

**"SEEDS ARE FOR SHARING"**



**October 2009 NEWSLETTER**

**"TAKE THE LAST OF THE GARDEN IN"**

**for your**

**"WINTER'S HEALTH"**

When we look at the produce that has been in our gardens all summer long, we can understand why the last Squash, Pumpkins, Carrots, Beets and Parsnips are so packed with Nutrition. They have been out soaking up the sunshine with its nutrition and all the minerals that are in the garden's soil for many months now.



This is our last chance to bring all that nutrition inside so we can feed it to our families. This is powerful medicine that is available and cheap so make the best of it and ENJOY!

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## **SQUASH**

About three weeks ago we were to have a heavy frost so I picked all of the squash & pumpkins and still have them in wheel barrels in the garage. Some were ripe and we are using them. Others are still turning and they will be used when they are ready. On days when the sun is nice and warm, I wheel them out into the sun for the day.

I cook a half or whole squash at least once a week.

### **VEGETABLE**

Squash is great served as a vegetable with butter, salt & pepper. I usually add it to the roaster with the peel on and will scrape the pulp out of the skin before serving.

### **IN SAUCES & GRAVIES**

Puree  $\frac{1}{2}$  cup into gravy or sauce in a casserole and you are adding flavor, color and nutrition.

### **IN FRUIT ROLL-UPS**

When making fruit roll-ups from Mangoes, use  $\frac{1}{3}$  squash pulp and  $\frac{2}{3}$  mangoes pulp. Puree this well before spreading on the tray. Add  $\frac{1}{4}$  cup lemon juice for an even stronger flavor.

As well fruit rollups made from peaches can have one third squash in. They will taste really great and it will be extra nutritious.

## **PUMPKINS**



We have so many pumpkins this year that I am looking for some new recipes and trying them. I make our favorite pumpkin pie. (recipe in Winning Ways Cookbook)

### **PUMPKIN FLAX MUFFINS**

Yesterday I made 4 dozen pumpkin muffins by making a double batch of a flax recipe in, "A MUFFIN A DAY" Cookbook. I will take some to the Farm Women's Conference as samples to give out at my booth. I used the Fruit Cake Muffin recipe on page 13 and used only raisins instead of mixed fruits. I added some extra pumpkin pie spices as well. To keep the color lighter, I used the golden flax instead of the brown.

### **FLAX**

We have two tablespoons of raw crushed flax everyday on our breakfast cereal, but I like to have more so everyday I will also have a flax muffin. (either a small one with 1 tablespoon of flax or a large one with two tablespoons of flax)

## **CARROTS**

Last week I dug out the last of the carrots. I washed off the mud and cut off the stem end. Then I washed them in my clothes washer.

### **WASH THE CARROT IN THE WASHING MACHINE**

Into the washer went an old towel with about three ice-cream pails full of the carrots on top. Then another old towel and another batch of carrots; followed by another old towel. I added water to cover them well and washed on the gentle cycle. They came out very clean and were not damaged. Once all the carrots were done in about 4 loads, I left them to dry all day on newspaper and washed out my washer.

### **STORING CARROT**

I then packed two boxes of carrots with a layer of newspaper between each layer of carrots and put those into the coldest corner of the garage. The garage is insulated, and a few times during the winter, when it gets to be very cold, we will have a heater on to keep it above freezing. The remaining carrots are in the crispers of the fridges also with layers of newspaper between the layers of carrot.

I will check them monthly to be sure they aren't getting too wet. If they are getting too wet and could spoil, I will leave them out to dry again and use new dry paper between.

### **BEETS**



### **BEET SALAD**

Over the past month I preserved about 30 jars of the beet salad recipe found in Winning Ways cookbook. We really enjoy this recipe as a salad or as a cold vegetable during the winter.

### **FROZEN BEETS**

We have 30 packages of cooked beets frozen to use as a hot vegetable to serve with butter, salt and pepper. Some of our family prefers beets hot and some of them like beets as a salad cold, so it is great to have both on hand.

The beets are all out and there are still some in the garage to use in the coming weeks. This week I baked the following cake and liked the result so much that I wanted to share it with you. I wasn't sure how much oil to use in the recipe, but decided to use some so the cake would be nice and moist. I am going to use it to make cupcakes next week so it is easier to give in the lunches to the field. Yes we are still not done our harvest and field work so lunches will still be on the menu for a time.

