

# "SEEDS ARE FOR SHARING"

## MAY 08 NEWSLETTER

**"THANKS MOM . . . for stretching your dollars  
and passing that desire on to me!**



**With the increase in food prices these past months,  
many of us are wondering if we can make ends meet.**

**We may need to pinch our pennies a bit more so  
we can still provide our families with the best.**

**This month I want to pass on to you some old and  
some new ideas that you may want to try as well.**

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

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## 1. Stretching Dollars by . . . buying second hand!

### **AUCTION SALES**

This past week we had a break in seeding. It was too early to seed the soybeans. Melvin decided to take in his first auction sale. He came home with a truck full of valuables. Actually precious items we could not have afforded. There were two homemade 4 foot trunks that were in excellent condition for \$2.00 each. At first I said we just didn't have any room for them in the house. But later on I realized they were just right to keep in the garage to store the cushions for our patio chairs, seat covers etc. Now I won't have to wonder if the mice will chew a hole in during the winter.



### **PORCELAIN LIGHTED HOUSES**

Then he carried in a gift for me.

I have never owned a porcelain Christmas house to put out as a decoration during the Christmas season. For the price of just one of these houses, he bought me at least 15, plus all the lights and people, trees etc. I just had to unpack each box and see for myself.

The fact that he got such a good deal made it even more special.

We are celebrating our 45<sup>th</sup> anniversary next month and this is a wonderful anniversary gift for both of us to enjoy for many years.



### **TOOLS**

Of course he brought home some tools for his shop as well. The next day he spent hours looking over each box he purchased, and had fun putting it all away.

I took time to enjoy each of the houses and decorations as well. Today I will repack them and store them in one of the trunks he brought!

### **GARAGE SALES**

This past Saturday we decided to go with my sister and her husband to Winnipeg to community garage sales. We walked for mile and miles and had a great time picking up little items to decorate our old house. I probably spent \$12.00 all day, but each item was just what I wanted. I got an old picture with an antique frame for .25 cents, a glass plate to hold deviled eggs for \$2.00 and just the right rug to fit the décor in one of the bedrooms. It was a very relaxing day and we also got plenty of exercise. Of course I won't do this too often, but once in a while it is just what I need.

### **Blankets become . . . TRACTOR SEAT COVERS**

I almost forgot to mention the heavy fleece blanket I got. It was like new, but had a small rip in one corner. But the men wanted seat covers made for the two tractors and now I will have enough fabric for \$1.60 to make both of them. I will use some elastic to keep them snug and in place.

### **SWAP**

Another way to get things we need is to swap with a friend or neighbor. One may need children's cloths, toys or furniture. These could be swapped for baking, garden produce, eggs, custom work or anything else they may need.

## **2. STRETCHING DOLLARS . . . by growing a garden!**



Last month and as well over the years I have included many garden tips and recipes. These can be accessed on the website. As well Winning Ways cookbook is all about planting seeds and turning them into delicious meals, baking and preserves.

### **GARDEN UPDATES**

Most of my garden is in. The weather has been sort of cool, so much of it still isn't up, but the garlic is already 6 inches tall. A bit of lettuce and spinach is coming through the ground. Our ground was quite dry when I planted, so we are quite excited that we are having a light rain since early this morning. A bit of warm sun and everything will begin to come through.

### **ONIONS REPELL BUGS**

In a few weeks I will plant the broccoli, cauliflower and cabbage beside the row of onions with a row of nasturtiums on the other side. Then we will see how well it keeps the bugs away.

### **NATURAL POTATO SPRAY & POWDER**

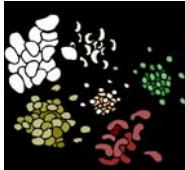
This year I planted the potatoes at the opposite side of the garden from last year. That way the potato bugs will not find them too early. If they start showing up I will use the homemade spray that I shared in the newsletter in spring of 2007. I will also sprinkle on the bran so any bugs that do eat it, will be sure to chock and die.



