

# "SEEDS ARE FOR SHARING"

## AUGUST 08 NEWSLETTER

### RAISING FOOD AWARENESS

**When we think of eating, cooking & baking, we often don't realize how much we have gleaned from previous generations . . . from our Gramma who learned from her Gramma and so on. Whatever worked well was worth passing on. And that has been much of what has kept us living and enjoying a good life.**

**Now it is our turn to pass these life saving skills on to the next Generation, a very busy generation!**

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

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This month's newsletter as you might say, fell into my lap this morning. We were enjoying our cup of tea after breakfast.



I was thinking about what task I would start first this morning and Melvin was reading the newspaper.



He takes time to read through or at least glance at the headings of every paper and magazine that comes into our home.

He clips out every recipe for me so I can then go through them later and make the ones that interest us. He always hopes I'll make his favorites.

I really appreciate his thoughtfulness. It makes me realize how well he knows me. Yes, he knows which articles I would find helpful or enjoyable. I just never take the time to go through these papers myself so without his help I would miss out on so much.

### **“PROMOTION CRUCIAL FOR PULSE EXPANSION”**

This morning Melvin handed me the July 24 issue of The Western Producer, turned to page 7 and pointed to an article called, “Promotion Crucial for Pulse Expansion”. As I read it through I realized, “This is exactly the way I feel about pulses as well as so many other healthy foods. They do need to be promoted so that more people realize their worth and as well realize that busy people can and should find or take the time to purchase and prepare these nutritious foods too.

These basic pulses and as well the grains, vegetables, fruits and other foods are so very healthy and they need to be “found” by the younger generation.

Our families need these foods so they can live healthy and happy lives!

A number of years ago I was asked to give a 30 minutes talk on Pulses. I read through a number of books and was actually surprised to learn how very healthy pulses are and shocked to find out that pulses were the staple food that the early settlers ate most of the winter. These staples kept them healthy and energetic.

### **RAISING AWARENESS**

The article says we need to make people aware of pulses. The younger generation needs to understand that busy people especially need that extra energy to keep going.

The article talks about the customer base being middle-aged and older, not the desirable younger crowd. Why would this be?

1. Often working mothers don't know how to cook from scratch so they will choose ready-made products. (which are far less nutritious)

2. “No Time”, is another reason. They don't realize that cooking with pulses can be a time saver. We all just need to be taught “how” to prepare these foods. It is very easy and actually it can allow us to have the meal hot and ready when we arrive home from work. The smell of dinner cooking as we walk into the house can be very a huge relief after a hard day at work.

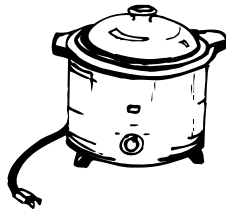
## **COOKING FROM SCRATCH IS EASY**

Easy because the preparations require no special skills, they use very simple ingredients and it can be started before bed time or before leaving in the morning.

## **COOKING FROM SCRATCH CAN BE QUICK**

Quick because someone, or something can be doing the work for us while we are sleeping or at work!

### **Our friend - THE SLOW COOKER MEAL**



**It is a meal that can be very nutritious and very inexpensive and take little time? That's right!**

**Most of us own a crock pot or a slow cooker. It is a very worthwhile and helpful kitchen tool. It is almost like having a maid come in and work while we are out.**



## **ENERGY FROM LENTILS**

The article gives an example of a test between those who were on a diet which contained lentils and those who weren't. The lentil group had far more energy.



## **NEED TO SAVE \$\$\$ ?**

Everyday we hear that gas and heating fuel prices as well as food prices are on the rise. There are interviews with so many who say they just won't be able to make ends meet.

I have to say that it is happening to us on the farm as well. The crop inputs are three times as high as they were just two years ago. In four years our fuel prices are 3 times what they were. This does affect our bottom line and we could have a problem if we didn't take serious steps to pinch our pennies and cut back on frills. It's happening everywhere and to everyone.

## **PULSES ARE VERY INEXPENSIVE**

Yes, pulses are very inexpensive and can be bought in bulk for even less than in the store in small packages. They are a very nutritious way of saving money. For the price of two cans of store bought beans, one can make a batch of about 10 cans of beans. Besides, we then have the opportunity to make these beans as nutritious as we want by adding onions, garlic and our own home grown tomato sauce or soup.

