

"SEEDS ARE FOR SHARING"



JULY & AUGUST 2010 NEWSLETTER

"A Positively Great Summer"



Summer is a great time of the year here in Canada! For some of you it's a time to travel, vacation, fish, or visit family & friends. For others it's a time to seed, plant, grow and harvest grains, flowers, vegetable and fruits. Whatever your summer will include, it will probably be a time to enjoy the outdoors!

EARLY HARVEST

It's hard to believe that we have finished harvesting our winter wheat and it is still July. It will be nice to have some acres in the bin as we never know what the weather will be like. It has been an extremely wet summer and today it is raining again.

Table of Contents

Garden Space

Keeping Deer Out Of Garden

Keeping Birds Out Of Raspberries

Mosquitoes & Nets

Snacks For Summer

Garden Fare Freezer Jam

Fresh Veggies

Salad Dressing

Potato Salad

Fruit Leather

Barley Greens

Oatmeal Crisp Cookies

Oatmeal Ginger Snaps

Crock Pot Beef Dinner

Crock Pot Mushroom Meatball Dinner

Crock Pot Sweet & Sour Dinner

Health Tip - Rest For Your Whole Body

Winnie's Special Health & Vitality Pack

BEGINNING OF AUGUST GARDEN UPDATES

RUNNING OUT OF ROOM

The heavy rains and the great manure Melvin put on to the garden have caused the plants to grow & produce extremely well. In fact, so well that there is no room between the rows. I had to take out the cabbage as they were covering the bean plants. The heads were quite big already so I have them in the fridge. We will have cabbage salad as often as possible and I will make a huge batch of cabbage rolls for the freezer.



PEAS

Yesterday I took out the pea plants as they were almost finished. I usually plant the cucumbers along side of the peas as the peas are finished sooner. This gives the cucumber plants plenty of much needed space.

CUCUMBERS CAN CLIMB

They say one can put up a fence for the cucumbers if one is short of space. I have never done it, but when I took out the pea fence yesterday, I noticed the cucumber plants were already climbing the pea fence. If the dead pea plants hadn't been on the fence, I would have left the cucumber plants climb. The cucumbers continue to spread and will do much better with the extra space.

PULL BEANS

The beans will be done shortly so I will pull them out soon giving more space to the tomato plants. Tomato plants do well when there is space between the plants. One year mine were crowded and the slugs began to eat the ripened tomatoes.

BROCCOLI

I seeded a package of broccoli seeds so we have been enjoying it raw and cooked for weeks. Yesterday I picked off so much that I could freeze bags full for broccoli soup in the winter.

CABBAGE WORMS

I seeded the broccoli between the nasturtiums and onions and it kept the cabbage butterflies away until now. Lately I noticed a few worms, so I soaked the broccoli in salty water so they would fall off. It worked but I am glad the broccoli season is over. I would hate to find a cooked worm at the table!

DEER COUNTRY

In June we took a short holiday and I was reading a gardening magazine. It gave a recipe to deter deer from coming into the garden. I have no such problem but I will pass this on to anyone who may.



CHASE AWAY THE DEER

Blend 3 raw eggs with 1 quart water in a blender. Let sit for 24 - 48 hours. It is now ready to spray on garden plants. The smell keeps the deer away they say. After it rains you will have to spray again.



BIRDS IN RASPBERRIES

I have shared so much about the dolls, bicycles, scarecrows and radios that I use to scare away the birds from my patch. This year they were worse than ever, until I hung a huge Canadian Flag over the patch. Boy did that do the trick. It kept them away for the rest of the berry season. I guess one has to keep changing so they don't get used to any one thing.



KITES

Our niece and family are here from Alberta. They have kites flying above the raspberry patch to keep away the birds. Another thing to try next year!

WET SUMMERS BRING MOSQUITOES

With all the rain there has been lots of water standing around. We are not surprised that we are having an abundance of mosquitoes too. There are days when it is windy and we can go outdoors, but then there are times when the mosquitoes are everywhere and it is impossible to go out unless one is completely covered.



