

"SEEDS ARE FOR SHARING"

JUNE 08 NEWSLETTER

HOW DOES YOUR GARDEN GROW?

It's hard to believe all that you can bring to the table from even a small garden. These simple foods can provide so much nutrition, so it is worth working with the weather and temperatures as best you can for . . .

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

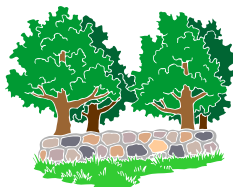
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COOL SPRING

Yes, a cool spring caused the seeds to germinate slowly. The cucumbers and some of the corn didn't come through, so I reseeded them. Now these are doing fine.

We have trees towards the south of our garden, far enough away that the garden still has plenty of sunshine throughout most of the day. Those trees are also a great protection from strong southerly winds.



PROTECTION FROM THE WINDS . . . and frost in fall as well.

Last year I decided to plant raspberries to the north of the garden, so this year they are already providing protection from the colder spring north winds. In a few years when the patch is thicker and the plants higher, it will even be better. On those cool fall days when it dips close to the freezing point, my garden will have a bit more protection from an early frost as well.



CUT WORMS

I have never had to deal with cutworms, but this year I seeded some nice flowers that are from the cabbage family. The cutworms cut off 3 already, so I decided it was time to protect these little plants with a metal ring from a jar. I hope they will get discouraged and leave the rest alone.

These perennials are new for me. They are to bloom in fall with rose like flowers so I thought they would be nice to cut and bring into the house. I am looking forward to what should be a very pretty flower.

LETTUCE SPINACH & BEETS

Our lettuce & spinach were slow this year, so for the first picking I got some from my sister. Her garden was moister and is also protected on all sides from winds, yet it gets all day sunshine. We picked the first crop off before the rain so it could grow fresh stuff, and it is almost ready to pick again. We feel so lucky to have it in the fridge for salad everyday. As soon as the beet leaves are large enough, I also add some of them to salads as well.

DRINKS

The fresh greens can also be used in fruit drinks as in the recipes further down by exchanging these vegetable greens for the barley greens called for in those recipes.



DRIED GREENS

As soon as there will be too much to eat, I will be dehydrating it and blending it into powder for the winter. This powder can be sprinkled on scrambled eggs, cottage cheese or added to stews, soups, and on many other foods. It takes up very little space in the freezer as well.

GRAIN SEEDS

Grain seeds as well can be grown to use fresh in drinks or dried and powdered to use sprinkled on foods. Either ways, they add many vitamins and minerals to almost any meal.

One great grain seed is barley.

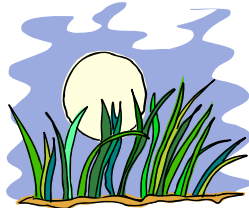
BARLEY GREENS

GROW YOUR OWN!

I am sure most of you have heard of the health benefits of eating barley greens. I have seen them in a variety of different ways in health food stores, but I never thought of growing my own

. . . until 2 weeks ago.

Our neighbor came over to buy a few bushels of the barley seed that we had left from seeding.



He explained that his naturopath put him on barley greens, so he has been buying them in pill form in the health food store.

Then he thought, “Why don’t I grow some myself?”

Good Question!

I wonder why I didn’t think of that!

He was telling us that a few years ago he couldn’t work because of his sore back. His doctor said he would need surgery on his back.

This went on for a few years and one day his wife wheeled him in to a naturopath’s office and it has been uphill ever since. It wasn’t his back at all, but his colon and liver.

A few months after he had been on a diet of eating many vegetables and fruits every day, he could go back to work and has now been working for 2 years. He is feeling so much better. Last year part of his garden was seeded into beets and he has been eating some every single day since. He was told this would help clean up his liver and tests have proved that his liver is steadily improving.

Now, since he has been on the barley greens, he has so much more energy. So he planted the barley seeds and will cut the grass off when it is 6 inches tall. He will dry and powder it. This will make enough for the whole year, until he can plant some more next year.

These barley greens will cost a few pennies when compared to store bought ones.

MY OWN BARLEY PATCH . . . and then Greens of course.

I went out, took a few cups of barley seed and spread it over a 2 foot by 10 foot space. I put the seeds really close together. I then covered them with ½ inch of soil and watered them.

In just a week it was 5 inches tall, so I cut off a 12 inch square of the patch. This was enough for Melvin & I to have a drink on two evenings. Then I went out and picked another 12 inches of the grass, washed it and put it into the fridge for the next two days.

