

"SEEDS ARE FOR SHARING"



MAY & JUNE 2010 NEWSLETTER

“OUTDOORS ONCE AGAIN”



When we listen to the news and weather from around the world, I think we are quite blessed. In fact I love living in Manitoba. We can often have different weather everyday. March began with another prediction for a Red River Flood. So at Easter the family arrived driving through the water by truck. Even though our farm land was all under water, the weather cooperated, it turned extremely warm so in 10 days it was running off and three weeks later we were seeding in these fields. I even had most of the garden in when the weather turned cool and it started to rain.

So for the past two weeks I am catching up on housework and Melvin is fixing the cattle fence. Life is far from boring; in fact it can be quite exciting!



Today I am baking bread & pizza, roasting a chicken and making a huge pot of cabbage vegetable soup. In between I am beginning to write this newsletter. I have tried quite a few new recipes that I want to share and will talk a bit about gardening too as that is a highlight.

Last fall I attended the Farm Women’s Conference. It was a great time of visiting with other farm women, but I also came home with a few gardening and health tips. Then in March we attended a “Growing Local, Growing Vocal” Conference and I again came home with ideas that I want to try. I will continue to share what works through the newsletters.

If you have any great ideas, feel free to share them with me on the website. We learn from each other and life does become richer and more rewarding as we introduce new foods & recipes to our families.

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EATING FROM WITHIN 100 MILES

Two evenings ago, I heard someone talking on the news about the idea of eating foods that are grown close to home. It is happening all over the world, and it is happening here as well.

The idea makes so much sense.

They are even suggesting that our bodies can better digest the foods that are grown in our own environment, so I am gradually trying to adopt this type of living.

As well what we grow in our own organic gardens and pick fresh to eat or preserve should be far more nutritious than what may have been grown in a less nutritious environment using modern chemicals and fertilizers and picked weeks before it is to be eaten.

Should I buy foods that are grown somewhere across the world, not knowing how they are grown or should I cook, serve and eat the foods that are grown right here at home?

One would think that our gardens would get smaller as the children leave home, but for me it is the opposite. As I learn about foods and nutrition my garden gets bigger each year. For many years I stuck with the basic potatoes, corn, peas, beans, cucumbers, tomatoes and onions. When I ran out of these during the winter, I would buy them in the stores until the new crop was ready. Then gradually I added beets and a few other vegetables. Today I am also planting plenty of squash, leeks, garlic, parsnips, melons, stevia, broccoli, peppers, cabbage and more of the basic vegetables so we have enough for the whole winter and extra to share. The only soup I ever buy is mushroom soup.

CELERY

I used to plant celery, but it never turned out like store bought so I quit planting it. But a few years ago I found out that this green celery was still healthy so I decided to put in 6 plants each year. They are huge by fall and they stay green in color, but I wash, chop and sauté the whole plants, freeze them in 1 cup packages so there is celery for soup, casseroles and whatever else all winter. I have about 30 pkg. left from last year, so that should last until the fall when I will again do up this years plants.

We can be sure that this celery, grown in my fertile organic garden with the sun shining down on it is far more nutritious than the store bought that may have been picked months earlier and sent from thousands of miles away.

In the coming newsletters, I will continue to share different foods that are grown in this area of the world. As well you should look for the nutritious foods grown in your area and find out what their benefits are to your health. Use these foods often in your family menus.

MOTHER'S DAY

PATIO LUNCHESES

On Sunday some of our children will be here for lunch and I want to make these chicken fingers. I will also have potato salad and a dessert.



Plans changed . . . It ended up that I made pizza instead of the chicken finger recipe below. Two of our children brought salads, one brought the dessert and another brought the juice. So we mothers had a great time and there was little work for any one person.

CHICKEN FINGERS

1 pound raw chicken breast meat (cut into ½ by 2 ½ inch strips).
2 egg whites, beaten lightly
¾ cup dried whole grain bread crumbs, blended fine
1 tablespoon parmesan cheese
1 tablespoon dry parsley flakes
½ teaspoon chili powder
2 cloves garlic, minced fine

2 tablespoons cooking oil

Whisk egg whites and set aside.

