

"SEEDS ARE FOR SHARING"



JUNE & JULY 2009 NEWSLETTER

CELEBRATE by SERVING "REAL NATURAL FOODS"

JUNE & JULY are often the first months that we can enjoy celebrating outdoors. The weather is usually warm enough and not too hot and the mosquitoes are likely not too bad yet. So enjoy the beginning of this summer as . . .

- Many young people are graduation from school, college or University.
- Families are celebration Father's Day
- School is over for many families so they begin the holidays with a celebration.
- There may be a birthday, anniversary or wedding in your family and you will celebrate.
- July 1 and 4 are National Celebrations in Canada and the U.S.A. and many families will plan a special get-together with food and fireworks.

Table Of Contents

FREE Fermented Bread eBook
Healthy Lunch Pails
Healthy Hot Dog and Hamburger Buns
Buckwheat Batter Pancakes
Fruit Topping
Mixed Fruit Topping
Spicy Fruit Topping
Natural Sweeteners
Stevia
Quick Salad Dressings
Spinach Salad & Dressing
7 Layer Salad
Creamy Cucumber Salad
Macaroni Salad
Ranch Dressing
Curry Veggie Dip
Creamy French Dressing
Salad Dressing Substitute
Sour Cream Substitute
Mushroom Sauce Chicken or Turkey
Protect Garden Against Frost

Nasturtiums & Cabbage Bugs
Spinach - first garden greens
Potato Bug Spray
Barley Greens

REAL NATURAL FOOD

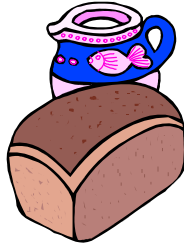
A few years ago the word company meant shopping for cold cuts and baking cakes or desserts with lots of icing and calories.

This is what we meant by serving guests the very best.

We now know that is not the best at all. The best now means foods that are the most nutritious. It means serving foods that are REAL like whole plants, seeds, fruits, herbs, vegetables and organic meats. Those fancy packaged prepared foods that catch our eye in the store are not much more than fancy packages. Just check out the ingredients on the labels and you will soon see so many additives that are actually quite unhealthy.

Now, when I want to serve company, I will bake up a batch of fresh whole grain bread and some homemade brown buns using fermented dough and make sure that the fridge is stocked with lots of fresh vegetables and fruits.

If WE want to eat really well, we also want to serve our GUESTS really well.



“EAT MORE WHOLE GRAINS” is one cookbook that has many delicious wholesome recipes that are all made from scratch using grains, flax, pulses (or beans) and other natural foods.

When ordering this cookbook, Winnie will also send FREE an eBook of wholegrain recipes that are made by fermenting the dough so that these breads will be even more nutritious.

This concept goes way back to when the farmers left the sheaves of grain on the fields in staks and they weathered from the sun and rain. This broke down the phytic acid in the bran of the grains, making it easier to digest and as well helping our bodies to absorb the minerals that are in grains. Today since the farmers now harvest before the grain has had a chance to be weathered in this way, we can soak the freshly milled grains and copy that process.

To order EAT MORE WHOLE GRAINS and as well get these new breads recipes, plus the bun recipe mentioned below FREE, go to www.winnieswinningways.ca

HEALTHY LUNCH ON THE GO!

Last week I made a new recipe for wholegrain buns that were so fluffy and tasty. We used these buns for hamburgers, hot dogs, pizza buns and sub buns for field lunches during seeding. We added a bag of raw veggies and some fruits to the lunch pails.

It was very comforting to know that their lunches were very nutritious.

Because of the flood, once it was dry enough we had to work very long hours to get the seeding done. That is even more reason to see that our workers were well fed.



WIENER ROAST/BARBECUE

When having a wiener roast or a barbecue, why not make these healthier buns as well? Think of the nutrition you are providing your family and guests!

GUESTS FOR BREAKFAST OR BRUNCH

Breakfast is an important meal. Our system has slowed down while we slept, so breakfast will give us the fuel we need to start another day.

Skipping breakfast is a bad idea.