I made the following recipes and we each have a glass full every evening.



STRAWBERRY BARLEY DRINK – 2 glasses

1 cup thawed unsweetened strawberries
1 teaspoon sugar or honey
3 tablespoons lemon juice*
1 cup water (part of this is 3 ice cubes)
1 handful of barley grass
Process in a blender until smooth and enjoy!

RASPBERRY BARLEY DRINK – 2 glasses

1 cup thawed unsweetened raspberries
3 tablespoons lemon juice*
1 teaspoon sugar or honey
1 cup water (part of this is 3 ice cubes)
1 handful of barley greens
Process in a blender until smooth and enjoy!

BLUEBERRY BARLEY DRINK – 2 glasses

1 cup frozen blueberries
1 teaspoon sugar or honey
3 tablespoons lemon juice*
1 cup water (part of this is 3 ice cubes)
1 handful of barley greens
Process in a blender until smooth and enjoy!

NECTARINE BARLEY DRINK – 2 glasses

*I made this just this evening and really enjoyed the nice flavor the nectarine gives the drink. (using 2 nectarines instead of ¾ cup strawberries gives a nice green juice)

1 good sized nectarine – cut off the stone
¾ cup strawberries
4 ice cubes
2 hands of barley greens
Put all ingredients into the blender and process until smooth.
Pour into 2 glasses and enjoy!

As soon as our fruit bushes are producing, I will be using fresh fruit in these drinks. Any kind of fruit would be great in these drinks.

I want to make a vegetable drink as well, but I know the green barley grass will turn the tomato juice brown, so it won't look as appealing. I will just close my eyes, and enjoy it.

DRYING THE BARLEY GREENS

At this point the whole patch was almost 6 inches tall, so I cut it all off at almost ground level and filled three large Tupperware containers. (Just as one does when cutting lettuce off)

I washed it, put it into 12 layers on the dehydrator and dried it for about 24 hours with the dehydrator set at 105° F. (you do not kill the enzymes when drying at 105 or lower) I then stuffed it into the blender (part at a time) and made it into a powder.

These 3 cups of powder are stored in the freezer in food grade plastic bags to use in the winter when the garden will not be producing. It is very concentrated so ½ a teaspoon will be enough for two drinks.

2nd, 3rd and even 4th cuts

I will continue to cut off the 5 – 6 inch barley greens in small amounts to use daily or when there is too much, in large amounts to turn into powder.

Probably after the 4th cut, I will let them grow, pull them out by the roots and feed them to our chickens.

OR

After the third or fourth picking, I will leave the barley grow until it is ripe, pick and rub out the seeds to save for next year's seeds to grow more greens.

TODAY - In a different spot of the garden, I will seed another batch or even two or more until fall. I do water it well every second day unless of course it rains.

CHICKENS – Feed them organically as much as possible.

We have 30 laying hens that provide our family with plenty of eggs. These chickens are fed organically throughout the year. In winter they pick through all of our vegetable and fruit scraps, but in the summer they enjoy all kinds of greens and vegetables. They love dandelion and other weed greens, but as well they get plenty of the garden greens & crushed grains. And yes, even the roots and sprouts of barley or other grains.

POTATO BUGS

I had to pick off the potato bugs twice this past week. There were about 25 each time. This is the first year that they didn't even start until now and the plants are starting to bloom. If they should get bad in the coming weeks I will make up a batch of rhubarb juice as I mention in previous newsletters from last summer and the summer before. Then while it is still wet, I sprinkle on some bran (or even whole wheat flour) and the bugs choke and die. If I am lucky I will be able to control them with just picking them off. Every year there are fewer and fewer.

I have already hilled the potatoes twice now and plan to do it again this week. That will give each plant plenty of space below the ground for the potatoes to grow in.

The rest of the garden is growing well and doing fine.

GRADUATION



This month is also GRADUATION time. All too soon our children have completed high school and they are moving on to further education or a job. They are often leaving home and will have to survive on their own.

You and I may ask ourselves, “Did I do my best to give them the tools needed to fend for themselves?”

Soon after our sons left home for further education, I began to receive calls on how to and how much as well as recipes. That is when I put all of these helps on print and COOKING WITHOUT MOM was published.

This book is still in demand especially at this time of the year when many of our sons and daughters are leaving home. To read more about it, go to the website at www.winnieswinningways.ca

Below are a few new recipes that you may want to try and then pass them on to others.

