

"SEEDS ARE FOR SHARING"

MARCH 08 EASTER NEWSLETTER



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

TABLE OF CONTENTS

- Celebrate Easter Early
- Coloring Eggs
- Chocolate Easter Eggs
- Rice Krispie Eggs
- Chocolate Bar Eggs
- Annie's O Henry Eggs
- Egg Decorating Hobby
- Painted Colored or Chocolate Eggs
- Easter Tree
- Piggy Banks for Children's Health
- Children Get Their Veggies
- Cookbook specials
- Winnie's website & email address

“CELEBRATE EASTER”



Easter has always been a very special time of the year for our family for as long as I can remember; way back when I was little as well as these past 44 years as a mom and grandma. I always remember singing songs like, “Up From The Grave He Arose”, so this fact has always been very real and reassuring to me. He didn’t stay on the cross, or in the grave, but He arose and was victorious over death. As another song says it so clearly, “He Lives Within My Heart”

Therefore Easter services, sunrise caroling and reading the Easter story from the Bible have always helped me focus on what Easter really means. They have always been a very special part of our celebrating.

A few weeks ago I realized that Easter was in March, but it wasn’t until last week that I realized how early it actually was, and that it has been 95 years since it has last been this early. As well, the next time it will be this early again, will be 220 years from now.

Just imagine, we will be celebrating a “Once in a lifetime” experience in a little over a week. As I thought about this yesterday, I decided that I wanted to make this a very special Easter for our family and as well for others.

NEW LIFE

Easter is a time to celebrate “New Life”. As spring approaches we see so many reminders of new life.



Last week Melvin had 3 new baby calves and there will be more arriving soon. It is fun to watch them jump and run on these warm sunny days.



The warmth of the sun will gradually melt the snow and there will be tulips blooming, green grass showing, tree’s budding and birds building their nests. All of nature will break forth in celebration of “New Life”. What an exciting time of the year.



“EASTER FUN”

In 1990, I printed a small booklet called, “Easter Fun”. In it I shared many fun things that one can do as a family to make Easter special for children. I want to share some of these with you this Easter.

I remember visiting Gramma and searching around her rooms looking for a basket of Easter eggs. Mom as well hid a basket of goodies for us and I continued to hide baskets for our boys when they were young. Kid’s love this!

As well coloring eggs has always been a family favorite activity.

When we colored eggs at Gramma’s house, I remember she used onion skins to make brown eggs. Then of course she had food coloring for the rest. But since then, I have learned that one can use beets for red or wine colored eggs, pureed spinach for green and coffee grounds for dark brown. We usually use food coloring these days as it is simpler and quicker.



COLORING EGGS

The first job is to hard boil the eggs, being careful not to crack any.

Put plenty of newspaper on the table and put an oven rack in the middle. That way there is a place to put the eggs after taking them out of the dye. When our grandchildren come over to color eggs, I have learned to ask them to bring some old clothes and as well they each wear an apron.

It is quite simple to just use 8 or so drops of food coloring in a half cup of boiling water to which 1 teaspoon of vinegar has been added. With a spoon, slowly stir until the egg is dark enough in color; remove to a rack and go on to dip another. I usually have enough mugs of dye for each child to have one.

CHOCOLATE EASTER EGGS

Some years I just went out and bought O Henry Easter Eggs for everyone, but our children and grandchildren love it when I make homemade chocolate covered eggs. Below are some that I have made over the years. They can be decorated with icing too!



RICE KRISPIE EGGS

¼ cup margarine or butter
16 large marshmallows
4 cups rice krispies
½ teaspoon vanilla

Melt the margarine on low heat in a large pot. Add marshmallows and stir until they are melted. Add vanilla and rice krispies and mix. Let cool slightly and before it hardens, form and press into oval eggs. Chill to harden. Dip in melted chocolate. See chocolate recipes below.

CHOCOLATE BAR EGGS

½ cup white sugar
½ cup margarine or butter
½ cup milk
½ teaspoon vanilla

Place the above into a pot and boil until it bubbles. Remove from heat.

2 cups oatmeal
1 cup graham wafer crumbs
1 ½ cup oat bran

Add to the above hot mixture and mix until evenly coated. Put into the fridge until cold.

Break off small pieces and shape into oval eggs. Chill to harden. Dip each into melted chocolate. (see below for recipe)

ANNIE'S O HENRY EGGS

Annie passed this recipe on to me a few years ago. She makes them for her family every year, and now since I have been using her recipe, our children wait for them. Once they are made, I have to hide them, or they will be all gone by Easter.

