

**"SEEDS ARE FOR SHARING"**



### **MARCH & APRIL 2010 NEWSLETTER**

It's hard to believe that Easter is only one week away. April is just around the corner and our thoughts go to planting those vegetable seeds into the garden and seeding the fields into grains.

Last year we had another Red River Valley Flood and boated for over 5 weeks. They are predicting another lesser one, but we still can't believe it will happen because our snow is almost all gone. I guess it depends on how much water comes from the south and spreads over our land.



But no matter, when Easter arrives, we will celebrate one way or other. Sometimes when we have a flood it changes things and we do not get to church so we worship at home. I am planning on having our family here on Good Friday if the water is not over the roads, so I have started to prepare being positive that these events will take place.

Table of Contents:

Annie's O Henry Eggs – the easy and simple way  
Healthiest Hot Cross Buns  
Butterfly Birthday Cake  
Homemade Cream Cheese & uses  
Garlic Bread  
Taco Dip  
Crockpot Beef Stew  
Pizzaroni  
When Children Don't Like It!  
Cream of Broccoli Soup  
Buckwheat Cabbage Rolls  
Deluxe Hamburger Soup  
Rhubarb Strawberry Jam  
Gardening Tips

*I started today by mixing up a double batch of our favorite O Henry Easter Eggs. I had it all mixed together and was shaping the first egg when I realize it was painful on my right hand. How would I shape more than 100 of these?*

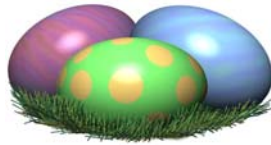
### **O HENRY EGGS THE EASY & QUICK WAY**

*I hurt my hand last fall and it is gradually getting better, but I have to be careful I don't overdo it. I decided to spread the mixture into 3 large baking pans. I pressed it down hard with a roller, melted the chocolate and a bit of wax and spread it over the tops. Once cool I cut each cake into 1 ½ inch squares with a large pizza cutter. This was simple for me and didn't cause any pain to my hand. They are stored in a Tupperware in the car garage.*

*I guess the Easter Eggs will be a sweet sugary cake that will bring a smile to everyone, especially because they taste so good and the children will say that Grandma has finally made something that is not as healthy! I do give in once in a while. By making the recipe from scratch, I will know what is in them as well. I can use a few healthier ingredient choices.*

\*One can substitute a half cup of hemp seeds, sesame seeds or crushed flax for an equal amount of the cereal.

\*You can also make your own peanut butter. I have a disc of very fine holes on my meat grinder so this year I put peanuts through and made my own peanut butter.



### **ANNIE'S O HENRY EGGS**

2 cups syrup  
1 cup white sugar  
Heat to boiling.

Mix in:  
2 cups peanut butter  
2 teaspoons vanilla  
Blend well and add:  
4 cups corn flakes  
4 cups rice Krispies  
3 cups peanuts

Mix and press into egg shapes. Harden in the fridge.

Melt 12 ounces chocolate chips with 1/4 square paraffin. Dip each in, place on a piece of wax paper and allow to cool.

***Now for the double batch of Hot Cross Buns I made as well. By using my soaked dough recipe, the buns turned out so nice and soft; I know we will really enjoy them.***

*The flours are soaked in whey, vinegar or lemon juice to allow it to break down the phytic acid in the bran of the grains. Phytic acid is hard to digest and can be hard on our stomachs.*

*Fermenting in this way also allows the minerals to be absorbed by our bodies so it is a healthy way to prepare the dough. The buns are actually lighter in color than whole wheat buns. Whey is hard to come by, so use vinegar or lemon juice.*



**WHEY SOAKED WHOLE GRAIN HOT CROSS BUNS**- yield 4 1/2 dozen buns

2 cups warm water  
1/3 cup whey (or vinegar or lemon juice)  
1/2 cup oil (or margarine or lard)  
1/2 cup yogurt (or buttermilk)  
1/4 cup honey or brown sugar  
7 cups whole wheat flour  
Mix the above, cover the bowl and let sit for 12 – 24 hours

Add and mix in:

2 cups hot tap water  
1 teaspoon salt  
1 tablespoon allspice  
3 eggs  
Sprinkle over 3 tablespoons fast rising yeast and 1 rounded tablespoon of dough enhancer.  
as it mixes.

Knead in:

2 1/2 more cups unbleached flour  
3 cups raisins (or you may wish to use half raisins and half mixed dried glazed fruit  
It should be a stiff dough.  
Knead 10 minutes. Pinch off small pieces and shape into balls, placing them on a greased baking pan.  
Allow them to rise well. (And you will have really soft fluffy buns).  
Bake at 400° F for about 15 minutes or until nicely browned.