RED SALMON

I always have cans of red salmon in the cupboard as I realize this is a very healthy protein. Of course a can of red salmon can be opened, drained and mixed with a bit of dressing to spread on bread for a delicious sandwich, but if you want to use it as a hot meal, this recipe is really yummy.

SALMON PIE – 4 single (6 inch) meal pies

These can be frozen and taken out one at a time, whenever you don't have time to prepare a meal.

ONE 10-INCH PIE

If you want to make one large pie, use a 10 inch pie plate and use the whole recipe of filling and half of the dough recipe. The remaining dough can be frozen for another pie at another time, or you can use it to make a fruit pie of any kind.

PIE FILLING

1 213 gr can of red salmon

1 ½ cups left over mashed potatoes (or bake 2 good sized potatoes, peel and mash them, adding enough milk to be the right consistency & measure 1 ½ cups)

1 onion, chopped very fine (or blends up with a hand blender so there are no chunks)

Mash salmon and potato together. Add onion, Divide into all 4 crusts. (Crust recipe below) Brush outside edge of the crust with milk or water. Place a top circle of dough over each pie and press the edges together. Brush the tops with a bit of milk to help them brown. Bake at 350°F for 30 – 40 minutes.

Enjoy with a salad! The extra ones can be frozen for another time.

PIE CRUST

This recipe will be enough for 4 (6 inch pies).

2 cups flour

2/3 cup shortening or lard

½ teaspoon salt

6 tablespoons cold water (I measure 1/3 cup plus 1 tablespoon)

Put flour and salt into a bowl. Add cut up pieces of the shortening. With a pastry blender, cut the shortening into the flour until the pieces are pea size.

Add the cold water, mixing quickly with hands only until the dough holds together.

Divide the dough into 4 even pieces. Cut each of these in half. Roll 4 out into a circle and press into the pie plates with the dough over the edge. Roll the other 4 into circles big enough to fit over the pie & filling. Put small cuts on the top pieces before placing them on the filling.

MEAT LOAVES

Lightly grease muffin pans holes and add filling.

1 pound lean ground beef

¼ teaspoon pepper

1 cup uncooked oatmeal

1 teaspoon prepared mustard

1 egg

1 teaspoon salt

1 cup milk

½ cup chopped onion

Combine all ingredients. Pack into muffin pan holes. Bake at 325 °F for 30 minutes.

Each little loaf can be enjoyed at a meal. The rest can be frozen for another time. Or if you are hungry, have two of them.

QUICK HAMBURGERS

These little loaves can be thawed in the microwave in a minute. Then just slice the loaf in half so you will have two circles. Heat them and put them into two buns for 2 hamburgers. Or if you are using a large bun, just put both slices into the bun.

ENJOY GOOD HEALTH NATURALLY!

HEALTHIER SALAD DRESSING TIPS!

1. Mix 1 tablespoon of any bought dressing with 1 tablespoon of plain yogurt for an individual salad.

You are cutting the calories and the yogurt is a very nutritious choice.

2. Chop up any raw veggies you have in the fridge and put into a salad dish. Mix 2 tablespoons plain yogurt with 1 tablespoon lemon juice. Pour over salad and sprinkle with salt & pepper to taste.

3. Mix the following together and pour over a salad dish of greens.

1 teaspoon olive oil

¼ teaspoon vinegar

¼ teaspoon sugar

Sprinkle on salt & pepper to taste

Have a great summer and take advantage of all the healthy vegetables, fruits, herbs and seeds grown locally in your area.

Dear Friends,

The rain and sun have brought with it some mosquitoes, but I have to say they aren't really too bad yet. They do say that they could be getting worse so it pays to prepare.

I read an article on using LISTERINE mouth wash to chase away these tormentors. I bought a bottle, so as soon as they are bothering us, I am going to put some into a spray bottle and spray it around the area where we are sitting. (DO NOT SPRAY IT ON YOURSELF) I use cool mint flavored, but am not sure which flavor is better)

I have a small bottle of neem oil that we rub on exposed areas of skin if necessary and it does keep them away as well, but it is more costly. It is also good to grow a lemon balm plant in the garden. Pick of a few leaves and rub them on your skin to keep mosquitoes away.

Sorry for the delay in getting this article on line. We have spent a few months getting ready for two reunions which I will talk about more in the July newsletter.

Sincerely Elaine (Winnie)

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

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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