1 cup corn syrup
½ cup white sugar
1 cup peanut butter
1 tablespoon vanilla
2 cups corn flakes
2 cups rice krispies
1 ½ cups peanuts

Heat the syrup and sugar until boiling and remove from heat. Blend in the peanut butter and vanilla. Add and mix in well, corn flakes, rice krispies and peanuts. With damp hands, shape into eggs. Harden in the fridge. Dip into one of the chocolate recipes below and place on a piece of foil or wax paper until hard.

CHOCOLATE COATING RECIPES

Place one of the recipes below into a double boiler over a pot of water until melted & blend.

A. 12 ounces real chocolate chips
1 square (1 ½ inch) paraffin wax

B. 2 cups chocolate pieces
4 teaspoons shortening.

- C. 24 ounces real chocolate chips
1 bar paraffin wax
(this is the recipe Annie uses for a double batch of her O Henry Bars)

EGG DECORATING

When our children were small, the evenings were so long after they went to bed. One year I bought a tree ornament for my grandmother for her Christmas tree. This purchase led to a great hobby. During those long evenings, I started making ornaments for Christmas, Weddings, Anniversaries and new babies. At Easter I blew some out, painted them to look like chocolate or colored eggs. Below are directions for making them.

KEEP-SAKE EGGS!

Choose the size of egg you prefer. I have used small pigeon eggs, chicken eggs and goose eggs and they all were unique and special once they were decorated.

Poke a 1 inch hole on the front side of the egg and drop out the insides. Wash the inside and dry well. Harden the shell by brushing on 3 coats of Mod-Podge with a soft brush for a smooth finish.

Now the front hole can be enlarged or shaped to an exact circle or oval with a small pair of cuticle scissors without breaking the shell.

The outside can be painted a color or left white and then decorated with rows of beads or a picture cut from a piece of wrapping paper. The thinner wrapping paper is easier to paste on to the egg smoothly. I used to save pretty pictures of animals or birds for Easter and other appropriate pictures for weddings, anniversaries or baby births.

On the inside I often cut a circle from styrofoam for a base and topping it with what looked like powdered snow. I usually bought little figures to glue inside.

The background of the inside was painted as a sky, light or dark, with or without clouds. Angel hair is also nice to use for some eggs. Chenille bumps make great Christmas trees. Cut a piece from a point to the widest area so it is shaped like a tree and poke it into the Styrofoam.

If it is going to be a Christmas tree ornament, you will have to drill a tiny hole in the top so a thread can be hung through. I used a very tiny crochet hook to pull the thread through the hole.

If I wanted the egg to be placed on a stand, I glued it on to a small wine glass turned upside down or I bought special stands made of gold, silver or glass.

EASTER EGGS!

Poke a tiny hole on each end of the egg and blow out the inside. To rinse out the inside, I would suck in the top hole, with the other end submerged in water. Shake it and then blow out the water. Again, allow them to dry well.



FAKE CHOCOLATE

Harden these hollow eggs with 3 coats of Mod-Podge with a soft brush. Paint the egg a dark brown color. Wrap a piece of colored cord around the middle covering up the two end holes. Make a few flowers with crochet cotton and glue them as well as a few pieces of green thread to make it look like flowers with stems and leaves.

FAKE COLORED EGGS

Paint the hardened eggs with pastel colors. Here as well you can glue on a colored cord or narrow ribbon to cover up the holes. A picture of a bird or animal or flower can be glued on. Finally cover the whole egg with a shellac. A basket of these looks very nice on the table as an Easter decoration.

I still have the basket full I made 20 years ago and they look just as lovely as they did that first year.



EASTER TREE

Ten years ago friends of ours brought us decorations from Switzerland for an Easter tree. They brought two dozen different egg ornaments with thread hangers on. We went into the bush and cut off a branch about two feet high and placed it into water in a large vase. The egg ornaments were hung on. By Easter Sunday we saw green shoots on the tree and in a few days it really looked very nice.

Each year thereafter we decided to take a branch in a few weeks before Easter if we wanted to have buds and little leaves showing by Easter.

EGG BASKET

This is made by drawing an oval on both sides of the top pointy half of an egg, leaving a narrow space between at the top to make it look like a basket handle. After dropping out the egg from a 1/2 inch hole poked with a scissor inside one of the ovals, wash and dry it. Harden with Mod-Podge. Then cut both of those circles or ovals out with a cuticle scissors. A picture can be glued on one side of the bottom portion, the shell can be painted and this can be glued to any stand. Fill both holes with dried greenery & dried flowers or colored Easter straw and little eggs.

Crystal Look

Any of these eggs look great if crystal powder is sprinkled on after applying a coat of mod-podge!

HEALTH TIPS!

Eating too much chocolate and sweet Easter candy can cause problems for children and for anyone else as well, so over the years we have always bought and made some chocolate and candy eggs, but we always try to give our children and now our grandchildren less sweets and then something else like a book or egg cup etc.



