

"SEEDS ARE FOR SHARING"



FEBRUARY NEWSLETTER

"FAST PACE FAMILIE'S & NUTRITION"

to satisfy

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

TABLE OF CONTENTS

1. THINK AHEAD - PLAN TO MEET YOUR FAMILIES NUTRITIONAL NEEDS
2. NUTRITIOUS SATISFYING BREAKFASTS
3. SOYBEAN NUTRIENTS
4. WHAT CAN SOYBEANS DO FOR ME?
5. SOY DELICIOUS BEVERAGE
6. OKARA? . . . SOY!
7. OKARA PANCAKES
8. OKARA SCRAMBLED EGGS
9. SOYNUTS
9. GARDEN 2007
10. CONTACT INFORMATION

It does take a bit of planning to be sure that each member of the family is enjoying healthy meals.

Plan, shop and prepare in advance so there is always nutritious food available as any family member opens the fridge to reach for something to eat or stops at home for their meal.

Or, if you are lucky enough to eat together, you may want to prepare ahead of time so a nutritious meal will take you only minutes to put on the table, after you have arrived at home. A Crock Pot is a great cooking tool for busy folks. I want to share some of these recipes in the coming months.

In the last newsletter (January 07) I shared a few nutritious breakfast recipes. Be sure to try them. They are great if individual family members are expected to find their own breakfast before heading off to school or work. It is easy to have a batch of "Jen's Raw Granola" or the "Crunchy Granola" in

the fridge. Just spoon some into a bowl, add milk, juice or fruit and enjoy a very satisfying and healthy breakfast.

P.S. On an exceptionally busy day, put some Crunchy Granola into a plastic bag to munch on during the trip or walk to school or work.

What a contrast to reaching for a bag of chips as we dash out the door!

PORRIDGE – this amount is for 2 people

½ cup oatmeal

1 ½ cups water

Pinch of salt

This recipe can be started the night before, by soaking the oatmeal or other crushed grains in water. The soaking allows it to be cooked in less time and as well makes it easier to digest. Then in the morning, add the salt and cook it for 5 minutes (for oatmeal) or 10 minutes (for other crushed grains). Spoon your own into a bowl and enjoy with milk, crushed flax and a bit of brown sugar. Everyone may be eating at the same time, or it may be another hour before the rest of the family is in the kitchen for breakfast.

EATING AT DIFFERENT TIMES!

If you are eating in shifts, the remainder is cold, but add a few spoons of hot water and stir as you heat on low in the pot.

Or spoon some into a glass cereal bowl with 2 tablespoons of hot water, mix and then heat in a toaster oven.

Again top with your favorite toppings and enjoy.

This way the whole family can have a bowl of porridge.

The last person to eat will have to soak the pot in the sink for easy cleaning! Be sure everyone rinses their dishes and puts them into the dishwasher.

These breakfast ideas are far more nutritious than prepared prepackaged cereals that have many additives that are not good for us.

MILK

Breakfast is usually the meal where most milk is consumed. As nutritious as milk is, for some individuals it could also cause digestion problems.

The problem may be lactose intolerance or an allergy.

SOYMILK

Soy milk can be a great substitute beverage and often an excellent choice for those who fall into this category.

I started making soy milk over ten years ago. I make 6 quarts at a time, sealing it in quart jars and storing these in the fridge. To use, I just shake it before pouring.

This soy milk, unlike the store bought, includes the whole soybean. One very nutritious part of soybeans is the lecithin, or Vitamin E and another is the fibre that is found in the shell. But homemade soy milk using the whole

soybean is packed with so many more nutrients. Below is a list of what soybeans contain. THE SOYMILK recipe is below.

SOYFULLY BALANCED

Soybeans have an amazing list of nutrients that can help us fight diseases and keep our bodies healthy. However, this seldom happens by eating only a few healthy foods. The Canada Food Guide to Healthier Eating emphasizes the importance of eating a large variety of foods from each food group every day. These foods all work together for our greatest benefit.

Prepare meals in such a way that most of the nutrients are still available to us.

Soybeans too can be prepared in just such a way:

- that they are easy to digest
- that they are easily absorbed by our bodies
- so most of the nutrients will be retained.