It is important to start the day by eating low-fat, high fiber foods so we will feel full and yet not consume too many calories.

If you are serving fruit for breakfast, serve it first. It will digest quickly and will not interfere with the digestion of the other food.

The whole grains or dairy products will take longer to digest and will digest better with the fruit out of the way.

Today when we have guests for breakfast, we want to visit, so I will sometimes mix up this batter ahead of time. In the morning I will take out my griddle and waffle iron both. That way I can keep up with the demand and there is also a choice. I enjoy waffles and Melvin enjoys pancakes, so I even do this just for us.

BLENDER BUCKWHEAT PANCAKES

This is a great recipe to make the night before and then serve your breakfast guests. I also used the fermenting concept so the pancakes are extra nutritious.

- 1 cup whole wheat kernels
- 1 cup buckwheat kernels
- 1 tablespoon honey
- 1 ¼ cups milk
- ¾ cup plain yogurt (or buttermilk)
- ¼ cup olive oil

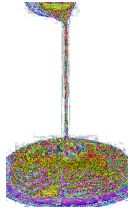
Put wheat, milk and yogurt into the blender and process for 3 minutes. Add buckwheat, honey and oil and process another 3 minutes. Cover & leave it sit overnight or for at least 12 hours.

Add & mix in:
2 large eggs

1½ tablespoon baking powder

1 teaspoon baking soda

Bake on griddle, flip and bake the other side. Or put some into the waffle iron and bake about 3 minutes. (they will be slightly browner than regular waffles because of the grains, but they are so very delicious) (More Buckwheat recipes in the April 2008 newsletter)



These can be served with maple syrup, honey & butter, yogurt or slightly sweetened & thickened fruit or cottage cheese and ham or use one of the recipes below.

FRUIT TOPPING

2 cups thawed strawberries, raspberries, or blueberries and the juice. Bring the juice to a boil. Wisk together 2 tablespoons cornstarch and ½ cup water. Add to the heated juice and stir on the stove while it thickens. Sweeten with 1 tablespoon sugar or honey or with a few drops of Stevia. (see below)

MIXED FRUIT TOPPING

2 cups applesauce

½ cup crushed pineapple (drained)

¼ cup dried cranberries or raisins

½ teaspoon cinnamon

1 cup yogurt

Combine all except yogurt. Chill. Put on pancakes or waffles and top with a spoon of yogurt.

SPICY FRUIT TOPPING

1 375 ml can peaches

1 tablespoon cornstarch

2 tablespoons water

½ cup sliced strawberries

¼ teaspoon cinnamon

Pinch of allspice

Drain Peaches; save juice. Mix cornstarch with water and add to peach juice. Heat until thickened. Stir in peaches, strawberries and spices. Heat through. Chill in fridge. Serve.

NATURAL SWEETENERS

We read and hear so much about the harm sugar can do to our health. We used to use quite a bit of sugar. Jam recipes called for more sugar than the fruit in a recipe. Cakes and cookies called for lots of sugar and then we often topped them with icing.

Then along came artificial sweeteners like aspartame, NutraSweet, equal and splenda and we started to use less sugar. But then after research, we learned that these sweeteners actually contained chemicals and other harmful additives. There are actually 5000 products on the market today that contain a form of aspartame. We are now wondering what diseases these sweeteners are causing.

STEVIA

This natural sweetener has been used by the Guaraní Indians of Paraguay for more than 1500 years.

I have been reading so much on Stevia that I decided to buy a bottle of the liquid at the health food store. We will often add a few drops to our raspberries, strawberries or my own frozen apple pie filling, thereby eliminating sugar. When I freeze these fruits I don't add any sugar, As well, Melvin will use a few drops in his tea and it is enough to sweeten. I am still using honey in most of the breads and muffins as I know that honey is natural, but as well it has nutrients that benefit our health. So a bag of sugar lasts a long time in our home and maybe soon I will be able to quit buying it altogether.

There was an article in our farm magazine this past month on Stevia. I also noticed that my seed catalogue sells the seeds to grow the plant. Seeing it was too late to start my own, I found a nursery that sold them. I now have a plant in the garden. I will harvest the leaves, powder them and see what I can do with them as a replacement for sugar.

