



"SEEDS ARE FOR SHARING"

AUGUST & SEPTEMBER 2009 NEWSLETTER

BETTER FOOD FOR BETTER HEALTH

I am sure you are beginning to see that I am in a rut; but a good rut for sure. What we feed our animals, what we feed our plants, what we feed our children and what we feed ourselves will 99% of the time determine how healthy we are. The best weapon we have that can help us stay healthy and avoid coming down with colds, viruses and other diseases, is to eat well, to exercise and to get enough sleep.

Table of Contents

- Better Food/Better Health
- Think Positive
- Gardens Provide The Best Nutrition
- Carrot Pretzel Buns
- Potatoes & More Hints
- Organic Fertilizer
- Potato Pancakes
- Garden Carrots
- Growing Raspberries
- Growing Squash
- Cooking Spaghetti Squash
- Easy Cabbage Rolls
- Prevent H1N1
- Immune System Boosters
- Winnie's Granola

A COOL SUMMER!



DO WE BLAME THE WEATHER?

Often we blame the weather for where we are at. It was too cool or too wet or too dry and on and on. As much as the weather does affect many things, especially for those who are working with the soil, let's work as best we know how to get ahead regardless of the weather.

I remember the drought of 1988; we ended up with no crop and no crop insurance. We had a number of very lean years, but we learned from this experience. In the end we survived and today we are still farming. We had to put our thinking caps on and work with what we had available to us. As much as I had usually cooked from scratch using what we grew on the farm, I don't remember ever sharing a recipe, yet today I have shared thousands of recipes that grew out of our needs. I now have cookbooks and a website. My days are busy in the garden, cooking, baking preserving or sharing a recipe on the phone or in a newsletter for the website. I love every bit of my days no matter what we are up to and no matter what the weather is like. Yes, I must say I will be glad when the harvest is in the bins. I will then have

more time for my own agenda. But we are very blessed as we look around the country and the world.

As they say, “If you have been given lemons, make lemonade”

SERVING THE VERY BEST

It's strange how people will associate expensive restaurants with the best meal we could possibly eat. It may be the most expensive, but not nearly the healthiest.

There probably isn't a better way to get the very best food for our family than by having our own garden! As well the cost in dollars and cents would be pennies.



The vegetables & fruits can be as fresh as we want. I sometimes pick, cleanup and prepare to serve produce just minutes before we eat.

When we cook and bake at home, we can choose every ingredient. Our choices can determine how nutritious our meals will be.

Bread that is baked with freshly milled grain flours that have been soaked to break down the phytic acid that is in the bran, making it easier to digest is far superior to any bread you can buy in the store.

Below is a new recipe for buns that I made this year for the men on the field. This is often a time of hard work and stress for farmers, so until such a time as they are again eating at the table, any nutrition we can put into their lunches or serve them when they are on the run will help them cope and stay healthy. I soak the dough overnight or for at least 12 hours to break down the phytic acid.

This procedure also helps our bodies absorb many of the minerals found in the grains.



CARROT PRETZEL BUNS

Makes about 6 dozen pretzels

2 cups warm water

1/3 cup butter or extra virgin olive oil

1/3 cup melted honey

2/3 cup plain yogurt

1 cup finely shredded raw carrot

5 cups whole wheat flour (freshly ground)

Mix the above together, put into a glass bowl and cover with a glass lid or plate. Let sit overnight or for at least 12 hours.

Then add:

2 eggs

1 tablespoon salt

3 tablespoons quick rising yeast

1 rounded tablespoon dough enhancer

4 ½ cups unbleached flour

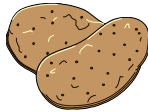
Knead the dough for 9 minutes or until the gluten is developed and the dough holds together well. With a dough kneading machine, 9 minutes of kneading is enough.

Cut the dough into 4 pieces. With oil on your hands and the countertop, press each piece of dough into a rectangle. Cut in half and then each half into 9 pieces. Roll each into a 12 inch rope and shape into a pretzel. Place these on a greased cookie sheet. Let rise until double in size or more. Bake for 15 minutes at 350° F or until nicely browned.

We use these buns in lunches with a filling or even with just butter. They taste great!

They are great plain, but you can also brush them with beaten egg and sprinkle on sesame seeds, poppy seeds or other seeds of choice before baking.

For more recipes using this same method, order “EAT MORE WHOLE GRAINS” and WINNIE will send you the latest supplement to this cookbook, “A BREAD FOR ALL REASONS, A BREAD FOR ALL SEASONS” free. It has so much more information as well as recipes on baking with soaked dough.



POTATOES

Potatoes provide us with Vitamin C, B complex, potassium, calcium, iron & more. Most of these nutrients are just beneath the skin so it is best when you can use the potatoes with the skin on.

The garden potatoes grew well this year. There are 5 or 6 large ones and many little ones in each hill. They say that is because it was cool and damp much of the growing season.

POTATO BUGS

Because it wasn't hot and dry this summer, there were few potato bugs. I could control them by picking them off almost every day.

