



**"SEEDS ARE FOR SHARING"**

**MAY 2009 NEWSLETTER**

## **BETTER FOOD FOR BETTER HEALTH**

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As a child and even as a young mom, I didn't always understand how what we eat affects our health. Over the years nutrition has gradually become my focus and I now realize how very important eating and living well is to our health.

I have also learned that it isn't what I eat once or twice a month that will cause my body to break down, but it is the daily bad habits that often took a toll on how I felt. As long as we are still living, it is never too late to start, so I continue to strive to make those small yet important changes each and every day to better my health and the health of our family.

### **FOOD AT HARVEST TIME**

I remember those first years when I began to understand how important every minute was in getting the crop in. A week before harvest began I would buy dozens of loaves of bread and cold cuts so we could take those sandwiches out to the field. I had no idea at the time that the sandwiches I was making provided very little nutrition.

### **FOOD DURING FLOOD OF 1997**

At the time of the flood of 97 I thought I knew so much about nutritious foods and by then I had learned to make healthy meals and snacks for the family. But after we were evacuated to a motel we often ate very poorly. After the flood, while we spent the summer cleaning up the yards and fields, we ate whatever was quick so we could continue working. There were many poor choices.



## **FLOOD OF 2009**

In these past 13 years I have learned so much about healthy eating as well as floods so as soon as a flood was predicted in March, I was already planning what nutritious foods we should buy to have on hand and what I could prepare in case we would be evacuated and it would be necessary to be away from home.

Some of the recipes I have chosen to share with you are ones we have been using over the past few years during harvest when life is extremely busy. These are also the recipes I will make to take along when we travel, whether it is just for a day or on a longer trip.

But as well I use these recipes throughout the year because we love them and even when our grandchildren will come over I can give them some granola to munch on, some of my fruit rollups that they love or any other healthy snack.

## **CLEAN OUT THE FREEZER**

This March I found that the freezer still had plenty of frozen fruits, vegetables and dried herbs.

I took a day to clean it out and take a mental note of what I had left. Every week I try to use up a variety of these preserves so that when the new garden produces, I will have plenty of room to freeze them. We often enjoy a dish of strawberries, raspberries or an apple crisp made with a healthy topping and very little sugar.

## **APPLE SAUCE**

I took out the pails of apple sauce and dried it in the dehydrator to make fruit rollups. I added nothing else, but sometimes I will also blend up some strawberries or raspberries for a different flavor. Our grandkids love them all, no matter what flavor they are. This apple sauce is made from any size crabapples.

## **SHREDDED CARROTS**

Every harvest I freeze 40 packages of raw shredded carrot. I try to use a package in most soup recipes, but this year I have quite a few packages left, so I have been adding these to casseroles like chili, shepherd's pie, baked beans etc. By doing this we are adding nutrition even though it may not be tasted. I still have a few raw carrots left in the fridge from last year's garden as well.

Many of these frozen vegetables can also be used in baked muffins, cookies or loaves as well.

I wanted to make a batch of the following raw granola, but I forgot to buy some plain yogurt. I had often made yogurt from raw milk, but I had never tried to make it from pasteurized milk. Today I made a small batch seeing we will not have visitors until the flood is over and we may even have to leave here for a few days so we don't need too much on hand.



## **PLAIN YOGURT**

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. Cook down to 110 ° F.

Add the yogurt and stir until dissolved.

Pour this into sealers and cover with a top. While they are still warm, 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.

### **DRESSINGS & DIPS**

Use this yogurt mixed half and half with any of your favorite bought or homemade dressings and it will cut calories as well as add nutrition to your dressing or dip.

#### **CAESAR DRESSING** - 1¼ cups

1 cup plain yogurt  
¼ cup mayonnaise  
¼ teaspoon salt  
Dash of hot sauce (optional)  
Puree in a food processor and refrigerate for up to 5 days.

1 tablespoon vinegar  
½ teaspoon Worcestershire sauce  
1 clove garlic

#### **ORANGE YOGURT**

3 tablespoons frozen orange juice concentrate  
1 cup plain yogurt  
Mash the frozen juice in a bowl. Fold in the yogurt. Refrigerate until solid.

#### **FRUIT DIP**

1 cup yogurt  
2 tablespoons soft honey  
½ teaspoon cinnamon  
Blend and use as a fruit dip.

