

"SEEDS ARE FOR SHARING"



APRIL 2009 NEWSLETTER

CHEER UP! IT WILL SOON BE SPRING!

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This past winter seemed long and harsh in many ways. If you are like us, you may have decided to stay put many times rather than venture out on icy roads, in below normal temperatures or driving in poor visibility due to blowing snow.

We housewives can always find something to do indoors. It is often the motivation that we lack to start a project.

Are you so organized that you know exactly where everything is in your home? Well I'm not! Maybe it is just that I have too many hats and to organize it all would take a hired secretary. So sometimes I just look for what I want when I want it. I do find what I am looking for, and in the process I am often motivated to do some put off projects.

GETTING MOTIVATED TO DO HOUSE CLEANING!

I was looking for a book on Friendships that I wanted to use to plan a Valentine's Event. I went to my office library which consists of three shelves of books I use regularly. They were all out of order, so I removed them, cleaned and put them all back in order. I was a bit disappointed that I never found the book I was looking for. Oh well! My library looked nice and neat and I felt I had accomplished something that morning. I was glad I had used the search wisely and made the most of those two hours.

After lunch I went off to the children's play room. Those 4 long shelves along the wall have been there full of books long before it became a play room. Out came all the books. Again I organized them and cleaned the shelves. Now the books the children play school and library with are easy to reach because they are all on the bottom shelf. Again I didn't find the book I wanted, but the grandchildren are now enjoying their play time much more. I again accomplished something!

I have one more library that is in the spare bedroom. In it I keep all of our health and spiritual books. I refer to these from time to time, but I also borrow them out. I dumped them all out on to the bed and noticed the shelves were warped because they needed another bracket. So the brackets came off and I figured this was a good time to **DO SOME PAINTING.**



After the second coat of paint was on, the shelves were painted and an extra bracket was added. Finally every book was organized and put in its place.

It was hard to believe that I still hadn't found the book I was looking for, but was I pleased with the nicely painted room, now all ready for guests. This had been on my to-do list for a few years now.

I went back to my office and took out a box where I keep information that may come in handy someday.

There was the book I had been searching for. Everything I had hoped for was in that book, so it took only a few hours of my time and a few days of house cleaning to plan a program.

I wondered if I would have started cleaning if I hadn't been looking for the book!

ONCE I GET STARTED . . . I KEEP GOING!

The kid's play room also needed to be painted so I was in the swing and picked up a light yellow paint so I could keep going. Our grandchildren are growing and where teddy bears, dishes and dolls were all they wanted previously, it was time to make changes. They now play games, watch movies or make crafts.

INEXPENSIVE CHANGES TO MEET THE NEEDS OF CHILDREN GROWING UP!

3 DRAWER DRESSER BECOMES A TV STAND

I was thinking of getting rid of the dressers in this room and replacing them with a cupboard and a T.V. stand. But I got to thinking . . .

The top drawer could stay in to hold videos, DVD's and controls.

The two other drawers were removed and Melvin cut & sanded a $\frac{3}{4}$ inch piece of plywood for a shelf at the bottom. This now holds the DVD and Video player. It doesn't even look like a dresser.

4 DRAWER DRESSER BECOME A RESOURCE CENTRE

The 4 drawers in this dresser are now organized to hold games, coloring books and craft items.

We added a kitchen table and some chairs to one corner of the room and two narrow armed love seats closer to the TV to replace the little plastic chairs they had used for years.

We sometimes forget that they are getting older and if we want them to continue to visit us, we need to do little things to encourage them to come over.

This has been a big accomplishment for me this winter and I didn't feel badly at all that the weather was miserable and cold outside.

MORE HOUSE CLEANING TO COME

Yes, there is still more to do, but I now need some more motivation. They say we may have a flood so I will have to head to the crawl space where we have stored stuff that hasn't been touched since 1997. I think it is time most of this went to a second hand store, don't you?

BELOW ARE A FEW CLEANING TIPS I USE

PAINT BRUSHES

I now clean up all the paint from brushes, rollers and my hands with cooking oil. It is very environmentally friendly and easy on my skin. After that I will wash with soap & warm water.

WEEKLY SINK CLEANERS

I now clean sinks and toilet bowls with baking soda, but as well I put ½ cup of baking soda, followed by ½ cup vinegar, followed by a kettle of boiling water to each drain weekly. We never have a plugged drain and it is so environmentally friendly as well!