2ND CROP

In July, around the time that the potatoes began to flower, when I saw a number of spots here and there in the garden wherever there was space, I planted some more seed potatoes. As the garden grew and the spaces between the rows narrowed and these potato plants started flowering, I pulled them and we again had small 1 – 2 inch potatoes to eat. In fact we ate them most of the summer. This was a wonderful positive and I want to do it again next year.

WET

A negative would be that we have had too much rain almost daily for a few weeks now, so the potatoes need to be dug and they are really wet. A positive is that the sun is shining this week and every day I am now digging a row and letting them dry well so they will store okay

during the winter. I hope to store them at our children's place because they have a nice cold basement storage room. It is important that they are kept in the dark as well.

FERTILIZER

I now have the garden slightly raised so when it rains no water sits in the rows. This fall, after the garden is cleaned out again we will add several loads of manure so it is even a bit higher, but as well will have added nutrients for the coming year.

I stay away from all inorganic chemicals & fertilizers. After all, these garden foods are what we feed our bodies with and we want the very best. We do have lots of rotten manure out behind the barn.

POTATO PANCAKES

6 medium potatoes. Washed but not peeled

1 teaspoon salt

4 tablespoons whey or lemon juice

1 medium onion, (grated)

2 eggs, lightly beaten

$\frac{3}{4}$ cup spelt or unbleached flour

Sea salt & pepper to taste

3 tablespoons butter

3 tablespoons extra virgin olive oil

Grate potatoes. Cover with water and stir in the salt and whey. Leave 7 hours.

Mix grated onion, eggs, flour, seasonings and stir into a batter. Rinse potatoes in a colander, squeeze dry and stir into the batter.

Fry the batter in $\frac{1}{4}$ cup amounts in the oil/butter. Turn and brown the other side as well.

These are great with sour cream, yogurt, cottage cheese or syrup.



CARROTS

The cool and even damp summer has been great for our carrots as well. A few years ago, when my garden was not well drained, I remember the carrots rotted in the ground in a year like this. This year, because the garden is sloped to drain, the carrots are large and delicious tasting as well.

CHEW CARROTS WELL

I read in an article that we often don't chew raw carrot well enough to get all of the nutrients. It suggested that we shred carrots and make a salad or add them grated to any vegetable salad. I do try to serve a carrot salad twice a week.

STORING CARROTS

Carrots can be left in the garden as long as possible. But I guess we never know when it will start to rain and then freeze and we sure hate to work with them in the cold.

If you have an extra fridge, they can be stored earlier and will likely keep for the whole winter. As long as you check them to be sure they aren't getting wet as they will then spoil.

One year mine did get wet, but I caught it in time. I washed them all, left them out to dry and then put them back into the fridge in new plastic bags with holes in.

I have buried the carrots in bags in a hole in the garden, covering the bags with a heavy blanket and then two square bales. But if one gets lots of snow, they can be harder to get at once it is winter.



RASPBERRIES

The extra moisture in spring and summer allowed for a great raspberry harvest. I can't remember ever having so many berries. I gave away lots and have really lots frozen for the winter. The wet cooler weather allowed the new shoots to grow well, so it should then mean a good crop next year too. These are two great positives.

CLEAN-UP OLD STALKS

In the coming weeks I will want to cut out the branches that bore fruit this year so the new plants will be strong and healthy for next year.

To clean up these prickly old branches, I put on an old shirt and use leather glove to snip these out.

MORE RASPBERRY BUSHES

Over the past years I have started two small patches around the house where the down spouts of the eave-troughs will water them every time it rains. Wow, the berries were even bigger in these patches because of the extra watering they got.

I still have plenty of space around the house for flowers and other ornamental shrubs.

TEDDY BEARS, BUNNIES, & RAG DOLLS

This year I again decorated the raspberry patch with these dolls. Some were riding the tricycle, some were hanging by their ears from metal poles and others were in the wagons. I had a bird bath on the lawn, an owl hanging and a radio playing during the daytime. With all these distractions for the birds, I was able to get most of the berries. Most of these dolls cost only pennies at an auction sale. After they were all dried out I stored them in a box for another year.

SQUASH IN THE CORN

There was a suggestion in an article to grow the squash in a row beside the corn and the squash will grow into the row of corn. I tried it this year. The squash vines grew through every row so I found the corn bent over and as well I couldn't walk through the rows to pick it. Next year I will only plant the small butternut squash this way and I will leave at least a 4 foot space between these two crops. The spaghetti, acorn and other squash are too large for the corn stalks. The plus of this is that I have many, many squash growing on many of the corn stalks.



SPAGHETTI SQUASH

Cut then in half lengthwise, removing the seeds and placing them cut side down on a baking sheet in $\frac{1}{2}$ inch of water. Bake at 350 ° F for 1 hour or until tender. Let cool slightly and remove the strands bit by bit with a fork. Serve with butter.