MOSQUITO NETS

A number of years ago the mosquitoes were so bad that the men couldn't even get the machinery ready for harvest. I decided to sew mosquito nets. I sewed us a few and soon everyone was asking for them. I sold over 70 that summer. I had netting left so it was put away. Our children all had them and most of them had them put away, but this year one of our sons mentioned that I should make some more. So I did get the netting out and sewed up the 5 that it made. At least there are now enough for the whole family to own one.

I wear one every time I go into the garden, when I pick raspberries, or when it is calm out and I want to cut the grass. Melvin puts one on to cut hay and the guys are wearing them when they are working on machinery. The mosquitoes buzz around but can't bite. What a blessing! I now see the nets in stores too so either way, they are worth having around.

I share the pattern in Winning Ways cookbook. See the website to order this book.

SNACKING, EATING & PRESERVING GARDEN'S BOUNTY

It seems that summer is the biggest time for snacking. We may be snacking as we travel or as we drive the tractor. Children may snack more often because they are at home and food is all around them. Whatever the reason, snacking is a big part of summer so we should try to have snacks that are on the healthy side.

WHERE DO OUR CHILDREN GET NUTRITION?

Do you have a picky eater in your home?

They will often say at mealtime, "I'm not hungry." It may be that they don't like what is being served. Or maybe they were nibbling between meals. Children are snacking more and more these days, so most of their snacks had better be nutritious.

This is where parents and grandparents come in. Healthy snacks better be available so children will have easy access to them.

RAW FRUIT & VEGGIES

Summer is fresh fruit time, so have them around when they are in season.

As they produce in your own garden or as you go out to buy fresh fruit, be sure you and your children eat as much as you can raw and freshly picked. Let the children have their fill. We have a large raspberry patch and even after we have eaten our fill, there is plenty to use at mealtime and as well to freeze.

STRAWBERRIES

I go to a U-Pick every year for about 4 hours and have enough to freeze for the whole winter plus for making freezer jam.

This fall I want to make a small raised bed and plant enough strawberries for fresh eating.

We took two of our granddaughters strawberry picking and they had a great time. They both did a good job of picking, but they enjoyed eating berries as they picked. Actually, so did I!

GARDEN FARE FREEZER JAM

I have been making this jam for at least 10 years now. It calls for much less sugar and is therefore much healthier. Besides that the raw berries give a much nicer flavor.

Our grandkids love to have a spoon full on a dish of ice-cream. Yummy!

1 package Garden Fare gelling powder

4 cups of mashed strawberries (or raspberries, peaches)

1 ½ cups sugar

Mash and put fruit into a bowl. Mix in the sugar and let sit for 15 minutes. Slowly sprinkle over the gelling powder while stirring for 3 minutes. Allow to stand for another 5 minutes. Stir gently again. Pour into sterilized jars, leaving 1 inch of space. Close tightly. Store in the freezer for up to a year.

*I make about 4 jars of strawberry and 4 jars of raspberry at a time and store them in the fridge for a few months until they are gone. When they are, I thaw some of the frozen berries and make another batch. My freezer is usually too full for jars of jam and I always worry that the jars will break spreading glass everywhere.

BLUEBERRIES

Or you may be spending a few days at the lake at blueberry time. Go out with little containers and pick a few for breakfast or just to enjoy at anytime.

We love blueberries and over the past few years we have been hearing and reading about their goodness. I grew up in blueberry country so when I was young we could go picking each summer to gather in enough for the whole year. So for years my aim was to go back each summer and pick. But it is over 100 miles away, so it doesn't happen too often. I then decided to buy them each summer and freeze them. Last week I bought 30 pounds for the freezer.

FRESH VEGETABLES

Working in the garden is really very rewarding and fun, but as I work, I pick a few peas and eat, pull a few carrots and eat, or pick a cucumber or small zucchini and munch on it. Once the tomatoes are on and red, I will do the same with them. These are wonderfully nutritious snacks and eating them freshly picked like that provides the greatest amount of nutrition.

