

"SEEDS ARE FOR SHARING"



MARCH 2009 NEWSLETTER

THE JOY OF SOY DELICIOUS RECIPES!

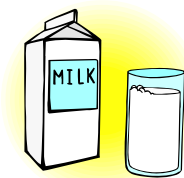
This has been an amazing winter. It reminds me of the harvest in 2000 when I took home a bushel bag of soybeans from off the truck at harvest. I remember thinking that if I can only learn to make soymilk, I will be happy. And then when that bushel of soybeans turned into almost 200 great recipes, I just had to share them with everyone through my first soybean cookbook.

Well, this winter I have again created many soy recipes and I want to share a few of them with you this month. But as well we have learned some very interesting facts about milk, cottage cheese and whey that I want to share with you in the April newsletter.

It just seems there is always something new and exciting that we can learn about keeping our bodies healthy and as well helping us fight diseases. Yes, the foods we serve at the table are usually nutritious, but I always work at making them delicious as well. We do want our children and grandchildren to enjoy these foods and continue to stop by often.

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LACTOSE INTOLERANT?

Everywhere we turn, we hear the word lactose intolerant. In fact in some families there are quite a number who find that dairy products just don't agree with their digestive system.

Where does that leave these individuals when they want to quickly open a can of cream soup for lunch, when they are offered cheese cake for dessert or when they want to stop for an ice cream cone on a hot summer day? They are forced to shop more carefully, read labels and ask lots of questions before they can satisfy their hunger or thirst.

We have to admit that many of the larger grocery stores now do carry non dairy milks, ice cream or cheese products. We have come a long way in meeting needs, but we still have a long way to go.

The cost to purchase these alternatives is much greater and many cannot afford to buy these on a regular basis. Families are struggling now more than ever because of the recession in our countries.

SOY is an excellent substitute for dairy products, but as I said, when we buy them in the store, we are paying a much higher price. It is time that we went back to . . .

HOMEMADE

Did you know that you can turn dried soybeans into soy milk, soy crème, crème soups, salad dressings, dips and yes, even cheesy cakes? The best part is that they are nutritious and for most of us, very easy to digest.

DELICIOUS

The next best thing is that they taste so good. Yes now-a-days more than ever before, we really want our meals to be delicious tasting. And including soy in meals can be just that! It is all in preparing the soybeans right.

INEXPENSIVE

Those who are watching their spending will be very happy to know that these foods can be very inexpensive. In fact soy milk and soy crème can be made for only pennies!

TIME

Some may say that they just don't have the time to prepare these foods from scratch. But when it comes to enjoying delicious, nutritious meals, we need to plan ahead and take the time. After all, what is more important than feeding our families well and keeping them healthy? When they are in the hospital, we reschedule so we can go to visit everyday. So why not reschedule our time now so we can keep them from spending so much time in doctor's offices and the hospital?

Once a week, set aside a few hours and prepare soymilk, soy crème and a few containers of prepared whole soybeans and store them in the fridge. Once you have these products at hand, using them to prepare a healthy meal need not take much time.

Everyone will benefit from your commitment. And you can save big time on the grocery bill and often times on medical bills.

SOY SATISFIED cookbook offers 200 delicious soybean recipes from soymilk, to salads, dips, waffle/pancakes, casseroles, soups and healthier desserts.

This cookbook is now selling at a greatly reduced price from www.winninieswinningways.ca

Plus, each person that orders this cookbook can receive an eBook called “I Can’t Believe It’s Soy Delicious Cheesey Cakes”

This eBook has 13 cheesey cake recipes that are delicious and nutritious and are made simply by using soy crème instead of cream cheese. (Black Forest, Mandarin Orange, Pumpkin, Peanut Butter, Fresh Fruit & more)

Why not enjoy an extra thick slice of cheesey cake, get lots of nutrition and yet have fewer calories than when eating a thin slice of regular cheese cake?

But I’m getting side tracked, excuse me, but I do get so excited about eating healthy that I go on and on. Not that I have all the answers by any means. I too am learning everyday. It’s just that when I learn something new, I can’t keep it to myself.

SOUP’S ON!

This has been a chilly winter. There is nothing nicer than sitting down to a hot bowl of soup at lunch. We enjoy so many different kinds of homemade soups, but I usually include some basic ingredients for flavor and then add lots of nutritious foods to give us vitamins, minerals and fibre.

This past year I have been adding soy crème to turn many of my vegetable soups into crème soups. In fact yesterday I made the following recipe so when we will sit down for lunch today I will again know that we are getting plenty of nutrition.

