

## SEEDS ARE FOR SHARING



## MAY /JUNE 2011 NEWSLETTER

### FOR MANY OF US, IT IS AGAIN A TIME TO SAVE!

We arrived home on Monday, May 20. The flood waters were off of our roads a few days later, even though it was still on some of the fields. I had time to do more gardening and cleaning up inside and outside of the house as I waited to clean up debris.

Our sons had two fields that were not flooded, so they started to seed those. We had a few days that were pleasantly warm, but then it is back to cold and wet. Then this past two weeks we have enjoyed sunshine and drying winds.

### PINCHING PENNIES

With all the disasters around our countries, many of us are looking for ways to pinch our pennies. When I wrote WINNING WAYS cookbook 23 years ago, it was so that I could share with others all the ways we were saving in our home. That was the year we had a drought with no crop and I was forced to take action. I still use all of those recipes, hints and ideas and the many I have created since. We have survived those tough years and could even at times enjoy the journey. Since then we have had more floods and many of you have had floods as well as other disasters to contend with.

### WE FEEL YOUR PAIN

As we watch the news, my heart goes out to all of you. Our disasters may be different, but we can work together to share what has worked for us, so that we can help each other to save, pay the bills and try to get ahead. When all seems so hopeless, we can take small steps that in the end can lead to big results.

Our grandmothers, grandfathers and parents taught us how to live well with less and that is what my cookbooks and free bi-monthly website newsletters are all about.

### ANOTHER WEBSITE WORTH ITS WEIGHT IN GOLD

We focus so much on the foods we eat, but I am also very interested in making changes to the soaps and cleaning products I use. We have been buying natural products from a company for at least 5 years now. But that is quite expensive.

My friend sent me the following website that is packed with products we can make at home; ones that can save us so much money. She made the laundry soap and found it very good, so I too will be making it too.

But as well I printed off 19 cleaning recipes from the website that I will be trying, and if they work, I will be using them from now on. (cleaning windows, floors, tubs, ovens, silver, toilet bowl, etc)

<http://www.davidsuzuki.org/what-you-can-do/liquid-laundry-soap-recipe/index.php>



### Table Of Contents:

Fresh Garden Greens & Beets  
Egg Shells & Tomatoes  
Birds in the Strawberry Patch  
Yogurt Dressing  
Nutritious Dried Beans

Potato Bugs & Flax  
Peas on a Fence  
Kale for White Blood Count  
Whole Grain Bread is Inexpensive  
Navy Beans

Navy Beans in Burgers  
Navy Beans in Pizza Crust  
Navy Beans in Pizza Bun Mix  
Beans in Breakfast Omelets  
Navy Beans in Rhubarb Dessert  
Beans in Waffles & Pancakes  
Other Ways to Serve Dried Beans

Navy beans in Meatloaf  
Navy Beans in Pizza Sauce  
Navy Beans in Potato Salad  
Blueberry Bean Muffins  
Rhubarb Sauce  
Soy Crème  
Check Winnie's Website

**These are all ways to save money,  
but they are also ways to keep healthy and live better!**

### **BACK TO THE GARDEN**

The vegetables grew nicely in the garden. I had to cover the tomato plants as well as the 3 rows of potatoes that were up at the end of May. The other plants that were up didn't freeze. We have been enjoying salads of fresh lettuce, beet leaves, spinach and kale. It is so good, that I have been having salads every day! The men ate out of their lunch pails while on the field seeding so I usually ate dinner and supper alone & could enjoy focusing on nutrition from the garden

### **FRESH BEETS**

I seeded lots of beets, so even though they are small, I am thinning them and cooking them with a bit of the stem on as well. Just a wee bit of butter is all that is needed for that first scrumptious fresh cooked vegetable.



### **GARDENING TIPS & PROGRESS!**

#### **POTATOES & FLAX**

We heard of another tip to keep the potato bugs away from the potato plants. If this works, it is much easier than picking off the bugs or even spraying the plants with the rhubarb recipe or powdering with bran; hints I shared last year that are in my last summers newsletter..