PEAS, CARROT, TOMATOES

We had a long double row of **peas** and they grew to be 4 ½ feet up the 5 foot fenced very healthy. If we hadn't put up a fence, they would be on the ground and would be yellow in color from the moisture. They probably would have aphids on too.

The peas were easy to see and pick. We let the children have as many as they wanted. If no one is around, we pick and divided them up among all of the families so they can shell and eat them.

The **carrots** always need thinning so there too, we eat them right from the garden. I have thinned them a few times already this year, sharing them with the family.

When we were young, we often spent a few weeks at grandma's house. When we were hungry between meals, she would send us out to pick a **ripe tomato** (red or yellow ones). She even gave us a dish with sugar in and we could dip them in. Today I like them with salt and pepper, but then we really enjoyed the sugar on them as a snack.



There are many other vegetables and fruits that can be enjoyed from the garden. The nutrition is far greater when one is eating them raw and freshly picked. (I never use chemicals on the garden so I don't worry about washing the produce when I am snacking outside, except to remove any mud and bugs.

SALAD DRESSING

I am still making my own yogurt with bought or fresh milk. I have been making a dressing for the lettuce and cucumbers using ½ cup homemade plain yogurt, 2 teaspoons powdered ranch dressing, a few drops of vinegar, salt & pepper. Sometimes I mix a bit of sour cream or salad dressing with the yogurt and we like that as well.

By using part or mainly yogurt, the dressing is really quite healthy and has fewer calories.

NEW POTATOES

The potato bugs were few this year. Our granddaughter was sad as she loved to come out and pick them off, and then step on them or burn them in the fire pit. But I am relieved and hope I have them under control. The few I picked off, I just squashed.

At the beginning of June I decided to dig some potatoes out as the bought ones were all used up. Was I surprised. I had almost a full ice cream pail of 2 inch, 3 inch and even 4 inch across potatoes. So then I dug out 4 more plants to share with our children and a friend. We have been sharing them with everyone since. There is nothing nicer than fresh small potatoes. For me the greatest part is that they don't need peeling and when they are cooked, they are so soft.

We enjoy them almost every supper with fresh lettuce & cucumber salad, a few cooked vegetables and meat. Often I will cook this in the crock pot, thickened the meat juice with $\frac{1}{4}$ cup frozen pureed parsnips or $\frac{1}{2}$ cup frozen pureed tomato sauce. I am trying to use up all of these frozen vegetables from last years garden.

LITTLE POTATOES

Our smallest granddaughter doesn't eat potatoes either. So when they were over on Saturday I sent some little round potatoes along. I am hoping they will cook them especially for her and it may be a novelty. Once she realizes they have no bad taste, she may change her mind about potatoes in general

PLANT MORE POTATOES

Today, July 28 our son gave me a bag of little potatoes that were sprouting. I was going to compost them. Last year I put some seed in really late, so I again went out and planted these 10 little sprouted potatoes so we can enjoy a few more meals of small new potatoes later on. It worked last year so we will see if it will again this year.

POTATO SALAD DRESSING

Last week when it was so hot I made potato salad twice. Each time I was asked how I made it as they really liked it.

One thing I do is that I always make it quite juicy and I always add pickle juice and sometimes even a couple of chopped pickles. But here is what I used.

4 cups chopped cooked potatoes
8 chopped cooked eggs
 $\frac{1}{2}$ cup sour pickle juice
 $\frac{1}{2}$ cup plain yogurt
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup sour cream (or use $\frac{1}{4}$ cup Hellmann's Real Mayonnaise)
 $\frac{1}{4}$ cup chopped green onions
salt & pepper to taste (I use every little)
If it is too dry, add more pickle juice.
Mix together – serves 6 – 8 people.

SNACK ON FRUIT LEATHER

I have shared recipes for fruit leather in previous newsletters and you can go to the website to access these, so this is just a reminder that this is indeed a great snack. Kids love Fruit Leather, and I must say that most leather bought in the store can never compare to homemade.

In June one night our son came over and mentioned their freezer is always full. Many of us freeze apple sauce, fruit and berries, and then forget to use them. They had 20 pints of apple sauce.

