



"SEEDS ARE FOR SHARING"

SEPTEMBER/OCTOBER 08 NEWSLETTER

WHEN ARE WE TOO BUSY?

I remember excusing myself in July for not getting the newsletter out in time because of the activities we were involved in. As I think about being busy, I realize that we can be busy just for ourselves or we can be busy making a difference in the lives of others, such as our families, our friends, our neighbors and as well those who have needs.

BEING BUSY FOR OUR HEALTH

The garden was amazing and I had plenty of produce for us to eat, to preserve and to share with others. Now when I look down into the crawl space all I see is jars and jars of preserves. They will come in so handy until the next years garden is producing. These preserves are certainly much healthier than the veggies I can buy in the store that have been picked weeks earlier and brought in from another part of the world. They will save \$\$ on our grocery bills and as well provide nourishment for our family and at times guests. It was time well spent!

BEING BUSY MEETING FINANCIAL NEEDS

Our crop has been in the bin for a month now and the fields are worked and ready for the winter. Actually today Melvin is combining the last 2 acres that were under water at harvest time. So we are very fortunate the crop is in.

BEING BUSY HELPING OTHERS

Two weeks ago I was involved in a very interesting Health Fair in town. We went through the Canada Food Guide, but one speaker also went through reading labels with us. We gave out lots of food samples as well as great recipes, so hopefully our efforts will make a healthy difference in many families & homes. I will share many of these recipes with you this winter, beginning with this newsletter.

A quote from a gentleman this evening on The National was, "Always be prepared to help others when the opportunity arises."

The important thing is that we are never too busy to stop what we are doing to help someone in need. So busyness can be a blessing!

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GARDENING

As we evaluate the garden we had this year and what we would like to accomplish next year, it is important to plan and prepare for the next year.

Why Garden?

Gardening does something for the soul . . . “Less Mow. . . More Hoe”

Gardening . . . Uses land wisely in hard financial times

Gives us less grass to mow . . .saves gas

Improves the soil

Uses composted garbage

Provides nutrients . . . why buy vitamins

Assures eating more vegetables and fruits

Saves shopping trips . . .pick fresh in summer, from preserves in winter

Provides delicious summer meals

Provides something for us to share

Gives good exercise . . . no paying to workout at the gym

Wears you out . . . sleep better

Helps us work together

Occupies children

Gets you out of the house

Saves you gas and money as you stay home more

Makes you feel good inside

Making pickles, canning tomatoes, canning and freezing applesauce and other fruit fillings, freezing green beans, peas, corn, beets, strawberries, raspberries, blueberries and making jams and jellies are simple processes possible in any small kitchen.

Wow. . . is my garden ever worth a lot. I can eat & preserve and give away!

This is how I feel as well about **my** garden. How about you?

Towards spring of next year I will be sharing some new recipes from the food fair that use the produce we grow in our garden. If at all possible, try to put in a garden next year, be it big or small and enjoy the wonderfully nutritious vegetables and fruits the garden will produce.



GARDENING PLANS FOR NEXT YEAR

After the garden is finished producing it is time to clean up, chop up and cover up. Melvin worked our garden once, but just before it freezes he will work it again to freeze and kill the potato bugs, and maybe even the slugs!

POTATO BUGS

Cultivating just before freeze up was the solution given on the radio this summer to rid the garden of potato bugs. They are hiding down in the soil where it's warm so if you cultivate down there and it gets cold at night, they will freeze.



SLUGS

This year, after 45 years of gardening I had my first experience with slugs. After reading a number of books, I see now some of the reasons why they infested my garden. I am surprised it never happened before.

#1. ROOM FOR AIR & SUN

Even though our rows were 2 ½ feet apart, the summer rains and sun caused the plants to grow unbelievably and spread very wide. Soon there were no more rows so the soil under the plants remained cool and damp. Slugs love these conditions. The cucumbers, gourds, pumpkins, squash and melons spread even more and covered some of the tomatoes, beans and herb plants, and slugs were there as well.

NEXT YEAR

Plant the rows 3 feet apart. Put the viney plants away from the rest of the garden, except for the cucumbers. Cucumbers seem to spread out a certain amount and no more. Put the peas, lettuce, radishes and other early plants next to the cucumbers and then pull them when the cucumbers spread wider. This usually doesn't happen until the early stuff is finished anyway.

