

"SEEDS ARE FOR SHARING"



**SEPTEMBER OCTOBER
2010 NEWSLETTER**

“BACK TO SCHOOL”

I am sure you all remember school days and having to learn from text books and teachers. I could hardly wait to get out of school and be finished with learning. Did you wonder too if you would ever use algebra once you were out of school? Over the past 50 years since I finished school I have used algebra on the farm. It is much more fun now than it was when we had to learn it in school.

Learning continues after our years of schooling are over, in fact life is a learning experience. It seems easier now because it is practical learning. As well we learn much better by doing than we do by being instructed.

As a young mom I fed our family the foods my mother and grandmother fed us. They were great role models and they learned from their parents and grandparents how to prepare and serve nutritious food.

Today as a senior, I am still learning everyday. I take opportunities to read & listen to reports about health and nutrition. I experiment and create new recipes to share with our family and as well to share with all of you on the website.

Now our grandchildren are the ones who are learning from teachers and text books. As a grandmother, I continue to encourage our family and others to eat well, to exercise and to get enough rest. Soon they too will be parents and grandparents and then I trust that they as well will pass on life giving tools to the generations that will follow them.

School is all about learning and it can be in a classroom, a garden, a kitchen, a workshop, in a magazine or on the internet. What we learn is more important than where we learn. Let's encourage our children to learn to do and be the best that they can.

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A LONG DRAWN OUT HARVEST!

It was hard to believe that we had finished harvesting our winter wheat in July and then had to wait until August to do the remaining cereals. It was nice though to have some acres in the bin as we never know what the weather will be like. Summer was extremely wet and this has continued. In fact we had rain off & on for weeks and just finished the soybeans a few days before Thanksgiving. What a long drawn out harvest, but we were just so thankful that we could finish as we do know there are others who are not so fortunate.

Just as the harvest is over for another year, my garden is also cleaned out, except for the carrots and parsnips. I seeded them at the end of the garden so it was easy to work the remaining space with the tiller. I want to wait as long as possible to dig these final vegetables. The longer they can stay in the ground the better.

EXCESS MOISTURE

I am sure many of you can relate to the results of the wet soil conditions this year.

A positive result was lots of **huge potatoes**. The negative was that I had to take them out at the beginning of September because they would have spoiled because of the very wet soil. I actually washed the mud off and let them dry all day before putting them into cardboard boxes. They are in a dark cool place and so far they are keeping well. I will continue to check them through the winter.



REMEDY – raise the garden & add manure, mulch or organic matter.

I did raise the garden over the years so the water doesn't stand too long, but I now realize the downspout from the house roof ends at the potato patch this year. So I will extend the spout next year so it ends up in the trees. Adding manure sure helped me to get on to the garden after a rain. I didn't sink into the mud.

POTATOES are actually very nutritious. One medium potato only has about 70 calories, but it is packed with nutrients. It's what we put on to them that adds the calories and fat. Instead of mashing butter into them, I always use only milk. Instead of topping a baked potato with sour cream and butter, I use plain yogurt, onion greens and sea salt & pepper. Or at times we top them with salsa.



LEFTOVER POTATOES

1. Add milk to leftover mashed potatoes and bake in a casserole.
2. Puree any amount of leftover mashed potatoes with water and add this to a pot of soup. It thickens the soup just enough.
3. leftover baked or cooked potatoes can be chopped up to add to soup or to a casserole or stew.

SLUGS

The slugs were another problem because of the continual wet. With all the moisture, the plants grew extra tall and they covered most of the ground space. The slugs were under all this foliage. Earlier in summer they were eating the beans so I took out all of the cabbage heads & plants so the bean plants could breathe. (the cabbage heads were fine in the fridge and we just finished using them up at Thanksgiving). We then had a good crop of beans, but the slugs moved on to the tomatoes.

I had tied all of the tomatoes up on stakes, but that didn't stop them. In September, after canning about 70 quarts of juice & sauce, I pulled the plants out. We did enjoy lots of tomatoes through the summer, but I am used to bringing in boxes of green tomatoes to ripen slowly until mid December. We did have blight as well so between both of these problems, the plants dried up and the last of the tomatoes spoiled.

THE SLUGS MUST GO! Once the garden was cleaned out, except for the carrots & parsley, I set out containers here and there. (cream cans, planters etc on the garden) Every few days I lifted them and found 20 - 30 slugs. I put salt on them and by the next day they were either dead or gone. I lifted all the stone and my stepping stones in the flower beds & garden. It was the same; there were lots of slugs.

Will the salt hurt my huge garden? I don't really think so. If I used 2 pounds, that was it and only in small patches. The snow and moisture over the winter and spring will wash the salt down and away.

Once there were no more slugs to be found I tilled the garden with my hand tiller.

