

"SEEDS ARE FOR SHARING"



AUGUST NEWSLETTER

SHORTCUTS MAKE SUMMER EASIER

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

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I trust you are having a great summer. With the nice warm weather, summer often calls us in many different directions. When it's really hot, it may be to the beach or the pool for the afternoon. We want to work less in the kitchen and spend more time outside. We want to make the most of every day and yet do special things with our children on their summer holidays.



If you have a garden, it needs to be tended, but as well you may want to preserve some of the produce for the rest of the year. This all takes time.

For those living on a grain farm, your time will be divided between family, garden, yard work, getting the harvest into the bins and whatever else you may be involved in. The days are just never long enough.

Harvesting the fruits of our labors can be time consuming. Summer is far too short, and yes, we want to enjoy it, as well as get some of the extra fruits and vegetables put away for the winter months. Try to use short periods of time wisely, allowing for all those extras. And by all means, enjoy what you are doing, whether it is work or play.

GARDEN TIME SAVORS

TOMATOES

On very busy days, wash ripe tomatoes and freeze them whole, loosely. Once they are frozen, put them into a heavy weight plastic bag.

You can then take out as many as needed for soup, juice, sauce or to add to soup or a stew on a rainy day or later in the cold of winter.

Or freeze containers of chopped tomatoes to thaw and use later for any tomato recipe. This may take up less freezer space.

TOMATO JUICE

Last year I canned many quarts of tomato juice. Then, out of season, we drank many of these jars as is, because we love the juice. Or I cooked up a 2 quart jar of the juice in a pot making it into soup by adding a few onion, a few carrots, celery and garlic. Puree this in a blender. Then add the sugar, other seasonings and thickening as mentioned in *Winning Ways* cookbook or in your own recipe and you have a pot of delicious, nutritious tomato soup.

Or use the juice on cabbage rolls, added to other soups or recipes of choice.

During the summer it is quicker just making a very large batch of this juice and deciding how to change it to use in recipes later on.

TOMATO JUICE

Simmer the washed tomatoes with a bit of water on low heat so they do not burn at the bottom. When they are tender, press this mixture through a sieve. Blend this to a smooth texture. Add a bit of pickling salt and sugar to taste. After it has come to a boil, pour into sterilized jars, covering with sterilized lids. Use a canner or the oven to process them in water.

Winning Ways cookbook has many tomato recipes.



BASIC TOMATO SAUCE

For a thicker tomato mixture that can later be used for pizza, spaghetti, lasagna, chili or other tomato based foods; this basic tomato recipe is great. Again it is quicker to preserve a large batch of the same recipe than it is to make smaller different batches. Then when you open the jar just add herbs and spices to give the right flavor and taste. As well, how does one know how much of each we will need?

4 quarts of chopped tomatoes

2 green peppers

4 medium onions, chopped

3 tablespoons sugar

4 large carrots

2 tablespoons pickling salt

½ cup parsley, chopped

¼ teaspoon pepper

Bring all the ingredients to a boil and simmer until tender. Cool and puree in the blender. Reheat and seal in sterile jars or freeze. Yield: 5 quarts

WINNING WAYS cookbook has many recipes calling for these basic tomato preserves. See www.winnieswinningways.ca.

STRAWBERRIES

Clean the berries and place them on a cookie sheet to freeze. They can then be taken from the freezer in small or large amounts.

Even to decorate with whole strawberries, just slice the frozen berry and place the pieces on a cake or dessert.



GARDEN FARE STRAWBERRY JAM

I usually freeze 4 (4 cup) containers of mashed strawberries to make into jam in the winter months. I use 1 package of Garden Fare thickening for the jam because it requires only 1 ½ cups of sugar for 4 cups of mashed strawberries. This is far less sugar than many other recipes.

This is an uncooked recipe, so I make 1 batch and store the jars of jam in the fridge. When these are gone, I will make another batch by thawing one container of the premashed strawberries. This jam can be frozen as well, but I don't like having glass jars in the freezer, because they can break.

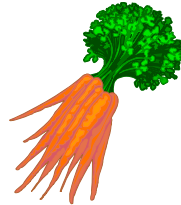
CARROTS

We use so many carrots throughout the summer, but when it comes time to dig them out just before freeze-up, there are still so many to store. This year we had enough stored in the fridge until May and I have almost used up all the bags of shredded carrots that I froze to use in soups or muffins.

DEHYDRATE CARROTS

I have a dehydrator, so this year I plan to dry some. They will actually take up very little space in the freezer and can be tossed into soups, stews or just rehydrated and cooked as a vegetable. OR you can blend these into a powder and sprinkle it on any cooked foods, soups, casseroles, stews, salads etc.

By dehydrating them at under 100 ° F the enzymes are still in the carrots. These enzymes are very beneficial, helping our bodies digest food.



FREEZE CARROTS

Be sure to measure the amount of shredded carrot in each bag so that it will be easy to use a bag in a carrot cake or muffin recipe. I usually put 1 cup in each bag. Just wash the carrots, shred and freeze. This is easy and quick!

PREPARE AHEAD AND FREEZE FOR A BUSY DAY

PIZZA PLUS – enough dough for 4 large cookie sheets, or 6 (12 inch) pizzas.

Make the whole batch of dough and freeze the remaining crusts for another day, for unexpected company or for harvest time.

4 cups warm water	1/3 cup crushed flax
2 tablespoons sugar	5 cups whole grain flour
1 tablespoon salt	3 tablespoons fast rising yeast
2/3 cup oil	5 cups unbleached flour

Place the water, sugar, salt, flax and grain flour into a large bowl. Beat well, as you continue to mix, sprinkle the yeast over. Knead in the unbleached flour. Knead well.