TOOTH BRUSH

Keep an old tooth brush handy for cleaning in small cracks

WINDOW CLEANER

Clean windows with 1 part vinegar to 3 parts water.

CLEAN FLOWER VASES

They often have a narrow neck that are hard to clean. Mix 1 tablespoon salt into 1 cup vinegar. Soak overnight. Wash and rinse.

REMOVE PRICE TAGS

Dab and then rub with peanut butter or vegetable oil

WHITEN PIANO KEYS

Rub them with rubbing alcohol

SHOE MARKS ON LINOLEUM

Rub off with tooth paste

GLASS SEALER TOPS – great covers for leftovers

When you are storing leftovers in a narrow cup, glass or small fruit bowl or jar, why not use the glass lid from a sealer on top? Glass is much healthier than plastic. It is surprising how many times these will come in very handy so keep a supply of them in the kitchen drawer.



IT WILL SOON BE EASTER

It looks like the flood will be here before Easter. Our family was planning on coming Easter Sunday for dinner, but I decided to change it to Palm Sunday. We don't want all of our children arriving by boat as the weather can be nasty and it is often too windy to boat.

This week I have been going through my drawers, choosing a few recipes that we will use this year. I have chosen recipes we do enjoy and haven't used in a while, except for our favorite Easter eggs. I now make those every year.

We always have some hot cross buns at Easter time. The following recipe is mixed in a bread machine. Seeing so many of you have bread machines, I thought it is time I again borrowed one to create a new recipe.

HOT CROSS BUNS (bread machine recipe)

1 cup milk	1 beaten egg
¼ cup sugar	¼ cup butter
3 ½ cups bread flour	1 teaspoon cinnamon
1 teaspoon cloves	1 ¼ teaspoons bread machine yeast
½ cup raisins	½ cup mixed glazed fruit

Add the ingredients to the machine as directed by your machine book. Select dough cycle. Add the fruit at the "add ingredients" signal. When dough cycle is complete, take dough out to a cutting board dusted with flour. Cover and let rest 5 minutes. Divide the dough into 12 – 15 pieces and shape each into a smooth ball. Place them 2 inches apart on a greased cookie sheet.

With a scissor, make an X on the bun.

Cover with a towel and let rise double in size in a warm draft free place.

Glaze: Beat 1 egg with 1 teaspoon water and brush over tops of buns.

Bake at 350° F for 15 minutes or until nicely browned. Remove from oven and cookie sheet and let cool.

Icing: You can put icing into the X on each bun if you wish.

DELICIOUS BREAKFAST SCONES

These scones can be baked on a greased cookie sheet or in a couple of circle pans.

½ cup cranberries, raisins or cherries (whatever you will enjoy most)

Boiling water

Pour hot water on the dried fruit, leave for 5 minutes, drain and set aside

2 cups spelt flour (or any flour of your choice)

¼ cup unbleached flour

2 tablespoons melted honey

1 cup yogurt

1 egg, separated

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

¼ cup lard or butter

Sprinkle of cinnamon

Mix yogurt with egg yolk and melted honey and set aside

Place the remaining dry ingredients into a bowl and cut in the lard or butter until it crumbles. Add dried fruit and yogurt mixtures. Mix well. Place sticky dough on floured board and knead with floured hands. Press out on to the greased cookie sheet with floured hands. Score with a pizza cutter into 8 – 12 wedges. Beat egg white and spread over top. Sprinkle with cinnamon. Bake at 425°F for 15 – 18 minutes or until nicely browned.

EASTER BROCCOLI BAKE – serves 6 – 8

Bake in a 9" by 12" glass baking pan or casserole.

¼ cup butter
½ cup milk
1 large onion (puree with the ½ cup milk in a blender)
8 cups chopped broccoli
1 dozen eggs
1 ½ cups milk
1 teaspoon salt
½ teaspoon pepper
1 ½ cups strong cheddar Cheese

Melt butter in pot. Add pureed onion/milk and sauté. Add broccoli and sauté 2 minutes and set aside. Beat eggs and beat in milk, salt and pepper. Mix in the broccoli mixture. Spoon the mixture into the greased baking pan. Bake uncovered at 325 ° F for 45 – 60 minutes or until a knife comes out clean when inserted. Sprinkle cheese over, place back in oven for two minutes. Let rest on counter for a few minutes, cut and serve.

