

"SEEDS ARE FOR SHARING"

JULY 08 NEWSLETTER

PLANNING OR HOSTING SUMMER CELEBRATIONS!

You may be having family or friends visiting for a few days or longer over the summer months, or you may be planning weddings, reunions or other large parties. Whatever you are involved in, it usually requires planning and preparations. Keep the following in mind as you prepare activities and menus so you will find the whole experience fun & easy!

AND KEEP THE GARDEN GOING AS WELL!

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

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Yes, I had to set this newsletter aside and spend my time helping prepare for the reunions we were involved in. They are now over and I have to say, "We had an amazing time".

We spent time visiting, reminiscing, sharing, laughing, encouraging and eating!



**SERVING A PANCAKE BREAKFAST
FOR 500 OR MORE
CAN BE EASY AS WELL AS FUN!**



Our part of the town's 125th anniversary was planning and serving the free pancake breakfast.

We enjoyed every minute of the experience, so I would like to share with you the steps we took. You may wish to serve different foods or drinks, which is okay. Its more about being prepared for whatever event you are planning so that it will be a success for everyone involved.

PLAN AHEAD

For this pancake breakfast three of us met months ahead and planned every detail of what we would serve and how it would be served.

1. We would order a buttermilk pancake mix that required adding only water. We could then mix more batter very quickly and easily as it would be needed. We made sure we would have 5 large grills for making pancakes on.
2. We ordered Lilly dale Turkey Sausages as they are not fatty and have no MSG. We would bake these in the ovens. *That morning we found that large trays of so many sausages took longer to bake, so starting them one or two hours ahead , and then keeping them warm in a warming oven is a great idea!.*
3. We ordered 750 ml bottles of syrup. We decided to have one person on each line pouring the syrup allowing the line to move very quickly.
4. We had two beverage stations separate from the food table, where coffee, tea and orange juice was served.
5. We ordered all the groceries locally and were assured that more would be delivered if needed that morning. As well we were told that any unopened packages could be returned later.
6. We had plenty of tables and chairs available to sit at. Guests were required to pick up their food at a buffet table.

ENLIST WORKERS

A list was posted two months prior to the day, where individuals could sign up for the specific job they would wish to work at.

1. Set up tables and chairs
2. Bake sausages
3. Flip pancakes
4. Make coffee and tea
5. Refill beverages at the serving table
6. Wipe tables as they leave for more guests to sit at
7. Be a gopher – go for this and go for that!
8. Be in charge – actually just to walk around and help find or help decide etc.
9. Clean up after the breakfast

We had over 40 sign up to help. They were each called the day prior to the breakfast and were reminded exactly what their job was.

This worked very well. We each had our job and everything got done. In fact we each had time to interact with guests. I even grabbed my camera for a few minutes to get some pictures.

This 125th weekend included a talent show, historical tours, fun for kids, a barbecue, a school homecoming, a community Sunday Service, a strawberry short cake tea and so much more.

Many volunteers helped with these events and those who came home and all who attended were very pleased with the entire weekend.

**GATHERING PEOPLE TOGETHER
FOR ANY OCCASION
NEED NOT BE DIFFICULT OR COSTLY!**

BROADVIEW SCHOOL REUNION



Melvin went to a small one room school that was just a mile across the field from our home. To this day every time he drives across the yard where the school used to be whether he is seeding, harvesting or cultivating, he has memories of those 8 years of learning and fun.

CAIRN

Some of us decided it would be great to set up a cairn at the old school site. We met and decided to make the whole project quite simple. The plaque that we would order would be attached to a large field stone. We applied for a grant and were approved. The school had been open from 1906 – 1965. We let everyone we could think of know by word of mouth and they were asked to pass this on to their families or others they went to school with. We decided to hold this event just prior to the Morris school homecoming as many of these Broadview School students went to Morris after grade 8. They could then come for both events, and many of them did.

WEBSITE

One of our committee members set up a website. We displayed pictures sent to us by individuals as well as a list of everyone who had gone to or taught at Broadview School. There was an invitation to attend this celebration, so we could refer individuals to this site when we made contacts.

LUNCH

Having a potluck picnic lunch after the dedication service at the cairn site was perfect. That way everyone brought something to share and we had plenty of food. (salads, cold cuts, buns, bread, vegetables, fruits and desserts plus all kinds of beverages).

The food was put out on the dining room and kitchen table, so we could pick up our food and then sit inside in the living room or veranda or outside on lawn chairs. About 65 attended and everyone enjoyed meeting with former classmates, pupils, neighbors and teachers.

We had the privilege of hosting this reunion at our farm yard. With everyone pitching in, it wasn't work at all.

NO TIME FOR MEETINGS?

We had only two meetings and the rest of the time we emailed each other, always sending the emails to everyone on the committee. That kept us all informed and we could respond with comments and suggestions. Because each of these committee members has a very busy life, it was an excellent way to plan and be sure that we were all on the same page.

KEEPSAKE

One former student designed and photocopied a brochure with information about the school, with a few school pictures as well as the school stamp on. Everyone could take this home as a remembrance of the day.

