

"SEEDS ARE FOR SHARING"



JULY NEWSLETTER

VACATIONS, REUNIONS, PICNICS . . .CAN BE ENJOYED WITH HEALTHY FOODS TO BENEFIT . . .

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

TABLE OF CONTENTS

- Snacks for Traveling
- Meals Outdoors
- Rice On A Grill
- Grilled Potatoes
- Grilled Vegetables
- Easy Salad & Dressings
- Barbecued Chicken
- Peanut Butter Pizza
- Roasting Marshmallows
- Wiener Roast
- Garden Hints
- Spinach uses
- Tiny Carrots in Sauce
- Soybean Cookbook Special
- Reflexology
- Food For Our Soul

July and August is a time of coming and going for many of us. School is out, providing an excellent opportunity for a vacation or a visit to family and friends.



When traveling you may want to make healthier choices, when eating at restaurants, when going on a picnic or eating in the vehicle.

It is great if you have space to take along a cooler. You can then buy items like yogurt, milk, cheese or hard boiled eggs. (unpeeled cooked eggs will keep well for a week in a cooler at refrigerator temperatures)

Keep snacks like granola, dried fruits and nuts, sunflower seeds, healthy crackers, or even fruit. (if you are not leaving the country)

The following granola snack recipe is crunchy and very nutritious.
I dehydrate it so it will keep for weeks. OR it can be baked in the oven at 250 ° F
for ½ hour, mixed and then again for ½ hour.

GRANOLA SNACK

4 cups oatmeal
3 cups apple sauce
2 cups plain yogurt
1 cup sunflower seeds,
1 cup chopped apricots
1 cup coconut
1 cup raisins or other dried fruits.

Mix all of the above together well. Dehydrate or bake in the oven as mentioned above. I love to have this recipe in the cupboard for a snack anytime, not just when traveling.

VISITORS ARE A REFRESHING BREAK

For those of us who spend most of the summer tending the garden, yard or fields, visits from acquaintances, whether long or short, can be a refreshing break.

Food is an important part of any get together. "Eating is one of the best things life has to offer. Foods help us celebrate with family and friends." (taken from the old CFG)

Because our summers are so busy, we are always looking for ways to serve easy snacks, lunches and meals with as little preparation as possible.

By using the barbecue or a fire pit, and by eating outside, we can enjoy the great outdoors and benefit from the fresh air and sunshine. Besides that, it requires very little work and our homes will remain tidy and cool.

Following are a number of recipes and hints you may want to try this summer when you get a call that company is on the way.

All the cooking for this meal is done on the barbecue. Serve the chicken with rice or baked potato and mixed vegetables. Or serve raw veggies on a platter or a salad.

You can have the meal ready before they arrive and then relax and enjoy the visit.



RICE ON A GRILL – serves 6

2 cups uncooked instant rice
1/3 cup chopped green peppers
1/3 cup chopped green onions
1 ½ cups water
½ cup ketchup
1 teaspoon butter

Sprinkle over ½ teaspoon poultry dressing or sage.

Combine the first 5 ingredients in a 10 inch foil pie plate. Top with butter and sprinkle with herbs. Cover with heavy foil and seal well. Barbecue for 14 minutes. Fluff with a fork and serve.

GRILLED POTATOES – serve 6

6 medium potatoes

2 onions

3 tablespoon butter or margarine

¼ cup chopped celery

1 teaspoon oregano

¼ teaspoon salt

¼ teaspoon garlic salt

¼ teaspoon pepper

Cut the potatoes almost through in ½ inch slices. Place onions, butter, celery and spices between slices. Wrap each potato in foil. Grill 40 minutes, or until done.

VEGETABLE MIX – serve 6

Place a mixture of a total of 4 cups of cut raw vegetables on a 10 inch foil pie plate. Sprinkle on salt and pepper to taste. Cover well with a heavy foil and seal edges. Place on a barbecue for 15 minutes.

SALADS

A garden of greens makes the salad easy, appealing and nutritious. Pick as many of the following as you wish. Lettuce, spinach, chives, onion greens, beet leaves, young dill weed. Below are a few dressings to try as well.

SALAD DRESSINGS

- Mix 1 tablespoon lemon juice with 1 tablespoon liquid honey, pinch of dry mustard, salt and pepper to taste. Sprinkle 1 tablespoon toasted almonds or sunflower seeds on top of the salad. (small salad)
- **HONEY DRESSING** (store the remainder in the fridge)
Blend the following ingredients:
 - ¼ cup sugar
 - ¼ cup vinegar
 - 2 ½ tablespoons lemon juice
 - 2 ½ tablespoons honey
 - ½ teaspoon mustard
 - 1/8 teaspoon paprika
 - 1/8 teaspoon salt
- **OIL VINEGAR DRESSING**
 - 2 tablespoons oil
 - 2 tablespoons vinegar
 - ½ teaspoon salt
 - ¼ teaspoon pepperShake the above well. *For flavor you may add garlic, onion, parsley, dill or other herbs of your choice.

