

"SEEDS ARE FOR SHARING"



**JANUARY/ FEBRUARY 2011
NEWSLETTER**

**“A NEW YEAR A NEW BEGINNING . . .
BUT A NEW VIEW?”**



THERES NOTHING NEW ABOUT THE SNOW OR THE VIEW . . . IS THERE?

Most of us are getting tired of the walking, driving and shoveling! How much higher can it get? We can hardly see out of our windows right now!



**BUT HOW MUST OUR SHUT-INS & SENIORS FEEL. . .
AND WHAT CAN WE DO TO CHEER THEM UP?**

It is still snowing day after day after day. I have so much to keep me busy that I love these days indoors, but I do feel sorry for our seniors; especially those who find it hard to get out. They are tired of being cooped up. Many of them depend on the view out of their window and with so much snow, that view is almost gone. I decided to put together a little coiled booklet for our shut-ins and seniors. It includes poems and interesting thoughts about snow, winter, friendships and Valentine's Day. I also gave all of them each other's birthdays, anniversaries and year of birth. For some of them this booklet even meant a visit to give it to them so that too was a welcome few hours.

Many have mentioned that they really are enjoying the poems on these cold, stormy, slippery days. They can now know when someone has their special day.

Table of Contents
Stay Healthy by Reading & Listening
Soybeans - one of 5 Super Foods
Nutritious Chickpeas
Roasted Chickpeas
Chickpea in Meatballs
Mushroom Gravy for Meatballs
Sweet & Sour Gravy for Meatballs
Preserve Garlic's Goodness
Macaroni & Chickpea
Dried Leeks
Apple Crisp & Chickpea
Fish Fillets & Chickpea
Homemade Peanut Butter
Children's Sticker Fun
Getting Children to Eat
Oatmeal Waffles
Sprouted Wheat/Oatmeal Waffles
Quinoa
Lazy Cabbage Rolls/Quinoa
Mouth-Watering Beef Steak
Happy Valentine's Day – Make a Difference!



HAPPY NEW YEAR!

We were only into the New Year a few days when we could see that so many people were focusing on their weight, exercise, eating habits and their health in general. One T.V. channel had a show called “LIVE RIGHT NOW.” I would agree with that statement. The longer we wait the harder it will be to get back on track.

Are we doing the best we can to take care of ourselves and our families?



Can we make small changes here and there so we can better fight the many toxins that are being put into our foods, into the prepared packaged foods and as well those we are putting into the environment personally and through technology & manufacturing. Toxins are everywhere and we really need to get them out of our bodies to keep our health. A great way to do that is to eat more nutritious foods!

SO LET'S START TODAY!

READ, READ, READ

I have found that the more I read books, magazines and articles about health and the more I listen to shows that pertain to our health, the more serious I am about making changes for the better. I usually buy lots of used health books and

magazines. That way I haven't spent much money and I always get something out of them. There are articles on research results as well as many great suggestions that I will try myself and then if they work out well, I will pass the ideas or recipes on to others. Often I will make changes or add extra ingredients that we enjoy & that I know are a benefit to us.

LISTEN, LISTEN, LISTEN

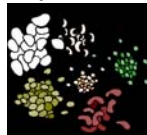
There are now television shows on health and it pays to listen to what they have to say. They are always presenting new & better ways to exercise and new food choices that research is telling us can make a huge difference to our health and our energy levels.

SOYBEANS

I have been listening to DR. OZ as often as possible and I like to jot down some of his recommendations. I was very pleased that he suggested soybeans to be one of the top 5 nutritious foods. He did say that it was the plain soybean only and not some of these products that are made with only parts of the soybeans or others that have lots of additives.

I was very excited because that is how I make all of our soy foods. The cookbook I wrote and the 200 recipes I created are all in SOY SATISFIED. These are recipes that start with the inexpensive soybean. You can order it at a greatly reduced price on the website at www.winnieswinningways.ca .

So we as a family do continue to enjoy these soybean recipes together with many other nutritious foods regularly.