If the bugs are still a problem this year, I can resort to these other remedies as they did work quite well too.

Plant 10 - 20 flax seeds with each potato plant. I did this when I planted 200 potato pieces, each with 3 or so eyes per piece. Now we will wait & see what will happen.

The potato plants are now 2 foot high, blooming and there have been just a few bugs one day and one today, so I am thankful this may be working.

#### **MORE POTATOES**

I have hilled them 4 times already. I have found that the more I hill them, the higher the plant reaches up and eventually the more potatoes I get.

#### **EGG SHELLS & TOMATO PLANTS**

I saved egg shells all winter, so I crushed these and put some into each hole before putting in the tomato plant. Remember, last year I mentioned that I had so many slugs. It was mentioned that the egg shells keep them and cut worms away from the plants, so we will see if it will work! I have yet to see one this year and it has been very wet these past weeks.

#### **PEA FENCE**

The pea plants are 3 feet tall, blooming with small peas on as well. They are climbing well on the 4 foot wire fence Melvin put up. It certainly makes the plants grow higher so we have many more peas. But it also keeps the plants off of the ground so there is no mildew. I had seeded two rows of peas, 12 inches apart so the fence went between the two rows, allowing both rows to climb on either side of the fence. This has worked for years and we do have plenty of peas, even in wet cool years.

### **STRAWBERRIES & THE BIRDS**

Our strawberries started to bear fruit last week. I had put red colored stones amongst the plants over a month ago. They look like strawberries; the birds pecked at them and then gave up. They left the patch in search of something juicier. (It is usually water they are looking for, so put out a bird bath somewhere away from your garden.)

### **SQUASH & PUMPKINS**

We put the squash plants in a garden at the other farm. They have plenty of space there to spread out and don't climb over all of my other plants. But this year that garden was flooded. Weeks ago I seeded these seeds in 4 inch starting pots. I put 4 seeds in each pot. I now carefully removed the pot and place the earth and plants into a hole, without disturbing the ground around these plants. I spaced them as I would have, had I seeded right into the garden. They are growing very nicely.

### **KALE**

I mentioned earlier that I grew kale this year. I am adding it to our lettuce salad everyday, in smaller amounts. My sister-in-law was to have surgery, but it was postponed because her **white blood count** was too low. She was told to eat kale and lots of yogurt to raise her blood count.

### **YOGURT DRESSING**

We are enjoying one or two fresh garden salads everyday with a yogurt dressing made from my own homemade yogurt. I have shared that recipe many times before in newsletter. To ½ cup plain yogurt, I add 1 teaspoon lemon juice or vinegar and sea salt & pepper to taste. We are loving it. Once in a while for a change I add 1 tablespoon of ranch dressing to this yogurt dressing and it goes over very well with the children. (add a bit of garlic powder as well, and it is a great dip)

## **ON TO NUTRITIOUS RECIPES THAT ARE ALSO DELICIOUS**

We often hear the comment that it costs so much to eat healthy. That isn't usually true. The foods that cost the most are the prepared, packaged foods we see on the grocery shelves. They are expensive and not very nutritious at all. Rather we can enjoy what we eat by purchasing or growing our own foods in season. We can eat very healthily and save money as well. We can bake our own nutritious whole grain breads & buns for just pennies. **EAT MORE WHOLE GRAINS cookbook** is full of inexpensive yet healthy recipes.

### **COST OF BREAD**

***Did you know that you can make about 60 loaves of bread from one bushel of wheat? So even if you pay \$20.00 for a bushel of wheat (When I buy organic, that is what I pay) those loaves of bread are very inexpensive, yet so very nutritious.***



### **BREAD FAILURES TURN INTO NUTRITIOUS BREAD CRUMBS**

Because I am always creating new recipes, over the years I have had bread baking failures. It is probably because I continue to change my recipes to add nutrition and remove as much of the less nutritious ingredients as possible. When I go too far and they don't turn out, what can I do?

