

SEEDS ARE FOR SHARING



JULY/AUGUST. . . & SEPTEMBER TOO? 2011 NEWSLETTER

Yes, I am sure many of you are wondering what happened to the summer newsletter.

I must apologize to you!

I have to say that this has been on my mind so much, but that is as far as it got. Every time I sat down to write, something came up, or my mind went on to a pressing duty, and it was left behind.

Our summer was so short. We spent so many summer hours cleaning up from the spring flood. Time just did not give me enough time to put things down on paper.

Today, the 21st of September, during our first rain in months, I will make another attempt.

Last night we finished combining our grain and canola fields. Everything was seeded late, so harvest too is late. We still have 800 acres of soybeans to do in the coming weeks.

CORRECTION - I was making waffles for lunch today and decided to use the frozen wheat sprouts I had on hand. I went to the Jan/Feb 2011 letter and mixed a double batch of SPROUTED WHEAT/OAT WAFFLES. The first waffle did not turn out. I wondered why??? I will sprout wheat again soon and then try. So hopefully by the next newsletter I will have the answer. When I have these failures in experimenting, I try to use it up in one way or other, so to the double batch I ended up adding 1 cup of flour and they were okay. Such healthy ingredients are too good to throw out! I always want the recipe to be good before I pass it on, so again I have to apologize to you.

NICE HOT SUMMER

The heat was so welcome this year. We didn't go to the beach or travel, but we enjoyed the early mornings, evenings and cool nights right here on the farm. In the afternoon, I tried to settle for a job in the shade or in the house. The men could often resort to the air-conditioned cabs.

KEEPING THE HOUSE COOL

We don't have air-conditioning, so I opened the windows every evening after it had cooled down. Then in the morning the windows were closed with curtains drawn as much as possible. It is surprising how many people walked into our home and thought we had air-conditioning. But because of the heat outside, meals this summer consisted of lots of salads.

Our source was always the garden.

SALADS & THEN GREEN POWDER

As soon as the spinach, kale, lettuce, & beets were a few inches high, they were part of many different salads. I seeded a second batch of spinach and kale once the first crop too big.

Before pulling these first salad greens out, I picked off all the greens, dried them in the dehydrator and blended them into powder. These are in the freezer and will be used all through the winter. Once the raw garden vegetables are no longer available this fall to be used in salad, these powders will come in handy, providing us with plenty of nutrition.

But today we still have cucumbers growing in the garden, lots of tomatoes in the garage and some in the garden as well. I covered them last week when we had frost, so until the next frost, I am picking and canning and giving away. OOP! We had frost again last night!

BROCCOLI

I used to hate planting broccoli because of the many worms that would hide inside the broccoli. Then I read about a natural remedy and I decided to plant a dozen plants this year. What a success!

I generously sprinkled the plants with a mixture and they stayed clear of the broccoli plants & cabbage. I used it on the kale after I saw how affective it was, but should have continued longer.



REMEDY FOR CABBAGE WORMS

Mix:

2 tablespoons cayenne pepper

1 cup flour

Put this into a jar with a lid that has holes made with a nail. Sprinkle this powder on the plants and tops every few days.

As soon as I quit putting it on the kale, the leaves were full of holes, so I knew this was a good remedy and next year, I will be even more generous on the kale until I am ready to pull it out.

The cayenne keeps the white butterflies away and the flour chokes them.

MORE BROCCOLI

When I cut the broccoli off of the plant, I try not to cut too low down on the plants. That way I always get smaller bunches of broccoli continuing to grow and we enjoyed broccoli for over a month this summer. I did continue to put the powder on, so we were rewarded with no worms.

I even had plenty to freeze for soups in the winter.

So BROCCOLI was chopped or shredded and added to many of these garden salads.

Once the cucumbers started, we had a cucumber salad everyday. Besides that we usually had a leaf, cabbage or carrot salad. On really hot day we enjoyed potato salad too.

FRESH GARDEN SALAD

1 cup chopped lettuce

1 cup chopped kale leaves

1 cup chopped spinach

2 tablespoons chopped or sliced purple onion

Add $\frac{1}{4}$ cup plain yogurt mixed with 1 tablespoon lemon juice (I make my own yogurt from milk – see earlier newsletters for recipes)

Salt & pepper to taste

ADDED OPTIONS

Once the cucumbers and tomatoes started to produce, I would add some to the top of these garden salads.



COLE SLAW – I make this amount for the two of us, but it is usually enough for 3

2 cups shredded cabbage

½ cup shredded kale

½ cup shredded carrots

Add and mix in:

3 tablespoons lemon juice

2 tablespoons extra virgin olive oil

1 teaspoon melted honey

Salt and pepper to taste

CABBAGE APPLE SALAD– I make this amount for the two of us but it is usually enough for 3.