Mix the dry ingredients together well with the minced garlic cloves in a bowl.

Put oil into large skillet on medium heat. Dip chicken pieces into egg white and then roll in the crumbs. Cook pieces 2 minutes on each side. Remove pieces to a roasting pan. Bake 5 minutes at 400° F in oven.

HONEY DILL SAUCE

¾ cup plain yogurt (recipe below from May 2009 newsletter)
3 teaspoons Dijon mustard
3 tablespoons melted honey
½ teaspoon dried dill
Combine and mix well. Use as a dip for the chicken fingers.

PLAIN YOGURT - MAY 2009

6 cups pasteurized milk
1 package gelatin crystals (1 tablespoon)
2 tablespoons plain yogurt (this can be plain yogurt that has been frozen and thawed)
Heat the milk to 180 ° F. Sprinkle the gelatin over and mix to dissolve. Cool down to 110 ° F.
Add the yogurt and stir until dissolved. Pour this into sealers and cover with a lid. Immediately, place them into a thermal picnic cooler together with a few larger jars of hot tap water. Cover and leave for 6 hours. Remove them and place in the fridge until set.
(I mix up 4 litres of milk at once, giving me 4 litres of yogurt. It keep at least 3 weeks in the fridge)

CORN SALAD serves 6

2 cups cooked corn niblets
1 cup frozen small green peas, thawed
1 small red onion, finely chopped
2 cloves garlic, minced
1 green pepper, diced
Dressing 3 tablespoons vinegar
 3 tablespoons olive oil
 1 teaspoon chili powder
 ½ teaspoon cumin

Salt & pepper to taste

Mix together the dressing ingredients and pour over vegetables. Chill and serve.



COLESLAW serves 6

Cabbage is very nutritious and is a vegetable that grows well in our soil. Add the right dressing and you may get your children to enjoy it too.

3 cups finely shredded cabbage
2 medium sized carrots, shredded
1 apple, diced*

Dressing:

½ cup yogurt (homemade yogurt on previous page)
¼ cup mayonnaise
2 tablespoons lemon juice
1 tablespoon honey, melted
½ teaspoon mustard
Sea salt & pepper to taste

* Change the recipe by omitting the apple and instead adding:

½ cup chopped celery
2 tablespoons chopped onion greens
½ cup chopped red peppers

The sun shone on Saturday and then Mother's Day as well, but today it is again cloudy, cool and raining. The rest of the gardening will have to wait some more.

To take the chill out of the house, I will make a pot of soup for lunch. Last week it was cabbage vegetable soup, so today I will make a favorite of ours; pea soup.



PEA SOUP

As I am enjoying a bowl for lunch, I am thankful for all the ingredients that have been grown and raised right here within a mile of our yard.

BEEF

Last week I cooked 3 packages of soup bones from our own grass fed beef. I added ¼ cup **whey** to the large pot of water to help draw the minerals out of the bones. It was then cooked slowly with 2 pureed onions and 6 cloves of pureed garlic.

***whey**

or use ¼ cup lemon juice or ¼ cup vinegar (I have the whey on hand from making cottage cheese. I freeze the extra to use whenever I want some as a souring agent for breads or cooking)

This made 2 ice cream pails of broth. I used the first one to make the soup last week and put the other into the fridge until today.

4 CUPS SPLIT DRIED GREEN PEAS

The farmers south of us grow these and we buy them bulk from the plant that cleans and packages them.

3 MEDIUM POTATOES

3 medium potatoes that are still from the last year's garden. They are getting shriveled, but are still okay.

CARROTS

1 cup dehydrated shredded carrots from last year's garden

PARSNIPS

½ cup dehydrated shredded parsnips from last year's garden

CELERY

1 package sautéed celery from last year's garden

ONIONS

2 medium onions from the garden pureed with a bit of broth in blender

GARLIC

8 toes of garlic from the garden pureed with onion in blender

DILLWEED

As the dill grows in the garden, I pick the greens off when they are small, chop it up and freeze it for soups etc. I added 1 tablespoon of this from the freezer.

HAM

We often buy cured hams that have been raised by farmers in the area. I then added 1 cup of diced ham to give the soup a better flavor. Usually I will make the pea soup by cooking a ham bone, but this time I didn't have a ham bone on hand.