***There are more gardening ideas, hints and recipes in the last newsletter, other previous newsletters and in Winnie's "WINNING WAYS" cookbook.***

### 3. STRETCHING DOLLARS . . . by buying in bulk!

My cupboards are full of 1 quart, 2 quart and gallon jars that contain seeds of all kinds. I buy them all in bulk. There are all kinds of beans, peas, lentils, rice, buckwheat, pearl barley, as well as grains of all kinds. Some of these are used whole in soups, stews, salads etc. Others are milled into flour to use in baking. And then some are crushed in the blender or coffee mill and added to baking, pancakes, casseroles and the like.



The best part of this cupboard of seeds is the fact that they are so very nutritious and always available when I want to cook and bake.

But as well, buying these seeds in bulk is so very inexpensive. One seed that I buy by the bushel is flax. The 3 - 4 tablespoons I eat every day cost me only pennies.

***Children love snacks and I usually have some on hand to give visitors or to add to the lunch pail when the men are on the field. These recipes do not crumble so they are great to add to lunches. When baking a chocolate recipe as in the following one, it doesn't matter whether you use brown or golden flax as it can't be seen anyway.***



**PUFFED WHEAT CAKE** - one 9 by 13 inch pan

½ cup soft margarine  
1 cup brown sugar  
1 teaspoon vanilla  
½ cup corn syrup  
2 tablespoons cocoa  
½ cup flax (crush after measuring)  
8 cups puffed wheat

Lightly grease the pan. Melt the margarine. Add sugar, vanilla, syrup, and cocoa. Stir and bring to a boil. Boil 3 minutes.

Pour over puffed wheat and crushed flax. Mix to coat evenly. Press into pan, chill and cut.

#### **GOLDEN FLAX**

***I have always used brown flax, but awhile back I decided to buy some golden flax. I was told they are both just as nutritious.***

***Now I am using flax in many more recipes because it can't be seen. I will share two squares that are great using the golden flax.***

### **RICE KRISPIE SQUARES** - one 9 by 9 inch pan

1/3 cup margarine or butter  
5 cups miniature or 40 large marshmallows  
1 teaspoon vanilla  
5 ½ cups Rice Krispies  
½ cup golden flax (crushed after measuring)

Melt margarine on low heat. Add marshmallows and stir until they melt and are mixed with the margarine.

Remove from heat and add vanilla, Krispies and crushed flax.  
Mix until well coated. Press into greased pan. Chill and cut.

### **CRACKLE CAKE** - one 9 by 13 inch pan

1 cup margarine  
1 cup brown sugar (packed)  
1 teaspoon vanilla  
3 cups (3 minute) raw oatmeal  
¾ cup golden flax

Melt margarine. Add sugar and vanilla. Mix in oatmeal and crushed flax. press into greased pan. Bake at 350° F for 15-18 minutes or until nicely browned. Remove from oven.

#### Topping

¾ cup chocolate chips  
1/3 cup peanut butter

Melt chocolate chips. Stir in peanut butter. Spread over cake and chill. Cut and serve.

\* When using these squares for a picnic, I don't add the peanut butter as it can get sticky when they warm up. I just melt chocolate.

## **4. Stretch Dollars . . . by preparing from scratch!**

We often think that bread is really so cheap that why should we bake our own. But really you can bake 8 loaves of bread for the price you pay for 1 loaf and freshly baked is so tasty. Below are two recipes for you to try. They are both easy to make.



### **FRENCH BREAD**

Makes 4 - 18 inch loaves

3 cups warm water	7 cups unbleached flour
1/3 cup oil	3 tablespoons fast rising yeast
1 tablespoon sugar	1 egg, beaten
1 tablespoon salt	cornmeal

Put water, oil, sugar, salt and 5 cups flour into a bowl. Mix well with beaters. As you continue to mix, sprinkle the yeast over. Knead in the remaining flour ½ cup at a time on a bread board. Cover with a towel and let rise until double in size in a warm draft free place. Punch down and knead again. Divide into 4 even pieces. With a rolling pin, roll out each piece into a rectangle. Roll up tightly and pinch the edge together well. Place two smooth shaped oblong rolls on a small cookie sheet that has been sprinkled with cornmeal. Put the pinched edge at the bottom. Cut 5 slashes

diagonally across the top about ¼ inch deep. Cover and let rise double again. Brush with beaten egg. Bake for 20 minutes at 400° F until golden brown. Remove from oven and pans. Cool on a rack.