DEEP LATE TILLING

Our Garden Show host suggested that we till the garden once more, quite deep just before winter. Do it when it will freeze good at night. The tilling will bring up the slugs & as well the potato bugs that are already hibernating and the frost at night will kill them. I will let you know next year if it worked.

Other than that, our garden was very good. The manure and moisture produced a bountiful harvest. We had lots to enjoy, lots to preserve and lots to give away.

VOLUNTEER SPINACH

The spinach row was just beside the carrots, so it was easy to leave out a 3 foot square patch of volunteer spinach that has been growing continuously this past month. I pick it at least twice a week and we have enough to enjoy as a salad or in our sandwiches each and everyday. That may mean that there will be no

volunteer spinach in spring and I will have to wait until next years crop is producing, but we are sure enjoying it now.



GARLIC

I planted the garlic last week. I put the cloves in 2 inches deep and about 5 inches apart. One gets larger heads by putting them into the ground in fall.

STEVIA

I had a great harvest of stevia from my 6 plants. I dried the leaves in the dehydrator. I steep some leaves every so often to use in recipes and even to keep on hand in the fridge.

STEVIA SYRUP

Press dried leaves to fill 1 cup.

Put these into a pot and pour over 1 cup of boiling water. Cover and simmer for 30 minutes. Drain in a sieve.

This syrup can be stored in a jar in the fridge.

I made the following peach jam and we are enjoying it often at breakfast. It made 4 smaller jars of jam which stored in the fridge perfectly for 5 weeks now.

NO SUGAR PEACH JAM

1 cup packed with dried stevia leaves

1 cup boiling water

Make syrup as above.

Peel, chop and cook 6 peaches. (This made 3 cups of cooked peaches) Add $\frac{3}{4}$ cup stevia syrup. Mix together.

With a hand blender, add 1 package Garden Fare No Cook Freezer jam powder

Pour into sterilized jar and refrigerate.

Like I said, mine kept 5 week and it was great. I am sure it would have been fine a few weeks from now as well.

- Cinnamon – if you are a lover of cinnamon, blend in 2 teaspoons of cinnamon as an option.
What I did, is add $\frac{1}{2}$ teaspoon to one jar for a change.
- You can make this jam with 3 cups of apple sauce instead of peaches.
- I realize that the powder is called no cook, but I still used cooked peaches. It was too late in the season to use fresh strawberries or raspberries and I wasn't sure how raw peaches would work. I didn't start using the stevia until late August. Next July I will make this jam with strawberries and raspberries as well.

OVER WINTERING STEVIA

I potted one of my stevia roots a few weeks ago, after I had cut the plant off about 6 inches from the ground and harvested the leaves. It is now in the sunshine in the garage and I water it periodically. It has at least 12 shoots growing out of the stem now. I am not sure how it will keep the winter, but I will try to root clippings in January and see if I can start some plants.

But as well, I will use the leaves as they grow to produce more syrup.

As soon as it gets colder outside, I will bring it into the house in a south window.

On the internet it said that these plants started from clippings can be better and sweeter than ones started from seeds. I thought it was worth a try so here as well, I will let you know how it worked.

Now that the garden is almost done for another year and our harvest is in, it is time to spend more time in the kitchen. It warms up the house, but as well it provides me with more recipes to share.

Yesterday I was out of cookies and I tried something new. I changed a recipe and it proved to be a very successful move. We love oatmeal cookies. Everyone loves chocolate chip, but a few of our grandchildren & I love raisin too. So I made this batch, took 1/3 of the dough out and mixed it with 1 cup raisins and added 1 cup chocolate chips to the remainder. They held together well and were crispy too. The raisin ones were nice a chewy. Everyone loves them and I am again out.

OATMEAL COOKIES - 8 dozen medium size

2 cup soft margarine (I used soft tub margarine)

2 cups white sugar

1 tablespoon blackstrap molasses

2 tablespoons baking soda

2 tablespoons hot water

2 teaspoons vanilla

6 cups oatmeal

2 cups unbleached flour (or use freshly milled whole grain flour)

Cream the margarine, molasses and sugar. Mix the soda with water and add to the sugar mixture. Add the vanilla, oatmeal and flour and mix well.

Mix in:

1 ½ cups chocolate chips or 1 ½ cups raisins or a mixture of both.

(or as I said I did above)

Drop by teaspoons full to a greased pan. Press down with a fork. Bake for 10 – 12 minutes, or until nicely browned at 350° F.

** When I made another batch of this recipe with hard margarine today, it was not as good as when I made it with the soft margarine in the tubs.*



MUFFINS

I always have flax muffins in the freezer, but we do like any kind of muffins so I will share a few of our favorite that I like to make in fall and winter. Come to think of it, I even make them in summer as they are easy to pack in field lunches. But now is the time when I use fresh zucchini and pumpkin in these

recipes. The rest of the time I use what is in the freezer. I will usually use recipes that call for ingredients that I have on hand, not ones where I will have to make a special trip to the store.