NUTRIENTS FOUND IN SOYBEANS:

B1	B2	B6	Biotin	Calcium
Carbohydrates	Choline	Chromium	Co-Q 10	Fibre
Folic Acid	Genistein	Histidine	Iron	Isoflavones
Isoleucine	Lecithin	Linoleic Acid	Lysine	Magnesium
Methionine	Niacin	Pantothenic Acid		Phenylalanin,
Phosphorus	Protein	Theonine	Tryptophan	Valine
Vitamin E	Viatmin K	Zinc		

SOYBEANS ARE SOY GOOD FOR YOU BECAUSE THEY CAN:

Lower cholesterol levels
Lower blood pressure
Protect cell linings
Help prevent prostate, breast, colon and lung cancer
Help keep the colon and bowel clean
Ease Menopausal symptoms
Decrease vaginal dryness
Regulate and reduce blood sugar
Act as a natural anti-infammatory
Increase fertility
Improve kidney function
Boost immune system
Provide energy
Help prevent digestive disorders
Help with constipation and hemorrhoids
Help the body grow and injuries heal
Help prevent osteoporosis
Increase mental alertness
Help control our appetite
Help prevent cataracts

SOY DELICIOUS MILK

There are more soy beverage recipes in SOY SATISFIED cookbook.

Of all the recipes I have tried and created, I use this one the most. Many agree with me that this beverage has a much better taste when compared to store bought soy beverages.

4¹/₂ cups soaked soybeans* **8 cups water**
6 cups boiling water **¹/₄ teaspoon salt**
3 tablespoons white corn syrup

Add drained soybeans to 6 cups boiling water. Put on stove (low heat) until almost simmering, yet not boiling. Cover and leave 20 minutes, no longer. Then remove from heat. Boil 8 cups water. Process half the soybeans in a blender for about 5 minutes with 3 cups hot water. Then do the rest. Pour these mixtures into a strainer lined with cheesecloth. Stir this with a spoon so it drains better.. When most has drained, pour the last 2 cups of boiling water over. Bring cheesecloth ends together and squeeze out more of the milk. I weigh it down with a gallon jar of grains placed on a plate. Put the okara* in measured amounts in the freezer to use in recipes. Add salt and syrup to the milk and store in quart sealers. Keep in the fridge for a week, or preserve by reheating and sealing in sterilized jars and lids.

PRICE OF SOYMILK

It costs about 6 cents a quart to make this recipe.

CAN YOU BEAT THAT?

Yes, actually you can because these soybeans were bought. Grow them yourself and it is even cheaper.

“SOY GO FOR IT!”

***OKARA . . . What's That?**

If you have just made a batch of soymilk, you will have this left in the cheesecloth. Don't throw it out. It too, is packed with nutrients. You can:

- Add some to your bread or bun baking
- Use it in scrambled eggs, pancakes, waffles or even in egg salad.

It has no taste, so no one will know that you have added more and different nutrients to a meal. Our bodies do need a great variety of nutrients every single day.

OKARA PANCAKES

1 cup okara **1 cup milk or soymilk**
2 eggs **1 ¹/₄ cup flour ***
1 tablespoon oil **¹/₄ teaspoon salt**
2 teaspoons baking powder

Yesterday we enjoyed this pancake recipe with ¹/₂ cup blueberries added!

Combine and mix the ingredients. Spoon on to a frying pan, brown and then turn over and brown the other side for pancakes or pour $\frac{3}{4}$ cup on to a heated Belgium Waffle Iron and bake until browned. (or use as much as your own waffle iron specifies)

**I usually use half whole grain flour and half unbleached store bought flour. Commercial regular flour is usually bleached with benzoyl peroxide, so I try to stay away from store bought all-purpose flour and use unbleached.*

Serving Pancakes in Shifts

If the whole family isn't home to eat at the same time, it is often easier to bake all the pancakes. Then reheat them in a toaster oven on low heat. If family members are old enough, the batter can be put into the fridge for them to bake their pancakes later.

OKARA SCRAMBLED EGGS - one egg portions

1 egg

$\frac{1}{4}$ cup okara

2 tablespoons shredded cheddar cheese

Salt and pepper to taste

With a hand blender, mix the egg with okara. Pour into fry pan on medium heat, as you would for scrambled eggs. Once it is set, sprinkle the cheese over. Fold in half so the cheese melts. Serve.

You can multiply this recipe using as many eggs as needed.

Options: Chopped onions, diced cooked meat can also be added to the egg mixture, making it like a Denver sandwich.

GREAT NUTRITIOUS LUNCH!

I enjoyed the above eggs, a bowl of homemade chicken noodle soup and a flax muffin today for lunch. I had made powdered greens this past summer from my spinach, beets and lettuce tops, so I sprinkled $\frac{1}{2}$ teaspoon over the soup after it was in my bowl.

This was a delicious nutrient packed lunch!

Why? . . . Well . . .