CHICK PEAS

Roasted chickpeas were suggested as a great healthy snack on a television show. I may have roasted them too long as they were quite hard or maybe that is how they should be. Here is the way I made them.

ROASTED CHICKPEAS

You can drain canned chickpeas or start with raw chickpeas as I did. I washed and soaked the raw chickpeas overnight. Drain and rinse them off. Then add water and cook until soft. Drain and throw out this liquid. Put these cooked chickpeas into the oven and roast at 275° F for two hours. This may have been too long as they were too hard for my liking.

After they sat around for a few weeks and I had munched on a few, I decided to change their use. So I put them into the blender and processed them until they were powder.

This was a great chickpea flour that was tasteless and could be used in many recipes. I did run out of it now and will make more so I can continue to use it in endless ways. Here are the recipes I have made successfully so far.

MEATBALLS

1 ½ pounds lean ground beef

1 egg

1/3 cup chickpea flour (made as above)

3 cloves of garlic, minced

½ cup chopped onions

Salt and pepper to taste (I use only sea salt)

Mix the above ingredients, shape into meatballs and bake them until they are cooked through.

MUSHROOM GRAVY

To these meatballs, add a sauce made by mixing 1 can mushroom soup and one can of milk. If you wish add herbs of choice. Pour over the meatballs and heat.

SWEET & SOUR GRAVY

1 cup ketchup

1 cup water

¼ cup vinegar

¼ cup brown sugar

1 teaspoon mustard

1 teaspoon Worcestershire sauce

1 tablespoon cornstarch

1 clove garlic, minced* optional

Mix these ingredients, heat and pour over the meatballs. Stir cornstarch with a little water and add to thicken.

GARLIC

I add 1 clove of minced garlic to the above gravies as I know it is healthy and we enjoy the flavor.

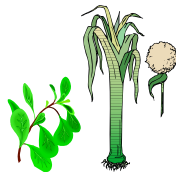
Hint on garlic – After chopping or crushing garlic, let it stand for 15 minutes before heating. This allows the garlic to keep the heat from damaging the very beneficial nutrients in garlic.

MACARONI

Once macaroni is cooked and drained, you can fry it in a bit of butter. On 4 cups of cooked macaroni, sprinkle ¼ cup chickpea flour and brown. (Chickpea flour as above) This is really a great way to enjoy macaroni. For extra flavor, sprinkle on any herbs of your choice, or chopped leeks.

DRIED LEEKS

I grew leeks last summer. In fall I chopped & dehydrated and put them into the freezer in plastic bags. I use them in all of my soups and casseroles. But as well I chop some fine in the coffee grinder, put them into a spice shaker and sprinkle them on this fried macaroni, on salads, egg sandwich spreads, salmon or even on scrambled eggs. They add such flavor and as well are nutritious.



DELICIOUS NUTRITIOUS APPLE CRISP

This recipe makes a 9 by 12 inch pan.

6 cups apple pie filling. If you use apples that are not too sour, you need not add any sugar so it is a healthy choice. If you need to add a bit of sweetener, use a few drops of stevia rather than the chemically made unhealthy sweeteners. (stevia is plant based so is healthy). Spread apples into the pan. Sprinkle with cinnamon. (Real cinnamon is also healthy)

STEVIA

In my newsletters last summer (2010) I mentioned more about the stevia plants that I grew the past two years in my garden. Last fall I brought one plant inside. It has been getting shoots on it and I am going to pot these shoots next week to grow in the house and then put into the garden this summer.

I make the Apple Pie Filling recipe every summer using the recipe I shared in my Winning Ways cookbook. To order this book go to www.winnieswinningways.ca

Mix together the following and spread over the apples.

2 cups oatmeal

½ cup chickpea flour (as above)

½ cup brown sugar

½ cup melted butter (or soft margarine)

Bake at 350° F for 35 minutes.

FISH FILLETS

I also breaded our fish with the chickpea mixture and it was really nice. I had to fry them in a tablespoon of extra virgin olive oil so they would get crunchy. But they were exceptional.

I mixed ½ cup chickpea flour with ¼ cup bread crumbs.