Once they are cooled you can make an X on each with icing, or if you don't want icing on them, just cut an X with a scissor just after you have shaped the balls of dough in the pans.

**GARLIC BREAD** 1 (20 – 24 ounce) loaf

1/2 cup butter, room temperature  
5 cloves garlic, minced  
1/2 teaspoon water  
Pinch of salt  
Pinch of pepper  
Melt 1 tablespoon butter with garlic and water. Cook on low as you stir until golden in color.  
Mix with remaining butter, salt and pepper. Spread on cut sides of bread. Place loaf together, wrap in foil and bake 15 minutes at 400° F. Serve.

***We are celebrating two of our granddaughter's birthdays at Easter as well so I am baking the following cake and decorating it as a butterfly. I am using a 15 inch diameter round pan and a 4 by 7 inch loaf pan. It depends on your pattern, but it makes 2 double cake mixes.***

### **WHITE BIRTHDAY CAKE (2 double cake mixes)**

1 ½ cups margarine  
2 ½ cups sugar  
6 eggs  
4 teaspoons vanilla  
4 ¼ cups flour  
¾ cup cornstarch  
2 tablespoons baking powder  
1 ½ cups milk

Beat margarine well. Gradually beat in sugar and then one egg at a time. Add vanilla. Beat. Sift dry ingredients together and add to the batter alternately with the milk. beat well again. Spread most of the batter into the large cake pan, putting the remainder into the loaf pan. Bake at 350°F for 45 minutes or until lightly browned on top and a tooth pick comes out clean. The loaf pan will be done a bit sooner so remove from the oven carefully without disturbing the round cake. After 10 minutes turn the cakes out of the pan carefully and let cool. You can line the pans with wax paper for easier removal.

### **BUTTERFLY CAKE**

Using a 2 inch round cutter, cut out 5 or 6 circles from the loaf pan cake. Cut the large round cake in half. Place the rounded edges together with a row of 2 inch circles between. The half circles will be the wings and the small circles will be the body of the butterfly.

Ice the cake in any color and trim the edges with a cake decorator. Put lots of jelly beans or other Easter candy all over the wings to look like spots. Use 2 black licorice strips for the antennas and more to outline the body.



*We often have other company at this time of the year as well, so I like to prepare a variety of foods to have on hand for brunches, lunches, suppers or coffee times. I will share a few of these recipes.*

### **CREAM CHEESE** – makes 1 ½ cups

Instead of buying cream cheese and sour cream as often, I blend up cottage cheese with milk to use. I feel it is a healthier choice and can taste just as good.

Puree:

1 cup dry cottage cheese  
½ cup milk  
¼ teaspoon salt

Store in the fridge to use in any of the following:

\*Just as it is on bread.

\*To ½ cup of this mixture add 1 teaspoon lemon juice or vinegar and salt & pepper to taste to mix half and half with any bought dressing. Use this as a dressing on any vegetable salad or as a dip.

- \*Use half and half with salad dressing in egg or salmon sandwiches.
- \*Add chopped peppers and onions with any herbs and spices to use as a cracker spread or dip.
- \*Use on Baked potatoes, sprinkled with chopped onion greens.

### **TACO DIP**

Enjoy this with tacos or regular chips.

2 tablespoons margarine	¼ cup flour
1 cup milk	4 tablespoons cheese spread
2/3 cup salsa.	

Melt margarine, add flour and stir until flour is moistened. Add milk, cheese spread and salsa. Bring to a boil. Cool and store in a jar in the fridge.



### **CROCKPOT BEEF VEGETABLE STEW**

Serves 6

2 cups chopped potatoes  
 ½ teaspoon pepper  
 1 cup chopped onion  
 2 cups chopped carrots  
 2 cups water  
 2 teaspoons gravy base (instead I use 1 teaspoon each of basil, thyme and poultry season.  
 ½ cup chopped celery  
 1 can green beans  
 1 pound beef (cut into small pieces)  
 1 teaspoon salt  
 1 can niblet corn  
 1 teaspoon Worcestershire sauce  
 3 tablespoons cornstarch mixed in 1/4 cup of water.

***\*To encourage children to eat carrots:  
 Use a fancy blade to cut.. Call them carrot critters.***

In the crock-pot combine potato, onion, carrot and celery. Place beef pieces on top. Sprinkle with salt and pepper. Stir water with gravy mix; pour over beef. Cover and cook on high for 5 hours. Add undrained beans and corn. Cook 30 minutes. Stir in the cornstarch/water mixture. Cover and heat 5 minutes or until thickened.

