

# "SEEDS ARE FOR SHARING"



## OCTOBER NEWSLETTER

### BENEFITS OF A PUMPKIN PATCH

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

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THANKSGIVING is a very special time of the year. As farmers we are usually all done harvesting our crops and even when we are not done, we truly are thankful for the harvest. As gardeners we too can be so very thankful for what the garden has produced for us to enjoy all summer and even more to preserve for our use until another garden produces again next summer.

But as well we live in a country of freedom and wealth compared to most other parts of the world. We are free to worship the God of creation.

As well we are thankful for family, friends and neighbors, our homes and all that we have available to enjoy.

Above all we are thankful for a God who cares, understands, supplies and meets us at our point of need.

When our family celebrates Thanksgiving, we always have pumpkin pies. There were years when I bought a pumpkin because I hadn't planted any and I knew it was something we all would appreciate and we did enjoy them very much.

## PUMPKIN PATCH



This spring I decided to put the pumpkin patch behind the house beside the fruit trees. After all, I had to cultivate that area anyway. I seeded 10 seeds in the middle of this area which mushroomed into a huge patch that spilled over on to the grass and produced almost 40 huge pumpkins.

The beautiful fall colors are great for picture taking, so we are planning on featuring our pumpkins in this year's family pictures.

## FAMILY PHOTO

The garden can provide a wonderful background for a family picture. This year we have many pumpkins so together with the corn stalks, a few bales of straw and the fallen leaves, we are planning a family picture time. Of course the pumpkins will also provide a number of delicious pies for that day.

Another great photo idea is of your children in the pumpkin patch (the plants and the pumpkins too)

## YARD ENTRANCE



Seeing we have so many pumpkins, we will also have a display at the yard entrance using 7 or 8 pumpkins and some corn stalks.

After I set aside a few to make into our family favorite pumpkins recipes and freeze some for the winter, I will give the rest away. They will make great Jack-O-Lanterns as well as pies for family, friends and neighbors.

*Hope you enjoy some of our favorite pumpkin recipes!*

#### PUMPKIN SHEET CAKE

Bake in a 12 by 15 cookie sheet with at least 1" sides.

½ cup butter or margarine	1 cup brown sugar
2 eggs	2/3 cup canned pumpkin
1 teaspoon vanilla	1 cup unbleached flour
1 teaspoon cinnamon	½ teaspoon baking powder
½ teaspoon baking soda	¼ teaspoon ground cloves
¼ teaspoon ground ginger	½ cup chopped walnuts

Beat butter and brown sugar well. Add eggs and again beat well. Mix pumpkin and vanilla in well and then dry ingredients. Bake at 325 °F for 25 - 30 minutes or until done.

Icing:

2 cups icing sugar	1 teaspoon grated orange rind
2 tablespoons butter	3 tablespoons orange juice

Mix and spread over cooled cake.

#### PUMPKIN BUNDT CAKE

1 double spice cake mix (510g)	3 eggs
1 cup cooked pumpkin	½ cup water
½ cup oil	1 package vanilla instant pudding (113g)
1 teaspoon cinnamon	½ cup chopped nuts

Beat the following together for 5 minutes: cake mix, eggs, pumpkin, water, oil, pudding mix, and cinnamon. Stir in nuts. Pour into greased and floured bundt pan. Bake at 350 °F for 45 – 55 minutes or until done. Cool 10 minutes and then invert to a cake plate. Drizzle top with icing and sprinkle with chopped nuts.

#### EASY PUMPKIN DESSERT – serves 6

This recipe is simple, quick and delicious. You can spoon it into parfait dishes or into a baked graham wafer or ginger snap cookie base. Top each serving with a spoon of whipped topping.

1 large package instant butterscotch pudding mix
1 ½ cups cold milk
1 cup canned pumpkin
½ teaspoon cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground ginger
1 ½ cup whipped cream or topping

Beat pudding and milk 1 – 2 minutes. Blend in the pumpkin and spices. Fold in the whipped cream.

## PUMPKIN CHOCOLATE CHIP COOKIES

- 10 dozen

1 ½ cups butter or margarine	2 cups sugar
1 can or 2 cups canned pumpkin	1 egg
1 teaspoon vanilla	2 cups whole wheat flour
2 cups unbleached flour	2 cups rolled oats
1 tablespoon baking soda	2 teaspoons cinnamon
1 teaspoon salt	2 cups chocolate chips

Mix all ingredients except the chocolate chips well. Stir in chocolate chips. Drop by spoon on to an ungreased cookie sheet. Bake at 350° F 10 – 12 minutes or until lightly browned.

For more pumpkin recipes order Winnie's Winning Ways cookbook.

See website (address below)

A delicious nutritious pumpkin cheesy cake recipe is found in the January 06 Newsletter under Freebies on Winnie's website. @ [www.winnieswinningways.ca](http://www.winnieswinningways.ca)

***Have a Very Blessed and Special Thanksgiving with family and friends!***

## SOYBEANS

The SOY SATISFIED cookbook is still on special. Soybeans are so very nutritious and can be used in so many delicious recipes, but as well using soybeans in recipes can save so much money.

Winnie continues to celebrate the NEW CANADA'S FOOD GUIDE with this cookbook special.

**Winnie informs you, her online friends and clients, of a limited time**

### **Amazing Offer!**

Soybeans are a very nutritious bean that fit well with the suggestions in the new guide. Winnie has discovered that soybeans can be used in so many food preparations with excellent and tasty results. She decided to discount the SOY SATISFIED cookbooks so that everyone can have all of these great recipes at their fingertips.

The suggested retail price is \$16.95 and it is at present selling for \$14.95.

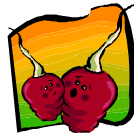
But **NOW**, if you will order directly from *Winnie's Winning Ways*, you will get SOY SATISFIED cookbooks for only **\$10.00** each. The website still lists the price of each SOY SATISFIED cookbook. (*plus the P&H and GST*).

***You can celebrate the New Canada's Food Guide by ordering this cookbook at this special price for yourself and if you like, more to use as gifts!***

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

Sincerely Elaine (Winnie)

## **HEALTH TIP!**



### **LIVER CLEANSE WITH BEETS!**

A neighbor stopped by this morning to pick something up and we had a good chat around the table.

He has been dealing with back problems for years and was told he would need back surgery. But as well he has MS and other health issues. Therefore he is self-employed allowing him to work no more than he is able.

In March of this year he was doing a job out of town and all at once he couldn't move. The short of a long story is that he is improving daily without surgery and with no painkillers. He is on natural supplements and lots and lots of good food. His wife planted lots of vegetables and they are enjoying them everyday and every meal. He hasn't felt this good in years.

To cleanse his liver he is eating beets everyday. Now in summer they can be raw or cooked. But when they are away, or when winter will be here they are preparing them by doing the following;

Wash, shred and dehydrate the beets. Once dry and cool, process them in the blender until they are a fine powder. Put this powder into capsules. They buy the capsules in the health food store.  $\frac{1}{4}$  teaspoon powder fits into each one. (Dehydrate at 105 °F or less so enzymes are not destroyed)

Today I am drying shredded beets and the tops as well. I will make the powder and get some capsules to put this powder into. But when we are home, we will still use the powder on and in foods.

Whichever way we eat this nutritious powder, it is very good for us.

But never forget that we are to eat a variety of foods, because each has its own special nutrients to meet special needs within our bodies.

Remember to follow the new Canada Food Guide so we are sure to feed our bodies the greatest variety of foods.

## **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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### ***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, under the Freebies button, Winnie shares monthly newsletters with new 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/>***