Once the apples were ready on our tree, we enjoyed the following salad

2 cups shredded cabbage

1 shredded apple

1 tablespoon chopped chives

½ cup plain yogurt mixed with 3 tablespoons salad dressing

Salt & pepper to taste

BEANS

We had an amazing crop of beans this year. They produced until yesterday when I finally picked off the last pot full to have for supper today. A few weeks ago, after I picked them off, I decided to make a quinoa salad to enjoy all week long. When the men were on the field eating lunches, I had a bowl of this salad. I usually enjoyed it with a chopped up tomato and a large spoon of cottage cheese. Oh So Good!

QUINOA BEAN SALAD

Garden's Fresh Vegetables are packed with vitamins and minerals! Quinoa is a great protein!

4 cups green beans (blanch and set aside)

1 cup quinoa (cooked in double amount of water and set aside to cool)

1 cup cooked chickpeas (or you can also use ½ cup lentils cooked in 1 cup water)

4 cups chopped fresh tomatoes

2 cloves garlic, minced

1 red pepper, sliced thin or chopped

To the above cooled ingredients add and mix in:

3 tablespoons vinegar

2 tablespoons lemon juice

3 tablespoons melted honey

3 tablespoons extra virgin olive oil

1 teaspoon dry Italian Dressing

Salt & pepper to taste

Store in the fridge and enjoy often in the coming week!

BEETS

We enjoyed cooked beets often this summer, but our favorite is beet salad, so I will share two recipes I made up this summer. Of course I still make about 20 quarts of the beet salad recipe that I share in Winning Ways Gardening cookbook. (See Winnie's website)

SUMMER BEET SALAD

I made this recipe and kept it in the fridge for a couple of weeks. We used it often together with other vegetables and salads at noon or supper time.

6 cups shredded cooked beets

1/3 cup honey

1/3 cup vinegar

¼ - ½ teaspoon salt

Melt the honey, add vinegar and salt. Pour over shredded beets and refrigerate.

NO SUGAR BEET SALAD

I use liquid stevia often when I am cooking and baking, so last week I made a batch of beet salad with it as well. First I made this small batch to see if it would be tasty.

2 cups coarsely shredded cooked beets

Heat the following ingredients and pour over the cooked shredded beets.

½ cup vinegar

24 drops of stevia

1/3 teaspoon salt

1/3 teaspoon dry mustard

Then because it was a hit, I canned 8 jars using the following recipe.

24 cups cooked, shredded beets

1 cup beet juice or water

2 cups vinegar

1 tablespoon pickling salt

1 tablespoon dry mustard

4 teaspoon liquid stevia

Cook to make a hot sauce, add the shredded beets and bring to a boil while stirring.

I thickened it slightly with ¼ cup cornstarch mixed with the ¼ cup water.

Seal in sterilized jars. Process in the oven for 1 hour at 300° F in a pan of hot water or on the stove in a pot of hot water for 40 minutes.

CABBAGE

I turned 2 large cabbage heads into a double batch of cabbage rolls. I froze many of these loose on a cookie sheet and then once they were frozen, I put them into a bag. That way they came in handy when we had unexpected company.

I steamed the heads, removing the leaves as they softened. I made a double batch of the following filling placed a spoon full on each leaf, or half leaf and rolled them up. I put them into two roasters, added 4 cups tomato sauce or soup, chopped onion to each roaster and baked them for 3 hours at 325° F.

FILLING:

2 pounds lean ground beef

1 cup rice

1 cup buckwheat

5 cloves garlic, minced

1 large onion, chopped fine

1 teaspoon salt

½ teaspoon pepper

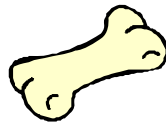
Cook the rice and buckwheat in double the amount of water until almost done. Cool.

Mix it well with beef and all the remaining ingredients. Use as the filling for cabbage rolls.

For more gardening recipes on preserving and enjoying fresh or preserved vegetables and fruits, see and order "WINNIE'S WINNING WAYS" at www.winnieswinningways.ca

JOINT PAIN

I personally have found ways to keep from getting pain in my joints. I am not sure if it is because of the many nutritious foods I enjoy eating or if it is exercise. It is probably both and I am always looking for ways to stay pain free. But many people do have knee, hips and other joint pain. I was reading an article on this a few months ago.



BONES, BONES and more BONES

So many people today have bone weakness and pain. There are also so many different cures on the market as well as replacements to hips and knees. Why is this?

