

## "SEEDS ARE FOR SHARING"



NOVEMBER/DECEMBER 08 NEWSLETTER

**WE WISH YOU A HEALTHY & BLESSED CHRISTMAS!**



### **CHRISTMAS TRADITIONS!**

**Tradition usually kicks in big time as we approach the holiday season. I remember mom baking loaves of Christmas cake & Christmas pudding in November and allowing it to cure wrapped well and placed into a large crock on the floor of the fruit room in our basement.**

**We kids all helped her make Christmas chocolates out of mashed potatoes and then helped put them neatly away in Christmas card boxes lined with wax paper. Of course I also remember her allowing us to try one; a peppermint patty, a snowball, a maple nut or a cherry chocolate.**

**We baked different kinds of cookies as well as poppy seed and fruit Sweet buns too. Mom must have put those outside to freeze because we didn't have a deep freeze.**



**Today many of us are looking for recipes that are healthier choices and we are establishing some new traditions for our families. Maybe you want to do the same.**

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### **DECORATING FOR CHRISTMAS**

**The tree decorating has always been a big part of decorating when I was very young and as well through the years when our children were home and we prepared for Christmas.**

**Mom allowed us to decorate and some years we even had our own real tree downstairs to decorate as we wished with homemade decoration.**

**We too allowed our children to decorate until they were older and no longer wanted to. I still enjoy this part of Christmas preparations.**

### **MINIATURE HOUSES COLLECTION**

**I have never had even one of these collectibles until now.**

**It all started at an auction sale!**

### **AUCTION SALE DELIGHTS!**

I very seldom take in an auction sale. For me it is a waste of time as there may not be anything there that I want.

But my husband loves taking in quite a few sales during the summer. He says it's like a holiday to get away and forget about the work at home for a few hours.

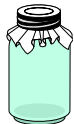
So he goes and I hope and pray that he will bring home something useful.

Early this spring he went to his first sale of the year. When he and our brother-in-law got to our yard they were laughing as they could barely sit for everything that was behind and under and beside them, plus the back was right full.

Well I was sure I wouldn't want anything, but after a day or two, I claimed it all.

### **THE TIME WAS RIGHT**

If you go to a sale in spring, anything that will be needed in the fall or winter doesn't sell so well. So he bought me 4 boxes of sealers, really good ones. And inside the box were new packages of snap on tops of every size. (\$1.00 each big box full)



I was so pleased this fall when the garden produced so well and I needed more jars for the preserves. I had plenty and all for \$4.00.



And Christmas decorations don't sell well in spring either. He brought me 3 sets of Christmas miniature buildings (14 buildings) with lights inside. They came with people and buggies and all the extras. All for \$40.00. I have never even owned one of them lovely pieces. This week I will start decorating the house and use these houses everywhere. Until now I have never wanted any, but this gift has now become a priceless treasure for me. I am sure they will bring joy to our grandchildren as well.

So, it seems that the best deals are usually found when things are out of season.

Another purchase was two wooden boxes, I mean really nice varnished with 6 inch legs on and a nice closure on the front. They were \$2.00 each. But, what would we want with those? That evening I got to thinking about those sets of houses (about 16 boxes of them). They would all fit in one of these boxes and our patio chair cushions would fit in the other. Every fall we wrap our cushions in blankets and put them into the little tool shack, hoping that the mice won't get in. Well these boxes are perfect as nothing can get in. So both boxes fit nicely along one side of the garage and these items can be neatly put away when they are not in use.

*The main thing to remember is that when I get something new, I also have to get rid of things that I don't use anymore, so the house doesn't get too full. I am still working on that.*

### **HEALTHY DISHES TO SERVE OVER THE HOLIDAYS**

Below are some more recipes we featured at our Health Fair in October. Both of the following cooks are busy at this time of the year, catering for Christmas events. It was great to have them prepare and serve these recipes to all of those who came out to the fair.

The recipes include vegetables, and some of them also include the very healthy meat alternatives. (dried beans)

As well onions, peppers and herbs are all very healthy additions to recipes rather than using just onion or garlic salt.