#### **POPSICLES**

2 cups fresh strawberries  
2 cups plain yogurt  
¼ cup soft honey  
1 teaspoon vanilla  
Blend strawberries until smooth. Add honey, vanilla and yogurt. Blend again.  
Pour into popsicle molds or ice-cube trays. Freeze 1 hour. Add sticks. Freeze until solid.

#### **JEN'S RAW GRANOLA**

After being here on our island for two weeks during this flood, we had a few appointments and also felt the need to get out, so I made this recipe to take along. It was a great breakfast cereal to enjoy no matter where we would stay, as long as I had a fridge to put it into.

1 shredded apple  
1 cup raw oatmeal  
½ cup of any or all of the following: (raisins, dried cranberries, nuts, sunflower seeds)  
Pinch of salt  
1 cup plain yogurt

Mix together and put into the fridge. It will keep for 5 days. I sometimes pour milk over, but at other times I pour over apple or orange juice. It tastes great any way I eat it.



## **CRUNCHY GRANOLA**

This is a great recipe that I have on hand at all times. I store it in the fridge and can take some out at any time.

2 apples

¼ cup water

Cook until softened and then add:

¼ cup butter

¼ cup honey

Blend and then mix in:

2 ½ cups oatmeal

¾ cup sunflower seeds

½ cup cocoanut

¾ cup chopped nuts

½ cup dried cranberries

¼ cup raisins

¼ cup sesame seeds

½ cup wheat sprouts, dehydrated (optional)

Spread on a cookie sheet and bake at 300 ° F for 30 minutes. Stir and bake another few minutes or until lightly browned.

## **GREAT SNACK**

Sometimes we are going shopping and I am not sure when we will be home. I take a small bag of this granola in my purse. When we went on a trip for 2 weeks, I had this along as well. It was great to snack on as we traveled and it was also a great breakfast for me.

## **EATING HEALTHY ON A TRIP**

At most breakfasts, I took a ½ cup of the dry granola in a small bag in my purse into the restaurant and ordered a glass of milk, a bowl of yogurt or a bowl of fresh fruit to have with it. What a great nutritious breakfast I had. But as well it was satisfying and filling.

## **EATING FRUIT FIRST**

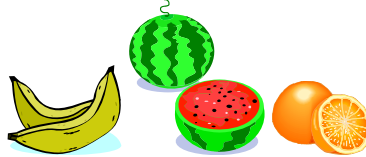
Fruits are certainly very healthy. Fresh is the healthiest choice, but we do enjoy the fruits we have frozen from our garden throughout the winter months as well. I freeze several hundred packages of raspberries, strawberries and blueberries.

An article I read explained that fruits should be eaten on an empty stomach or before our meals. According to Dr. Shelton, all fruits become alkaline when they enter our bodies and that is good. Fruits eaten in this manner are a great detoxifier and supply us with a great deal of energy. Apparently fruits go directly to the stomach and intestines.

But if fruits are mixed with any other foods in the stomach and this food then mixes with our digestive juices, the entire mass of food begins to spoil, producing gas and bloating.

The article that I read said that if we mastered the correct way to eat fruit, we would have the secret of beauty, longevity, health, energy, happiness and normal weight. WOW! This sounds good to me, so we are now being careful to eat our fruit before breakfast and between meals instead of when we are eating other foods.

It used to be that we would have fruit salads together with vegetable salads at mealtime or we would have fruits as a dessert after our meals. If we want a fruit dessert, we now wait a few hours and then enjoy them. If we want fruit at a meal, we now eat them prior to the meal. It can work; we just have to practice this new concept.



**Fruits are rather expensive, so why not eat them in a way that they will be the most beneficial to our health!**

## **TURMERIC**

There are many great herbs and spices and turmeric is just one of them. I have to say that I am just learning to use this very healthy spice in my meal plan.