These failures become delicious, nutritious bread crumbs. I cube the loaves; bake them at a low temperature until they are dry. Cool them and blend until fine. I have a bag of these crumbs in the fridge and use them to bread meat, to add to meatballs, to sprinkle on macaroni and in any other way possible.

If I ever have extra, I pass them on to my children!

**CONFUSION in EAT MORE WHOLE GRAINS cookbook** – I had a call from a lady in Saskatchewan about the whole grain recipe on page 33. That is the recipe I use to demonstrate the Bosch Mixing machine, but I realize now that people would not know how much whole grain flour to add the second time. It says until the dough pulls away from the sides, but we may all have a different idea of what that could mean. So I made the recipe yesterday and measured the total amount of flour I used. I used a bit less than 12 cups altogether. Of course because of protein and altitude some of you may use a bit less or more, but that at least gives you an idea.

Sorry for the confusion. The other recipes in the book do mention the approximate amount of flour.

### **FOCUSING ON BEANS**



Over the winter we have heard so much on dried beans and their nutrients. Yes, “The Heart & Stroke Foundation” points this out again and again and so do many other health organizations.

Research is bringing dried beans back to the table. While beans used to be thought of as a poor man’s food, today it is the food of those who want to eat the very best because it is packed with beneficial nutrients that can help us prevent and fight heart disease, diabetes, cancers, immune disorders and so much more.

We have often heard that the deeper the color of the bean, the greater the nutritional power, but even the navy bean, which is white in color has some very unique powerful nutrients that fight diseases.

#### **NAVY BEANS**

Over the past few months I have been cooking up batches of navy beans and using them in many recipes. Sometimes they were mashed up and hidden and other times they were cooked and left whole. I will share with you a few of these new recipes.

Children who do not like beans can have them hidden in recipes so they will get the nutrients without knowing it.

We may all love beans, but not every day. So we can have them whole at times and then other times they can be added to casseroles or even desserts and we don’t realize we are eating them and getting those nutrients.

#### **GAS FROM BEANS**

By soaking beans and cooking them for a short time and throwing out these liquids, we are throwing out the parts that cause gas. But as well, as we begin to eat dried beans 4 or so times a week, our body becomes accustomed to them and they are easier to digest.

In April, I went to hear a speaker at the St Boniface Research Centre. Theresa Albert, a registered nutritionist and author of “Ace Your Health” spoke on nutrition and focused on pulses as a super food, encouraging us to eat ½ cup everyday. Remember there are many kinds of dried pulses to choose from, (lentils, chickpeas, navy, kidney, black and pinto beans, soybeans and more) so you don’t have to get bored.

One way to get those pulses is to have pork & beans a few times a week, but for those other

days in the week we can enjoy a pot of pea soup, chili, humus or sloppy Joes. For still other ways, there are many recipes where the pulses are hidden. They add to the texture of different foods, so don't be afraid to add a little here and a little there.

SOY SATIATED cookbook is packed with 200 recipes using soybeans and this cookbook is priced at a great savings on the website at [www.winnieswinningways.ca](http://www.winnieswinningways.ca)

### **SUMMER MEALS & DRIED BEANS**

As it warms up we will use the barbecue more, we will picnic or eat outside more and many of us will eat out of a lunch pail during seeding and harvest.

All pulses have their own unique nutrients and benefits. Once they are cooked, they do become bland and are therefore easy to add to many recipes without changing the flavor, yet adding to the texture. Cooking them also makes them much easier to digest and be absorbed by our bodies.

### **BARBUCUE BURGERS**

All beans are rich in fibre & nutrition. Black beans have some very unique beneficial nutrients. Cook, mash and add any beans to the burger mixture and you are adding powerful nutrients.