**Lorraine enjoys this delicious bean recipe so she was willing to share it.  
For a hungry bunch she will serve it with a salad and fresh bread!**



**CALICO BEAN DISH** – serves 12

½ pound cooked turkey	½ cup brown sugar
½ pound cooked, drained bacon pieces	1 teaspoon mustard
1 medium onion, chopped	1 teaspoon salt
½ cup ketchup	2 cans pork & beans
2 teaspoons vinegar	2 cans kidney beans
2 cans lima beans	

Sauté first 3 ingredients. Place in a 3 quart pot. Add next 5 ingredients, mix well and cook 3 minutes on the stove. Add beans, mix and bake in a casserole at 350 ° F uncovered for 60 minutes.

**Doreen includes vegetables of all kinds in her menus.**

**These are just two salad recipes she wanted to share with us that evening.**

**FOUR BEAN SALAD** – serves 12

¼ cup apple cider vinegar	1 tablespoon sugar
¼ cup vinegar	1 teaspoon salt
3 tablespoons olive oil	¼ teaspoon pepper

Mix in a large bowl until blended.

1 lb/500g green beans (or 1 can, drained)	1 small red onion, diced
1 ½ cups/375 ml cooked soybeans	1 cup green pepper, diced
2 cups/500 ml cooked black beans	1 tbsp. each of fresh basil, parsley oregano, thyme, (or 1 tsp. dried)

2 cups cooked pink beans

Add and toss to combine. Refrigerate at least 1 hour before serving.

**GREEK TOMATO SALAD** – serves 6 - **So yummy & colorful too!**

8 medium tomatoes, peeled & chopped	1 green pepper, chopped
1 medium onion, thinly sliced	1 cucumber, chopped

Combine in a dish.

2 tablespoons fresh basil or parsley	1 tablespoon balsamic vinegar
1 tablespoon olive oil	1 clove garlic

Mix and pour over vegetables; toss lightly. Add salt & pepper to taste. Garnish with ½ cup freshly shredded mozzarella or crumbled feta cheese.

Below are two recipes shared by our local dietitian.

*You may want to use the following healthy recipe to stuff the turkey this year.*



**WILD RICE ALMOND TURKEY or CHICKEN STUFFING** – makes 9 cups  
(From Youville Diabetic Centre, adapted from More Choice Menus)  
Enjoy with a roast, a medium sized turkey or a large chicken.

1 cup Wild Rice	2 teasp soft margarine	2 bay leaves
2 cups sliced mushrooms	1 cup chopped onion	1 cup sliced celery
6 slices whole wheat bread	1/3 cup slivered almonds	¼ cup chopped parsley
1 teaspoon thyme	½ tsp each of salt, pepper & dried summer savory	

Boil 3 cups water; add rice & bay leaves; reduce heat, cover and simmer 45 minutes. Drain and discard leaves. Sauté mushrooms, onion and celery 6 minutes. Add rice. Crumble bread into crumbs.

Stir bread crumbs, almonds, parsley, thyme & seasoning into onion mixture. Bake stuffed in a turkey, chicken and roasted until the bird is done, or put into a casserole dish that has been lightly sprayed with oil, cover with a piece of foil and bake 1 hour or until heated and golden brown.

Nutrition/serving 13g carbohydrates, 3g protein, 2g fat, 2g fibre, 75 kcal

**The following is a great healthy side dish to go with a meal, or to enjoy at a buffet. When served with other foods, it will go a long way and serve many.**

**MUSHROOM BARLEY PILAF** – serves 6  
(From Youville Diabetic Centre, from the complete Canadian Diabetes Cookbook)

1 tablespoon soft margarine	1 cups pearl barley, rinsed
2 cups sliced mushrooms	1/3 cup finely chopped walnuts or pecans
1 small onion	¼ cup freshly grated Parmesan cheese
½ teaspoon dried Thyme leaves	2 tablespoons chopped fresh parsley
2 ½ cups chicken or vegetable stock	salt & pepper to taste

Heat margarine over medium heat in a sauce pan. Add mushrooms, onion, thyme; cook, stirring for 5 minutes. Stir in stock and barley; bring to a boil over high heat. Reduce heat; simmer; covered for 30 minutes or until barley is tender; stirring occasionally and adding more stock if mixture is dry. Stir in walnuts, Parmesan and parsley. Add salt and pepper to taste.