This cairn is now a visible reminder to us as well as to future generations that at one time this spot was a place of learning for those who settled, moved in and grew up in this area of Southern Manitoba.

ALBUM FOR THE MUSEUM

The committee will meet one more time so that we can bring together all of our pictures. We have decided to put together an album for the Morris museum about the Broadview School. It will also hold a list of all the students listed in the registry as well as those who taught from 1906 - 1965.

There may come a time in the future when this album will motivate the children and grandchildren or other family members of students or of the early settlers from the Broadview District to go out and visit the cairn that we dedicated on July 11 2008.

FRUIT PLATZ

When asked to bring a cake to a large gathering, I make a double recipe of this platz and bake it on a very large cookie sheet. It is great with sliced fresh peaches or nectarines, blueberries, plums, or a can of any pie filling.

1 ½ cups flour

1 ½ teaspoons baking powder

1/8 teaspoon salt

½ cup butter or shortening

7/8 cup milk

Sift dry ingredients into a bowl. Cut in butter and crumble. Add milk and spread mixture into a 12 by 15 inch pan with 1 inch sides.

Spread with 2 cups frozen fruit and sprinkle with ¼ cup sugar. (or top with a can of pie filling with no sugar)

Spread the following crumbs on top:

Cut $\frac{1}{4}$ cup butter into 1 $\frac{1}{4}$ cup flour, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoon vanilla. Rub into fine crumbs. Add $\frac{1}{4}$ cup milk and crumble again, just until the crumbs stick together a bit.

Bake at 350°F for 30 – 40 minutes.

I am sharing this story so that you will realize that gathering people together to celebrate any occasion need not be difficult or costly. You will be amazed at the outcome and the joy and pleasure it can provide for so many now as well as many in the years to come.

NOW ON TO THE GARDEN!

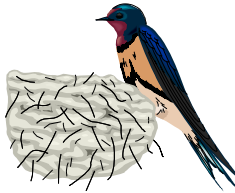


Yes, the festivities are over and it is back to the chores we have set aside for a few days. Actually gardening chores are also fun as we watch the seeds become plants and then produce food for us.

As we work in the garden we can also enjoy the beauty of nature and get plenty of exercise as we dig and pull and pick.

This week I picked peas, beans, zucchini, beets, broccoli, carrots and potatoes. During the summer our meals usually consist of lots of garden vegetables with a small piece of meat to go with it.

RASPBERRIES . . . BIRDS!



Last week I stepped out of the back door and noticed raspberries on the cement. Looking up I saw that they had been ripening and the birds had been enjoying them for a number of days.

I immediately put up three scarecrows. They are very crude, but the old farm hat and Melvin's shirt blowing in the breeze seemed to keep them out for the present. I also hung my plastic owl and put two plastic dogs on the sidewalk.

How long can one fool the birds? Well the next day I decided to put the radio out there for a few hours at a time. This week I noticed they were again trying to snatch a few.

MY OWN DISNEYLAND. . . NO BIRDS!

I got a bright idea. Over the years we have collected lots of toys, indoor ones and outdoor ones. Lots of them were given to us but some we bought at garage sales for only a few cents. Our grandchildren are now playing with Barbie dolls or making puzzles and playing games, so rather than selling the toys at a garage sale for a few cents, I decided to use them in another way.

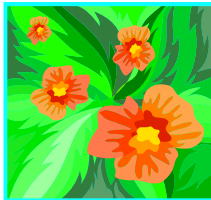
If our grandchildren come over, we can easily retrieve a bicycle or tricycle for them to ride.

I put out our red and blue wagons, our tricycles, bicycles with training wheels, the toy tractors and plastic chairs near the raspberries. The dolls, large bunnies with clothes on, teddy bears, Mickey Mouse, and lots of other animals are sitting on these toys. It really looks quite nice along the path on either side of the raspberry patches.

Yes I realize they will need to be washed in a few weeks when the berries are done, but it will have been worth it and it really looks nice seeing a big teddy bear riding a bike and my large 3 foot doll waving as she sits on the garden bench.

Each morning I take 5 minutes time to move them around a bit so the birds will wonder and hopefully stay away another day. I also put the radio on for a few hours in the morning and afternoon. So far it's working and I am picking lots of berries.

I AM SO THANKFUL FOR NASTURTIUMS! AND I HAVE LEARNED THAT WE ARE NEVER TOO OLD TO LEARN!



I have been gardening for 45 years now and this is the first year that I haven't had a bug in my cabbage, broccoli or cauliflower. Yes the row of nasturtiums that I planted beside these plants has kept them away. Next year I will put another row of these vegetables on the other side of the row of flowers so I will have some to freeze for the winter as well. I will plant some brussel sprouts then as well as that is one of my favorite vegetables.

I seeded an ornamental cabbage flower and made the mistake of not putting any nasturtiums nearby. The cabbage butterfly is chewing at them. Next year I could put these nasturtiums close by as well. But for this year, I have just been placing a small tomato plant branch on top of these flowers. It seems the cabbage butterfly doesn't like the tomato branches either.

