas or digestion problems**

As maintenance, have a hot cup of ginger tea every evening before retiring on a regular basis.

When these are a problem, drink this tea oftener throughout the day.

### **GINGER BATH**

Add 2 teaspoons ginger powder to bath water and soak in it.

P.S.

The ginger will raise the temperature of the water, so be careful that the water isn't too hot.

### **APPLE CIDER VINEGAR**

For a few years now I have been gargling with a mixture of apple cider vinegar and water, 50/50 whenever I feel I am getting a sore throat or hoarse voice. It always stops the sore throat and I continue until my voice is also better.

APPLE CIDER VINEGAR contains essential amino acids, healthy enzymes and many vitamins and mineral. They say we benefit greatly from having 2 tablespoons a day. It can be taken all at once in warm water or sipped gradually or used in a salad dressing. They say it improves our memory and keeps us alert; it helps fight germs and fights cold, and keeps our urinary tract nice and acidic. Add it to bath water; rinse your hair with a solution of 1 part apple cider vinegar to 4 parts water. Apple Cider Vinegar can be applied to itchy skin or bug bites.

## ***ENJOY THE NUTRITIOUS RECIPES BELOW***

### **BUCKWHEAT**

- ***a great seed that provides plenty of nutrition***
- ***a great substitute for grains***

Buckwheat contains protein, calcium, iron, magnesium, copper, rutin, Vitamin E, phosphorus, potassium and some of the B vitamins.

Buckwheat is a great substitute for wheat or other grains for those who have allergies to gluten.

Buckwheat flour can be added to breads, pancakes, muffins and cookies.

I have a friend who is trying to get by without using wheat in her food, so I thought I would try using buckwheat and we love the result. It will be a good healthy cookie for our lunch pails at seeding time as well.

### **DAD'S CRUNCHY COOKIES** - 12 dozen

To make it a softer cookie, use brown sugar instead of white and raisins instead of chocolate chips.

1 ½ cups soft margarine

3 cups sugar

6 eggs

1 tablespoon vanilla

1 ½ teaspoons salt

3 tablespoons molasses

The above ingredients can be beaten

Add the following, kneading in order given, unless you have a Bosch and can add all the ingredients at once.

1 tablespoon baking soda  
1 tablespoon baking powder  
6 cups oatmeal  
2 ½ cups buckwheat (in blender, process until fine and use 2 cups in recipe)  
2 cups unbleached flour (or buckwheat or rice flour for gluten free cookies)  
1 cup coconut  
2 cups chocolate chips (or raisin if you prefer)  
2 cups sunflower seeds (or nuts if you prefer)  
Spoon in small amounts on to a greased cookie sheet. Bake at 350 °F for  
12 - 15 minutes, or until browned lightly.

*Buckwheat grouts can also be cooked to use in place of rice in many recipes or it can be rolled to add to porridge, cookies or bread.*

Or enjoy these yummy **BUCKWHEAT BATTER PANCAKES!**

- 12 medium pancakes

We made this last month at cooking class and every lady said her family had loved them, when she made them, even the young children!



1/2 cup whole wheat kernels  
1/2 cup buckwheat kernels  
1cup milk  
2 tablespoons oil  
2 tablespoons honey  
2 teaspoons baking powder  
1 large egg

Put wheat and milk into the blender, cover and mix on high for 2 minutes. Add buckwheat and blend another 2 minutes. Add remaining ingredients and blend only until mixed. Pour into circles on a very lightly oiled griddle. Fry both sides. Serve with syrup, thickened fruit, cottage cheese or yogurt.

***For all of you, like me, who have been learning about the phytic acid in seeds, I have included the following option of preparation in the above pancake recipe:***

**\*To break down the phytic acid in the bran of the wheat and buckwheat so it is easier to digest I have chosen to make this recipe as follows:**

*After blending the grains and milk, pour into a glass bowl. Mix in 1 teaspoon lemon juice and put into fridge for 8 - 24 hours. Then blend in the egg, oil, baking powder and honey. (If it seems a bit too thin, I add 1 tablespoon flour) Fry and serve as above.*

*As research continues, we are being made aware of the benefits of eating buckwheat. Some ethnic groups have been using it considerably, while many of us are just learning. Some time ago there was a full-page article in the Manitoba Cooperator on research and benefits of buckwheat. We are being told that buckwheat can make a difference in our fight against some diseases, so I thought it was a good idea to share a few recipes that we enjoy in our home.*