Next spring I will start the plants indoors and grow more of them. I will probably dry the leaves in the dehydrator.

I will use the powder in baking and cooking and will share the recipes with you this coming winter.

I am really quite excited to have learned of another completely natural food that can keep harmful additives.

SALADS

Every barbecue or other outdoor party should include salads if we want to add those healthy veggies and fruits to our menu.

By using yogurt and cottage cheese in homemade dressings instead of using the calorie laden bought dressings, you are adding nutrition and using less calories.



QUICK DRESSINGS WHEN IN A HURRY

Plain lemon juice with a bit of salt and pepper is great on salads.

OR you can mix plain yogurt with 2 tablespoons of your favorite bought dressing to cut back on calories and add nutrients as well.

Vegetables and fruits are naturally low in calories and fats, yet high in vitamins and fibre. Prepare your salads ahead of time so your celebration can be as relaxed as possible.



SPINACH SALAD

Spinach is the first green in our garden each spring. Pick your spinach leaves as small as you wish.

Add onion, dill, parsley or any other greens. Use the following orange dressing or use any other dressing of your choice.

Dressing

½ cup plain yogurt

½ cup dry cottage cheese

½ cup orange juice concentrate

Process in blender until smooth. Chill and serve on salad greens.

SALADS PREPARED AHEAD OF TIME

SEVEN LAYER SALAD – serves 8 – 10

This salad is lovely to look at and even more delightful to eat.

1 head leaf lettuce, chopped fine

1 green pepper, chopped fine

6 stalks celery, chopped fine

½ purple onion, chopped

1 green onion, chopped

1 10 ounce pkg frozen peas

Put lettuce into a large deep clear glass bowl. Layer green peppers, celery, onion and thawed peas.

1 cup plain yogurt

½ cup dry cottage cheese

1 tablespoon honey

½ teaspoon salt

Process in blender until smooth. Pour over top of salad.

Spread over the dressing:

1 red pepper, chopped

2 tomatoes wedged

2 tablespoons parmesan cheese, grated

Cover & refrigerate until ready to serve.



CREAMY COLESLAW – serves 8 – 10

¼ cup milk

2 teaspoon prepared mustard

1 teaspoon vinegar

1 cup creamed cottage cheese (or ¼ cup more milk with dry cottage cheese)

Process the above in blender until smooth and creamy.

6 cups shredded cabbage

1 cup shredded carrots

2 tablespoons chopped green onions

1 red pepper, diced

Toss the above vegetables together. Add the dressing and toss well. Cover and refrigerate until ready to serve.

MACARONI SALAD – serves 6 – 8

- 1 cup uncooked macaroni
- $\frac{3}{4}$ cup chopped celery
- 6 green onion stems, chopped
- 2 tablespoons green relish
- 1 red pepper, diced

Cook macaroni, drain and rinse. Cool. Mix with the following Ranch Dressing and refrigerate until time to serve.

RANCH DRESSING

Process the following ingredients in a blender until smooth.

- 1 $\frac{1}{2}$ cups plain yogurt
- 1 tablespoon prepared mustard
- 1 teaspoon minced onion
- $\frac{1}{8}$ teaspoon dried dill
- 1 teaspoon dried parsley
- 1 toe garlic
- $\frac{1}{4}$ teaspoon pepper

OTHER DRESSINGS & DIPS TO CHOOSE FROM**CURRY VEGGIE DIP**

- 1 large head cauliflower, broken into florets
- 1 onion, chopped
- $\frac{1}{2}$ cup water
- 1 tablespoon cornstarch
- 1 cup milk
- $\frac{1}{4}$ teaspoon ground ginger
- 1 teaspoon lemon juice
- 1 teaspoon curry powder

Boil cauliflower and onion in water for 20 minutes. Cool and process in blender until smooth. Set aside. Whisk cornstarch with milk and heat, stirring until thickened.

Mix the remaining ingredients together with cauliflower mixture and thickened milk. Store in the fridge until ready to use.