***These loaves can be sliced through, spread with garlic mixture and used for garlic bread.***

### **GARLIC BREAD**

3 tablespoons olive oil  
4 cloves garlic  
Paprika

1 loaf French bread  
4 tablespoons finely shredded cheese

Cut loaf lengthwise. Blend oil and garlic in blender. Brush on cut surface of bread. Sprinkle with cheese and paprika. Broil 3 – 4 minutes until golden brown. Serve warm.

***For the spring seeding lunches, I made the following recipe of buns, again using the golden flax. Everyone was impressed with the texture as well as the moistness of the buns. When you are eating while driving the tractor it is nice to have a moist bun and filling as drinking doesn't always happen immediately afterwards.***

***The golden flax again does not show up very much!***

### **FLAX GRAIN BUNS – 4 – 5 dozen**

4 cups lukewarm water  
4 eggs  
½ cup oil

2/3 cup crushed grain \*  
7 cups whole wheat flour  
3 tablespoons fast rising yeast  
4 cups unbleached flour  
2 teaspoons salt

1/4 cup brown sugar

2/3 cup flax (crushed after measuring)

2 tablespoons vinegar

\*This can be oat bran, uncooked porridge, or grain crushed in a blender

Put water, eggs, oil, sugar, flax, vinegar, crushed grain, whole wheat flour into mixing bowl. Mix well with beaters. As you continue to mix, sprinkle over the yeast. Knead in the unbleached flour. Knead 8 – 10 minutes. Cover dough and let rise in a warm draft free place until double in size. Punch down and form into round or oblong shaped buns. Let rise double and bake 20 minutes at 350 ° F, or until nicely browned.



***I make hot dog, hamburger, pizza and sub buns with this same dough.***

***Other recipes such as soups, pancakes, muffins and cookies and so many more can be made from scratch. They are much more nutritious, but as well they will make a huge difference on your grocery bill.***



**See Winnie's cookbook on her website  
for more ways to cook & bake from scratch!**

## **ENJOY GOOD HEALTH NATURALLY!**

As we get older, it seems we often end up with aches and pains. I am always looking for ways to reduce these painful experiences and so far, it has worked.

### **WALKING**

Walking has become a big part of my daily experience. I wish I had started years ago, but I never realized how much it could help me. So now I am trying to get a 2 – 3 mile walk in almost every day.

### **LOSE WEIGHT**

Another reason to walk is to help keep my weight down. Overweight puts strain on our joints, especially in the hips and knees.

When out walking, we are also getting fresh air as well as sunshine and vitamin D.

### **GARDENING**

Gardening is also very good exercise so I have a large enough garden to keep me enjoying the fresh air, the exercise and as well the sunshine, for more vitamin D. A big bonus is all the vegetables we can enjoy all year.

### **NUTRITIOUS SEEDS**

I am still eating about 4 tablespoons of crushed flax a day. Flax has plenty of Omega -3 oils (EPA) which helps reduce inflammation and therefore also the pain that it can produce.

I also snack on hemp seeds besides including many grains, pulses and herbs in the meals I prepare. All of these together provide plenty of vitamins, minerals and fibre for our bodies benefit.



**As well eating these healthy seeds can help us fight  
and even prevent all kinds of diseases!**

## **A Special Mother's Day Outing!**

Dear Friends,

*I trust you will have a great spring. Enjoy the outdoors before the flies & bugs try to spoil your fun.*

*We have small grandchildren so it is hard to go to a restaurant for a meal. Our son sent an email this past week to all the fathers in our family.*

*He mentioned that Mother's Day would be here in so many days, hours etc. He asked us all to meet at a picnic spot where there was lots of trees and room for the children to play. He divided up the food, asking each man to bring something. We had a wonderful afternoon. The children played while we visited. The men served us a lovely picnic of pizza, chicken, veggies, salads, buns, garlic bread, pop, juice, tea and coffee. Later on we enjoyed sundaes and watermelon. Thanks for a wonderful Mother's Day allowing us women to relax and enjoy the day. The children too had lots of fun. It was also quite an inexpensive meal.*

*A big plus was the fact that the mosquitoes and flies were not around!*

*Wishing each of you a wonderful belated Mother's Day!*

*Sincerely Elaine (Winnie)*

Go to [www.winnieswinningways.ca](http://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.

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