### **BEET CHOCOLATE CAKE** – one 10" by 15" pan

1 apple (peeled, diced and cooked in the microwave until tender: Use ½ cup)  
(or use ½ cup unsweetened apple sauce)

1 ½ cups pureed cooked beets (the consistency of canned pumpkin)\*

2 tablespoons water

1 teaspoon vanilla

1 teaspoon apple cider vinegar

Mix the above with a hand blender or in a blender until smooth and set aside.

3 eggs  
1 ½ cups sugar  
½ cup olive oil  
½ cup cocoa  
1 tablespoon cornstarch  
2 teaspoons baking soda  
½ teaspoon salt  
½ teaspoon cinnamon  
1 cup whole wheat flour  
1 cup unbleached flour

In another bowl beat eggs well. Then add and beat in well the sugar, oil cocoa, cornstarch, baking powder, salt and cinnamon.  
Add and mix in the set aside beet mixture and finally the flour.

Pour into the greased cake pan and bake at 350°F for 30 – 35 minutes or until a toothpick poked into the centre comes out clean. Allow to cool and then ice.

\* I used a bit of the cooking water from cooking the beets so it would puree well.

ICING:

Mix together 1/2 cup icing sugar, 2 tablespoons cocoa, 1 teaspoon butter and 1 teaspoon milk until smooth and spread it sparingly over the top. Then sprinkle the top with chopped nuts.

This recipe will make nice cupcakes and can be topped with icing and sprinkles especially for children.

## **USES OF BEET JUICE**

### **FRUIT ROLL-UPS**

After cooking beets, we always have this wonderful colored juice. The look is great, but so are the nutrients in it. You can freeze some of it in measured amounts to use at another time. Two cups of this juice can be pureed into 4 litres of apple sauce when making fruit roll-ups and they will be a nice pink color.

### **BAKING or PINK LEMONADE**

If you are baking, you can substitute water or milk for beet juice and it will give chocolate cake a rich reddish brown color or white cake a pink color. You can even freeze ice cube trays of beet juice for a small amount when you are making pink icing or when making lemonade, you can add an ice-cube to give you a pink lemonade.

## **PARSNIPS**



The last vegetable to take from our garden was the parsnips. They say it is better if it gets some early frost, so I try to wait until we have had a few frosts. They have a very mild flavor this year and we are really enjoying them cooked with butter, salt & pepper.

### **DEHYDRATED PARSNIPS**

I also shredded 3 – 4litre pails of parsnips. After they were dehydrated, they ended up being less than a pail, but they will go a long way when I use them. Just a few tablespoons or more can be added to a casserole a roast or pot of soup. Dehydrating sure does save space in the freezer.

### **PUREED PARSNIPS**

This year I cooked up a large pot of parsnips until tender. After cooling, I peeled them and pureed them in the liquid they were cooked in. This is so smooth and is the light yellow color of cooked pears.

### **PARSNIPS IN FRUIT ROLL-UPS**

I added two litres of pureed parsnips to 4 litres of apple sauce, mixing well. To make them a bright pink color, I blended in a package of strawberry Kool Aid. They are so yummy, but next time I will add a pint of strawberries or raspberries instead of the Kool Aid.

It just so happened I had been given this package of drink and wasn't sure if I wanted to make it as a drink because it would need lots of added sugar.

### **FROZEN MEASURED AMOUNTS OF PARSNIPS**

I froze a good number of ½ cup, 1 cup and ice cube size packages of pureed parsnips to use once the fresh ones are all gone. These too can be used in soups, gravies, casseroles and more. Because they are mild, they will not change flavor of these foods, but instead will enhance them.

### **FALL GARDEN CLEAN-UP**

Yes, my garden is in and I have worked it with our small tiller, but Melvin still wants to add some manure and I hope to till that in with the small tractor tiller. I am looking forward to the winter of using all of these preserves in cooking and baking and I am actually making plans for next year's garden.

### **FREEZE THOSE POTATO BUGS NOW**

I was reminded yesterday to cultivate the garden once again now that we have had a few nights of good frost. The potato bugs are now hiding in the ground for the winter. If we cultivate quite deeply, we will bring them up to the top and they will then freeze and die.