Nutrition/serving;  
Energy 222 calories, Protein 9g, Carbohydrates 30g, Total Fat 8g, Fibre 3g  
Sodium 405 mg, Saturated fat 3g

*There are not really many HEALTHY sweets, but we can add some healthier ingredients to a not so healthy recipe so they become a better choice.*

**Lentils are one of the oldest and most nutritious of foods,  
so adding them to a recipe will definitely add nutrition.**

**Martha shared lentil recipes with us at the food fair and these cookies were  
so very good that everyone was coming back for seconds.**

### **LENTIL SPICE COOKIES**

1/2 cup shortening	2 cups sifted flour
1 cup sugar	2 teaspoon baking powder
2 eggs	1 teaspoon salt
1 cup lentil puree*	2 teaspoons cinnamon
1 cup raisins	1/2 teaspoon nutmeg
1 cup walnuts, chopped	1/4 teaspoon ginger

Cream shortening, add sugar and beat well. Add eggs and lentil puree.

Mix well, add raisins and nuts, flour and rest of ingredients.

Drop by heaping teaspoon onto greased cookie sheets.

Bake at 350° F until firm to touch - approx. 15 min.

Drizzle with lemon icing:

1/2 cup icing sugar, 1/2 Tbsp lemon juice, 1/2 tsp grated lemon rind and cream - enough to make icing soft to drizzle.

**\*LENTIL PUREE** Yield: 2 cups puree.

1 cup lentils	2 1/2 cups water
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Wash lentils; cover with water in large pot. Bring to a boil, reduce heat and simmer until very tender; 30-45 min. Drain; add enough stock to blend with lentils to the consistency of canned pumpkin when cool.

**Sprouts can make a wonderfully nutritious addition to your salads this Christmas!**

### **LENTIL SPROUTS**

1. Put 1/4 cup washed lentils into a quart jar. Add 2 cups warm water. Fasten a square of cheese cloth over top with a rubber ring. Let stand overnight.
2. Drain water next morning.
3. Holding jar on its' side, shake so that the lentils are scattered along one side of the jar. Lay jar on its' side in a dark place for light-colored sprouts, or put in a warm and light but not sunny spot, for sprouts with little green leaves.
4. Each morning, leaving cloth cover on, put warm water into jar, then drain. Shake so that the sprouting lentils lie along one side, and return to place you have selected.
5. In about 4-5 days, sprouts will be ready. Screw the cap onto jar, and store in fridge up to 1 week.
6. Crisp lentil sprouts are excellent in salads, sandwiches and hamburgers!

### **CHRISTMAS BRUNCH**

I have often served APPLE FRENCH TOAST and HAM to guests on Christmas morning.

Because we are cutting back on the amount of sugar we are eating, the recipe has been revamped to use less sugar with some honey as a sweetener. It is still very delicious and is plenty sweet enough. For anyone used to less sugar recipes, you can even cut back more.



## **APPLE FRENCH TOAST** – 2 (10 inch by 13 inch pans)

½ cup margarine

¼ cup honey

1 cup brown sugar

Cook the above for 2 minutes.

Spread into the above 2 greased pans

Spread each pan with 2 cups of unsweetened apple pie filling  
(I use the pie filling I make from my own apples without any sugar)

Cut two medium loaves of French Bread into slices - 1 inch thick

Beat 10 eggs with 3 ½ cup milk

Soak each slice for 30 seconds and put on top of apple. Cover pans with foil and refrigerate until baking time. (It will keep up to 2 day in fridge).

Remove from fridge ½ hour before baking.

Bake uncovered for 40 minutes at 350° F.

Remove from oven. Let sit 10 minutes. Cut into serving pieces. Lift out with a lifter, being careful to keep the apple with the bread. Turn over on to plate so apple is on top.

Serve with this apple syrup.

### **APPLE SYRUP**

2 cups apple sauce

2 ½ cups water

½ cup honey

½ teaspoon cinnamon

¼ cup corn starch

Blend apple sauce and water. Add and blend in melted honey, ½ teaspoon cinnamon and ¼ cup corn starch. Heat until thickened in a pot, stirring as it heats.

This syrup can be made ahead of time as well and just reheated/blended for a nice smooth warm syrup.

Following are two different recipes you may want to use to add to ham slices to enjoy with the Apple French Toast.

### **HAM WITH GLAZE**

Pour a glaze over the precooked ham slices and heat in a casserole or roasting pan in the oven for 30 minutes at 325° F.

### **PEACH GLAZE**

Blend a can of peaches with 3 tablespoons lemon juice and pour over ham slices and bake.