Strands can be pressed together into patties and fried in butter as well.



EASY CABBAGE ROLLS

When the garden is producing so many vegetables, and we are so busy gathering and preserving, this can be a very delicious and wholesome supper meal.

- 1 pound lean ground beef
- 4 cloves garlic, minced
- 2 onions, chopped
- 1 cup uncooked rice
- 4 cups tomato sauce
- $\frac{1}{4}$ cup vinegar
- 3 tablespoons honey (or brown sugar)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 tablespoons Worcestershire sauce
- 8 cups coarsely chopped cabbage

Cook beef, drain and set aside. Sauté onion and garlic and add to beef. Stir tomato sauce, vinegar, honey, W. sauce, salt and pepper together.

Layer $\frac{1}{3}$ cabbage in a large casserole. then $\frac{1}{2}$ of beef and $\frac{1}{3}$ of tomato sauce. Repeat, ending with cabbage & tomato sauce. Cover. Bake 325° F. for 2 hours.

BUILDING OUR IMMUNE SYSTEM TO HELP PROTECT YOU & YOUR FAMILY FROM H1N1

Many have come on to our yard and asked me why I would have such a large garden at our age. I can think of many reasons but they all fit into 4 main categories.



1. The vegetable and fruit produce I pick fresh throughout the summer is so very healthy and provides us with a very large number of nutrients we may otherwise not get.
2. The garden itself is an excellent way of keeping fit, as I plant, pick, water, weed and dig.
3. Working out in the fresh air and sunshine provides Vitamin D and so much more.
4. The extra I glean can be preserved to supply us with nutrition all winter long with still some left to share with others who cannot have a garden.

All of the above are the best possible ways to build our immune system to help protect us from flu, colds, viruses and yes as well the H1N1.

But on top of that I have the joy of working with the soil and watching all of these seeds sprout, grow, flower, mature and produce.



DARK COLORED FRUITS

Fruits like cranberries, blueberries, blackberries, blackberries, raspberries and strawberries are very good at boosting our immune system.

ORGANIC

Choosing organic is best, because it will have less harmful chemicals or heavy metals.

ESSENTIAL & NATURAL FATS

Don't eat refined or processed fats. Rather use butter, olive oil, flax oil etc.

CUT THE SUGAR

Sugar is the root of many problems as it hampers the function of our immune system. Canned drinks or processed juice may have lots of sugar. Replace sugar called for in recipes with honey or maple syrup.

EAT LESS

Overeating suppresses the immune system.

EAT GREENS

Salads and as well dried greens or green shakes help build the immune system.

YOGURT

Yogurt is a super immune booster. You can make your own yogurt and then as well make dressings, dips and sauces with this yogurt.



The May newsletter of this year has many great yogurt recipes you may want to try.

The next recipe is a new one that I am now making in batches for our family. I munch on it when I am hungry through the day or when I am on the road at meal time. I also carry it with me if we will be at a motel. It is packed with nutrition and by adding a yogurt; I am getting a very healthy start to the day.

WINNIE'S GRANOLA

Put the following into a large bowl and mix.

7 cups rolled oats

½ - 1 cup millet, crushed in a coffee grinder

½ - 1 cup quinoa, crushed in a coffee grinder

1 cup golden flax, crushed in a coffee grinder

1 cup fine cocoanut

1 ½ cups raw unsalted sunflower seeds

1 cup chopped nuts

½ cup raw pumpkin seeds

1 tablespoon cinnamon

Melt 2/3 cup honey and add/mix in well the following:

½ cup extra virgin olive oil

½ teaspoon salt

1 teaspoon vanilla

1 ¼ cup apple sauce, unsweetened

Spread on cookie sheets. Bake 1 ½ hours at 250 ° F, stirring a few times between. It should be a nice golden color.

Add:

1/2 - 1 cup dried cranberries

½ - 1 cups raisins

Or your choice of dried fruits.

Store in airtight containers. This will keep weeks or longer in the fridge or freezer.

Dear Readers,

We are in the middle of harvest so I haven't the time to share anymore recipes at this time. I will just add a couple of hints that I am sold on!

LEMON FOR ACID REFLUX

I did mention this to you months ago, but I just wanted to say that is still working. We still share a half lemon squeezed in a half glass of water every morning a half hour before breakfast. Actually sometimes we are in a hurry and it is only 10 minutes before breakfast, but it still works. But Mel's acid reflux has not come back. For at least 10 years he has tried many different prescriptions and many of these had side effect. None of them have worked as well as the lemon juice remedy. Knowing that lemon juice is an alkaline and we often eat too many acid foods, this lemon juice is providing for our bodies in more ways than one.

SMALL PLASTIC STOOL

We picked up a few small stools for less than \$1.00 each this summer and I found one great for picking in the garden. I took it along when I went strawberry picking and it was so easy to move along as I picked.

I then tried and used it successfully when picking the raspberries, beans, and peas. It was so relaxing that I wondered why I hadn't thought of picking with a stool years ago.

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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