

"SEEDS ARE FOR SHARING"



NOVEMBER DECEMBER 2010 NEWSLETTER

“Let it Snow, Let It Snow . . . But Not Here!”



We had an amazing fall and our fields and garden are all worked. But we were not really ready for all this snow.

So much snow made it easy to start getting ready for the Christmas Season. I put out all of my Christmas houses and then the nativity scenes, tree, lights and other decoration so it looks quite festive.

I made twisters yesterday and they turned out so good. Of course they went into the freezer.

This evening I am making roasted Chickpeas. They are an excellent snack that I will have out on the counter during this holiday season.

RASPBERRY TEA

As I am writing this newsletter, I am sipping a cup of raspberry tea that I made from the raspberry leaves I dried this summer. We are told this tea is very healthy for women so I am brewing and enjoying 1 or 2 cups everyday.



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SAUERKRAUT

We have always enjoyed sauerkraut a few times a month either with pork ribs or smoked sausages, but lately I have been reading so much on the benefits of raw sauerkraut in our diets that I decided to start a new way of eating it. I put the jar of sauerkraut on to the table at supper each day and Melvin & I each take about a quarter cup raw with our meal. It is like having an extra salad. Then as well we do eat cooked sauerkraut as we used to.

Health Benefits

Research tells us that raw sauerkraut is packed with enzymes (besides many vitamins and minerals) that are needed by our bodies to help digest the food we eat. In ethnic countries, fermented foods are eaten everyday and we too should be doing the same.

We now bake bread by soaking & fermenting the grains for up to 24 hours to break down the phytic acid in the bran. This makes the bread easier to digest.

But back to the sauerkraut.

On Monday I started another small batch of sauerkraut. I will share how simple it is to make. It can be made all winter long. It can be a large or small batch!



SAUERKRAUT – a glass gallon jar 2/3 full.

Save 3 outside leaves from the cabbage heads, wash them and set aside.

4 ½ pounds cabbage, shredded fine.

3 tablespoons sea salt

I washed and then rinsed the jar with boiling water to be sure it was clean.

I could have used two – 2 quart sealers, but this time I decided to use a gallon jar. The jar should not be full as the juice could run out as it ferments.

Put 2 inches of shredded cabbage into the jar at a time, sprinkling with some of the salt each time. After each addition, press well with a meat tenderizer or other long handled utensil that will press well. Juice will start to form at the top and by the time you are done; there will be juice at the top. The jar was filled to about 5 inches from the top. Cover with the 3 cabbage leaves. I then used 3 sealer glass tops to press on top of the leaves. I couldn't find anything for weight that would fit through the jar opening. For extra weight, I topped the jar lids with a glass jar full of water. (one that would fit through the opening). I then covered it with a towel and left it on the kitchen counter.

(P.S. – I only use glass for making sauerkraut. I do not use anything plastic to cover the cabbage as the fermented cabbage would put toxins from the plastic into the juice.)

Last time it took 10 days and I then stored it in the fridge. They say it keeps for months in the fridge. My last batch of 3 pounds of cabbage lasted 3 weeks, so hopefully this will last longer.

This remark was in one of my cookbooks:

“Organic acids present in fermented milk and vegetable products play an important role in the health of old people as they aid the digestive system that is growing more and more feeble.”

We do know that people of all ages can benefit from this digestive aid.

In time I may ferment other vegetables, but for now we will just enjoy this extra nutrition as often as possible.



GLASS JARS . . . SEALERS . . . MANY USES!

Last week I was at our local second hand store and I picked up another gallon jar with a lid. I have one, but there are many uses for them so I figured I could use two at times.

I have the sauerkraut in there right now. When I get fresh milk from the cow, I keep it in a gallon jar until the cream has come to the top. I will then skim off a bit and leave the rest, mixing it into the milk. I often have recipes that call for a bit of cream or I add it to a dressing, a muffin or cake recipe.

In summer I make up a gallon jar of fresh dills, storing them in the fridge after one day. We enjoy the mild flavor.

I also use a gallon glass jar to sprout wheat in. I have shared the recipe a few times so it is in a few of the previous newsletters on the website.

And above, isn't that a cute summer display?

WHEAT SPROUTS

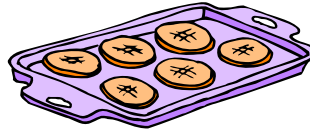
I also washed 2 cups of wheat last week and sprouted it in a glass gallon jar. I shared the procedure in a previous newsletter so check the website. When the sprouts were $\frac{1}{4}$ inch long, I drained them and froze them in a plastic bag. They come apart easily so I just take out as much as we need.