I suggested the girls come over and we will make it into fruit leather for them to enjoy over the summer.

FRUIT LEATHER RECIPES

Blend thawed apple sauce, or mix it with any other fruit and puree until smooth. Dehydrate and you have fruit leather. This is a great healthy snack and in the process your freezer finally has some room. Don't add any sugar.

As well in one newsletter I mentioned that you can add some pureed cooked parsnips to the apple sauce. The taste will be the same and you will have added nutrition. (1 part parsnip to 4 parts fruits) The last time I made fruit leather, I used 25% chokecherry sauce, 25% parsnip puree and 50% apple sauce. It was great in color as well as taste.



ENCOURAGE CHILDREN TO EAT

Our youngest granddaughter is a picky eater. They never know when she will or will not eat something. These past few days she provided me with an opportunity that I hoped would make a small or maybe big positive difference in her life.

In May when they were visiting she came into the house announcing to us that she had fed our flowers. We wondered what she had done, so to get her to talk, I nicely asked her if she could show me what she had fed them.

At the time, I had no idea if I could possibly turn this into a learning experience.

We went outside and she showed us the little piles of barley seed that she had put beside each amaze petunia. Yes, I had a pail of barley on the shelf that I thought I would leave there until I was ready to plant more barley. But this year I just hadn't thought of it

I thanked her for feeding the flowers, thinking that I would remove the seeds the next day. Her mom and I both knew they would grow and then what?

But the next day, I tried and it meant I would have to pick up each seed separately so because that would be time consuming, I decided to leave them, planning to pull them out when they grew.

BARLEY GREENS

This morning I saw they were 5 inches tall and for the greatest nutrition, that is the length they say we should cut them at. Barley greens are so nutritious. I still have powdered barley greens in the freezer from last year. At that moment I decided that we would have barley greens for our salad and I then decided I will plant more in a few weeks in the garden for a continual supply.

We did chop them up fine and added them to the lettuce salad. Of course I couldn't taste them, but just knowing they were there, made the salad much more enjoyable. (and nutritious)

Right then I knew this could be an opportunity for me to help her eat barley greens so here is the letter I emailed to the girls this morning.

Dear Lauryn & Jaimie,

We are so thankful for the food you gave to our flowers Lauryn. The flowers are so big and bright red, the seeds you put into the flower pots started to grow and this morning I picked them off because they are 5 inches tall. I think Jaimie must have showed you how to plant seeds because they grew so well, so we want to thank you too Jaimie. We are so lucky to have grandchildren to help us.

The seeds you used made the flowers so pretty, but now they also grew and turned into salad. They taste so good so we will cut them into little pieces and add them to our lettuce salad. Did you know that these barley greens are very good for us? They make us see better and can even help us grow tall and beautiful.

So when you come on Sunday, I will share some of these seeds with you. You and Jaimie can ask mom where you can plant them so the flowers in your yard will be beautiful too and so that you too will be able to have these barley greens for your own salad. Just think, you are planting seeds that will make you healthy and beautiful too.

When they grow, tell your mom and dad that they should eat them too so they will happy and healthy too. I wonder if we eat these greens if it will help to chase away the mosquitoes. I hope so.

This is one recipe that will have to go into your recipe book, Lauryn. I am going to tell all of my friends about the food you gave to our flowers, about the big help you girls both are in your mom's & my garden and how these seeds can turn into delicious food for everyone.

Grampa and I just finished cutting the grass and now it is raining very gently. We are looking forward to seeing you on Sunday.

Love Gramma



Often when children are involved in growing or preparing food, they will eat it heartily. So we will see!

When opportunities like this come our way, we have to make the best of them. If we had scolded her and started removing the seeds while she was watching, this opportunity would not have come our way.

BUT DID IT WORK?

By the way, last week when Lauryn and Jaimie spent a few days with us, we gathered the vegetables for each meal from the garden. They helped me wash and peel them. Lauryn picked the onion, garlic, spinach, carrots and barley and helped wash and chop up the barley greens and then she announced to me that she wouldn't be eating any of the salad because she doesn't like barley. She has never tasted it, so if I had known she would respond that way I would have added the barley greens without her knowing it. At another time when she is older, I could have explained that the salad has nutritious barley greens in. Oh well. It was worth a try!