Serve with ham slices or if you wish 2 cups of diced ham can be added to the casserole just before baking.



RUMP ROAST DINNER

(I will make a turkey when the family comes on Palm Sunday.) I am keeping this roast recipe handy to use during the flood so I will have extra food on hand when someone decides to travel here by boat to visit us.

2 Tablespoons flour	½ teaspoon salt
dash pepper	2 medium onions, chopped fine
4 toes garlic, minced	2 pound boneless round roast
½ teaspoon thyme	1 teaspoon basil
1 tablespoon parsley	1 tablespoon oil
2 bay leaves	1 mild pepper of your choice
12 small potatoes (or 6 medium, cut)	6 carrots, diced
1 ½ cups water	3 tablespoons flour & ½ cup water

Mix flour, salt and pepper together and coat the roast on both sides. Brown the roast on both sides in oil in a skillet.

Place pepper, potatoes, carrots, and water into the crockpot. Add roast, 1 ½ cups water, onions and garlic. Sprinkle with spices. Cover the pot and cook for 10 – 12 hours on the low setting.

Throw out the bay leaf. Remove and slice the roast. Spoon the vegetables into a bowl. Mix flour with the gravy and continue to cook until thickened. If too thick, add more water. The gravy can be strained if you wish.

And now, just because our children love these Easter Eggs, I will share our favorite recipe again this year. I am going to make a double batch this week so there will be plenty for our family as well as for guests who stop by in the coming weeks



Many thanks to my friend Annie for sharing your family favorite with us!

ANNIE'S O HENRY EGGS

1 cup corn syrup	½ cup white sugar
1 cup peanut butter	1 tablespoon vanilla
2 cups corn flakes	2 cups rice krispies
1 ½ cups peanuts	

Heat the syrup and sugar until boiling and remove from heat. Blend in the peanut butter and vanilla. Add and mix in well, corn flakes, rice krispies and peanuts. With damp hands, shape into eggs. Harden in the fridge. Dip into one of the chocolate recipes below and place on a piece of foil or wax paper until hard.

CHOCOLATE COATING RECIPES

Place one of the recipes below into a double boiler over a pot of water until melted & blend.

- A. 12 ounces real chocolate chips
1 square (1 ½ inch) paraffin wax

- B. 2 cups chocolate pieces
4 teaspoons shortening.

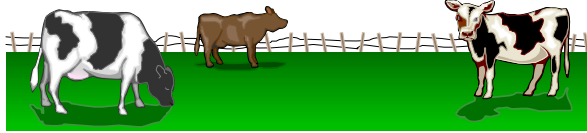
- C. 24 ounces real chocolate chips
1 bar paraffin wax
(this is the recipe Annie uses for a double batch of her O Henry Bars)

FOR YOUR HEALTH!

RAW MILK! . . . HAVE YOUR OWN COW!

DID YOU SAY . . . HAVE YOUR OWN COW?

Yes, I mentioned in March that we have learned more about the benefits of raw milk. We have had beef cows since the day we got married and for over 25 years we had a milk cow or two. It was great to have as much milk as we wanted during the years when our children were growing up. I am sure that is what kept them so healthy, although at the time we never realized how fortunate we were.



Because we had way too much milk, we skimmed the cream off much of it, made that cream into butter and threw the buttermilk to the pigs.

We had no idea buttermilk was healthy, so we just gave it all to the pigs.

But what could we do with all the skim milk that was left? Well I began making cottage cheese, lots of it and throwing the whey, which is probably 80% of the milk to the pigs as well.

So much WHEY . . . WHEY . . . WHEY!

It makes healthy pigs!



A GREAT WHEY TO A HEALTHIER YOU!

Here again I had no idea there was so much nutrition in the whey . . . until this past year. I now realize that our pigs were getting this valuable nutrient cysteine plus the many other important nutrients found in the whey.

If we had only known, we would have included it in our drinks, shakes & baking. But at least I can say that the pork meat we ate must have been very nutritious even if we didn't know it.

We haven't had our own milk for quite a few years now, that is until last summer. And when we did get some a few times a week, it was really great to have that milk, cream and cottage cheese available again.

Now we were ready to use every part of this raw milk for our own benefit.

We had been reading about the nutrition in buttermilk and whey, so I began to save it and even freeze the extra. Since that day it has become a very important ingredient in our bread recipe. As well we use it in waffles, pancakes, muffins and loaves. We added it to our drinks and shakes so we would get some in the raw state as well as in baked products.