*I have a jar of dry Ranch Dressing mix on hand to add in a hurry.

BARBECUED CHICKEN – serves 6

6 boneless skinless chicken portions

1 teaspoon butter

¼ cup ketchup

1 tablespoon molasses

1 tablespoon brown sugar

½ teaspoon chili powder

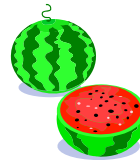
1 teaspoon Worcestershire sauce

1 minced garlic clove

To make a sauce, combine all the ingredients except chicken and butter. Refrigerate. Brush chicken with butter. Barbecue 4 minutes on each side or until browned. Baste with the sauce a number of times and turn for another 5 minutes or until done.

DESSERTS

When it's hot, why not serve ice cream or yogurt with fresh strawberries, raspberries or other fruit that is in season. Another simple dessert is to serve watermelon or a fruit platter.



The following snack is not too nutritious, but a small piece can be enjoyed by young and old alike.

PEANUT BUTTER PIZZA – 16 pieces

½ cup butter or margarine

½ cup peanut butter

½ cup brown sugar

1 egg

1 teaspoon vanilla

1 ½ cups flour

2 cups miniature marshmallows

1 cup chocolate chips

Mix butter, peanut butter and sugar. Add egg and vanilla and then blend with flour. Spread on a greased 12 inch pizza pan. Bake 10 minutes Sprinkle with marshmallows and chocolate chips. Bake 5 minutes or until lightly browned. Cut with a pizza cutter.

MASHMALLOW ROAST

When roasting marshmallows, dip them into water before you roast them. It will keep them from burning.

WIENER ROAST

Summer is the only time of the year that I keep wieners in the freezer, for that unexpected wiener roast.

If we have been cleaning up wood, a nice treat is to have a hot dog, roasting the wieners on the fire.

Or when someone comes for a drive in the evening, I defrost wieners and buns and start a fire in our fire pit. This requires very little work and can be a whole lot of fun. We often sit by the fire late into the night, just adding a log once in a while to keep it burning, or to keep us warm on cool evenings.

GARDEN HINTS & RECIPES

There are many ways to enjoy the fruits of our labors on a regular basis. Spinach can be used in place of lettuce in salads or sandwiches. You can cook it as a vegetable, steaming it slightly so you get as many of the nutrients possible.

You can puree the spinach with some water to use as the liquid when making noodles.

As it grows, be sure to cut it all off regularly, so that it will continue to grow new young leaves. If you have too much to use yourself, you may be able to share some with others.

As I mentioned earlier and as well in the July 06 Newsletter, I cut the spinach, lettuce and some beet leaves off regularly and dehydrated them. Once they were dry, I mixed them in the blender until they were powder. This powder was frozen in small heavy food grade plastic bags to use as a green powder on cottage cheese, stews, soups, salads and many other foods. I figure ½ teaspoon is probably as much as a large salad and enough for one day.

Hopefully you are enjoying some fresh peas and carrots, besides all the green of lettuce, spinach, beet leaves and herbs.

Because of the nutritional benefits of eating vegetables raw, I hope you are enjoying them that way as well, even though the carrots may still be quite small.

EARLY CARROTS IN SAUCE – serves 3 or 4

2 cups tiny carrots	½ cup water
Pinch of salt	1 tablespoon chopped onions
1 tablespoon butter	1 tablespoon flour

Salt and pepper to taste

Boil carrots in salted water. Drain and reserve the liquid. Sauté onions in butter.

Stir in flour. Gradually add the liquid. Cook until thickened. Add carrots and season to taste. Heat through.

For many more gardening and produce ideas, hints and recipes see Winnie's Winning Ways cookbook. Go to www.winnieswinningways.ca to view or order.

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 \$14.95, but for a limited time you can just disregard that and send \$10.00 for 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!



REFLEXOLOGY - is a very helpful way of relieving stress and tension throughout the body. I learned how to use this method almost 40 years ago and I can't tell you how often it has been used for relief on myself or on someone else in the family.

It is a very natural way of causing the blood to rush to an area and help to bring healing. It may be an injury, a cold, a headache or just the need to relax and fall asleep. Our bodies were created with nerve endings and stimulating these, can do wonders for our health so this is not magic. We were created in this way.

I have bought 4 different books on this type of healing and I refer to them often.

Of course this healing goes along with eating well, getting exercise, drinking plenty of water and seeing a doctor when it is needed.

FOOD FOR THE 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/>