BARLEY GREEN BENEFITS

The juice of barley greens is a good source of copper, iron, zinc plus many other vitamins, minerals and fibre.

OATMEAL

Oatmeal is so nutritious and now in the summer we aren't eating porridge for breakfast, so I have been looking for recipes that use a good amount of oatmeal.

GRANOLA

I still make a healthy recipe of granola and store it in the fridge to use while traveling or to munch on between meals. I have shared a number of recipes in previous newsletters so you can find them on the website.

We attended the Manitoba Stampede & Exhibition two weeks ago. I stopped by a booth and ordered "Hearts of the Country" magazine. At this busy time of the year, I do very little reading, but I have been enjoying the articles in this new magazine. As I drink my tea, I read an article or two. Today I read about a new product that is coming soon! There are many granola bars on the market, but this one is the kind many of us are looking for.

A bar that can make a difference to our health!

NEW! . . . OMEGA 3 PACKED GRANOLA BARS

There will be a new granola bar on the market in September. It is being made just a few miles from Morris. This bar is packed with nutrition and as soon as the business is up and running we will be at their door. I love to make my own granola to munch on, but when it comes to the bars, that is a bit tricky. We don't want them falling apart, we want them healthy, sweetened, yet not with sugar. I do know that these bars contain flax, sunflower seeds, pumpkin seeds, hemp, honey and oats. You get 1 full gram of OMEGA 3 in each bar. These will be great to put into lunches for the men on the field, into school lunches or even in my purse when travelling. *Watch for this amazing bar in the coming weeks!*

I tried 4 different cookie recipes before I found a few that hold together well and are crunchy. I decreased the amount of sugar considerably and added sunflower seeds to the one as sunflower seeds are so healthy and tasty too. The following two recipes are great. They contain lots of oatmeal and they are great in lunches because they don't fall apart. When traveling or in field lunches they will be great.



OATMEAL CRISPS – 6 dozen small cookies

1 cup shortening (or margarine or butter)
1 cup sugar
1 teaspoon vanilla
2 beaten eggs
1 ½ cups flour (can be part whole grain flour/ part unbleached*)
1 teaspoon baking soda
½ teaspoon salt
3 cups oatmeal
¾ cup chocolate chips (or raisins)
¾ cup sunflower seeds

Mix in order given, roll in balls, and press down well with a fork. Bake about 10 – 12 minutes at 350 ° F until golden brown.

***I always mention unbleached flour instead of regular flour. There are very good health reasons that I will explain next newsletter!**

OATMEAL GINGER SNAPS– 6 dozen cookies

1 cup soft margarine
¾ cup sugar
1 egg
¼ cup blackstrap molasses
1 ½ teaspoons baking powder
¼ teaspoon cloves
½ teaspoon ginger
1 cup wholegrain flour (any milled grain)
½ cup unbleached flour
½ cup crushed flax
4 cups rolled oats
½ cup sunflower seeds
Mix well. Shape into small balls, roll in a bit of sugar, place on greased pan.
Flatten with fork
Bake at 350° F for 10 - 12 minutes or until nicely browned.

SNACK ON CRACKERS

In the last newsletter I shared my cracker recipe that I found to be a great snack to have around the house, in a bag in your purse or along wherever we go. They are healthy and they keep us full until our next stop or meal.



NUTRITIOUS CROCK POT DINNERS

Summer is a very busy time for us and may be for you too, so when Sunday comes around, once we are home from church, we want to get as much rest as possible so we will be ready to face another busy week. We will often take time to do a bit of visiting as well. But we do like to eat a nice meal as well, so our crock pot is usually the answer.

We will get a nutritious & great tasting meal, have supper on the table in minutes, keep our home cool, and have little clean-up.

All of the following recipes serve up to six people. Add enough vegetables for as many as you wish to serve. For a larger crowd, use a large crock pot and double the recipe of meat and add enough vegetables for as many as you will serve.