### **HONEY/MUSTARD GLAZE**

Mix 2 teaspoons dry mustard and ½ teaspoon powdered cloves. Mix with 1 cup liquid honey and pour over the ham slices before baking as above.

### **APPLE/HAM SLICES**

1 pound cooked ham slices

4 apples

½ cup brown sugar

2 tablespoons lemon juice

Peel and slice apples. Place some ham slices at bottom of casserole. Top with half the apple slices and then half the brown sugar, then again with the remaining ham slices, apples and brown sugar. Sprinkle the lemon juice over, cover and bake 25 – 30 minutes at 325° F.

Uncover and bake another 15 minutes.

## LESS SUGAR/CALORIES APPLE PIE IDEAS

Have you ever tried using less sugar in your apple pies? At harvest time, I freeze our apples from the tree, making up apple pie filling. In one 5 quart batch of filling I will put  $\frac{1}{2}$  cup sugar. Then when making pies later one, I use less than  $\frac{1}{4}$  cup sugar on a 9 or 10 inch pie and it is plenty sweet enough. Our families do get used to using less sugar and just think how many less calories each piece of pie has.

Another way to cut calories in pie is to roll the crusts really thin. I add a bit of extra water to the dough and will roll the crusts very thin. We get an extra 2 - 3 pies from one pound of lard.

**Below are a few snack recipes for you to try too.**

## SNACKS

For a healthier snack choice, buy nuts (shelled or in shells) or a trail mix to have available rather than candies.

Nuts are great dipped in melted chocolate; We are hearing that **DARK CHOCOLATE** is good for us, so why not use it then instead of other types of chocolate when dipping nuts.



### CHOCOLATE NUTS

Syrup:

1 cup sugar

3 teaspoons cornstarch.

2 cups hot water

$\frac{1}{2}$  cup cocoa

$\frac{1}{8}$  teaspoon salt

1 teaspoon vanilla

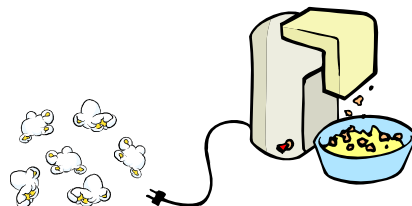
3 cups whole or halved nuts of your choice. I use pecans, walnuts, Brazil nuts and almonds.

1 tablespoon cooking oil

Add the oil and the above syrup to the nuts and toss until well coated. Spread on a lightly oiled baking sheet. Bake at 350°F oven for 8 - 10 minutes. Stir after 5 minutes. They should be crisp. Cool and store in a canister.

### POPCORN

Popcorn has few calories and is quite inexpensive to make.



### SPICED POPCORN

16 cups (4L) popped corn

2 - 3 tablespoons melted butter or margarine

1 teaspoon onion soup mix, taco seasoning, chicken soup mix or barbecue spice.

Usually everyone loves popcorn so we always have a variety of different flavored popcorns around as well. I often make these a month before and keep them in a cool place, but also out of sight so they aren't all gone by Christmas.

### **TRADITIONAL CARAMEL CORN**

Make this ahead of time and have it handy in ice cream pails to enjoy during the holiday season, but as well all year round. I started making it for Halloween as well when our boys were small. I didn't want to buy candy or bars so I would make the caramel corn, bag it in individual bags and give them to the few children who came to our farm, but as well for our own children.

Pop popping corn and measure 3 - 4 ice cream pails.

Meanwhile put the following into a good sized pot.

2 cups brown sugar  
1 cup margarine  
½ cup corn syrup  
2 tablespoons molasses  
1 teaspoon salt

Boil 5 minutes and remove from the stove.

Add and mix in:

½ teaspoon baking soda  
1 teaspoon vanilla

Pour over popped corn and mix well so it coats all the corn. Spread on to large pans, cookie sheets or roasting pans. Bake each pan at 250 ° F for 30 minutes, stirring every 10 minutes.

Cool and store in covered containers or plastic bags.

### **HONEY CRUNCH**

*We know that honey is so very nutritious when compared to sugar so I now make this recipe more often. It is less sweet and yet so very crunchy and yummy!*

1/3 cup butter or margarine  
1/3 cup honey  
1 ice cream pail of popped corn

In a small saucepan melt butter. Add honey and cook and stir until heated through. Pour over popped corn and toss.

Bake at 325 ° F for 15 minutes, stirring every 5 minutes. Cool completely. Store in an airtight container.