PUMPKIN MUFFINS – this recipe is great to freeze. It makes 3 dozen

4 eggs

2 cups sugar

1 cup oil

1/2 cup apple sauce

1 can pumpkin (or 1 ¾ cup)

3 cups unbleached flour (or whole grain flours of your choice)

3 teaspoons cinnamon

1 tablespoon baking soda

1 tablespoon baking powder

1 teaspoon salt

2 cups raisins (I often omit the raisins and use sunflower seeds & chocolate chips instead)

In a large bowl, beat together eggs, sugar, oil, apple sauce and pumpkin. Sift together the dry ingredients. Add the beaten mixture and blend until smooth. Fold in raisins. Fill greased muffin pans 2/3 full. (or use paper liners) Bake at 400° F for 15 – 18 minutes

ZUCCHINI MUFFINS – makes 12 big muffins

2 eggs

1/3 cup oil

¾ cup orange juice

1 cup finely shredded zucchini

1 cup whole wheat flour

1 cup unbleached flour

½ tablespoon baking soda

½ tablespoon baking powder

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon nutmeg

¼ cup brown sugar

½ cup chopped walnuts

½ cup coconut

In a small bowl, beat eggs, then adding and beating in the oil and juice. Set aside. In a large bowl, combine the remaining ingredients except the zucchini. Add the egg mixture and stir until moist. Fold in the zucchini. Fill the muffin pans ¾ full. Bake at 375° F for 20 minutes, or until done.



BACK TO SCHOOL LUNCH SNACK

Now that the next recipe holds together well, I am eager to share it. It is a great dessert for lunches!

PUFFED WHEAT CAKE

This past summer there was a radio talk host asking for good recipes for puffed wheat cake. They talked as well about the failures we sometimes have. I was quick to note that sometimes my puffed wheat cake falls apart when I cut it and at other times it just plain falls apart after it has been out of the freezer for awhile.

Here are a few suggestions that were given followed by the recipe I am now making very satisfactorily.

- never boil the syrup more than a minute
- add 1 cup of marshmallows to the syrup

PUFFED WHEAT CAKE – a large 10 by 13 inch container full

2/3 cup butter or margarine

2 cups sugar

1 cup corn syrup

1/3 cup cocoa

1 teaspoon vanilla

1 cup small or 10 large marshmallows

16 cups puffed wheat

Melt the margarine with sugar on low. Add syrup and cocoa, bring to a boil and gently boil 1 minute. Remove from heat, add marshmallows and stir until they are melted. Pour over and mix well into puffed wheat. Press into a large buttered pan or two smaller ones. Refrigerate, cut and enjoy.



WHITE YEAST BUNS CAN BE A TREAT?

It must be 25 years since I used this recipe. Personally I like to bake and eat whole grain buns, but once in a while I treat my family to white buns. I don't personally think of them as a treat, but the kids do. I pulled this recipe out so I won't forget to use it one of these evenings/mornings this week.

Mom always made these buns when the family got together. Everyone thought those fresh soft white buns were a real treat and everyone appreciated her labor of love. I didn't like waking up at 5 or 6 to bake them, so I would sometimes start the dough in the morning and then bake them in the evening. I will give the recipe as it is written and you can decide when you would rather start and finish.

OVERNIGHT BUNS – about 4 dozen.

At 5 or 6 p.m.

Soak together 10 – 15 minutes:

2 teaspoons yeast

½ cup lukewarm water

1 teaspoon sugar

(This week instead of the above 3 ingredients, I used 2 ½ teas quick yeast, adding the granules to the mixture before all the flour was added – I'm not sure if it made a difference, but I didn't have any regular yeast)

In the meantime beat:

2 eggs

½ cup sugar

¾ cup oil

3 cups warm water

2 teaspoons salt

Add the yeast and then add:

8 – 10 cups unbleached flour

I used approximately 10 cups total as it is quite a stiff dough. Knead well. Let rise and punch down once.

Let rise again until 10 or 11 p.m. Shape dough in small balls on a sheet, allowing space between as they rise a lot. Let rise overnight. In early morning bake at 350° F or 375° F for 15 minutes. The temperature will depend on your own oven.

TORTILLAS WITH TZATZIKI SAUCE

*This summer our niece came for supper. She brought a tortilla recipe that we are now using. Actually the **Tzatziki Sauce** is so good that I used it many times to mix into raw shredded or chopped vegetables from the garden.*

KIM'S YOGURT – first she made this yogurt

I too make yogurt but Kim's is different and I use her recipe too, especially for the following recipe. It ends up being like soft cream cheese.

1 gallon whole milk

Heat to 180° F, then cool down to 100 -110° F.