The ingredients that were not from this area were the 5 bay leaves, 1 teaspoon basil, 1 teaspoon thyme, salt and pepper to taste.

I will plant a few herbs, such as parsley, basil, thyme and oregano into the garden when it dries up. We will then have fresh herbs in summer and dried for the winter.



BLUEBERRIES

We love blueberries and over the past few years we have been hearing and reading about their goodness. I grew up in blueberry country so when I was young we could go picking each summer to gather in enough for the whole year. So for years my aim was to go back each summer and pick. But it is over 100 miles away, so it doesn't happen too often. I then decided to buy them each summer and freeze them, but these are blueberries provinces away, so why don't I look for a berry growing here that would compare in nutrients?



SEA BUCKTHORN

Well after the 1997 flood we ordered trees for our shelter belt. I ordered a variety and one of them was called Sea Buckthorn. The description said they had orange/yellow berries that the birds love and it could keep them out of the garden. So we planted about 20 of them. They ended up having big thorns, something that kept us at a distance so they were just a shelterbelt, no more.

A few years ago, I read about the health benefits of these berries, so last year I put on Melvin's heavy leather gloves and cut off some twigs of the berries. I then tried to remove the berries and put them into the steamer juicer to extract the juice, but they were hard to get off. Many hours later I had finally succeeded in extracting 2 quarts of the juice. The hours it took made this juice valuable, so I ended up freezing it in ice cube trays. During the winter we added a few cubes to a jug of juice until it was gone.

This spring I took in a two day Direct Farm Marketing Convention. The speakers were excellent. But the time we had to share our own businesses around the table was even more valuable.

One lady is now extracting the juice from these berries and making it into jam. I asked her how she gets the berries picked and removed. She too uses a scissor to cut off the twigs of berries, but then she freezes them and the berries fall off of the twigs.

I am so excited and now I can hardly wait until the berries are ready this summer. I will try to harvest as many berries as possible, freeze the juice to enjoy each day by adding it to our juice so we can get these many helpful nutrients throughout the whole year. We will still enjoy some blueberries, but we will now know that we are getting more of the essential nutrients needed by our bodies every day. And the bulk of nutrients are coming from our own yard.

Below are just a few research results on the benefits of Sea Buckthorn berries that I got on the internet. They have many of the same nutrients as the blueberry, and best of all,

THEY GROW RIGHT HERE IN OUR BACKYARD

Sea Buckthorn

Nutritionally, sea buckthorn is a good source of vitamins C and E, beta carotene, flavinoids and essential fatty acids. Environmentally, this versatile, quick rooting, nitrogen fixing shrub can be used for planting in degraded soils, to enhance wildlife habitats, in shelterbelts, as erosion control.

Anecdotal reports indicate sea buckthorn was used in ancient times to:

- Lower fever, reduces inflammation, counteract toxicity and abscesses, and clean the lungs.
 - Treat colds and coughs.
 - Treat tumors and growths, especially of the stomach and the esophagus.
-
- Juice from sea buckthorn berries is a common drink in many parts of Asia and Europe. The juice is very high in protein, vitamins C and E, and organic acids.
 - The leaves, either fresh or dried, can be steeped to yield a nutritional tea.
 - The leaves, young branches and fruit pulp can be used as animal fodder.



So I plan to dry some leaves this summer as well to make another kind of tea for health benefits & as well to enjoy!

GARDENING!

Manure Topping

Last fall it was time to add cow manure to the garden. It was three years ago when we had last done it. Then just before freeze up Melvin did a deep tilling working in the manure. We probably added a bit too much manure as in spring it looked a bit too rich. So before I started seeding, I cultivated it with the tiller.

Early Seeding

I always seed the packages that say “plant seeds as soon as you can get into the garden” really early. So the lettuce, spinach, carrots, beets and garlic cloves went in. They are up nicely with the garlic greens already 8 inches tall.

Garlic Greens

These can be cut and used for garlic flavor in salads, casseroles, soups and any other recipe where you want that flavor.