They are far more nutritious than the wheat seed, so I add them to my bread, to smoothies and I mix some with peanut butter or honey and enjoy this on my toast.

As you can see, my Christmas baking focus in my senior years has changed. I now include much healthier foods throughout the holidays.

But Christmas does also include entertaining of guests and we love to serve some less nutritious meals, desserts and snacks as well for everyone to enjoy!

As I cook and bake this Christmas, I will again use many recipes from my cookbook, "From Your House To Ours" They are our families treasured recipes that have been passed down from friends and family over the years. To celebrate my 50th and then my 60th birthday, I put all of these special recipes into "From Your House To Ours" cookbook.



TODAY I STARTED MY CHRISTMAS BAKING

I started with Melvin's favorite recipe. He loves twisters and the following recipe is really very soft and yet a bit crunchy. I made 3 batches so we will have enough to serve over the holidays.

I froze most of them, but left out a few for us to enjoy now too.

TWISTERS – if you make them small, it can yield 4 dozen

2 ½ cups flour
2 teaspoons baking powder
1 teaspoon salt
½ cup butter or soft margarine
1 cup cottage cheese
1 egg
1 teaspoon vanilla
Sugar/cinnamon mixture

Mix the butter, cheese, egg and vanilla in a large bowl. Add the dry ingredients and mix well. Chill the dough.

Divide the dough into 4 pieces, rolling each into a circle on a mixture of cinnamon, sugar and a bit of flour. Turn it over and roll again so both sides are coated. Cut into 12 wedges. Roll up beginning with the wide end. Place on a greased cookie sheet. Bake at 350 ° F for approximately 12 – 15 minutes or until nicely browned.

DATE FILLING

These are also great with date filling. Put a small spoon of date filling on to the wide edge and then roll up and bake as before.

This filling need not have any sugar in it.

1 ½ cups dates ¼ cup water 1 teaspoon lemon juice

Cook the filling and mix until smooth.



SECRET SISTERS

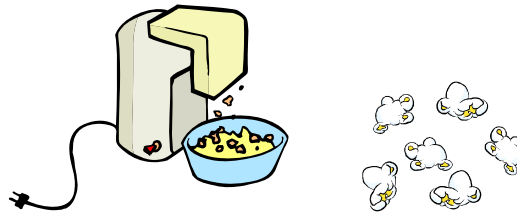
I went to a Secret Sister party this week. About 20 of us from our church exchange names each year. During the year we remember her on her special days with a card and may send a card in times of sickness or hard time. The main thing is to pray for her. We never reveal who we are until this special Christmas Party.

I bought a nativity scene for my secret sister for Christmas but wanted to remember her boys too so I put in a cookie box full of caramel corn.

GIFTS

I buy new looking cookie or candy metal boxes with Christmas scene on and then when Christmas arrives, I make several batches of Caramel corn and fill them up. The following recipe is loved by everyone. I make at least 6 gallon containers for us as well to have for munching and as well for serving guests.

CARAMEL CORN



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.

As soon as you take it out of the oven, break the popped corn into pieces so they harden separately.

Cool and put into containers.



EASY BAKE OVENS

If your children or grandchildren have ever gotten an easy bake oven, you will know that the mixes are soon used up and you have to get more. I have an oven that I bought at a garage sale and I decided to make up a few cake mix recipes to have on hand when the grandkids come over. I will share them with you so you too can make them.

WHITE CAKE – 1 small round oven size cake

Measure the following ingredients with “measuring spoons” and place into a small rounded plastic bowl. When measuring the dry ingredients, run a knife across the top for exact amounts.

2 tablespoons + 1 teaspoon flour

¼ teaspoon baking powder

4 teaspoons sugar

pinch of salt

Add:

1 teaspoon cooking oil

4 teaspoons milk

2 drops vanilla

Mix 200 strokes with a spoon.

Pour into lightly greased cake pan.

Heat the Easy Bake oven for 5 minutes with the door open. Place the cake pan into the oven and close the door. Bake 15 minutes

CHOCOLATE CAKE – 1 small round oven size cake

Measure the following ingredients with “measuring spoons” and place into a small rounded plastic bowl. When measuring the dry ingredients, run a knife across the top for exact amounts.