WHY FERMENT BREAD DOUGH?

Over the past few years we have learned that there is phytic acid in the bran of whole grains. Our ancestor's grain aged on the field as it rained and then dried when the sun shone. But today we farmers are quick to get the grain into bins, even if we have to dry it with aeration fans. So the phytic acid remains on the bran and it ends up in the flour when we grind our own grains for baking.

Phytic acid can be very hard to digest, but as well, it does not allow our bodies to absorb some of the minerals that they contain. By fermenting these flours the phytic acid breaks down and it is much easier to digest plus we get more of the nutrition the grains provide.

So I started fermenting our bread dough by soaking the whole grain flours for 12 – 24 hours, then mixing and baking the bread the next day. At first I used lemon juice or bought buttermilk as the fermenting agent, but when we started to hear that whey was so nutritious, I saved the whey when making the cottage cheese and used it.

I will share these wonderful recipes together with the reasons why this bread is so very nutritious by request free with all orders for the

“Eat More Whole Grains” cookbook. See website to order.

I used this recipe of fermented dough to make hot cross buns for a continental breakfast tomorrow morning and they turned out so very yummy!

Polycythemia

A good friend has had this rare disease for 10 years now and besides taking daily chemo pills she has her blood checked monthly and has phlebotomies every month or two to keep her cell counts in line. The doctors say there is no cure, but she continues to search for one and tries different supplements to give her a better quality of life. Needless to say, she is often on the internet looking for help.

We have both worked on these fermented bread recipes, so she too started using some in her bread dough. As well she decided to drink an ounce every morning. For the 4 months she did this, her blood cell counts remained constant. As soon as she quit drinking the whey, her blood again went out of line.

As whey became so very important to all of us, we actually used up every bit and could have had more.

For most of us living in Canada, if we do not live on a farm, we would say there is . . . No WHEY . . .No WHEY . . .No WHEY!

You may be reading this and saying, “I sure can’t keep a cow so where would I get raw milk?” As well, it is against the law in Canada to buy raw milk from a farmer.

It seems that years ago, when diseases became epidemic, a few herd of cattle that were fed very poorly had unhealthy milk. So the blame for these diseases was put on all cows’ milk, even though most cows are very healthy and their milk as well is very good for us.

So where would we get this whey? Unless we have a cow, it is quite impossible.

Again my friend began to search the internet for a dried whey powder as she needed a continued supply with the right building blocks so her body could make glutathione. Because we live on the farm, I do now have a small amount of milk we can use, but who knows about tomorrow? Or when one travels, it would be impossible to take it along.

A powder would have to be made from raw milk from organic cows so it would contain cysteine. Once the temperature is raised too high as in pasteurization, this most important nutrient is killed.

She found what she was looking for and in only a week she noticed that some of the side effects of taking chemo were gradually going away.

ONLY 2 MONTHS LATER!

She continues to improve and is so thankful that she was not afraid to do her own research and discover the benefits of a simple part of raw milk called whey. Just today the doctor informed her to decrease her daily amount of chemo by half. What a trade off!
Taking wholesome food instead of so much chemo!

GLUTATHIONE SUPPORTS FOUR CRUCIAL FUNCTIONS:

ANTIOXIDANT

Glutathione is the most abundantly produced antioxidant in our body. It is essential for the function of the other antioxidants.

IMMUNE BOOSTERS

High glutathione levels will keep our immune system on full alert, ready to fight cellular damage, toxicity and diseases.

DETOXIFIES

We inhale and ingest natural and synthetic toxins everyday and can't avoid them. Low glutathione levels lead to poor liver and kidney functions allowing lots of toxins to circulate through our bodies.

ENERGIZE

Glutathione is abundant in the cells of our bodies when we are healthy. If it becomes less, our bodies can't fight and we pick up diseases or get sick. When we have no glutathione left, we die.

By including whey in our daily diet, whether it be in a liquid or powder form, by eating nutritious foods and by exercising, we are doing our best to keep our bodies healthy and free from diseases.

Sincerely Winnie

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 these newsletters, watch for SPECIAL PRICES on a variety of her cookbooks.

To view Winnie's 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. Just as we need food to keep our bodies and minds healthy, we need spiritual food to keep our souls healthy! 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.

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Boissevain, Manitoba ROK OEO author of Planting the Seed of Hope... encouragement for families.