First I dipped the pieces into beaten eggs and then the crumb mixture. I sprinkled them with a little salt and pepper while they were frying.

I hope to create more recipes in the coming months seeing we know that chickpeas are so nutritious.

A VISIT BY OUR GRANDDAUGHTER

Before I go on to more recipes, I want to share about the week our 4 year old granddaughter spent with us.

PICKY EATERS

When I asked what she eats, her mom said that her favorites are junk food. On the healthy side, she did like milk, peanut butter, raw carrots & broccoli, but that wouldn't do for a whole week.

Before she arrived I made a huge poster of a snowman. It was almost as tall as she was and I taped it to the side of the cupboard. He looked like Frosty the Snowman. In the hat it said that she would get stickers for all the kind things she would do; the help she would give and if she would finish her food at mealtime. I bought lots of princess & other neat stickers.

She could put on two stickers for eating her really healthy food, drinking her milk or when she helped me bake cookies (she put sprinkles on all 100 cookies).

After some meals she could get up to 5 stickers. I kept telling her that her Mom and Dad would be so impressed when they arrived at home.

She just loved the stickers and she would often finish her food just to get that extra sticker.

As well I bought a small picture album and she could put whatever she wanted into it. We worked on that together.

SPA DAY

WE were alone one day so when we got up I told her it was spa day. I let her have a bubble bath first. For breakfast I poured our lemon juice in stem glasses. *Melvin and I always have a glass of freshly squeezed lemon juice every morning before we start the day. I mentioned it to you a few years ago in a newsletter.*

While Lauryn was here, she drank some each morning too, but I put a drop of stevia into her glass as it is quite sour.

After our juice we had all kinds of fruit on a platter and I told her she could eat as much as she wanted. We then had homemade whole grain bread with homemade peanut butter and honey.

HOMEMADE PEANUT BUTTER

She helped me make the peanut butter the day before. She fed peanuts into the meat grinder. (I have a very fine screen that is just for that) Out came peanut butter. We put it into a fancy little bowl and covered it with plastic wrap. So all week she could have her homemade peanut butter.

MASSAGE

Then it was time for a foot massage. I buy quite expensive healthy hand lotion that I mix half and half with grape seed oil to make it go further. Grape seed oil is also healthy. We like it because it is so smooth and Lauryn loved it too.

PHOTOS

We took lots of pictures throughout the week and her Dad is adding them to her album.

BAKE COOKIES

One afternoon we made two batches of cookies. One was a healthier kind and the other was heart cutouts. We made a canister of each of them for us and as well for her to take home.

We went for walks and had story times and at night after a little prayer she was fast asleep.

Here are a few other ways I got her to eat healthier foods for me. But the stickers were the best incentive of all.

- She did like very plain chicken noodle soup with no veggies so I pureed all the garlic and onion and added ½ cup cooked pureed squash to the broth. I got out the alphabet noodles and she found her name. Then we put them into the soup and added some more alphabets.



- She said she liked egg yolks so one day they were part of her plate. I didn't force the whites, but ate them myself.
- She likes things smooth so one day I made pea soup. With the hand blender, without her seeing, I pureed her ½ cup and she loved it. Little did she know that she had at least 6 different veggies and lots of herbs in it too.
- I did have raw carrots and broccoli on the table often.
- A smoothie can also be used to sneak in many nutritious food



Every day I gave her a few magazines and we chose some pictures to cut out and put into her album. We found pictures of the foods we ate and the things we did and I wrote about our activities.

Her visit inspired me to try it again so for . . .



VALENTINE'S DAY

I made all 8 of our younger grandchildren large Valentine posters. I had some large red doilies in my cupboard and I used the computer to make a heart with their name on. It also says that Grandpa and Grandma loved them. At the bottom I glued on two huge pink and red hearts that they can fill with stickers. The dollar store had lots of neat heart shaped stickers. Hopefully it will inspire them to make good choices and give them lots of fun as they add stickers this month.