Second Planting

At the end of April we put in the peas, potatoes, onions, corn, squash, zucchini, parsnips and cucumbers. Just in case this cool wet weather will harm the germination of the cucumbers, I will stick some more seeds in the row as soon as the weather warms up again.

BROCCOLI

I seeded a package on broccoli so now have 40 – 6 inch plants growing in pots in the south window of the garage. These plants will go in a row beside the onions, with the potatoes on the other side of the onions. The strong onion odour helps to keep the bugs and cabbage butterflies from spending time on these plants. I will seed nasturtiums on the other side of

the broccoli and the cabbage plants next. Those flowers as well sure help with deterring the cabbage butterflies



POTATOES

Many of my friends do not plant potatoes anymore. They have given up on the potato bugs. We enjoy the new potatoes plus our own potatoes all winter long so much that I am willing to take a bit of time to control them. I have shared some of these ideas before, but I will mention them again. All of my garden vegetables are so very healthy that I do what I can to have enough for the whole year.

1. I rotate my potato patch each year - This year it is where I had the corn last year. It does take longer for the bugs that have hibernated through the winter to find the potato plants.

2. Deep Tilling - Tilling the garden deep a second time just before freeze up brings these bugs that are already hibernating to the top and they will freeze at night.

3. Pick Potato Bugs daily - When I am home, I do look every day and pick them off. Then even when I go away for a few days, I can still manage them once I return. One year our granddaughter was staying over for a week. She loved to pick off the bugs and then burn them in the fire pit. Every year since she calls to see if she can come and pick off the bugs.

4. Rhubarb Leaf Poison - This recipe has been mentioned in my previous newsletter and I don't think the amounts of each ingredient matters as I have often taken a bit more of any of them and it always helps. In a large pot of water boil 14 rhubarb leaves, 1 teaspoon cayenne pepper and a tablespoon of dishwasher soap. Strain, cool and spray on the potato plants.

5. Powder With Bran - Early in the morning, when the plants are damp, powder them with bran. The bugs will eat the bran and choke. When we want to go away for a few days, I will first spray with the rhubarb poison and then right after powder with the bran. I then feel free to go away and not have to pick them for a time.

TOMATO BRANCHES

I won't plant the tomatoes out for a few weeks yet. Once they are planted and bushing out, we can prune off some of these leaves.

I use these to ward off the flies around the house. Hang them in the door ways or put the branches on the steps. In some countries where they have open windows, they hang them at the edge of the windows. My friend puts the branches in water in a vase on either side of the doorway so they do not dry out as quickly. I usually have so many plants that I have enough to hang new branches every second day.

STEVIA TO REPLACE SUGAR

I will also plant stevia again this year. Last year I planted them just as I do the tomato plants, with a stake as I wasn't sure if they would break off. They were fine, so I will do the same this year.

I put them into a well drained area in the sun. I put a mulch around them to keep in the moisture.

Last year I had three plants and I dehydrated all the leaves as I do herbs and put this into jars. During the winter I make a brew and we used this to replace sugar as often as was possible.

Stevia is a plant so it is a natural and healthy sugar.
Stevia has no calories. It is very healthful.
Crushing the leaves releases the sweetening power.

STEVIA TO SWEETEN FRUITS

Today I took out 4 cups of frozen raspberries. After they thawed, I thickened the juice with cornstarch. I added a few teaspoons of the stevia brew and it was sweet enough.

STEVIA BREW

Crush the dried stevia leaves fine. Soak $\frac{1}{4}$ cup of these in 1 cup warm water. Leave set for 24 hours, drain and refrigerate. OR
Pour boiling water over a few tablespoons of dried leaves and allow to sit for half hr. Strain.

I am just so excited every time I can use the stevia instead of sugar. Next winter I will do more experimenting and will try to use the powder in baking too.

SWEET POTATO

A vegetable that I do buy even though it does come from a great distance is the sweet potato. Until I find a potato that grows here that is somewhat the same, I will continue to use them. Our new restaurant in town sells Sweet Potato Fries, so if we happen to eat out in town, that is what I will order. We don't do that too often as the deep frying has more calories.

One day I decided to make my own in the oven and I like them just as much as the bought ones. And they aren't deep fried so they haven't nearly the calories.