PIGGY BANKS!

This year I bought each of our grandchildren a neat piggy bank. I have actually been looking for them for quite some time. Last week we were shopping in a department store and there were these cute banks. Some were green frogs, some beetles and some colorful long narrow pigs with flowers on. They were quite inexpensive and just what I had always been hoping to find, so I bought 11 right away, trying to pick colors to match their bedrooms.

What I actually want to do is give their parents a roll of nickels for each child. When they make healthy choices, their mom or dad can give them something to put into the bank. For the older ones, what is a nickel or two, but the younger ones are the ones who sometimes decide to refuse water, or milk or certain veggies or going out for a walk etc. Anytime during the year, we can provide more nickels and the project will keep going.

Sometimes little incentives go a long way in encouraging children to eat, or drink or do, and before they know it, they are enjoying what they had previously refused. So we will see how this goes!

When this idea first came to my mind almost two years ago, I was going to bake small flax muffins for the families and they would get a nickel each day if they ate their flax muffin. But I chickened out fearing I may get tired of baking the muffins. But once in a while, I think I will still bake a batch of two for their freezers and once in a while it could be one of the healthy choices!

So this month, my health tip for everyone, parents as well as grandparents is

ENCOURAGE! ENCOURAGE! ENCOURAGE!

Children love choices, so when serving a meal, prepare a variety of vegetable choices. Instead of forcing them to eat all of them, ask if they would rather have one or the other. Or cut veggies in shapes! I have a small heart and star cutter, but you can also cut them up in other favorite shapes.

And lastly, besides continuing to serve veggies on the plate, puree leftovers separately to use any time during the weeks to follow.



For example with a hand blender you can puree up the leftover cauliflower, carrots, broccoli etc. This can be frozen in ice cube trays and then thrown into a larger plastic bag. Think of ways to use these at every meal. In fact one evening, why not steam and puree a larger amount of any vegetable for the future. Once the puree in the ice cube trays is frozen, you can do another veggie and so on.

- When you serve macaroni and cheese, add a few cubes of thawed puree cauliflower. The cheese will take over the flavor.
- When you make soup or gravy or sauce for a vegetable, adding any of these pureed vegetables will provide extra flavor, but as well extra nutrition.
- When you make a casserole, lasagna, or pizza, this puree can be a part of the liquid or sauce.
- Use your imagination and everyone will benefit from all of these antioxidants.

Everyone is asking the same question.....why is Easter so early?maybe this can answer a few things

Easter 2008

A Once in a Lifetime Experience!

Easter is always the 1st Sunday after the 1st full moon after the Spring Equinox (which is March 20). This dating of Easter is based on the lunar calendar that Hebrew people used to identify Passover, which is why it moves around on our Roman calendar.

Here's the interesting info. This year is the earliest Easter any of us will ever see the rest of our lives! And only the most elderly of our population have ever seen it this early (95 years old or above!). And none of us have ever, or will ever, see it a day earlier! Here are the facts:

1) The next time Easter will be this early (March 23) will be the year 2228 (220 years from now). The last time it was this early was 1913 (so if you're 95 or older, you are the only ones that were around for that!).

2) The next time it will be a day earlier, March 22, will be in the year 2285 (277 years from now). The last time it was on March 22 was 1818. So, no one alive today has or will ever see it any earlier than this year!

May you know the power of the Risen Lord throughout the year!

Celebrate Easter with Praise!
Sincerely Winnie

MENOPAUSE

The soycreme, soymilk, soynuts and soybeans that can be enjoyed whole in salads or crushed in spreads or dips, waffles are all wonderful ways of enjoying the whole soybean daily to be rid of the hot flashes that are usually a part of menopause. But, soybeans are packed with many other disease fighting nutrients as well.

Soybeans are a very nutritious bean that fit well with the suggestions in the new Canada Food 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 cookbook so that everyone can have all of these great recipes at their fingertips.

SOY SATISFIED SPECIAL!

The special below have continued to bring in orders, so Winnie decided to surprise these orders with a free copy of her eBook, "I Can't Believe its Soy . . Cheesey Cakes", if the order included an e-mail address to which it can be sent. The whole eBook is about turning soybeans into 13 different, delicious, nutritious cheesey cakes.

As long as her current stock is available, Winnie wants to continue this special price, and as well send the free eBook with these orders to your e-mail address. So order today and learn how to include soybeans in almost every kind of meal. And then surprise your friends & families by serving the greatest healthiest cheesey cakes!

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. *(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 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.

Elaine Froese Speaker Author Coach

<http://www.elainefroese.com> elaine@elainefroese.com

1-866-848-8311 toll free

Boissevain, Manitoba R0K 0E0 author of Planting the Seed of Hope...encouragement for families.