BEEF DINNER

Sunday is a day of rest for us. We enjoy sitting down to a good dinner, but I always look for ways to make my job of preparation quick and easy.

Two weeks ago I took out a 1 ½ pound package of stewing beef. In the morning I sliced each of the 1 inch cubes into about 5 pieces, browned them and put them into the slow cooker together with three minced garlic cloves, one medium chopped onion and 1 cup of water. We went to church and then at noon I added 8 carrots and 8 smaller new potatoes. This continued to cook until supper time. I stirred in 2 tablespoons of corn starch mixed with water to thicken it slightly and salt & pepper to taste.

I then quickly made a lettuce and cucumber salad from the garden greens.

At 5 o'clock we sat down to a delicious supper. This was so easy and so tasty.

MUSHROOM MEATBALL DINNER

Last Sunday I mixed the following together, shaped them into small meatballs and browned them.

1 ½ pounds of ground beef

2 eggs,

½ cup bread crumbs

3 minced garlic cloves.

I put these into the crock pot.

In the blender I mixed the following together well:

1 can mushroom soup

1 can milk

3 cloves garlic

1 medium size onion.

This went over the meatballs followed by:

8 carrots from the garden

8 smaller new potatoes from the garden.

This meal cooked from 9 until 12 on high and was done when we arrived home from church. We were going for an afternoon drive, so we wanted to eat our larger meal at noon. We enjoyed a cucumber salad and a cabbage salad with it. One of our sons was over and we all agreed that this was tastier than any meal we could have had at a restaurant.

Besides it is very little work, very little clean up and it was ready when we came into the house.

SWEET AND SOUR DINNER

At other times I have made the above meatball recipe by leaving out the soup and milk or the beef recipe by leaving out the water and then to either recipe I added:

1 cup ketchup

1 cup water

¼ cup vinegar

¼ cup brown sugar

¼ teaspoon dry mustard

Cook as mentioned in the recipes and then thicken with 2 tablespoons cornstarch mixed in a bit of water.

Add a bit of salt and pepper to taste.

HEALTH TIP!

Over the past months I have been reading in several different health books and magazines.

I began to realize that it was often the way I eat that was bad for my health rather than what I eat.

We do eat a great variety of vegetables and fruits. We have our fermented grains and sprouts and plenty of yogurt and whey in the meals I prepare throughout the day.

So that should be enough to keep us healthy . . . Not?

I read that we should not eat food after about 8 in the evening. This gives the body time to rest, but it also allows the body time to burn extra fat that we have in our bodies.

The truth is that I have always enjoyed eating before bedtime. I think it's because on the farm we work hard physically all day and rush with our meals. I don't take the time to relax and enjoy these daily meals. When evening comes, about 10 or so, I sit down to relax with a cup of green tea. I then love to have a slice of whole grain bread, a smoothie or a bowl of fruit. As nutritious as these are for my body, they do need to be digested and that allows little time for the rest that my internal body needs and certainly not giving time to get rid of excess fat.

So I am gradually making changes. At this point I am eating something at 8 o'clock so I won't get hungry at night. Of course there are times when we are out visiting or we have guests and I can't make this change, but I will try to give my body days when it will get a good rest. I still relax with my cup of green tea before bed. I hope that doesn't interfere with this plan.

It's time to get back to the garden to pick the cucumbers and make our favorite dill pickles. "Gamma's Dills" from the Winning Ways Cookbook.

I have 50 quarts now and will make some for our children. The corn is 14 feet tall and delicious so we are eating some every day.

Enjoy the rest of the summer!

Sincerely Winnie

Nutrition is the focus of almost every recipe in Winnie's cookbooks. But the three cookbooks mentioned below are the ones that start with many simple seeds or grains that are packed with nutrition.

Nutritious foods that can keep us healthy and strong!

WINNIE'S SPECIAL HEALTH & VITALITY PACK



Winnie loves specials so she has added yet another one for her customers. 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 me and I 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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author of Planting the Seed of Hope...encouragement for families.