***ONCE A WEEK – Make a crock-pot full of this basic recipe. Store it in meal size containers and put some into the fridge and some into the freezer, if there are too many containers for one week.***

## **HOMEMADE BAKED BEANS**

*This recipe will make 5 cans of beans.*

***I usually make 3 batches of this recipe as I have a large crock-pot. I start by soaking 6 cups of dry beans instead of just the two called for.***

*Below are a few easy recipes using baked beans.*

*Cook the baked beans in your crock pot if you have one, as the hydro cost is much, much less. As well, in the summer time, the oven will heat the house up much more than a crock pot.*

*These dried beans can be bought in bulk or in small bags at the grocery store. The night before you want to serve them, begin to prepare the dried beans as follows: (these can be navy, pinto, kidney or beans of your choice. I often use soybeans and because they are a harder bean, I will bake them 2 hours longer.)*

2 cups dried beans (or dried soybeans)

Wash and then soak the dried beans in plenty of water overnight. In the morning, drain and rinse them again. Bring 3 cups of water to a boil on the stove. Add the soaked beans and allow them to simmer for 30 minutes. Take them off of the heat and drain. (throw out the liquid)

Put the beans into a crock pot.

Add the following ingredients to the beans:

3 cup tomato sauce

1 large onion (chopped fine)

2 cloves garlic (or more if you are like me and enjoy that added garlic flavor)

2 teaspoon salt

1/2 teaspoon mustard

1 cup water

1 tablespoon molasses

1/4 cup brown sugar

Cover the crock pot and cook on high for 8 hours, or if using soybeans bake 10 hours. If you want to bake them at the low setting, it will take 12 - 14 hours. (If baking in an oven, they will be done in 4 - 5 hours at 300 ° F, or for soybeans 6 hours.)

## HINTS!

*If you have a large crock pot, you can make double or more batches and freeze some in containers for future use.*

*Use this recipe to make chili, sloppy Joes or soup recipes below. Or just enjoy them as they are with bread, cottage cheese, eggs or at a barbecue. The addition of onion, tomato and garlic to the recipe adds nutrition and flavor!*

*It is suggested that we eat a serving of pulses everyday. (beans, peas or lentils) They are very healthy and provide nutrients that fit in the meats and alternatives group of the Canada's Food Guide. Dried beans contain disease fighting antioxidants, fibre, protein, calcium, iron, folic acid, potassium, yet no fat.*

### **BAKED BEAN SOUP** - Serves 3

2 cups of any baked beans (or 1 can)

1 can water

1 can tomato juice

1 tablespoon parsley

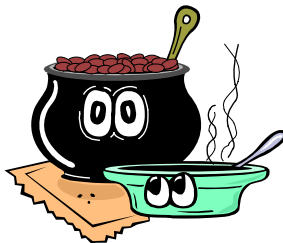
1 small onion (chopped fine)

1 stalk celery, chopped fine

1/2 clove garlic, minced

1 beef bouillon cube

Combine all the ingredients and bring to a boil. Turn heat to low and simmer for 30 minutes.



### **CHILI CON CARNE** - Serves 4

1/2 pound lean ground beef

1 teaspoon oil

1 onion, chopped fine

10 ounce can tomato soup

4 cups any baked beans (or 2 cans)

1 cup water

1 teaspoon sugar

1 teaspoon salt

2 teaspoons chili powder

1 tablespoon flour

Brown the beef and chopped onion in oil until beef is done. Add remaining ingredients, except flour and simmer 30 minutes. Then stir while sprinkling the flour over to thicken.

**SLOPPY JOES** – enough for 4 half buns

1 teaspoon oil

1 cup lean ground beef

1/3 cup water

1/4 cup relish

1 teaspoon mustard

2 tablespoons ketchup

1 cup any baked beans

Brown beef in oil. Add remaining ingredients. Heat well and serve on open whole wheat buns.

**LENTILS**

Another pulse that is so very nutritious is lentils. Lentils too are full of nutrients & antioxidants.