WAFFLES

While we are talking about children, they often enjoy pancakes or waffles. I have some Belgium waffles in the freezer all the time. When our grandkids come unexpectedly, I can quickly thaw and heat a waffle for them. The fact that they are made with healthy ingredients makes me extremely happy and I know they are happy too, because they love waffles.

Below are two new recipes that we are enjoying besides the Protein Plus Waffles in the SOY SATISFIED cookbook that we have enjoyed for years.

We are reading so much on the benefits of oats in our diet, so Melvin and I have oatmeal porridge every morning. At noon we will have homemade soup, an egg dish or else one of these nutritious waffles that I make with oatmeal.



OATMEAL WAFFLES (6 good size waffles)

1 cup whole wheat flour

2 cups oatmeal (process in blender)

2 cups plain yogurt

Let rest overnight. (Breaks down the phytic acid in the wheat so it is easy to digest).

The next day add:

2 eggs

2 tablespoons melted butter or extra virgin olive oil

½ teaspoon sea salt

1 teaspoon baking soda

¼ cup unbleached flour

Blend well. Bake in waffle iron.

SPROUTED WHEAT

I have shared sprouting grains in other newsletters together with other recipes, but I will share it again. Sprouting grains is actually so very nutritious as through the process, nutrients are multiplied in strength and vitamin C is added.

This past week I made wheat sprouts again as follows.

Wash 2 cups of wheat kernels. Let them sit in water overnight on the counter. The next day drain and rinse them. Put them into a glass gallon jar, cover with a piece of mesh fabric or cheesecloth and secure with a rubber band. Put the jar on its side tipped slightly more so excess water will drain off. Put the jar into a sunny warm place, covering it with a blanket or heavy towel, leaving the opening free so it will get air. Pour in warm water twice a day, draining it again each time through the mesh. Cover and put it back where it was. In two or three days, the sprouts will be twice as long as the seed and they are ready. Rinse the final time and use them.

Rinse water – I used the water I had drained off to water my houseplants as I know there were nutrients in it.

The sprouts will keep for one week in the fridge or can be frozen loose to take out in amounts needed.

I had 2 cups of these sprouts left on Saturday and decided to use them up; making the new recipe below that we enjoyed so much.

Sometimes cooks want to include healthier ingredients as I have shared in brackets below. There is no need to include sweetener in this recipe as sprouted wheat does add a sweet flavor.

SPROUTED WHEAT/OAT WAFFLES (6 Belgium Waffles)

Put the following ingredients into the blender and process 3 to 4 minutes.

2 cups plain yogurt (I have shared the recipe in previous newsletters)

2 cups raw oatmeal

2 cups sprouted wheat

2 eggs

2 tablespoons unbleached flour (or rice, buckwheat, potato, quinoa flour)

2 tablespoons extra virgin olive oil (or softened coconut oil)

1/2 teaspoon sea salt

¾ teaspoon baking powder

½ teaspoon baking soda

Bake in Belgium Waffle Iron 3 minutes or until nicely browned.

These waffles can be frozen and reheated in a half minute in a hot waffle iron.

QUINOA

Quinoa has the most complete protein of any grain. and is packed with the following vitamins and minerals – iron, magnesium, vitamin E, potassium, amino acids, and fiber.

It is gluten free so is a great substitute for anyone who has problems with grains that have gluten in them.

I was introduced to this seed a few years ago when we traveled to Yorkton. We had a tour of the gluten free plant and it was really neat to see how the seeds were prepared for the market. Since that day I have taken an interest in the nutrients found in quinoa and lately I am trying to create new recipes.

I cooked up a batch last week and we are enjoying it in a number of ways. I will be working on new recipes in the coming months and hope to share some of them with you later.

1 ½ cup quinoa seed

3 cups water

Rinse and then soak the seeds for 15 minutes. Drain off the liquid through a mesh screen. Put into a pot with the 3 cups water. Bring to a boil, cover with a tight fitting lid and turn heat to simmer. Cook 15 minutes. Remove from heat; allow to sit 5 minutes with the lid on.