**CREAMY FRENCH DRESSING**

- 1 teaspoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- $\frac{1}{4}$ cup copped onion
- 1 clove garlic
- $\frac{1}{2}$ cup tomato juice
- 1 cup dry cottage cheese
- $\frac{1}{3}$ cup yogurt
- 1 teaspoon lemon juice

SALAD DRESSING SUBSTITUTE

- 1 cup dry cottage cheese
- 1 cup plain yogurt
- 1 tablespoon lemon juice

Process in blender until smooth. Refrigerate until time to serve.

SOUR CREAM SUBSTITUTE

½ cup milk

1 tablespoon cornstarch

½ cup yogurt

Blend all together. Heat until thickened, stirring. Chill and serve.

The recipe below can be made from chicken or turkey, cooked in a slow cooker for hours or made from left over chicken or turkey meat and cooked in only minutes on the stove.



I serve this meat with a green salad, a vegetable and rice.

MUSHROOM SAUCE CHICKEN OR TURKEY serves 6 – 8

3 pounds raw chicken or turkey meat

1 tablespoon butter

2 tablespoons dried parsley flakes

1 teaspoon turmeric

1 teaspoon ginger

½ teaspoon sea salt or regular salt

1/8 teaspoon pepper

1 small can mushroom pieces (drained)

½ cup of some chicken broth or the mushroom juice

2 tablespoons cornstarch

¼ cup water

Place the 1 inch chicken or turkey pieces into a slow cooker. Brush with butter. Add seasonings. Top with mushroom pieces and broth. Cook on low for 8 – 10 hours.

Combine cornstarch and water and mix until smooth. Remove cooking juice from slow cooker and bring to a boil in another pot. Stir in cornstarch/water and mix until thickened. Serve over the meat with rice, vegetables and a salad.

COOKING HINT

VEGETABLE WATER

Use the liquid that you drain off your cooked vegetables in soups or gravy. I will often save it in the fridge or freezer and then add it to the next pot of soup or gravy.

Or use this cooled liquid to water your plants!

GARDENING

Speaking of plants, How is your garden doing?

FROST

We had frost last week. I was faithful and covered everything that would freeze. All of the potatoes were up so I covered each plant with enough earth to cover what was up. As well I got out all of my plastic pails and covered the tomatoes, celery, peppers, cucumbers, cantaloupe and watermelon.

It went down to - 3 degrees C. In the morning I saw that many of the tomatoes had frozen leaves or tips. I was later told that if the plastic pail touches the plant, the part that touches will freeze. I did cover the row of beans with an old quilt and they were fine. So I will use more heavy blankets and quilts instead of plastic containers when it dips down so low.

I then took the earth off of the 180 potato plants. Even some of them had frozen patches on. So I guess I hadn't put enough soil of top. Anyway, after a few days, they are now fine.

I went and bought 2 dozen more nice bushy tomato plants and two nice large watermelon plants. I figured these plants are so large and healthy that I will have early produce, despite the frost.

The **nasturtiums** have come up so I know they are keeping the bugs off of the cabbage family plants. I seeded a row between the cabbages, broccoli and cauliflower plants.

The row of **spinach** in our garden is ready to use, so I have picked off much of it so it will grow back again. We will enjoy a spinach salad everyday in the coming weeks. I will be using the dressing recipes I am sharing with you in this newsletter.

Don't forget to make your own **potato bug spray** with rhubarb leaves and bran. The recipe is in the May 07 and 08 spring newsletters.

I will be putting in a row of **barley** again soon. Once it is 5 - 6 inches high I will cut it off, dry it and powder it to use in recipes again as I mentioned last summer and actually used all winter. Barley greens are so very nutritious. To read more about it, go to the JUNE 2008 newsletter on the website.

Happy Gardening & Enjoy The Summer!
Winnie (Elaine)

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 these newsletters, watch for SPECIAL PRICES on a variety of her cookbooks.

To view Winnie's 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. Just as we need food to keep our bodies and minds healthy, 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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Boissevain, Manitoba ROKOEO author of Planting the Seed of Hope... encouragement for families.