

# "SEEDS ARE FOR SHARING"



## JUNE NEWSLETTER

### SHARING IMPORTANT ASPECTS OF OUR LIVES

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

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It's graduation time again and your son, daughter or grandchild may be leaving home for further education or to join the work force. Whatever the reason is, you may be wondering if you have or have not passed on what they will need to be successful.

*How often we hear someone say, "I do it this way because that's how Mom or Dad did it".*

*Or, "A friend gave me this great idea"*  
*Or, "Would you like my recipe?"*

Yes, we all have something we can pass on . . . and at other times we are constantly learning from others. Sharing is an important part of life. Parents pass what they know on to their children and they to their children.

Now we are asking ourselves, "Did I pass on to my son or daughter all the skills they will need to begin life on their own.

Our 5 sons were kept busy on the farm. They learned a lot about life, work ethics and sharing, but I neglected to give them opportunities to work in the kitchen. As they left home and would often call for help in preparing meals, I realized the error of my ways. I was then offering suggestions and recipes on the phone.

### **COOKING WITHOUT MOM**

This is when I created and wrote COOKING WITHOUT MOM.

Each of the 300 recipes has detailed instructions and simple ingredients.

Besides that, there are about 50 recipes that take a left over and turn it into a different delicious meal.

Just a few on these are Turkey Burritos, Sloppy Joes, Taco Dogs made from leftover turkey meat, a hamburger or chili. Just add a few ingredients and in minutes you have a meal for supper.

### **RICE**

Did you know that ½ cup of rice has 82 calories and is a great source of complex carbohydrates, yet it is fat free, cholesterol free and sodium free?

COOKING WITHOUT MOM includes hints on basic foods to keep in the house and where to store them, as well as what kitchen tools you should buy or borrow to start with.

### **CLEANING**

There are a few very simple inexpensive ingredients that you should keep on hand to use in cooking, but also in cleaning. They are environmentally friendly and as well very inexpensive. Two of these are:

- **Vinegar** – Removes mildew, stains and wax buildup. It is great to clean coffeepots, glass, paintbrushes and countertops. Add it to water to wash out garbage cans or use it together with baking soda to clean the drain, sink or toilet bowl.

### **KEEP DRAINS CLEAN**

Once a week I put 3 tablespoons baking soda, then ½ cup vinegar and then boiling water down the kitchen drain. I never have a plugged drain. This is a very inexpensive, environmentally friendly drain cleaner.

Add a few teaspoons vinegar to warm water when washing windows for a nice shiny window.

- **Baking Soda** – Deodorizes, scours, polishes, removes stains. Keep a container of it in the fridge or freezer to keep it smelling fresh. Use a bit on a wet rag to clean stove element rims, toaster, kettle and other stainless steel appliances.

## GRADUATION CELEBRATION MENU (or any other summer celebration)



### WATERMELON BASKET

*This is not a new idea, but it always looks so festive and special on a buffet table that I thought it is worth mentioning again.*

Lay a watermelon on the table with the ends horizontal to each other. Make a horizontal mark around the whole watermelon one-third way down from the top. Leave 3 inches in the centre of each long side. This is where the handle will be. Cut up on both sides of the 3 inches and then down the other side to meet the 3-inch space at the other side for the handle.

Cut off the green shell on both sides of the handle and above the basket top edge. Make watermelon balls with the ripe watermelon, cleaning out the entire inside.

The edge can then be cut straight or dig-sag.

The basket can be filled with a variety of fresh washed fruit pieces.

### FRUIT ON SKEWERS

Cut the fruit of pineapple, watermelon, cantaloupe and use whole strawberries and grapes. Arrange them on the skewer with the strawberry in the middle and the grapes on each end. The other fruits go between. They can be made a day ahead and kept in a fridge. Put foil between layers.



### FRUIT DIP

Stir together 1 cup yogurt, 1 cup cool whip and 1 tablespoon Jell-O powder.

Raw veggies are also great on a buffet table. This is a great healthy veggie dip.

### VEGETABLE DIP – 2 ½ cups

\*using cottage cheese is by far healthier than sour cream

\*adding crushed flax adds nutrition

500 ml 1% cottage cheese  
1/3 cup 1% milk

1-2 teaspoons herbs\*\*  
crushed flax

\*\* herbs can be chives, parsley, garlic, onion, or use a herb mixture

Blend all except the flax together well. Just before using, add 1 teaspoon crushed flax for each half cup of dip. Store the remainder of dip in the fridge.

### **BUNS FOR A WIENER ROAST, BARBECUE OR TO ENJOY WITH A COLD PLATE**

If you are planning a barbecue or wiener roast, instead of buying less nutritious buns, you can bake your own buns. The following recipe uses whole grains, flax, lentil puree, thus adding vitamins, minerals, omega 3 fatty acids, protein, fibre, folic acid, potassium and more.