1 can **black beans (or any other bean, drained)**

1 pound lean beef burger

1 egg

½ cup bread crumbs

2 cloves garlic, minced

1 onion, chopped fine (or puree in blender with the egg)

1 cup shredded cheddar cheese (low fat)

Mash beans. Add all remaining ingredients and mix well. Shape into patties and barbecue until done. Serve in whole grain buns with your favorite toppings and a garden salad!

### **MEATLOAF**

1 pound lean ground beef

½ cup tomato sauce

2 tablespoons brown sugar

½ teaspoon dry mustard

2 cloves garlic, minced

1 medium onion, chopped fine

1 tablespoon Worcestershire sauce

1 egg

½ cup **pureed cooked navy beans**

Mix the above well and place into a bread pan.

Mix the ingredients below and pour over the burger mix.

½ cup tomato sauce

2 tablespoons brown sugar

2 tablespoons vinegar

½ teaspoon mustard

½ teaspoon chili powder

Bake 50-60 minutes at 350 ° F. Slice & serve.

## **PULSES IN PIZZA**

Pizza can be enjoyed indoors & out. It is very easy to add more fibre & protein by adding “cooked dried beans” to the recipe. They can be added to the crust or the topping or to both.

### **COOKING BEANS**

It is important to remove the hard to digest parts of pulses (where much of the gas comes from) so prepare them as follows.

Soak in water overnight. Drain and rinse off. Throw out this liquid. Put beans in a pot, add water and simmer until soft. Drain and cool. Put the drained beans into blender with as much fresh water as needed to puree. Use what is needed and save the remainder for future use in measured amounts in fridge or freezer.

### **PIZZA CRUSTS** – makes 3 (12 inch) or 2 (16 inch)

2/3 cup **pureed cooked navy beans** - instructions below

1 ½ cup warm water

½ teaspoon sugar (or a drop of stevia)

¾ teaspoon sea salt

2 cups barley flour (or spelt, quinoa or other)

½ teaspoon quick rising yeast

Mix the pureed bean mixture, water, sugar, salt and barley flour together. As it mixes sprinkle over the yeast. Mix in remaining flour and knead 9 minutes in machine or by hand.

#### **HAND KNEADING**

If kneading by hand, knead well, let rise double and knead again before shaping into crusts and pans.

#### **MACHINE KNEADING**

After kneading 9 minutes in a machine that develops the gluten, you can shape and put dough into the pans right away without letting it rise first.

Divide dough into 2 or 3 balls. Roll or press each out to 12 or 16 inches. Press into greased pans.

### **PIZZA SAUCE** – enough for all 2 or 3 crusts.

1 ½ cups tomato sauce

½ cup **pureed cooked navy beans**

1 teaspoon oregano

Spread on the crusts.

### **CHOICE OF TOPPINGS**

Use toppings of your choice.

For each crust:

Choice 1: 2 cups chopped cooked chicken, ham with or w/o mushrooms or any veggies

Choice 2: 2 cups chopped cooked ham with pineapple tidbits.

Choice 3: 2 cups cooked crumbled beef burger, veggies or mushrooms

Choice 4: A Veggie pizza includes 2 cups of any chopped veggies w or w/o mushrooms

### **FINAL CHEESE TOPPING**

Spread the pizza with 1 – 2 cups shredded cheddar cheese. Bake at 400 °F for 15 – 20 minutes or until bubbly all over and browned at the edges.

### **PIZZA BUN MIX** – 18 half buns

Some recipes for pizza bun mix call for oil. Instead we are adding beans and it tastes just as good. Besides that you are adding lots of nutrition.

- 1 ½ pounds lean ground beef
- 1 large onion, chopped fine
- 1 cup celery, diced fine
- 1 pound cheddar cheese. Shredded
- 1 can tomato soup
- 1 teaspoon oregano
- 1 cup **pureed cooked dried beans**

Mix the above all together. Spread on half buns. Bake at 400 ° F for 12 -15 minutes or until it bubbles on top and is slightly browned.