For small gardens, use stakes and grow the cucumbers and squash up instead of wide.

#2. LOW BRANCHES

Our garden has a few rows of shrubs with garden to the north and south of them. The branches hang right to the ground, also causing the soil to stay damp and cool underneath.

NEXT YEAR

In spring trim all of the lower branches so air and sun will get underneath.

#3. EGG SHELLS

Apparently slugs do not like pieces of egg shells. Save all the egg shells over the winter, crush them and sprinkle them among the rows of plants that the slugs will want to invade. I read that kitty litter also keeps slugs at bay, but have not heard if it works.

FRESH PARSLEY THIS WINTER!

As I was cleaning out the garden, I dug up a small root of parsley and potted it and placed it in a sunny location in the house. I should then have some fresh parsley all winter.

GARDENING CAN EVEN USE GARBAGE

USED TEA LEAVES

You may also want to save your tea leaves and bags after you have used them to make tea.

Something that works well to keep the maggots from harming onions is used tea leaves. Save them all winter. Just put them into a container and leave them dry in the garage or in an outside building. When you plant your onion bulbs sprinkle tea leaves around the bulb before surrounding it with earth.

COFFEE GROUNDS

These too can be saved to sprinkle on places where you want to keep the cats from hanging out.

SCRAPS

Composting and turning this back into the soil adds nutrition to everything you will grow in your garden.

For more gardening tips and ideas you can order Winning Ways cookbook or visit previous free newsletters on my website at www.winnieswinningways.ca

HEALTH FOOD FAIR

When we met just a few months ago to plan this fair, we had no idea how timely it would be. We had no idea our country would be facing such tough times financially. As well we had no idea that it would affect so many families all around us.

EAT NUTRITIOUS AT LOWER COST

Over the past few years a few of us have been wondering how we can help strapped families find ways to serve nutritious food without it costing too much. Nutrition is all about the choices we make, not necessarily the amount of money we spend. By choosing locally grown healthy foods, we are usually saving \$.

We have been seeing the cost of foods rising over the past year, so our aim was to find ways to help families provide well even on a strict budget.

The fair was called, **“EAT WELL, WISE & WITHIN BUDGET”**

Four health care workers each did a very short interesting presentation followed by a 4 Food Group meal demonstration done by our local School Health Teacher. After that everyone toured to 10 different stations where they could taste healthy food samples and talk about their individual or family needs.

Each family was given a binder packed with information given by the speakers as well as many healthy, low cost, easy to prepare recipes shared by those who prepared the samples.

We trust that these small efforts will make a difference in our families and homes and that this awareness of food and how it can keep families healthy will encourage them to get back to making better choices that are usually available locally at a much lower cost.



DAIRY PRODUCTS

The station on milk was the busiest station as everyone wanted to taste Amanda's yogurt. Seeing that yogurt is quite expensive to buy, everyone was impressed to think that they can make their own with milk. I am including below some of the recipes that were shared at this food fair.

FERMENTATION

Drinking milk has always and still is recommended by doctors, nutritionists and the Canada Food Guide to provide us with nutrients for our well being.

But today there are many who are lactose intolerant or sensitive to fresh milk.

Fermentation could solve problems for some individuals.

Fermentation breaks down milk protein, one of the most difficult proteins to digest.

Fermentation also helps the body absorb calcium and other minerals.

Vitamin B and Vitamin C content of milk increases during fermentation.

Milk can be turned into yogurt, cream cheese, cottage cheese and whey. You can make these products very easily at home with store bought or raw milk.

YOGURT

You can use raw or store bought milk and make a gallon of yogurt at a time if your family enjoys eating it everyday or you can just make a smaller batch. However . . . once you start to use it to replace bought sour cream or use it in so many other recipes such as the ones found below, you too will want to make a whole gallon. It keeps in the fridge several weeks.

Just one reason why good Yogurt is so very nutritious is because it contains the friendly bacteria, lactobacillus acidophilus. But as well it is packed with vitamins and minerals.

AMANDA'S YOGURT (without gelatin)

Make this from fresh, not sour milk.

This type of recipe, without the gelatin would be great for making the yogurt cream recipe below.