**Turmeric has powerful healing powers.**

Just a few of these are as follows:

***TURMERIC STRENGTHENS & IMPROVES DIGESTION***

***TURMERIC SUPPORTS HEALTHY LIVER FUNCTION AND DETOX***

***TURMERIC PURIFIES OUR BLOOD***

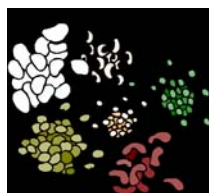
***TURMERIC CONTAINS CURCUMINOIDS THAT FIGHT CANCER, ARTHRITIS, & ALZHEIMER'S***

***CURCUMA IS TURMERIC'S ACTIVE ANTI - INFLAMMATORY INGREDIENT***

I have been adding turmeric to my soup recipes. The other day I made a vegetable chicken soup and added 1 tablespoon of turmeric. It had a wonderfully different flavor. Start adding small amounts to your own recipes and see if you too can get hooked on such a wonderfully nutritious spice.

The best turmeric is the kind that contains a good amount of curcuma.

***When cleaning the freezer, I took out a package of frozen green and yellow beans and a package of frozen kidney beans. I made a great bean salad that I stored in two - one quart sealers and then put them into the fridge to enjoy in the coming weeks. I used very little sugar and it still has a great taste.***



#### **4 BEAN SALAD** 2 quarts

3 cups green & yellow beans cooked until almost tender. Cool and add the following:

2 cups kidney beans

1 cup cooked chickpeas

2 small purple onions, sliced fine

1 red pepper, diced

¼ cup lemon juice

¼ cup vinegar

¼ cup extra virgin olive oil

1 - 2 tablespoons sugar or honey

½ teaspoon salt

¼ teaspoon pepper

2 teaspoon parsley

½ - 1 teaspoon turmeric

½ - 1 teaspoon ginger

Store in the fridge. It will keep for at least a week in the fridge.

#### **GARDENING HINT**

*I am anxious to get started in the garden, but around here, it is still quite cool and moist. But as soon as it is possible I will plant the **lettuce, carrots, beets and spinach because I know they should be planted as soon as the ground can be worked.***

#### **PLANT GARLIC EARLY IN SPRING OR IN FALL**

Garlic can be planted in early spring, but planting in fall will produce even larger heads.

A sunny location with well drained, rich and loose soil is great for growing garlic. Water the area when it is dry. Separate the head into cloves and place the cloves 4 inches apart into the soil.

*As the weather permits I will plant the rest of the garden as well. These home grown vegetables are usually so much healthier than those that are picked ahead and sold in the store.*

*If at all possible a garden should be a priority. If space is limited, maybe you will have to resort to boxes of soil with a few plants in. Anything is better than nothing.*

#### **PLANTING PEAS**

The peas do well when planted quite early as well. Plant two rows about 6 – 8 inches apart and place a mesh fence between. It can be at least 4 feet high as the plants seem to grow as high as the fence. The plants will climb the fence from both sides and the peas will be easy to see and pick. The yield will be much better as the plants will not get diseased from moisture. I like the green arrow peas the best. It seems the long pods have many more peas in them.

We eat as many peas as we can raw. That is my snack while I am working in the garden and when our grandkids come over they can enjoy a few hands full. When the men are busy, I will pick a bowl full to shell, eat and enjoy before, after or with our meal. This is just one of our summer treats, another being corn on the cob.



## **TOMATOES**

Tomatoes are so very healthy and we are hearing more and more how helpful it would be if men would eat tomato-based products at least 5 times a week for a healthy prostate. Of course they are also very healthy for everyone else.

There are the bush varieties which do not need to be staked, but they need ample space so there is room for the plants to grow and breathe. Tomato plants do need the sun too.

I stake the variety that requires staking with a long heavy rod and tie them with nylon panty hose because it stretches and the plants are not damaged.

## **KEEP AWAY THE FLIES**

As I prune the tomato plants during the summer, I bring these branches into the garage and hang them around the doorway or put them on the steps. This keeps the flies away. Every few days I will replace them with fresh ones.

## **WATER TOMATOES**

To water the tomato plants slowly and deeply. Cut both ends off of a coffee can for each plant. Push the can into the ground about 1/3 of the way in, near the root of the plant. Fill the can with water regularly. The bottom roots will be watered and will grow downwards, keeping the plant strong.

I will share more about gardening in the June newsletter. Seeing we have the flood and such cool weather, gardening is getting a slow start. But once we have the sun and the warmth of spring and summer, the plants will grow quite quickly. Once the greens begin to appear use them for salads and be sure to eat from your garden everyday. When you have extra, dry, freeze or preserve lots for the winter. You may also have enough to share with others who don't have a garden. Remember to make the most of all that you have been blessed with.

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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