### **ALLERGIES TO GLUTEN**

We have a few friends who have health problems because of allergies to gluten. They use quinoa, buckwheat, millet, almond, chickpea, rice and other gluten free flours. This past week I made the following cake recipe for our family. I know how much they like brownies and I also know how many calories are in most brownies. Just by looking at the ingredients called for, I knew it was low in calories and saturated fat.

Then I realized it can be great for my friends and all others who cannot have gluten.

If you like brownies, you will want to try this recipe. It is really very good, and as far as calories, well it is quite low. And then we talk about nutrients, well each slice is packed with those as well, so you can't go wrong. Enjoy a slice, or two!



## **GLUTEN FREE BROWNIES**– 8” by 11” pan

\*15 ½ ounce can of black beans (drained and rinsed)  
3 large eggs  
3 tablespoons olive oil  
¾ cup sugar  
½ cup cocoa (my first cake was quite dark so next time I will use 1/3 cup)  
1 teaspoon vanilla  
½ teaspoon baking powder  
pinch of salt  
½ cup mini chocolate chips  
½ cup chopped nuts of your choice

Heat oven to 350°F. Grease pan and set aside.

Put cooked beans into medium size bowl. Add oil and 1 egg and puree with a hand blender. Add the rest of the eggs, one at a time, pureeing between, blending until it is smooth and creamy. Add sugar, cocoa and vanilla and blend well again. Blend in the baking powder and salt. Mix some of the chips & nuts in and sprinkle some on top before baking. Or if you wish, all the chips and nuts can be stirred into the cake and a thin layer of icing can be spread on top when the cake is done.

Bake for 30 minutes or until a toothpick comes out clean when poked in the centre.

\*I very seldom buy canned beans as it is easy and as well cheaper to start from scratch, so here is what I did.

I soaked 2 cups of dried black beans overnight (costed less than 50 cents) Cooked them 30 minutes and threw out the liquid and then simmered them in fresh water in a covered pot until they were tender. I drained & rinsed these and there were enough cooked beans for 3 of these cakes. (approximately 1 ½ cups in each package)

I used one and froze the rest for another two cakes.

### **HEALTH BENEFITS!**

*It's amazing how much potassium, folate and even fibre one gets from this cake. There are even lesser amounts of calcium, thiamine, riboflavin and niacin. But when one thinks of the small amount of olive oil in the cake, that sure cuts down on the fat and then as well the calories in this cake.*

*But for those who cannot have gluten, this recipe is #1 because it has no flour.*

## **TAPIOCA FLOUR**

*When shopping the other day in a big hurry, I bought a bag of tapioca flour, thinking it was a bag of corn starch. Today I used it in the following recipe. Wow, what a delicious and lovely cake!*



## **GLUTEN FREE CHIFFON CAKE**

7 eggs, separated  
1 whole egg  
1 ½ cups sugar  
finely grated rind of 1 lemon  
2 tbsp fresh lemon juice  
1 cup tapioca flour, sifted

In a large grease-free bowl, beat 7 egg whites until fairly stiff. Add sugar, gradually. Beat until stiff peaks form. Set aside.

In a medium bowl, beat 7 egg yolks, 1 whole egg and lemon rind at medium speed for about 1 minute. Add lemon juice.

Gently fold egg yolk-lemon mixture into egg whites. Sift over tapioca flour and gently fold in until the egg white is no longer visible in chunks. Spoon into an ungreased tube pan and bake a 350° F for 50-60 minutes. Immediately invert cake pan and place on an upside down measuring cup in the centre until the cake completely cooled. Otherwise the cake will fall when it is taken out of the pan.

Remove cake from pan, slice in half horizontally and fill with a lemon pudding filling. Top with whipped cream and serve. Instead of filling with lemon pudding, you can put the whipped cream between and on top or you can use a thickened fruit between and on top. Whatever choice you make, it will be delicious!

*That's all for this month.*

*We have just arrived home from the Farm Women's Conference in Winnipeg.*

*It was an amazing time. Every speaker was so very good and the workshops were so informative and exciting. Melvin was my driver and also came along to help me at my Min-Market Booth. Then he had some time for a bit of R and R.*

*But it was also good to get away and forget the many jobs that we had left behind*

*As soon as we got home, I knew I had to get this newsletter to you as I did promise quite a number of ladies at the conference that it would be there when they arrived home tonight.*

*Winnie (Elaine)*

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 FREE 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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