ONIONS, GARLIC, CELERY, PARSLEY,

These are in every pot of soup I make, be it tomato soup, pea soup, bean soup, chicken soup, borscht, or other. They give a wonderful flavor, but they add so much nutrition as well. I still have most of the vegetables from my garden last fall. The parsley is dried, the celery was chopped, sautéed and frozen in 2 cup packages and the onions are all in cold storage.



CARROTS, BROCCOLI, CAULIFLOWER, POTATOES, BEANS, PARSNIPS

I use a combination of as many of these as I want so that the different soups will have different flavors and textures as well. I have carrots & parsnips in my fridge from the last year’s garden, but as well I shredded and froze many packages to add to any soup or casserole recipe at the last minute.

CANNED TOMATO

We enjoy the canned tomato soup I made last fall, but as well I will add homemade tomato juice, soup or sauce in small or larger amounts to give a special flavor to

many of the soups or dishes I prepare. Again by doing this, we are adding nutrients that will benefit our bodies.

SALT & PEPPER

So when the soup is done I will add some pepper and a bit of salt; just what is needed. It is surprising how little salt one needs when enough other ingredients are added.



SOY DELICIOUS VEGETABLE SOUP - make 6 litres

Freeze some of this soup in one meal amounts to serve at another time when you are in a hurry.

3 large onions
4 garlic cloves
2 cups water

Blend the above until smooth. This need not be done, but it sure is great when the grandchildren are over. They seem to find those onion pieces and pick them out.
Place into a large pot:

The above onion mixture
2 ½ litres more water
1 ½ cups chopped celery
½ cup whole buckwheat groats (I get them in the bulk store)
2 teaspoons dill weed
4 bay leaves
1 teaspoon thyme
1 teaspoon basil (or instead I use 2 teaspoon sage)
Boil and simmer for at least an hour and add:

2 cups shredded carrots
3 cups diced potatoes
3 cups chopped broccoli
Simmer until vegetables are well done.

3 cups soy crème (recipe below)
2 teaspoons of corn starch
Just before serving, add soy crème and stir in corn starch mixed with ¼ cup water to slightly thicken the soup.

Enjoy with a slice of homemade Whole Grain Bread and you will have meal that will provide your body with many of the nutrients it needs to stay healthy and as well to fight diseases.



CRÈME OF BEAN SOUP – makes 3 litres

- 1 large onion
- 2 garlic cloves
- 2 cups water

Blend the above until smooth. This need not be done, but it sure is great when the grandchildren are over. They seem to find those onion pieces and pick them out.
Place into a pot:

The above onion mixture

- 4 more cups water
- 2 bay leaves
- 1 cup chopped celery
- 2 teaspoons dill weed
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1/2 teaspoon sage

Boil and simmer for at least an hour and add:

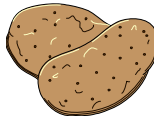
- 3 cups cut string beans (can be fresh, frozen or canned)
- 2 cups diced potatoes

Simmer until vegetables are well done.

- 1/4 teaspoon pepper
- 1 teaspoon salt
- 4 cups soy crème (recipe below)
- 2 teaspoons of corn starch

Just before serving, add soy crème and stir in corn starch mixed with 1/4 cup water to slightly thicken the soup.

In this recipe as well, the herbs give so much flavor that we just add a bit of salt



POTATOES!

CRÈME OF POTATO SOUP – makes 3 litres

- 1 large onion
- 2 garlic cloves
- 2 cups water

Blend the above until smooth. This need not be done, but it sure is great when the grandchildren are over. They seem to find those onion pieces and pick them out. Place into a pot:

The above onion mixture
4 more cups water
2 bay leaves
1 cup chopped celery
2 teaspoons dill weed
1/2 teaspoon thyme
1/2 teaspoon basil
1/2 teaspoon sage
Boil and simmer for at least an hour and add:

6 cups of diced potatoes
Simmer until vegetables are well done.

Remove 1 cup of this soup to cool, blend up and set aside

¼ teaspoon pepper
1 teaspoon salt
4 cups soy crème (recipe below)
Add salt, pepper and soy crème. Add and stir in the cup of blended soup. It will thicken just enough.

SOY CRÈME in dressings. . .

The following recipe is just a sample of what can be done with soy crème. Why not use it in other dressing recipes of your own?

SALAD DRESSING

All year round you can keep a batch of this dressing in the fridge. It has no additives for shelf life, so it will only keep about 10 days. But remember that those additives are not healthy for us anyway, making this dressing a much healthier choice. I usually make a 2 cup recipe at a time in the winter months, when we have fewer garden greens. But in the summer when we eat more salads, especially potato salad, I will make a litre each time.