I found information on joint pain and the need we have for hyaluronic acid so very interesting that I started cooking up beef bones that I have in the freezer. I had frozen them after we had butchered some beef. I would give them to our dog off and on. After reading this article, I decided to cook them first, get out what I can for our health, for our own joints and bones and then give the bones to the dog.

P.S. I am also looking forward to the next time we butcher beef. I will be sure to have all of the bones cut up and wrapped into packages so we will have plenty for all year.

In this article this doctor said that beef, chicken and fish are now usually sold without the bones. Yet until recently recipes were made from meat with the bones inside. Hyaluronic acid is needed to keep our joints healthy and this can be obtained when cooking these different meat bones. The "poor man's" joint supplement was bone broth. By cooking these bones for hours, we can probably get what is needed to keep our joints healthy and pain free. Today this nutrient is not as often available in our daily diets and we are sure seeing so many joint problems.

I am sure one can get information about this on the internet, so I will leave that up to you. But I will share the recipe I am now using to get as much out of bones as I can.

I still buy chickens whole, so I have always roasted the whole chicken. Then after removing most of the meat, I add some vinegar to water and simmer the bones for hours. The broth that is a result has a jelly consistency when it is cold. That is what we need for the health of our joints, our bones and our whole body. It can be turned into a delicious chicken noodle soup.

It is the same with beef bones. The following is the beef stock I make and freeze in 2 cup containers to use in soups, stews, casseroles, gravies and sauces.

I put the stock into zip lock bags while it is cold, placing the bags into a container that will allow them to stand up flat so when they are frozen, they can be packed without wasting freezer space.



BEEF STOCK

Good beef stock can be made from a mixture of knuckle bones for the gelatin, marrow for flavor and nutrients and meaty rib or neck for color, flavor and nutrition. Of course any of these types of bones are good for us, but when I have different varieties available I will often use a mixture.

5 pounds beef bones
5 pounds water
½ cup vinegar
3 chopped onions

Bring the ingredients to a boil. Simmer for 12 hours or more. I haven't the patience to cook any longer. If one is going out, it is a good idea to use a crock pot. Then it can simmer all day long and even through the night.

Strain, chill and then refrigerate it. At this point it can all be used to make a huge pot of soup or it can be divided, frozen and used as a base in soups, casseroles, stews, gravies, sauces and the like.

A friend told me of her uncle, who had knee pain. He started using bones in his cooking. He also started chewing and sucking on chicken bones when he had chicken, instead of removing the meat and just eating it. His knee pain gradually went away. Interesting and worth trying, I would say!



GARDEN'S PRODUCE

I have now canned over 100 quarts of tomato juice. I was too busy to make it into juice, soup and sauce, so I made the quickest recipe. In the winter I can turn this juice into soup, sauce or leave it and drink the juice.

TOMATO JUICE

Cook ripe tomatoes. Press this through a screen to take out peel and seeds. Blend this to make it nice and smooth. Put it into a pot and bring it to a boil with ½ teaspoon salt and ½ tablespoon sugar to each quart. Pour into sterilized jars, add new sterilized tops. Screw on top. Heat in the oven in a pan of hot water for 1 hour at 300 ° F. Remove from oven, tighten lid. I determine that they are sealed before storing them in our crawl space.



APPLES

The apples on our one apple tree were turned into 60 packages of frozen pie filling. (I used my recipe in Winnie's Winning Ways cookbook – see my website) I froze 2 ½ cups in each zip lock bag, putting 12 packages into a oblong tupperware so now after they are frozen, they are stacked in a bag and take up less space.

The other tree is made into frozen apples sauce and canned apple juice.

All of the wonderful summer fruits are so delicious to enjoy fresh, but there are also times when we want to have a cake in the house. It is at times like this that I will use these summer fruits in the following cake recipe. We enjoy it with apple, raspberry, peach, blueberry or other fruits.



FRUIT CRUMB CAKE

½ cup margarine

1 cup sugar

2 eggs

Vanilla

Beat the above

Add:

2 cups flour

2 ½ teaspoons baking powder

Mix well. Spread dough at the bottom of a 12 by 15 greased cookie sheet. Top with filling.

The filling can be a 19 ounce can of pie filling or 2 ½ cups of thickened fruit of your choice.

This time I used the following apple filling.

APPLE FILLING

At the beginning of August I picked up 24 apples that had fallen off of our Goodland apple tree. They were nice and big, so I used the apple peeler and cooked the sliced pieces with ¼ cup water and 2 tablespoons lemon juice. I cooked only until it started to soften. I thickened this with 2 tablespoons corn starch mixed in ¼ cup water. Set aside to cool. We enjoyed this filling on the above cake, but it would be great in a pie or on a kuchen.