Ingredients:

8 cups milk

1/3 cup powdered milk

¼ - ½ cup yogurt culture (plain naturally cultured yogurt)

Wisk together the milk and milk powder. In double boiler heat milk mixture to 185° F. Allow milk mixture to cool down to 110° F. Sterilize 2 quart jars and lids. After milk is 110 degrees, remove 1 cup of the warm milk, and blend thoroughly with yogurt starter. Mix with the rest of the milk. Pour immediately into jars and cover with lids.

Incubate yogurt mixture at 108 - 110°F. Yogurt should be cultured and set by then, but for starter, incubate for 12 hours. Refrigerate immediately 12 - 24 hours. Flavor with fresh fruit, vanilla and honey or jam. Enjoy!



GELATIN YOGURT (a stiffer yogurt)

Make this from fresh, not sour milk. Heat the milk up to 185° F.

Remove the pot from heat.

Mix in until dissolved - 1 tablespoon plain gelatin crystals for each 2 litres of milk

Allow to cool to 110° F.

Stir in 1 tablespoon plain yogurt for every litre of milk.

Cover and place into the oven with the light on. I also turned the oven on for about 30 seconds just to make it slightly warm and then shut it off, leaving the light on.

In approximately 4 - 6 hours the yogurt should be thick.

Spoon it into containers and refrigerate.

*You can also thicken the yogurt in a yogurt maker, in a picnic cooler by placing several jars of hot water into the cooler with the jars of milk and covering it, or setting the containers of milk in warm water, keeping the temperature constant and without stirring the milk. These procedures may also take about 4 hours.

ORANGE YOGURT

Mash frozen orange juice concentrate in a bowl to soften. Fold into fresh yogurt. Refrigerate until solid. Use 2 - 3 tablespoons concentrate / cup yogurt.



YOGURT VEGGIE DRESSING

Use as a veggie dip or on other salad greens

- 1 cup yogurt
- 2 cloves minced garlic
- 1 teaspoon dill weed (chopped fine)
- 1 teaspoon lemon juice
- Salt and pepper to taste

YOGURT FRUIT DRESSING

- 1 cup yogurt
 - 2 tablespoons honey
 - ½ teaspoon cinnamon
- Blend and use as a fruit dip

HONEY-BERRY YOGURT POPSICLES

- 2 cups fresh strawberries
 - 1/3 cup honey
 - 1 teaspoon vanilla
 - 2 cups plain yogurt
- Process berries until smooth. Add honey, vanilla and yogurt. Blend again. Pour into molds or ice-cube trays. Freeze 1 hour. Add Popsicle sticks. Freeze until solid.



ORANGE YOGURT POPSICLES

- 4 cups plain yogurt
 - ½ cup frozen orange juice concentrate (or grape, pineapple)
- Freeze in popsicle molds or waxed paper cups. Insert sticks when partially frozen. To serve peel off the paper cup.

JENS RAW GRANOLA – makes 4 cups

When I am the only one eating this recipe, I make only a half recipe.

- 2 cups rolled oats
- 2 shredded apples
- ½ cup each of raisins and dried cranberries
- ¼ cup each of cashews or other nuts and sunflower seeds
- Bit of salt
- 2 cups organic yogurt

Mix and cover. Refrigerate overnight. Keeps well for a week. Quick & easy to make, nutritious and easy to digest. Enjoy this for an easy delicious breakfast.

Jennifer lives in the U.S. and has access to all freshly made dairy products. Her children love the above recipe as well as many other healthy recipes she makes.



YOGURT DESSERT

9 inch graham wafer crust

Combine 1/3 cup milk with 1 envelope gelatin

Warm on low heat until gelatin dissolves.

Combine in blender: 1 cup cottage cheese
1 ½ cups plain yogurt
¼ cup sugar or 3 tablespoons honey
Dissolved gelatin

Whip briefly. Chill until it begins to set. Pour into crust and chill.

Spread with 2 cups of any thickened fruit, fruit or lemon pie filling.

This recipe can also be served in parfait glasses, layering the yogurt filling and fruit or lemon filling. Top with a dollop of whipped cream.

OTHER USES FOR YOGURT

- Top plain yogurt with any one of a combination of the following: cinnamon, applesauce, maple syrup, raisins, or granola
- Use this yogurt to **replace buttermilk or sour cream** when baking.
- Mash an avocado with plain yogurt for a different nacho dip. Delicious!