Put the following into a small pot and blend together.

2 cups soy crème blended smooth (recipe below)
2 tablespoons lemon juice
2 tablespoons vinegar
3 tablespoons sugar or honey
½ teaspoon salt
¼ teaspoon dry mustard
Put the pot on a low heat and stir while bringing it almost to a boil.
1 tablespoon cornstarch
1/4 cup water
Dissolve the corn starch in the water, add to the pot and stir until it thickens.
Pour into a pint sealer and refrigerate. It will actually make 2 ¼ cups.

MICROWAVE COOKING

*I used to make this recipe in the microwave and it worked great, but lately I have decided to use the microwave less, so I am back to washing pots and doing more stirring as it heats.

SOY CRÈME (4 cups)

Use this soy crème in recipes in SOY SATISFIED and as well when making cheesy cakes, soups, waffles, pancakes, puddings, salad dressing as below and many other recipes. You can use it to replace buttermilk, sour cream or cream in your own recipes.

Just start with simple soybeans. It takes only a few minutes time to rinse them and put them into a container to soak, a few more minutes the next day to set them on the stove to steam, then drain and blend. While this is happening you could be eating your meal or washing dishes or whatever!



Soaking soybeans

Put 4 cups of clean, washed soybeans into an ice-cream pail. Fill the pail $\frac{3}{4}$ full of cold water. Place in the fridge. About every 6 hours, drain off the water and replace it with fresh cold water. In 24 hours drain off the water and the beans are ready to use.

2¼ cups soaked soybeans

2¼ cups warm water

Bring a pot of water to a boil, turn down to simmer. Add the soaked, drained soybean. Cover the pot and heat the soybeans until white foam begins to form on top. Then turn heat to very low, cover pot and leave on stove for 20 to 30 minutes. The beans should not boil, but just steam. Drain and throw out the water. Plunge the soybeans into ice cold water. Drain and throw out the water again. Cool slightly and process in a blender for 5 minutes using equal amounts of soybeans to fresh water. Pour the soy crème into sealers, cover and store in the fridge.

Now the soy crème is ready to use in many recipes found in SOY SATISFIED, the desserts found in "I Can't Believe its SOY . . . Cheesy Cake" or the recipes in this newsletter.

SOY EASY, SOY DELICIOUS, SOY NUTRITIOUS & SOY INEXPENSIVE!

I picked up a few hints that I am sharing below.

BROWN SUGAR . . . CLEANING TOILETS . . . KEEP DRAINS CLEAN . . . VITAMIN D

- Make your own brown sugar by adding 2 tablespoons **blackstrap molasses** to 1 cup of white sugar in a bowl. Mix together with your finger until well mixed.
Blackstrap molasses is a much healthier choice than regular molasses.

- Soften Brown Sugar - Place hard brown sugar into a closed container with a few slices of apple for a day or two.
- We use very few cleaning products as they can be quite costly, but as well many of them have harmful chemicals in them. I have a quart sealer of baking soda in each bathroom. I sprinkle this into the bowl and brush the surface.
- On a weekly basis, we put baking soda and vinegar down our drains. I haven't had a plugged drain in 10 years now.
I usually put ½ cup baking soda down the drain, pour in ½ cup vinegar and then pour down at least a quart of boiling water.
- Vitamin D comes from the sun so enjoy the nice warm days of spring & summer.

FOR OUR HEALTH! ACID REFLUX

Many people today have problems with digestion. Acid reflux has been a problem in our extended family so we have digestive enzymes around all the time. They seem to do the trick, but there are times when the burning gets worse, depending on what foods are eaten.

I just read an article that suggested drinking a glass of water each morning on arising to which the juice of ½ a squeezed lemon has been added.

I went to the store and bought 12 nice large lemons on sale. Each morning I have been squeezing (and I mean really squeezing every drop out) ½ a lemon. I add a bit of water and puree in with the hand blender as the pulp is in there as well. I pour half into each of our glasses and fill them with water. I realize this is only ¼ of a lemon each, but it seems to be enough for now, maybe because the lemons are a good size.

I have no problem with digestion, but this also helps with our body's acid-alkaline balance. So we each have our glass of lemon/water juice before breakfast. Melvin has had no burning since we started that, so we will see how it goes.

Next month I will share with you a remarkable nutrient that can keep us Healthy and Strong. This nutrient has been around since the beginning of time, but today it is much harder to get naturally!

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 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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