The chicken noodle soup was made from scratch with lots of vegetables, herbs and chicken broth. The recipe was in the December newsletter.

The flax muffin has 2 tablespoons crushed flax in, very little sweetener and very little oil. (The recipe comes from A Muffin A Day cookbook). I bake 2 dozen at a time (2 different kinds) freeze them and then take out one every day for myself, or more if others are going to have one.

Powdered greens are packed with minerals and other nutrients. The powdered greens recipe comes from 2006 summer newsletter, but I mentioned it last month as well.

Keep SOYNUITS around the house, on the cupboard, in the car or in your purse. All kinds of flavors!

Snacks too can be very nutritious and should be handy in between meals. Carry them in the car or in your purse to munch on as you travel, as you study or maybe as you wait. You will not feel the urge to stop at a fast food restaurant as you head home for supper.



SOYNUITS

It is time I mentioned making soynuts as they can be enjoyed in so many flavors. I used to make them in the micro-wave, but because of the reports that micro-waves kill nutrients, I have stopped using the micro-wave. I want to replace it with a toaster oven for the time being. I have heard of a Turbo Oven that is said to be much safer, so I plan to check that out.

OVEN BAKED SOYNUITS

Rinse 2 cups raw split soybeans (you can also use the whole soybean) Wash, and then soak in plenty of water overnight. Rinse. Bring 4 cups of water to a boil. Add the drained soybeans, simmer (not boil) them 20 minutes on low heat. Rinse off again.

In a small pot, mix 1 tablespoon cornstarch with 1/3 cup water. Heat on low and stir until it thickens. Remove from heat and mix in 1 teaspoon sea salt and 1 teaspoon onion salt. (or any herbs of your choice) Add the mixture to the soybeans and mix well. Spread on a lightly oiled cookie sheet. Bake 1/2 hour at 300° F. Mix them around and then continue to bake at 275 ° F mixing every 20 minutes, until lightly browned. When cool they should be crunchy.

***I soak 3 cups at a time. (1½ times recipe) That way I have 2 large cookie sheets, one on each oven rack. I switch them from the bottom to the top, so they all brown more evenly.**

ENJOYING THE PRESERVES & GETTING ITCHY FINGERS

As we have been enjoying the many raw vegetables that are in our cold storage as well as the frozen, dehydrated and canned vegetables & fruits, I am looking forward to again growing a great variety of nutritious vegetables and fruits this year.



PLANS FOR GARDEN 2007

It's February, the month that I plan and order the seeds for this summer's garden. When it's cold outside I can picture the fun it will be to care for another garden and then gather in the produce to serve and enjoy.

This year's garden should have plenty of beets, spinach and lettuce so there will be enough greens to enjoy, to share and to dry into powder and use once the garden is finished in fall. Dehydrating the greens at about 100 ° F will allow them to retain the enzymes that help our bodies digest our food as well as retain many of their vitamins and minerals.

This green powder and as well the dried beans we eat, are excellent sources of antioxidants! There are others as well.

This year's garden will have a few new items and more squash, zucchini and all the other wonderfully nutritious vegetable that we have had for years. Another plus to having a garden, is the exercise and fresh air it allows me while planting, weeding, watering and caring for it all summer long.

We are just hearing reports on the power of Vitamin D to fight diseases. Fresh air in the summer is the best Vitamin D we can get.

We have an organic garden and I will keep it that way. Companion planting and using certain leaves is a great way to deter the bugs that want to destroy our garden plants and produce. (more about that in the coming months)

This year I want to do more composting to add extra nutrients to the soil.

I have decided to quit using chemicals to kill weeds on the lawn. I want our environment to be as healthy as possible.

"A BREAD FOR ALL REASONS . . . A BREAD FOR ALL SEASONS"

can be in your hands without waiting for the mail to arrive. You can use the secure pay pal payment option, but you can also e-mail me to make arrangements to pay by M/C or cheque. I did sell some paper copies at the Farm Women's Conference. The eBook explains the whole simple grain soaking method and includes the following bread recipes. (Multi-Grain Bread, Sour Dough Rye Bread, Pumpernickel Bread, Bread Sticks, French Bread, Seedy Rolls, Raisin Bread, Fruit Bread, Hot Cross Buns, Pizza Crusts, Cinnamon Buns, and Christmas Braid. Cost is 5.00 Cnd.

About the Author

Winnie is always looking for ways to provide inexpensive, nutritious and yet healthy 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 & eBook 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: www.winnieswinningways.ca

<<http://www.winnieswinningways.ca/>>