Finally top with crumbs and we have a delicious cake. The crumb recipe below is great on **Apple Kuchen** (recipe in EAT MORE WHOLE GRAIN cookbook) or **Crunchy Apple Pie** (just put the apple filling in a pie shell, top with the crumb recipe below and bake).

CRUMBS

½ cup margarine

1 cup flour

¾ cup sugar

2 tablespoons milk

Mix flour, sugar and margarine together. Add milk and crumble with fingers. Spread crumbs over the fruit.

Bake 30 minutes at 350° F. Cut cake into squares.

You can freeze these pieces and take out just as many as you need.

BERRIES, BERRIES & MORE BERRIES!

I started a strawberry patch so we had a few fresh ones at the end of June. I then went picking at the u-pick and froze enough for the whole winter. Of course we ate as many as possible fresh.

The raspberries out did themselves and I have plenty and more frozen for the whole year. I froze them loose this year so we can easily add some to our smoothies.

We bought 35 pounds of blueberries for our winter use.

We have frozen peas, beans, and corn.

I am gradually drying the onions, leeks, parsley, herbs and other greens as that way they take up little space in the freezer and they are very easy & quick to use in winter.

Our potatoes are all stored in covered cardboard boxes in the garage. I have to take care to keep the garage cold in case the weather should turn warm again this fall. Seeing we don't have a basement anymore, I do not have the cold storage I used to have and The potatoes usually keep until the end of March. The seed potatoes are fine for planting.

HONEY

We had just picked up some nice fresh honey, so I poured our granddaughter a jar full to take along to University. And then I wondered if she may not know how many ways one can use honey. So I decided to jot a few down and email her a copy of this newsletter.

1. If you are fortunate enough to have fresh honey that hasn't begun to harden, you can pour it into smaller containers, freeze it and it will not harden. You can have soft honey all year.
2. Honey does not get old, so it can be used this year or next year or later. It can be used in place of sugar but because honey is sweeter, you will use less. I use a bit more than ½ cup honey to 1 cup sugar.
3. Honey can be used to replace sugar in tea, coffee, juice, casserole, salads and salad dressings. Honey is a much healthier choice.

EASY LETTUCE OR COLESLAW DRESSING

1 tablespoon melted honey
2 tablespoons lemon juice or vinegar
1 teaspoon extra virgin olive oil
Salt & Pepper to taste
1 clove garlic, minced (optional)
Mix until smooth and pour over your salad.

4. I use honey instead of sugar in all my yeast baking. (breads, buns or any sweetbreads)
5. As you see in some of these recipes, I am also using honey in some preserves.

DAD'S COOKIES - 6 dozen cookies

These are great cookies for Dad when he is on the combine. They don't crumble. But they are great for all the rest of us as well.

1 cup soft margarine
1 ½ cups sugar
4 tablespoons blackstrap molasses (or honey for a chewy cookie)
2 eggs
½ teaspoon salt
1 teaspoon vanilla
2 cups unbleached flour
½ cup oat bran
1 teaspoon baking soda
2 cups oatmeal
1 ½ cups coconut

Mix the margarine and sugar. Add & mix in the eggs and molasses. Gradually add the remaining ingredients in order given.

Shape into round balls and place on cookies sheets, allowing them to spread. Bake 11 minutes or until a nice light brown color. Let cool and place into cookie canisters.



BACK TO SCHOOL

Students would really love these cookies as well, especially in their lunches. They don't crumble and they are so tasty!

Speaking of school, just the other day I had a call from our granddaughter who is off to her first year at University. She couldn't find her COOKING WITHOUT MOM cookbook so she called for another, plus a copy of WINNING WAYS. She likes all the back to basic garden recipes using apples, and cucumbers and those simple healthy foods.

During her first week there, she made a recipe in the crock pot and invited several friends to join her. She loves to cook and bake so I am sure she will have lots of friends.

Dear Readers,

This newsletter has been a mixture of all kinds of recipes and hints. My mind has jumped from one theme to another just as it has jumped from one job to another over the summer. We have lots of soybeans to harvest yet, so as much as we are so thankful for the rain, we are also looking forward to good harvesting weather in the coming days for us as well as many other farmers.

For many of you, this has also been a year of hardship, so I trust you will find ways to feed your family from the bounty that grows throughout our country.

Until next time, "EAT WELL" & join me at www.winnieswinningways.ca

Sincerely Winnie



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 FREE bi-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 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 even more we need spiritual food to keep our souls healthy! 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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