*In this recipe you can use your own frozen or fresh vegetables, or buy them in the store. If using raw vegetables they should be added at the same time as other vegetables.*

*Always wash cutting board well after cutting raw meat, before cutting anything else. Even better . . .*

*Have a separate cutting board for raw meat. Use it for raw meat only – maybe have a different color board for all raw meat cutting.*

*The recipe below is usually enjoyed by children and adults as well.*

**PIZZARONI** - serves 6

1 pound lean ground beef  
2 cloves garlic, minced (or 1/2-teaspoon garlic powder)  
1 large onion  
2 beaten eggs  
28 ounces tomato sauce  
1 cup shredded cheese  
1-cup milk  
salt  
1/2-teaspoon oregano  
pepper

Brown beef with chopped onions and garlic. Add spices and tomato sauce; simmer. Cook macaroni and drain well. Stir milk, eggs and 1/2 cheese into macaroni. Spread in well-buttered 9" by 13" cake pan. Bake at 350° F for 15 minutes. Remove and spread with beef/tomato sauce mixture and sprinkle remaining cheese on top. Bake 10 minutes.

**WHEN CHILDREN DON'T LIKE IT**

*When using onions in cooking, I usually puree them with some of the liquid (the eggs or tomato sauce) Some people just don't like finding onion pieces in their food. They are so very healthy and add plenty of nutrition.*

*I just have one more idea that you might have thought of, but it is new to me. Last week we had 2 of the granddaughters over. They were feeling a bit under the weather and I really wanted them to have a healthy supper. I decided to make broccoli soup. It usually is chunky, but I knew they probably wouldn't eat it that way. So after I had it cooked, I mixed it with the hand blender until the pieces were very small. Then I allowed it to cool well and gave each of the girls "a mug with a thick straw". They did very well, much better than they would have with the spoon. The straw must have given them the idea that it was a shake. They were all smiles. I always say that enough onion in any soup gives a great flavor. And another plus was that they didn't get any on their shirts. Recipe below.*

**CREAM OF BROCCOLI SOUP** – serves 6 – 8

2 large onions  
1 clove garlic  
4 cups chopped broccoli  
4 cups water

Bring the above to a boil and then simmer for one hour. Blend 2 cups milk with ¼ cup flour and stir into the soup. Add salt and pepper to taste. Mix with the hand blender until it has very small pieces.

If the soup is too thick, just add a bit more milk.



**BUCKWHEAT CABBAGE ROLLS** – 3 dozen small to medium

2 pound head of cabbage  
1 cup buckwheat groats  
2 cups water  
1 pound lean burger  
1 teaspoon salt  
½ teaspoon pepper  
1 medium onion  
2 eggs  
½ cup barley flour  
2 cups tomato sauce

Cut the core out of the cabbage. Simmer the head in a bit of water until the leaves become limp. Cook the buckwheat with the 2 cups of water for ten minutes. Remove from heat and allow to cool slightly. Mix together all the ingredients except the cabbage and tomato sauce. Place a spoon full on each cabbage leaf. Roll up the leaves and place into a roaster. Pour the sauce over, cover the roaster and bake it for one and one half hours at 350° F.

**DELICIOUS HAMBURGER CASSEROLE** - serves 6

8 ounces lean beef burger  
1 medium onion  
1 garlic toe, minced  
1/2 cup water  
2 cups chopped carrots  
2 cups chopped potatoes  
1 cup more water  
1 can tomato soup (10 ounce)  
1/2 teaspoon basil  
2 teasp Worcestershire sauce  
2 teaspoon corn starch  
other herbs of choice (optional)  
salt & pepper to taste

Brown the beef in a skillet or oven until done. (no longer pink)

process onion, 1/2 cup water and garlic toe in blender until fine. Add this to the beef. Add 1 cup water, carrots, basil and potatoes. Cover and cook until vegetables are done. Add tomato soup, Worcestershire sauce, salt & pepper and any other herbs of choice for the taste you prefer. Thicken with corn starch.

*\*tomato soup - can be replaced with 10 ounces of tomato sauce or juice. Or cut up raw tomatoes and measure 2 cups.*

*\*If the casserole is too thin, add more cornstarch. If it is too thick, add a bit more water or tomato soup or juice.*

*The following recipe is a great way to use up some of the fruits in your freezer.*



**RHUBARB STRAWBERRY JAM** - a “less sugar” recipe

2 cups thawed rhubarb

2 cups thawed strawberries

1 cup sugar

2 tablespoons lemon juice

1 envelope or 1 tablespoon gelatin

Puree rhubarb and strawberries. Bring to a boil, add sugar and simmer 15 minutes. Mix in gelatin immediately and then the lemon juice. Pour into jars. Let cool to thicken Refrigerate. Keeps 4 weeks.