2 tablespoons flour

¼ teaspoon baking powder

4 teaspoons sugar

1 teaspoon cocoa

Add:

1 teaspoon cooking oil

4 teaspoons milk

2 drops vanilla

pinch of salt

Mix 200 strokes with a spoon.

Pour into lightly greased cake pan.

Heat the Easy Bake oven for 5 minutes with the door open. Place the cake pan into the oven and close the door. Bake 15 minutes

If your grandkids are smaller, you may find that they do not measure the dry ingredients very accurately. It is also more work to get all of those ingredients out each time they want to bake one cake.

So I worked at making cake mixes. Now I have 10 of each and when I run low, I just make another batch of mixes.

WHITE CAKE MIXES – makes 10 mixes

I put each mix into a small sandwich bag and twist tie it shut.

1³/₄ cup flour

³/₄ cup sugar

3 teaspoons baking powder

1 teaspoon salt

Mix well and divide into ten even parts.

To bake one cake, mix together:

1 bag of mix

Add 1 ¹/₂ teaspoons cooking oil

2 tablespoons milk

2 drops of vanilla

Let child mix 200 strokes. Put mixture into greased baking pan. Bake for 15 minutes in your easy bake oven.

CHOCOLATE CAKE MIX – makes 10 mixes

I put mixes into sandwich bags and close with a twist tie

1 ¹/₄ cup flour

⁷/₈ cup sugar

3 teaspoons baking powder

¹/₄ cup cocoa

1 teaspoon salt

Mix well and divide into 10 equal parts.

To bake one cake, mix together:

1 bag of mix

Add 1 ¹/₂ teaspoons cooking oil

2 tablespoons milk

2 drops of vanilla

Let child mix 200 strokes. Put mixture into greased baking pan. Bake for 15 minutes in your easy bake oven.

BACK TO CHRISTMAS BAKING!

I shared the recipe below last month, but I am sharing it again. I made these for Christmas as well and sandwiched them with a date filling. They are so good that I had to share it once again.



Melvin likes them with jam in between so we have both kinds in cookie containers in the garage to keep them really cold, yet not frozen.

GRAMMA'S OATMEAL COOKIES – 6 dozen single or 3 dozen sandwich cookies

3 cups oatmeal

1 ¹/₂ cups whole grain flour

1 cup brown sugar

1 teaspoon baking soda

1 cup soft margarine

¼ teaspoon salt
¼ cup milk with 1 teaspoon vinegar

Mix the dry ingredients with margarine until crumbled. Add and mix in the milk. Knead. Roll out and cut with a rounds cookie cutter. Bake on a greased cookie sheet for 11 – 12 minutes at 350°F.

When they are cold, put two together with date filling or with any jam. In the cookie canister they will become soft and so very delicious! I keep each variety in separate containers.

DATE FILLING

This filling need not have any sugar in it.

1 ½ cups dates ¼ cup water 1 teaspoon lemon juice

Cook the filling and mix until smooth.

Nuts can be added, but I don't in case some of my guests have allergies.

COLDS FLU VIRUSES . . . KEEP THEM AWAY!

Even though Christmas is a time when we often eat foods, snacks and candies that are packed with calories, in our home we will again continue to serve as many healthy meals as possible. I am realizing more and more that these nutritious foods are desperately needed so we can stay healthy.

So over the holiday season I will continue to serve bowls of homemade chicken noodle soup, squash, sauerkraut as well as foods including leeks, garlic, onions, vegetables etc from the garden. All of these are to ward off getting sick or a cold.

The flu, viruses and colds have been going around, but even though we sometimes have our grandchildren here when they are sick, we have not yet caught anything. I really do believe it is because we are eating so many healthy foods, herbs, grains and seeds.

I will share with you the soup recipe I use often

A lighter healthier meal in between these high calorie less nutritious meals is just what we need to keep off the pounds and to keep away the bugs that want to make us sick.

To warm us up on these cold winter days, what can be better than a hot bowl of chicken noodle soup?

In ten minutes one can sit down to a bowl of delicious soup made from a pouch and water. It is delicious, but not at all nutritious if we read the label.

But then there is Chicken Noodle Soup that is cooked in a huge pot by starting with a small chicken or a carcass from cooked chicken or turkey. It can be "full of life and nutrition" just by including ingredients that can help us fight diseases and can bring healing to our bodies.

CHICKEN NOODLE SOUP – 6 quarts

1 small chicken (any size)*

*¼ cup lemon juice or vinegar***

6 litres of water

Wash the chicken well. Remove any fat or even some of the skin with fat on at the opening. Add chicken to the water and lemon juice, bring to a boil and then simmer for 3 hours or until well done.