Let rise double. Punch down and divide into 4 or 6 pieces. Roll each the size of the pan. Grease pans and press dough in. Poke with a fork. Bake 7 – 10 minutes at 450 ° F. Remove from oven. Spread with lentil puree and toppings as below.

Bake 10 – 12 minutes at 450 ° F, or until nicely browned.

TOPPING

Enough for 1 large cookie sheet

1/2 cup lentil puree	1 teaspoon oregano flakes
10 ounces tomato sauce	1 pound sliced pepperoni sausage
Onions, peppers, mushrooms, opt.	2 cups shredded mozzarella cheese

LENTIL PUREE

Cook and simmer 1 cup lentils in 2 ½ cups water. (35-40 min) When tender cool to lukewarm, and then blend. Use ½ cup puree for each pizza. Freeze what is left in measured containers.

LENTILS are rich in folic acid, potassium and many other vitamins and minerals. They are also low in fat and high in fiber.

CRACKERS

If you are planning a vacation or even just a short trip to the beach or park, these crackers keep the children from asking you to stop for another treat. They are healthy and quite filling.

A small bag of them with a bag of small cheese pieces is a great way to control hunger, until you get to your destination.

SPROUTED WHEAT

If you have used the recipe I shared in March 06 newsletter for making sprouted wheat and then dehydrating it and blending it into a course flour, use that in this recipe as well.

Remember the sprouted wheat has so much more nutrition than the wheat seed itself and as well it has taken on Vitamin C in the process of sprouting.

If you don't have that ingredient, just use oat bran or other milled grains instead.

Mix together 4 cups of a mixture of any whole grain flours. (wheat, barley, rye, corn, buckwheat, rice etc)

Add and mix in:

1 teaspoon salt

2 cups warm water

½ cup cooking oil

Sprinkle over 2 tablespoons yeast. Knead well for 10 minutes.

Refrigerate for 12 hours (this is not a must, but it does break down the phytic acid which can tend to give individuals with allergies to grains digestion problems. As well it helps our body absorb the beneficial vitamins and minerals found in the grains.

For more information on phytic acid see "A Bread For All Reasons . . . A Bread For All; Seasons" eBook on my website.

Knead in 2 cups of unbleached flour and 1 cup dried milled wheat sprouts.

Divide into 8 pieces. Roll each out on sesame seeds, crushed flax, cornmeal, crushed oatmeal or any other crushed grains together with herbs of your choice and a bit of unbleached flour. (To keep it from sticking)

Place each rolled out piece on a 12 inch round pizza pan that is lightly greased.

Poke with a fork. With a pizza cutter, score to make 1 inch crackers. (or you may want them larger) Bake at 350 °F 10 minutes, or until browned at edges. Remove from the oven and pan and break into crackers.

SOYBEANS

The SOY SATISFIED cookbook is still on special. Soybeans are so very nutritious and can be used in so many delicious recipes, but as well using soybeans in recipes can save so much money.

Winnie continues to celebrate the NEW CANADA'S FOOD GUIDE with this cookbook special.

Winnie informs you, her online friends and clients, of a limited time

Amazing Offer!

Soybeans are a very nutritious bean that fit well with the suggestions in the new guide. Winnie has discovered that soybeans can be used in so many food preparations with excellent and tasty results. She decided to discount the SOY SATISFIED cookbooks so that everyone can have all of these great recipes at their fingertips.

The suggested retail price is \$16.95 and it is at present selling for \$14.95.

But **NOW**, if you will order directly from *Winnie's Winning Ways*, you will get SOY SATISFIED cookbooks for only **\$10.00** each. The website still lists the price of each SOY SATISFIED cookbook. (*plus the P&H and GST*).

You can celebrate the New Canada's Food Guide by ordering this cookbook at this special price for yourself and if you like, more to use as gifts!

Go to www.winnieswinningways.ca to order or contact Winnie at Winnie's Winning Ways Box 59 Morris Manitoba R0G1K0 or call 1 204 746-8162

Sincerely Elaine (Winnie)

HEALTH TIP!



EYESIGHT!

I just had another eye test this past week. I had to change optometrists, so I was very excited when my new doctor suggested that I should eat plenty of fresh greens to get antioxidants for eye nutrition.

My last test was 5 years ago. Since that time I have changed my diet to include many more healthy seeds and plants. We use dried beans in

recipes 3 or 4 times every week, plus now we are using the dried green powder that I made from the lettuce, spinach and beet leaves last summer. These all provide plenty of antioxidants!

After a very thorough examination, she mentioned that my right eye has improved and the left one has improved slightly.

I also notice that I now enjoy looking out into the distance as I see everything much more clearly.

Eating healthy pays in many different ways!

GREEN POWDER - packed with nutrition (instruct. in June 07 letter)
Pick the leaves from lettuce, spinach, swiss chard or beets periodically so new leaves will grow, providing a continuous supply for salads and more green powder when it is big enough. Wash and dehydrate at not more than 100° F. Process into a powder in a blender and freeze in food grade bags. Sprinkle on cottage cheese, stews, casseroles, soups, eggs etc.

FOOD FOR OUR SOUL!

Nineteen ladies from Morris attended a retreat in April and the speaker, Elaine Froese shared so much food for our souls that we came home energized and encouraged to put into practice many of her ideas, but as well to read the WORD OF GOD, the BIBLE, more often to find out what God has for our own personal life experiences. Elaine 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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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, under the Freebies button, Winnie shares monthly newsletters with new 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/>