And as well, they are very inexpensive to buy. Clean lentils can be bought in bulk in some stores, or even from seed plants or farmers. (very cheap)

**ADD LENTILS - ADD NUTRITION**

Cook up lentils until tender, but not mushy. Freeze them loosely. Put them into a plastic bag in the freezer. You can then take out as few or as many as you want to sprinkle on a salad, add into a soup, casserole, taco, tortilla, crepes etc.

Or you can puree the cooked lentils with a bit of water and add a small amount to baking, tomato sauce or gravy.

**SALSA DIP**

Mix equal amounts of lentil puree with salsa and use as a dip for chips or veggies.

Eat More Whole Grains cookbook has many other recipes and ideas.

*The following recipe is a tasty way of eating lentils.*

*This recipe contains a complete protein by the combination of rice and lentil.*

*Enjoy the recipe with a vegetable salad for a well balanced meal.*

**SWEET & SOUR LENTIL RICE COMBO**

serves 6-8

1 cup brown rice

4 cups water

1 cup lentils

1 teaspoon salt

Rinse lentils and rice. Put them into a pot with water and salt. bring to a boil and turn to low. Simmer for 35 minutes.

**SAUCE**

1/2 cup vinegar

4 tablespoons ketchup

1/2 cup brown sugar

1 1/2 cups pineapple juice

3 tablespoons soy sauce

3 tablespoons cornstarch

Mix until smooth. Heat on low until thickened. Pour over lentils and rice. Enjoy!



### **ADDING LENTIL PUREE TO BAKING**

1. Add 1/2 cup lentil puree to a batch of bread. You are adding nutrition, but as well providing a very moist smooth texture to the bread. You will also have to add an extra 1/4 cup flour to the dough.

2. Replace part of ingredients such as applesauce or banana with lentil puree in muffins.

### **LENTIL PUREE**

Bring 1 cup of rinsed lentils to a boil in a covered pot with 2 1/2 cups of water. Reduce heat and simmer 40 minutes. Cool until warm. Puree cooked lentils with their cooking liquid in a blender. Measure into 1/2 cup or smaller amounts to freeze. To use, just run the freezing container of lentil puree with hot water and dump it into a small microwave safe bowl. Microwave 1 - 2 minutes to soften and use . . .

**in hamburger or any other of the suggested ways. You may have your own favorite recipes to which you can add some puree.**



### **HAMBURGERS & MEATBALLS**

1 pound lean ground beef

1/2 cup lentil puree

1 egg

1/2 cup fine bread crumbs

1 medium onion, chopped

salt & pepper to taste

Shape larger flat patties or small round meatballs. Place on a greased cookie sheet. Bake at 325° F for 30 minutes, or until the centre is no longer pink.



**MORE WAYS TO USE LENTIL PUREE & ADD NUTRITION  
TO MANY DIFFERENT KINDS OF MEALS . . . cutting costs as well!**

**PIZZA**

Spread 1/2 cup lentil puree on pizza crust before spreading with tomato sauce and the remaining ingredients.

**SPAGHETTI**

Mix 1/2 cup lentil puree into the tomato sauce.

**GRAVY**

Mix 1/2 cup lentil puree into your gravy and serve.

**LAZAGNA**

Add 1/2 cup lentil puree to the sauce/hamburger mixture before spreading over the noodles when layering.

**KETCHUP**

Before using ketchup, mix 1/4 cup lentil puree with 1/2 cup ketchup and spread as a condiment. Ketchup is plenty strong enough in flavor and no one need know that you have added this nutrition and saved some \$\$.

**OTHER PULSES**

There are many other pulses such as pea, chick peas, soybeans etc. They are all great and can be used in so many different ways. Soy Satisfied and Eat More Whole Grains are full of other great recipes that call for pulses.

**SERVE NUTRITION WITH FABULOUS TASTES**

There are many ways we can serve healthier meals in our homes that cost much less and are really very tasty, so each month I will continue to share a few ways we are saving money, yet serving a whole lots of nutrition with fabulous tastes.

One of these ways is when shopping for herbal teas.

Shopping in the store, or shopping in your garden!



## **SHOPPING FOR HERBAL TEAS**

There are too many choices when we get to the herbal tea area of the grocery store. Each box may hold about 20 or so bags, so this can be quite costly. There are a few ways we can cut these costs substantially.