PRUNING TOMATOES & KEEPING FLIES AWAY

Yes, the tomato plants have grown so much that I am continually pruning off branches. I usually carry a handful of them to the garage and place some on each step, going up to the house door. The flies stay away from the door. Every other day they are replaced with fresh ones. I once read that in some countries they hang the tomato branches near the open windows to keep the flies away, so for many years now I have been using the branches to repel flies and it has worked.

POTATO BUGS

I have been doing the usual picking of bugs and burning them up until now. They aren't nearly as bad as other years so I haven't made any rhubarb juice to spray on or sprinkled on the whole wheat flour that I mentioned using last year and the year before.

But next year I am going to plant a row of nasturtiums between the potato rows to see if that will help get rid of potato bugs too. Wouldn't that be great if it would work? Well we will have to see if it will work next year.

CUCUMBER DRESSING

Actually this dressing is great for lettuce salad as well. This is another favorite recipe. I make it in small batches and when it is gone, I make more and have it around all summer. We eat green salads as well as potato salad and it is also a great dressing stretcher. Just replace part of any dressing with some of this. This recipe has few calories so is a healthier choice and even mixed with other bought dressings, it will have fewer calories as well.

1/3 teaspoon gelatin granules

1 teaspoon water

1/2 cup milk

3 tablespoons vinegar

1/2 teaspoon salt

pinch of pepper

Soak gelatin in water. Heat milk to boiling, remove from heat and stir in gelatin until dissolved. Cool this in the fridge until thickened. It takes a few hours.

Stir in vinegar, salt and pepper and refrigerate until ready to use.

1. This mixture can be used as it is on any lettuce or cucumber salad.
2. You can stir in 1 cup shredded cucumber and 1/2 teaspoon dill weed and use it on a green salad or sliced cucumbers.
3. You can replace part of any dressing or sour cream with equal amount of this mixture and use it as a dressing.
4. You can use this mixture together with salad dressing in potato salad.
5. I enjoy a spoon of this on my fresh cooked green or yellow beans.

SUMMERTIME – TAKE A BREAK!

If you have been busy this summer, you may decide it is time to take a break. Even one day off can make a big difference and you will be ready to get back to work again.

We took in the Manitoba Stampede last Saturday. Even though it is right here in our town every summer, we haven't attended for quite a few years. We were ready for a day off and we only had to drive a few miles.

In between the rodeo we visited a number of booths. I picked up some good information and a magazine. I found a few interesting articles.

SALLY FIELD says . . .

Do you remember "The Flying Nun"? It was one of my favorite shows and Sally Field was a favorite movie star of mine. Her article is about osteoporosis awareness. She goes on to talk about the importance of taking care of ourselves by eating right. She also says gardening is healing and giving.

Just what I liked to hear.

Another emphasis on the importance of gardening.

MARKETPLACE

Then this afternoon Marketplace mentioned the importance of "checking out for ourselves what the different foods on the grocery shelves contain. Do we read the list of ingredients on labels? Do we care when they are full of additives?

Again it reminded me of what Sally Field says. Grow a Garden and you will be eating whole foods with no additives. It will all be nutritious!



RAW VEGETABLES

So, when you get ready to take a walk, or you go out to work in the garden, pull a few carrots, pick a few peas, pick a tomato or zucchini and munch. Couldn't be better!

This afternoon I pulled 4 carrots and picked 7 peas and headed out for my 3 mile walk. I slowly munched on these vegetables and thought about the many minerals and vitamins they contain. The sunshine and what it puts into the plants and the fruits they produce, plus the rotten manure that has been worked into the soil provide us with the best of nutrition.

So my visit to the Stampede was a refreshing break, but as well I was reminded again that the best foods are the ones we pick fresh from our gardens, the ones with NO additives and plenty of health benefits. I was so thankful for my garden and everything it contains and I felt rested and refreshed knowing how very blessed we are.

What's in your fridge these days?

Pack the fridge with all these wholesome veggies and fruits that are now in season. Dessert time need not be cakes and cookies as much as a bowl of berries topped with a spoon of yogurt. Or a fresh fruit salad with yogurt mixed in.

POT OF VEGGIES

We are now digging & eating the garden potatoes as well, so for supper I choose to use a larger pot to cook the veggies in. I put the washed potatoes whole at the bottom. Top with some fresh whole carrots and whole beans. I cook these 15 minutes and then top with broccoli or cauliflower pieces and cook another 5 minutes, or only until they are

still on the hard side. *Of course any veggies can be cooked together, except beets, which would color everything red.*

Serve these veggies with any type of meat and a salad if you wish.

There is only one veggie pot to wash and you are getting a whole bunch of nutrition.

It's time for me to go out and move the sprinkler. We haven't had rain for over a week now, so the whole garden needs a watering. Enjoy your garden, or if you don't have one, find a market garden and enjoy the wonderful tastes of each and every vegetable and fruit.

Sincerely Elaine (Winnie)

Go to www.winnieswinningways.ca to order her cookbooks or to sign up to get her free recipes, hints and ideas on healthy living.

Or for more information contact Winnie at Winnie's Winning Ways Box 59 Morris Manitoba R0G1K0 or call 1 204 746-8162

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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