*Chicken has a natural ingredient which feeds, repairs and calms the mucus in the small intestines.

Cysteine, an extremely beneficial amino acid released from chicken during cooking helps to thin the mucus and calms the symptoms of a stuff-up nose and a cough.

The lemon juice or vinegar you add will draw minerals like calcium, Magnesium and potassium out of the chicken bones into the soup. It will also draw out **gelatin which helps fight disease and aids in digestion.

After cooking, remove the chicken from the broth to a container to cool. If you are cooking a carcass, you can strain the bones out of the broth.

Puree the following with a cup of water until fine and add to the pot:

10 peeled garlic cloves

3 large onions

Then add:

2 cups finely chopped celery

2 cups diced carrots

2 tablespoons parsley flakes

3 teaspoons ground anise seed.

(I have used poultry dressing but now like anise seed better)

2 cups of chopped chicken meat

Bring to a boil and simmer for 1 hour.

In the very end, season the soup with salt and pepper to taste.

Noodles

Cook ½ 350 gram package of noodles in a pot of water until done. Drain, rinse and allow it to cool.

To serve, just add some cold noodles to the hot soup in each bowl and it will not be too hot.

Carcass of a Turkey or Chicken

I always use the carcass from either chicken or turkey after we have cut off most of the meat for a pot of soup. I pick off all of the meat I can find to add to the soup. When using a cooked carcass, the first cooking need only be for 1 hour instead of 3.

Garlic

Garlic helps fight bacteria, strengthens the immune system, raises good cholesterol and helps lower blood pressure. (not garlic salt)

Onions

As well, they have strong anti bacterial power that helps break up mucus in the throat, lungs and nasal passage. Onions are packed with vitamins and minerals

Tomato Soup

4 cups of tomato soup into the above recipe will add other powerful nutrients to help keep the prostate healthy. For more nutrients I even add 2 cups of pureed cooked squash at times.

Extra Chicken Meat

If you have cooked a whole chicken, you will have lots of meat left to use in recipes or chop for chicken salad sandwiches.

One chicken goes a long way!



Smaller Batch of Soup

To make a small batch of soup, I often freeze some of the chopped chicken meat in 2 cup measurements. Then on a busy day, I will cook a pot with 2 litres of water, 2 cups of chicken pieces, 1 large onion, 3 or 4 cloves of garlic, 2 teaspoons of parsley flakes, 1 teaspoon of ground anise seed, ½ cup celery, 1 cup diced carrots, ½ cup noodles, macaroni or rice, adding salt & pepper to taste in the end. Enjoy!

HAIR CARE

I remember years ago I used to add some vinegar to the rinse water instead of using a conditioner. Well my niece has been washing and rinsing her hair very successfully without any shampoo or conditioner. I tried it for a week now and it is actually fine.

NO POOING

Wet your hair. Mix ½ teaspoon baking soda with 1/3 cup water and rub it into your hair. Rinse this out well.

Mix 1 part vinegar to 3 parts water and use that for a final rinse.

THE REASON FOR THE SEASON!

It is the beginning of December and I have already enjoyed events that share the real meaning of Christmas.

Last Sunday our young moms planned an evening of music and worship. Then we had our Secret Sister party and this Thursday we seniors had a Christmas dinner followed by music and a devotional.

Next week we will be attending the school concert. Then the next Sunday after our church children's program, our family will get together so the cousins can exchange gifts. On Christmas Eve we will be taking part in a Candle Light Service and after that we will have most of the family plus others in for supper.

During these weeks we want to continue to reach out to many who are sick, shut in and lonely. We have been so blessed and we do want to share these blessings with those in need.

I would like to wish each of you a Very Blessed Christmas and a Healthy & Happy New Year!

Sincerely Winnie

Winnie loves specials so she continues to offer the following one to her customers.

The recipes that Winnie uses everyday in her own kitchen as she provides more & more nutrition for her family come mostly from nutritious seeds that have been turned into delicious recipes in 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!** plus shipping & handling

This special is now on the website so you can use the automatic order form, or email her and she will get the books off to you.

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.

Elaine Froese Speaker Author Coach <http://www.elainefroese.com>

elaine@elainefroese.com 1-866-848-8311 toll free Boissevain, Manitoba ROK OEO
author of Planting the Seed of Hope...encouragement for families.