**WHOLE GRAIN BUNS** – yield 4 doz hot dog/hamburger buns or 2 ½ doz sub buns.

4 cups warm water

1 teaspoon salt

4 eggs

2/3 cup crushed grain \*

½ cup oil

1 cup barley flour

1/3 cup brown sugar

5 1/3 cup whole grain wheat flour\*\*

1 tablespoon vinegar

4 tablespoons fast rising yeast

½ cup crushed flax

5 1/3 cup unbleached flour

\*crushed grain can be oat bran, Red River Cereal, oatmeal or crushed dried wheat sprouts. (see Mar 06 newsletter on making dried wheat sprout)

\*\*mill clean wheat kernels or purchase flour made from the whole wheat kernels

Put water, eggs, oil, sugar, salt, vinegar, flax, crushed grain, barley flour and whole wheat flour into bowl. Mix with beaters or dough hook. Continue to mix and sprinkle the yeast over as it mixes. Mix well. Add the unbleached flour and knead in gradually by hand or with a dough hook in a kneading machine. Knead 8-10 minutes. Cover, let rise until double in size. Punch down and shape small balls of dough into egg size balls, ropes the size of wieners or larger for sub buns.

**KNEADING MACHINE** – if you have mixed the dough with a Bosch, there is no need to let the dough rise after kneading. The machine has already developed the gluten. Just shape the dough into buns of your liking.

Place buns on cookie sheets allowing space for them to rise. Cover with a towel and let rise at least double in size.

Bake at 375 ° F for 10 – 12 minutes or until nicely browned. Remove from oven and pans and allow to cool.

**DELICIOUS FLAX BUNS** – yield 3 – 4 dozen

*A fluffy bun recipe with NO FAT!*

*A great recipe for weight watchers, lowering your cholesterol and for YOUR HEALTH!*

¾ cup flax, crushed	1/3 cup brown sugar or honey
4 cups whole wheat flour	½ teaspoon salt
2 tablespoons instant yeast	3 cups warm water
3 eggs	4 cups regular flour

Mix crushed flax, whole wheat flour and yeast in a bowl and set aside. Beat eggs well in a large bowl. Add sugar and salt and beat again. Add warm water and wheat flour mixture and beat for 5 minutes. Knead in the regular flour and knead for another 8 minutes. Cover bowl and let rise in a warm, draft free area until double in size. Punch down and shape dough into small balls the size of an egg. Place on a greased pan, allowing room for them to rise. Bake buns at 400 ° F for 12 minutes or until nicely browned. Remove from oven and pans while hot. Cool on rack or towel.

For more of Winnie's healthy recipes go to [www.winnieswinningways.ca](http://www.winnieswinningways.ca)



### **GARDEN HINTS**

Just a few reminders as the gardens begin to produce and you begin to pick.

- Pick produce like peas, beans, cucumbers, spinach, lettuce, squash, melons, rhubarb often. The picking will encourage the plant to produce more.
- DANDELION – a friend suggested that dandelion plants can be killed by using vinegar on them. I haven't yet tried it, but plan on, as soon as I buy an extra gallon of vinegar.  
This week I was busy digging them out, and that is a lot of work. So I hope the vinegar works.
- Put up a wire fence beside the peas, so as they grow, they will climb on the fence. It will keep them from mildewing on the ground and the plants will grow higher and produce more peas.

### **POWDERED GREENS**

Last year I mentioned the powdered greens that I made from spinach, lettuce and beet leaves. After the first time I made it, I changed the method as follows:

**There is no need to puree the green leaves and then dry them. Simply wash the greens and then dehydrate them. This is so simple and quick & nutritious!**

I used it often, during the winter months especially. I sprinkled ½ teaspoon dried powder on cottage cheese, scrambled eggs, casseroles, soups and added it to relish, salsa, dips, sour cream and spreads. It doesn't really have too much of a flavor, so I feel it enhances flavor rather than changes it.

I am eager to make powdered greens again this summer. It is a good way to keep the lettuce, spinach and beets producing new leaves. Then as well there are always young beet leaves available all summer for cabbage rolls and young lettuce and spinach for salads. As well more leaves to turn into green powder.

Be sure to enjoy plenty of fresh vegetables raw for the greatest amount of nutrition as well as the enzymes.

### **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 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](http://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!**

#### **NATURAL INSECT BITE RELIEF**

LAVENDER – in the garden will help repel insects, especially mosquitoes.

TEA LEAVES – Wet tea leaves neutralizes the discomfort of insect venom.

They soothe itchy bug bites.

CORN STARCH – Mix corn starch with water into a paste and put on a bite for relief.

BAKING SODA – Mix baking soda and water and put on bee stings.

ALOE VERA – rub the gel of aloe vera on bites.

### **FOOD FOR OUR 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/>*