**The weather is getting warmer and many of us are itching to get into the garden  
So I thought it is time to pass on a few gardening hints.**



**SOW IT!**

**GROW IT!**

**AND KNOW IT . . . IS NUTRITIOUS AND CAN KEEP YOUR FAMILY HEALTHY!**

*When we shop for groceries in the store, we are usually not sure what soil the vegetables and fruits were grown in, what chemicals were used on them, how long ago were they picked and if they were even grown in the sun.*

**And we may wonder . . .  
Really How Nutritious Are They?**

**GROWING VOCAL, GROWING LOCAL**

I was asked to be a presenter at the growing vocal, growing local conference at the University of Winnipeg last month. We heard some excellent speakers and took in a great session on community gardens.

You may be wishing you could have a garden but you live in an apartment block, or you have very little outdoor space, or all of your outdoor space is cement.

In many cities and towns today there are garden plots for rent. Some are quite small

For us it will be a few more weeks before we can even walk on the garden. Last fall we added manure, so I will want to work it in one more time before starting to plant.



### **SEEDS**

But it is time to see that you have your seeds ordered. I just went through my box and I will only have a few to order. I ordered too many last year and I saved the rest in a dark dry place so they should be good. I want to seed 2 seeds from each package in a flower pot to be sure they germinate, so I will be sure the seed is still good. Nothing could be worse than waiting and waiting for them to come up. Then when we finally realize the seed may have been bad, it is a bit late for putting fresh seeds into the ground.

### **FIVE POTATO PLANTS – FIVE BUSHELS OF POTATOES?**

I heard of a gardener who planted 5 potato pieces (each piece with 2 or more eyes) in the middle of a large rubber tire. As they grew, another tire was placed on top, adding more earth and organic matter. I have no idea how large a tire was used and I am not sure how high she went, but this lady said she got 5 bags of potatoes.

Another article mentioned using a barrel with holes punched in the sides. They too mentioned having a very large crop of potatoes. But I have not yet tried these methods and I am not sure how it is accomplished. Maybe this is the year to try it. I do know that when I hill the potato plants often, they do continue to grow up higher and I do have a better crop. This would certainly be a good idea for those who only have a small garden plot.

We have tried to set aside time for a few conferences each winter. These need to be ones that will benefit our farming or my own little business. Melvin attends a few farm shows while I stay home to write articles or updates for my cookbooks. Then we like to attend one or two together.

At the Growing Local, Growing Vocal Conference my 75 minute presentation was on eating flax and soybeans. I took some great tasting food samples along for everyone to try. We had flax crackers served with a soybean topping (like humus). These recipes are in the SOY SATISFIED cookbook. As well they enjoyed flax muffins. (recipe in my “A MUFFIN A DAY” cookbook, flax buns and graham crust from “EAT MORE WHOLE GRAINS” cookbook and a cheesy cake on the graham crust. (recipe in” SOY SATISFIED”)

After tasting these samples, it wasn't hard to sell a good number of cookbooks.

*Nutrition is the focus of almost every recipe in my cookbooks, but the three above mentioned cookbooks are used each and every day in our home because the recipes are what I depend on for health and vitality.*

### **SPECIAL HEALTH PACK**

I decided then and there that these three cookbooks should be sold in a package at a reduced price and that is what I did. I put up a poster and many came to take advantage of this special.

EAT MORE WHOLE GRAINS is listed at \$14.95

A MUFFIN A DAY is listed at \$8.95

SOY SATISFIED is listed at \$16.95

I sold all three for **only \$25.00**

I would like to offer my website customers these 3 cookbooks for that price as well. I still have the other specials on the website as well, but if for some reason you don't find this new special on the site, be sure to email me and I will give it to you.

### **HEALTH TIP!**

*What color is your diet? Get the greatest amount of antioxidants & nutrients by choosing to eat a great variety of brightly colored vegetables and fruits.*

Time to get back to doing my housecleaning.

Have a very special and blessed Easter. Enjoy the outdoors and plant a garden if possible.

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 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](mailto:elaine@elainefroese.com)

1-866-848-8311 toll free Boissevain, Manitoba R0K 0E0

author of Planting the

Seed of Hope...encouragement for families.