1. **Buy in Bulk.** – I drink green tea because I know it is very healthy, but I buy a 500 gram box that lasts about 6 months. It is sold in bulk and I put the 1/2 teaspoon of leaves into a small strainer cup that fits into the cup or I use a whole teaspoon of leaves and make a pot full. These leaves seem to make a stronger tea than a tea bag does. As well, the tea bags would cost at least 3 times as much as the bulk tea.
2. **Red Raspberry leaf tea** is very healthy for us. We have our own patch of berries and there are so many plants coming up, so there are more than enough to turn into herbal tea in winter. During the summer, I can just pick off some leaves and steep them for a cup of tea. (recipe below)

## **RASPBERRIES**

Well my little Disneyland patch that I talked about in the July newsletter worked wonders. The birds figured the patch was full of characters of some kind and they stayed away. I picked and picked!

We enjoyed berries almost every meal on cereal, in yogurt, with ice cream and as well just as they are from the garden patch.

I froze over 50 packages and there are still loads to come.

## **RASPBERRY JUICE**

I want to make some of the berries into pure juice to freeze in ice cubes. Then I can thaw and add one or two cubes to a pot of red raspberry tea. It will add flavor as well as a nice pink color.

## **WATER**

I soaked the raspberry patches every 3 days so the raspberries are plentiful, large and plump.

## **RED RASPBERRY LEAF TEA**

Pick 16 - 20 raspberry leaves. Wash and put into a small pot. Pour 3 - 4 cups boiling water into the pot, cover and leave to steep for 20 minutes.

You may wish to sweeten it with a bit of honey or sugar. Adding a teaspoon of lemon juice and or a quarter teaspoon ginger to each cup will give you a different flavor.

## **DRIED RED RASPBERRY TEA LEAVES**

Pick and wash 2 ice cream pails full of leaves. Drain on a towel. Put them into the layers of a dehydrator. Turn on 96°F and dry. Put these dry leaves into a plastic bag, close and freeze until you want to make some tea.

## **BORAGE**

3. Borage leaves or flowers can also be used to make a herbal tea. Last year I seeded a pkg of borage seeds in the garden, so this year they came up again between the corn rows. In fact there were so many that I had to chop many of them out. I left 12 plants to use this year. These will make a healthy herbal tea.



**BORAGE TEA** – Steep 10 young borage leaves or the borage flowers in a pot of 3 cups of water. Drain and enjoy as it is or add it to punch.

### **BORAGE LEMONADE**

¼ cup lemon juice  
2 teaspoons sugar  
4 young borage leaves  
2 cups water  
Blend 30 seconds. Strain, add ice cube and enjoy!

### **BORAGE NUTRIENTS**

Vitamin C    manganese    Vitamin E    soluble & insoluble fibre  
potassium    calcium    beta carotene  
Borage oil found in the seed is a good source of gamma-linolenic acid

### **BORAGE BENEFITS**

Helps prevent Alzheimers                      Lifts our spirits                      Reduces fevers

### **PLANTING BORAGE**

Companion plant beside tomatoes, squash and strawberries to improve the fruits.

### **GARNISH**

Borage flowers are a great garnish for salads and dips.

### **GREEN SALAD**

Borage leaves can be chopped fine and added to lettuce or cabbage salads.



## **CHAMOMILE**

is another herb that I grew this summer in our garden. I cut it off this week and am drying it in the dehydrator. It makes a very soothing herbal tea. A cup of this tea before bedtime will help one relax and fall asleep.

**These are just a few areas where we can save on our grocery costs. Many of these herbs and roots are grown in our gardens or can be bought at a market garden for only a few cents. Having a garden saves the most, I think, in fact we can't measure the wealth we get from the whole experience plus the bounty it puts on to our table.**

**It's time to go. I just picked 2 big pails of cucumbers. Some will become pickles. I always use Grandma's Pickle recipe in my Winning Ways cookbook. They are so good that we have used this same recipe for over 40 years.**

**I also picked more beans today. I will freeze a few more even though I think we already have enough until next years garden is ready to produce.**

**Our men are already cutting the winter wheat and barley so in a few days we will be harvesting.**

**Continue to enjoy the summer. AND, if it's time you are needing, why not spend some of your family time gathering herbs and berries or baking cookies or buns. Kids love being a part of what we do.**

**Sincerely Elaine**



*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.

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