## **BUCKWHEAT CABBAGE ROLLS**

3 dozen small to medium



- 2 pound head of cabbage
- 1 cup buckwheat groats (whole shelled buckwheat)
- 2 cups water
- 1 pound lean burger
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 medium onion
- 2 eggs
- ½ cup whole grain flour (or unbleached)
- 2 cups tomato sauce

Cut the core out of the cabbage. Simmer the head in a bit of water until the leaves become limp. Cook the buckwheat with the 2 cups of water for ten minutes. Remove from heat and allow to cool slightly. Mix together all the ingredients except the cabbage. Place a spoon full on each cabbage leaf. Roll up the leaves and place into a roaster. Pour the sauce over, cover the roaster and bake it for one and one half hours at 350 °F.

*Buckwheat contains dietary fibre, unsaturated fatty acids, antioxidants, phytosterols and phytoestrogen.*

*The antioxidant activity of buckwheat is higher than most fruits and vegetables.*

*With its high soluble and insoluble fibre, buckwheat is useful in preventing constipation.*



## **BUCKWHEAT SOUP**

- 5 quarts

This is a great healthy soup to enjoy when recovering from the flu or a cold.

- 4 litres broth made from chicken or turkey bones once the meat has been removed.
- 1 large onion
- 3 cloves garlic
- 2 cups chopped celery
- 3 cups shredded carrots
- 1 cup buckwheat groats

3 teaspoons salt

½ cup parsley flakes

Strain the broth and put it into a large pot. In a blender, process the onion and garlic in half a cup of water. Put all the ingredients into the pot and simmer for an hour or two.

If this is too much soup, freeze some containers to thaw and eat at another time.

*Buckwheat flour can be used as part of the flour in cookies, muffins or other baking.*

*Buckwheat is a seed that is gluten free so is a great seed for celiacs.*

*Buckwheat is suitable for helping manage diabetes. Buckwheat contains sugars which act as insulin replacements.*

*Buckwheat is low in fat and its proteins have high cholesterol lowering properties. It reduces blood cholesterol and blood pressure.*

### **BUCKWHEAT HULLS PILLOWS**

Over the past few months, I have tried to make them several ways, and the following was the right size and the most comfortable for us.

Once sewed, each side of the unbleached cotton case measures 25 inches by 19 inches. After sewing the last side halfway, I put 6½ pounds of cleaned, dry buckwheat hulls inside and sewed the hole shut. I covered it with one plain and then one patterned pillow case.

*When we lie down to sleep, we just nestle our head into the hulls and it is so comfortable. I don't toss and turn either. We had tried many other pillows over the years, and these seem to be better than feather or sponge pillows.*

*Have a healthy and enjoyable spring as you work indoors on the not so nice days, and then as you enjoy the sunshine and warmth on the good days.*

*Sincerely Elaine (Winnie)*

Go to [www.winnieswinningways.ca](http://www.winnieswinningways.ca) to order or contact Winnie at Winnie's Winning Ways Box 59 Morris Manitoba R0G1K0 or call 1 204 746-8162

#### *About the Author*

*Winnie is always looking for ways to provide inexpensive, nutritious meals for her family. Once they pass the test and are enjoyed by her family and friends, she is ready and eager to pass them on to others. Winnie wants to see others enjoy the same success that she does. Her ideas, hints and recipes are all found in the cookbooks & eBooks she has published over the past number of years.*

*Now as well, on her website, you can subscribe to her monthly newsletters that are filled with inexpensive, nutritious recipes, ideas and hints. As you read them through, watch for SPECIAL PRICES on a variety of her cookbooks.*

*To view her cookbooks, go to: <http://www.winnieswinningways.ca/>*

*Much of Winnie's website focuses on physical and financial needs, but she is well aware that her life would be nothing without the spiritual. We need food to keep our bodies and minds healthy, but we need spiritual food to keep our souls healthy as well! The following website is one of her favorite and Elaine Froese is a special friend who has so much wisdom to share.*

### **FOOD FOR OUR SOUL!**

Elaine Froese is a certified coach who wants people to live intentional lives, and have courageous conversations with purpose! Read her columns on her website or feel free to call her on her toll-free number for encouragement.

Elaine Froese Speaker Author Coach

<http://www.elainefroese.com> [elaine@elainefroese.com](mailto:elaine@elainefroese.com)

1-866-848-8311 toll free

Boissevain, Manitoba R0K 0E0 author of Planting the  
Seed of Hope...encouragement for families.