Or give the honey crunch a festive look and flavor as mentioned below before baking.

### **RED & GREEN HONEY CRUNCH**

Add a few drops of red or green food coloring to the above syrup before pouring over the popcorn.

### **FLAVORINGS**

Add ½ teaspoon cinnamon to the above red popped corn

Add ½ teaspoon peppermint flavoring to the green popped corn.

Bake at 325 ° F for 15 minutes, stirring every 5 minutes. Cool completely. Store in an airtight container.

### **POPCORN BALLS or POPCORN CAKE**

Melt 40 large marshmallows with ½ cup butter or margarine. Stir well and add 8 cups of popped corn. Mix and shape into popcorn balls or press into a buttered bundt pan. Chill. Remove from pan. Invert and decorate with jelly candies.

### **DIPPED STRAWBERRIES**

1 ounce dark chocolate

½ teaspoon paraffin wax

Leave the stems on the strawberries so you have something to hold them with when dipping.

Melt the wax and chocolate on very low heat. Dip each one 1/3 - 1/2 way and place on wax paper to harden.



### **DARK CHOCOLATE PRETZELS**

In the above chocolate mixture, completely submerge pretzels, place on wax paper and let harden. Dip some into white chocolate and it will look nice in a candy dish.

### **MOM'S HOMEMADE CHOCOLATES**

1 medium sized potato, cooked and mashed

2 pounds icing sugar

1 egg white

Vanilla, peppermint, maple flavoring

4 - 5 ounces Dark Chocolate

1 square paraffin

Fine coconut

Put potato through a sieve and add the egg white. Mix well, gradually adding the icing sugar. Add enough sugar to make a stiff dough that can be molded nicely. Divide dough into 3 portions for flavoring and shaping.

### **SNOWBALLS**

Mix ½ teaspoon vanilla into the dough. Form into small balls. Let harden. When hardened, pick each up with a toothpick and dip into melted chocolate. Place into fine coconut and roll to coat. Place on wax paper to harden.

### **CHERRY CHOCOLATES**

Use the same dough as for the snowballs. Put a cheery in the middle and shape the dough around into a ball. Harden and dip into chocolate. Harden on wax paper.

### **MAPLE CREAMS**

Mix a few drops of maple flavoring into the next piece of dough. Shape into rectangles, let harden and dip into melted chocolate, hardening on wax paper.

### **PEPPERMINT PATTIES**

Mix a few drops of peppermint flavoring into a piece of dough. Form into balls and then flatten with the palm of your hand into a patty. Harden in the fridge, dip into melted chocolate and let harden on wax paper.

Store these chocolates in closed containers until time to use.

**FROM YOUR HOUSE TO OURS** cookbook  
has many other holiday recipes.  
**Check the website to order this or other of Winne's cookbooks.**



**For great Christmas desserts why not make Cheesey Cakes.  
They are just so very delicious and yet healthy as well.  
What a great combination, wouldn't you say?**

Order Soy Satisfied cookbook for only \$10.00 and enjoy many wonderful soybeans recipes plus the Cheesey Cakes. Check it out at [www.winnieswinningways.ca](http://www.winnieswinningways.ca)

Dear Friends,

The Christmas houses are now all in place. The larger ones are up on top of the kitchen cupboards placed on batting to look like snow. They are surrounded by trees, bridges and other ornaments. Another set of smaller houses is on a cabinet and still others are on a table in the porch. I put the small people figures on the entertainment center together with the pictures of our family and grandchildren. Next week we will finish the decorating by putting up the tree.

Now its time for me to use many of these recipes and start baking so we will have something to serve our guests and as well something to share as we visit others.

But Christmas is so much more than all of this decorating and baking. As a choir we have been practicing a musical so we can share the story of the real meaning of Christmas. Our grandchildren are practicing so that they can present the real meaning of Christmas in verse and song on Christmas Eve to us as well as to many in our community.

Christmas is a time of giving and receiving.

A time to reach out to the poor, the homeless and the less fortunate. We are so blessed and we can share and give to make a difference in the lives of others.



We have received the best gift of all when God sent His Son Jesus to be born in Bethlehem many years ago. Jesus came for us and that is what Christmas is really all about. How thankful are we for the gift of life He offers to each of us?

May you have a blessed and joyous Christmas!

Sincerely Winnie

#### *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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