Add 1 tablespoon plain yogurt per litre of milk and mix it in. Cover and put the pot into the oven with the oven light on for 6 – 8 hours or into jars in the picnic cooler with hot tap water surrounding it up to the neck. Cover the picnic cooler.

Do not stir but remove from containers and chill in the fridge. Then place the mixture into a strainer or cheese cloth to drain. Save the whey* as it is very nutritious.



Last time I made it, I finally put it to drip in the fridge as it was taking so long and I thought maybe overnight it would spoil.

But the results are great. It is a thick yogurt.

Now on to making the sauce & these tortillas!

TORTILLAS – buy or make as many as you will need . Chop and use any raw vegetables & cooked meats you enjoy and add the following sauce to make a delicious nutritious meal. (We used chopped peppers, chopped broccoli, chopped tomatoes and cooked chicken. The sauce then went on top)

TZATZIKI SAUCE

3 medium cucumbers (blend and drain ½ hour)

To the blended cucs, add the following and blend again:

750 gram container of the previous thick yogurt recipe

3 cloves garlic, minced

2 teaspoons dill weed

1 tablespoon lemon juice

Salt & pepper to taste

Set in fridge 1 hour to improve the garlic flavor.

After spreading the chopped raw vegetables & meat on your soft tortilla shell, top with the sauce and roll up. Yummy!

***WHEY**

This whey keeps for weeks in the fridge. I have shared recipes in previous newsletters on using whey. I will just mention here that whenever you are using whole grains flours, if whey is mixed in with this freshly milled flour, the whey helps break down the phytic acid in the bran of the grains. It makes the end result easier to digest.

1. For instance, if you are making muffins, mix the grain flours called for with the milk, buttermilk, sour milk or any other liquid and leave it sit for awhile. Use about a half cup of the whey in place of the same amount of liquid you have removed.
2. If you are making soups by cooking chicken, turkey, beef or other bones, start by adding ½ cup of whey to the water & bones and it will help draw the minerals out of the bones.
3. Use some whey in place of liquid when making pancakes, crepes or waffles.
4. When baking bread or buns, use ½ cup whey as part of the liquid

**I find the whey and yogurt made from raw milk keeps longer in the fridge and produces better results when using them in baking.*

OTHER USES FOR THIS SOFT CREAM CHEESE

Just sprinkle this thick yogurt with salt and it tastes wonderful. Or add lots of herbs, garlic, onions and spices and use it as a chip dip. Or mix half and half with bought dressings to make the dressing more nutritious.

This is like soft cream cheese and is even great just spread on a piece of toast at breakfast or as a snack.

HEALTH TIP!

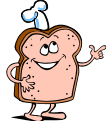
In the above recipes and in my recipes as a whole, I am always calling for unbleached flour instead of all purpose flour. I mentioned it earlier and I will mention it again.



Most all purpose flour has been bleached with a chemical that reacts on the protein in the flour producing alloxan which destroys beta cells in the pancreas. This can lead to diabetes.

But as well remember that during the milling of wheat at least 24 known minerals & vitamins are largely removed. The industry then started adding a few nutrients back and it was called enriched. The remaining essential vitamins and mineral are gone.

Healthful bread contains ground-up whole grains with the bran, germ and endosperm & all those vitamins & minerals present for the greatest nutrition.



And remember it isn't the whole grain bread that is fattening, but the butter, peanut butter or whatever else we put on top. A slice of whole wheat bread has 70 calories – no more than an apple. But it can easily have 300 calories if it is slathered with calorie laden toppings.

A slice of whole grain bread together with vegetables & fruits provides our body with a great variety of nutrients needed daily.

SPIRITUAL TIPS!

We cannot grow mentally, spiritually or socially without practicing forgiveness.

To err is human, to forgive is divine.

People who learn to forgive suffer less anxiety and depression and have higher self-esteem. And they enjoy better health.

Love is more important than being right, Forgiveness opens the heart.

Charles Swindoll said, "We cannot change our past . . . we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude . . . I am convinced that life is 10% of what happens to us and 90% how we react to it.

This has been a busy summer, full of outdoor work for most of us so do take some time to relax before you get into the busyness of holiday preparations. But as well take time to cook and bake healthy foods for your own health and the health of your family. Add nutritious ingredients to your menus and your body will say "Thank-You" by responding with more energy. Below is a special price on three of my cookbooks!

Sincerely Winnie



Nutrition is the focus of almost every recipe in Winnie's cookbooks. But the three cookbooks mentioned below are the ones that start with many simple seeds or grains that are packed with nutrition.

Nutritious foods that can keep us healthy and strong!

WINNIE'S SPECIAL HEALTH & VITALITY PACK



Winnie loves specials so she has added yet another one for 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 Winnie 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 more 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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