SWEET POTATO FRIES

1 sweet potato
2 tablespoons flour
2 egg whites, beaten lightly
 $\frac{1}{2}$ cup whole grain bread crumbs, crushed fine
 $\frac{1}{8}$ teaspoon garlic powder

Cut a sweet potato into fries. Shake them with 2 tablespoons of flour. Dip them in 2 beaten egg white and then in crumbs. Bake for 20 minutes on one side, turn them and bake 20 minutes on the other side or until nicely browned.

A HEALTHY COOKIE JAR 10 dozen cookies

1 $\frac{1}{2}$ cups soft margarine
2 cups sugar
7 eggs
2 teaspoons vanilla
1 teaspoon salt
6 cups oatmeal
2 cups buckwheat groats (blended)
3 cups spelt flour
1 cup coconut
 $\frac{1}{4}$ cup blackstrap molasses
1 tablespoon cinnamon

1 tablespoon baking powder
1 tablespoon baking soda
1 cup raisins or chocolate chips

Place on greased cookie sheet with a spoon. Press each down well with a folk. Bake at 350° F for 10 – 12 minutes, or until lightly browned.



SNACK CRACKERS

We have these in the house all the time. They are great to munch on between meals. Or carry a few in a baggie when driving.

These crackers are great just as is between meals but can also be used when having guests as follows:

Serve with cracker spreads or topped with cream cheese and a piece of an olive or small piece of red pepper. Before baking, they can be cut into different shapes and sizes.

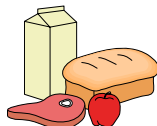
You may want to use different kinds of grain or non-grain flours and roll out the dough on other seeds such as crushed buckwheat, sesame seeds or add caraway seeds for taste.

3 cups spelt flour
4 cups barley flour
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1/3 cup oil
½ cup whey (or yogurt or buttermilk)
1 ½ cups milk
1 cup crushed flax
8 teaspoons Italian Seasoning or any herbal seasoning of your choice

Mix and knead this dough, cover and leave it rest for 6 – 8 hours. Cut into 8 even pieces. Roll each piece very thin into a large circle on 1/8th of the crushed flax, with 1 teaspoon of the seasoning and a few tablespoons of unbleached flour mixed in. Place it on to a 12 inch greased pizza pan. With a pizza cutter, score each circle by cutting into 1 inch squares or diamond shapes, leaving them in the pan as is. Bake for 15 minutes or until crisp and golden. Break these apart and when completely cold, store them in cookie canisters.

Nutrition is the focus of almost every recipe in my cookbooks. but the three cookbooks mentioned below give us the widest range of nutrients for our health & vitality.

WINNIE'S SPECIAL HEALTH & VITALITY PACK



Winnie loves specials so she has added yet another one for her customers. The recipes that Winnie uses everyday in her own kitchen as she provides more & more nutrition for her family come mostly from the following three cookbooks:

EAT MORE WHOLE GRAINS - listed at \$14.95

A MUFFIN A DAY - listed at \$8.95

SOY SATISFIED - listed at \$16.95

Total cost would be \$40.85

Winnie has decided to sell all three of these cookbooks in a package deal FOR ONLY \$25.00!

If you do not find it on the website, please email me and I will see that you get this special!

HEALTH TIP!

We are what we eat! So look at everything you put into your mouth and decide how it benefits or harms your body. I am finding out that we are all different and things affect our bodies differently.

I never drank coffee until a few years ago. Then I really began to like it, so from time to time I would enjoy a cup of brewed coffee a day. After some of those times I noticed my heart would race so I would quit with the coffee. I bought a blood pressure machine to take my pressure from time to time. At the times when I have a cup of coffee a day for a period of time, my blood pressure is higher.

These past few months was one of those times again. I watch everything else that I eat and I use garlic and onions, celery and so many other healthful foods daily. Besides, in a book I have, I read that coffee is good for my blood type so I figured I would enjoy a cup a day again. Two days ago I took my pressure and sure enough, it was a bit higher. So maybe, just maybe coffee is not good for me, and I really can live without it. I should be so thankful for the many foods I can enjoy and I do love my food. But it did prove again that we can all be different!

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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