### **POTATO SALAD** – salad for 2

Now in the summer you can serve potato salad often. It is as well a great way to add cooked pureed beans to your menu. The recipe is small so just double or triple it. I usually use 1 egg per person I am serving.

- 2 cups chopped cooked potatoes
- 2 cooked chopped eggs
- ¼ cup sour pickle juice
- ¼ cup mayonnaise
- ¼ - ½ cup plain yogurt (start with ¼ and add more as needed)
- ¼ - ½ cup **pureed cooked navy beans** (start with ¼ and add more as desired)
- 2 tablespoon chopped green onions

### **BREAKFAST OMELETTE** – 9 by 12 inch pan or 2 (6 by 8 inch pans)

I make this recipe in two pans because I use my fermented whole grain bread for mine and rye bread for Melvin's. Each small pan is enough for 3 people or the large one for 6.

Grease pans with coconut oil or extra virgin olive oil

- 2 cups rye or fermented whole grain bread cubes
- 1 cup chopped cooked ham
- 1 ½ cups shredded cheddar cheese
- 6 eggs
- 1 ¾ cup milk
- ½ cup **pureed cooked navy beans**

Pinch of salt

1 teaspoon Worcestershire sauce

Pour over the bread/ham/cheese

Sprinkle with chopped onion greens

Put pans on a baking sheet with a rim. Pour water into baking sheet and place in oven. Bake at 350 ° F for 50 - 60 minutes or until the centre is stiff.

**BLUEBERRY BEAN MUFFINS** – for 20 smaller muffins fill each about half full. For 12 large ones, fill each 2/3 full. The beans together with the yogurt, blueberries and oat bran provide us with lots of nutrition.

- 1 1/3 cup plain yogurt
- ½ cup **pureed cooked navy beans**
- 1 ½ cups oat bran

1 ½ cup flours (I used 1 spelt and ½ unbleached)  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
1/3 cup extra virgin olive oil  
1 egg  
½ cup sugar  
½ teaspoon vanilla  
1 ½ cups blueberries

Mix beans and yogurt together. In another bowl mix the dry ingredients. Beat eggs well, add oil and sugar and beat well again. Beat in the bean mix. Then add the dry ingredients stirring lightly. Stir in blueberries and put into muffin pans.

Sprinkle crumbs on top for a finishing touch.

CRUMBS:

2 cups unbleached flour  
1/3 cup sugar  
½ cup butter or soft margarine  
2 tablespoons water

Blend the flour, sugar and butter with fingers. Add water and crumble again. Put some on top of each muffin before baking.

Bake 20 – 25 minutes at 350° F. or until a nice light brown color.

### **RHUBARB DESSERT** – one 10 by 15 inch pan

Bottom:

¾ cup butter (or soft margarine)  
2 ½ cups spelt flour (or unbleached or other whole grain flour of choice)  
½ cup chopped walnuts (optional)

Mix the above together and press into pan. Bake 12 minutes.

Put on the crust:

7 cups washed chopped rhubarb

Mix the following and pour over rhubarb:

1 ½ cups milk  
1 1/3 cups sugar  
5 egg yolks  
1 cup **cooked pureed navy beans**  
¼ cup flour

1 tablespoon corn starch

Bake 45 – 50 minutes at 350 °F.

Cover with meringue:

Meringue:

5 egg whites  
5 tablespoons cold water  
5 tablespoons sugar  
2 teaspoons cornstarch  
½ teaspoon baking powder

Beat egg and water until frothy. Add remaining ingredients and beat until stiff. Spread over baked cake. Bake 15 minutes at 350° F until nicely browned. Let cool and serve.

This is rhubarb season, so I also made a rhubarb fruit to keep in the fridge and enjoy on toast or even in a bowl. With so little sugar, one would think it is sour, but it tastes great!