Remove lid, fluff up with a fork and it is ready to serve. Use what is needed and the remainder can be stored loose in a plastic bag in the freezer.

For now we were just adding it to recipes as below.

*Spoon some on to dishes of vanilla pudding or plain yogurt, topping with fruit of your choice. You can top with a dollop of whipped cream or ice cream.

*Spoon cooked quinoa into your bowl of soup or soup broth.

OR MAKE . . .

LAZY CABBAGE ROLLS

Use Quinoa when making the following recipe for Lazy Cabbage Rolls. I make this recipe often when we need a quick supper as I have all 3 main ingredient on hand in the freezer or fridge.

- Cooked quinoa is frozen in the freezer
- Cooked crumbled beef burger is handy in the freezer.(frozen loosely)
- A jar of sauerkraut is handy in a fridge. (recipe was shared Nov/ Dec.

It just takes a very short time to mix equal amounts of each of the above 3 ingredients in a fry pan and cook for 15 minutes. You may want to sprinkle this with any herbs for extra flavor, or chop up a small onion & mince/add a garlic clove before cooking.

Add a raw vegetable salad to this meal and a very healthy delicious supper is ready to enjoy.

BEST BEEF

We still keep a few cattle, so we are so fortunate to butcher our own beef every year. They are grass fed and only get some oats in the winter together with their hay.

Last week we enjoyed oven-roasted steak again. It melted in our mouths and the flavor was out of this world. I will share the way I made it as some of our children have been asking for a good recipe that isn't made on the barbecue.

We are hearing reports that the char on grilled meat could be a contributing factor in the cause of some cancers. I am sure we will hear more on this in the future, if it is true, but for us it isn't a problem. We use our barbecue about once or twice a year.

MOUTH WATERING STEAK

5 pounds round steak (or any kind of steak will do)

½ cup dried leeks (or a medium onion chopped)

6 cloves minced garlic

1 small sweet potato

2 cups water

Potato water

4 tablespoons cornstarch

2 tablespoons soy sauce (optional)

Cut into serving size pieces, pound and then place open in the oven at 400 ° F to brown for 30 minutes. Put the pieces into a roaster with 2 cups of water.

Sprinkle with spices and herbs of your choice. I sprinkled on ½ cup dried leeks (but onions will give the same flavor), spread with minced cloves of garlic and topped with slices of a small sweet potato. Sprinkle on a bit of salt and pepper.

Roast covered for 3 hours at 325 ° F.

I removed the steak pieces and pureed the remainder together so the sweet potato, onions etc will all be in the gravy. If you have cooked potatoes, add the potato water to this mixture. I mixed 4 tablespoons cornstarch with ½ cup water and add this to thicken the gravy.

If the color is not dark enough for you, 2 tablespoons of soy sauce will give the added color.

Serve with mashed potatoes, vegetables and a salad. Yummy!

CHEW WELL

Have you heard that the more you chew your food, the more nutrients you will get out of the food? I tell our children that is a problem in our family because on the farm we are always in a hurry and we swallow before our food is chewed properly. As well by chewing well, we will better digest our food and we will eat less!



A few final thoughts today . . .

The longer we wait to make changes, the more health problems we may have, the more weight we may need to lose and the harder it may be to get back on track.

We can make a difference in other people's lives as well as in our own. It may just be as simple as a sticker poster for a child, a nutritious home-cooked meal that we share with our family or with others or a phone call. But the sooner we start the better. So let's start today!

**Happy Valentine's Day!
Sincerely Elaine Edel**

The recipes that Winnie uses everyday in her own kitchen as she provides more & more nutrition for her family come mostly from nutritious seeds that have been turned into delicious recipes in the following three cookbooks:

EAT MORE WHOLE GRAINS - listed at \$14.95

A MUFFIN A DAY - listed at \$8.95

SOY SATISFIED - listed at \$16.95

Total cost would be \$40.85

**Winnie has decided to sell all three of these cookbooks in a package deal. . .
FOR ONLY \$25.00! plus shipping & handling**

This special is now on the website so you can use the automatic order form, or email her and she will get the books off to you.

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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