**RHUBARB SAUCE – This recipe is great on the waffle/pancake recipe below**

4 cups chopped rhubarb

¼ cup sugar\*

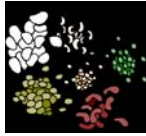
10 drops stevia\*

1 cup water

Cook, cool and keep in a glass jar in the fridge. Enjoy!

\* Or use either 20 drops of stevia or ½ cup sugar in this recipe. I prefer to use less sugar so I go with some of each)

I just finished making 45 round Belgium waffles for my freezer. I will be sharing some with the grandkids, but I find it so wonderful to have something to grab when we are in a hurry. And you know me, it has to be something very nourishing. So I created a new waffle recipe. These are so soft and delicious and have a huge variety of beneficial nutrients. SO ENJOY! They are SOOOO GOOD!



**This nutritious recipe also includes beans  
(soybeans made into soy crème or other pureed dried beans of choice)**

**WAFFLES or PANCAKES (8 – 10 large waffles)**

**A DELICIOUS REAL BREAKFAST, LUNCH or SUPPER**

1 ½ cups soy crème \* (or navy beans cooked & pureed as above)

2 eggs

½ cup plain yogurt

¼ cup oat bran

¾ cup oatmeal

¼ cup spelt flour or barley flour \*\*

¼ cup unbleached flour

½ tablespoon baking powder

2 teaspoons baking soda

¼ teaspoon sea salt

2 tablespoons extra virgin olive oil

\* I have shared the soy cream recipe in many of my earlier newsletter, so you can find it on my website. The recipe is also in SOY SATISFIED cookbook, but I will also share it with you here as well.

**HOW TO MAKE SOY CRÈME - 4 cups**

Soak 1 cup of raw washed soybeans overnight. Drain and rinse. (Throw out water)

Put a pot of 1 litre of water on the stove to boil. Add the soaked soybeans. As soon as it begins to foam on top, turn the heat down to very low. Cover the pot and allow the beans to simmer for 30 minutes. I usually say 20 minutes, but I am giving an extra 10 minutes as some blenders are not as good as others and you want the soy crème to be as fine as possible.

Drain and rinse the soybeans. Process in blender as follows:

Put soybeans and fresh water into blender in equal amounts.

2¼ cups **soaked soybeans**\*    2¼ cups warm water

Put lid on blender and process for 5 minutes. Pour into jars and refrigerate.

\*\* Spelt flour is very healthy & is easier to digest than regular whole wheat flour, but by all means use the flour that you prefer. I also like using barley flour because it is light in color and yet has other beneficial nutrients not found in wheat.

### **USING PULSES IN OTHER WAYS**

Pureed cooked beans can be added to soups, gravies, sauces, casseroles and salad dressings. After cooking and pureeing the beans, I freeze ½ cup amounts in small containers so I can take out a small or larger amount to add to many different recipes. Remember, we are adding nutrients to our meals and it will benefit everyone's health.

*Dear Readers,*

*As much as I always want the foods I prepare to be delicious, today more than ever before, I want them to be nutritious too. As we age we realize that we have to work at keeping fit and staying healthy. That is why I think about the meals I prepare, eat and serve!*

*Again I want to say that we are feeling for all of you across the country; whether it's because of floods, fires, other disasters in nature, maybe ill health or loss of a job, I trust that you will not give up. When all seems hopeless, we need to look for small ways to keep the family happy and together. We need to care for our health so we will be strong and can continue to work. We also need to cling to our faith in God.*

*I hope you enjoy the many healthy recipes, hints and ideas that are found in my cookbooks & as well in the regular free newsletters.*

*It is June 29 today. We finished seeding on the 11th. We are still doing flood cleanup, but we have been very blessed that we could put in another crop & garden this year. Until next time, "EAT WELL" & join me at [www.winnieswinningways.ca](http://www.winnieswinningways.ca)*

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 FREE 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 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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