YOGURT CREAM

Yogurt cream is slightly thicker than yogurt. If you wish to make some using the above recipe of yogurt, do not use the recipe that calls for gelatin crystals. The yogurt will not be as stiff, but it is still a very nice consistency. With this type of yogurt the whey will drain in the strainer and you will have great yogurt cream.

STARTER (save some yogurt after making it to use as a starter)

You can fill ice cube trays with some yogurt and freeze it so you will have a starter for future batches. Once the cubes are frozen, dump them into a plastic bag and keep in the freezer. Thaw as many as you will need the next time you make yogurt.

. . . Back to the yogurt cream

YOGURT CREAM

Yogurt Cream is a very delicious low fat cream cheese. There are much fewer calories and it is easy to make from yogurt. (Make from yogurt that has not been made by adding gelatin as then the whey will not drain off. (Read labels on bought yogurt to see if it contains gelatin before trying to make the yogurt cream)

Line a large strainer with cheese cloth or a coffee filter. Spoon 4 cups of plain yogurt in and let the whey drip out overnight in the fridge. Don't throw out the whey.

WHEY is also extremely healthy and can be added to your fruit drinks, smoothie or used in baking.

Keep the whey in the fridge and drink 1 ounce each morning in your juice. Or use the whey in baking. It can also be frozen in ½ cup measurements and used when making fermented breads, muffins or cookies. You can also thaw this whey to replace some of the milk in pancakes or waffles.

This yogurt cream can be used in many ways. Here are just a few.

SOUR CREAM REPLACEMENT

1 cup yogurt cream 1 tablespoon vinegar
Salt & pepper to taste

Yogurt Cream can be used in your favorite dip or cracker spread recipes replacing the cream cheese with yogurt cheese. Or salt the yogurt cheese to taste and use it as a spread on toast or bagels.

CURRY DIP

¼ cup salsa
1 teaspoon curry powder
1 cup yogurt cheese
1/8 teaspoon hot pepper sauce
Combine the above and use as a dip or refrigerate for later.

PEROGIES

Marjorie says, "It was fun making perogies in cooking classes last winter and we really enjoyed eating them with our families when we got home"

Perogies can be nutritious and delicious. The cottage cheese provides us with protein and also dairy products.

By choosing to serve perogies with a salad, you are also providing the vegetables and if they are raw, you are getting enzymes as well.

If you wish, you can use part whole grain flour in your perogy dough to add the benefits of whole grains to your meal.

Make healthy choices, and serve a nutritious supper!

EXCELLENT COTTAGE CHEESE PEROGIES

Dough:

2 cups mashed potatoes 1 1/2 cups flour
1 tablespoon olive oil 1 egg
1/4 teaspoon salt

Blend the mashed potatoes, egg and oil well. Add in the flour, mash and then knead well. Divide into 24 balls, roll each out fairly thin. (4 1/2 inch circles) Put a spoon of filling on one half, wet edges with water, fold over and seal. Cook in salted water until they float, turn with a spatula and cook a little longer. (6-7minutes)

Filling:

500 grams dry cottage cheese 1 egg
salt or a bit of sugar to taste (if you wish)

Serve with sour cream or a cream sauce.

Fruit Filling:

This dough can be filled with thickened fruit of your choice. In summer you can fill with fresh fruit!

When we picked blueberries, our Gramma was waiting at home to make us lots of perogies. She mixed fresh washed blueberries with a bit of flour and sugar and put a spoon full into each piece of dough. Yummy!

NON-DAIRY CHOICES!

Of course there are individuals who dare not have any dairy products and they then have to try other milks, such as soy, almond, rice etc. These can also be made successfully at home. Below is my soymilk recipe. If you have a soymilk maker, the soaked, steamed soybeans can be used in the machine successfully to make soy milk. The milk below can be made in a pot on the stove, a strainer & cheesecloth.

JUST IMAGINE

**If you had a Jersey Cow and all you had to do is open a tap to get milk, cream, cottage cheese, yogurt, butter etc.
Wouldn't that be great!**

Our forefathers had that, not quite as simply as opening the tap, but they could make these products at any time from the fresh milk their cow gave daily.

But for those who have allergies or intolerances to dairy products or for those who want more variety in their daily menu, soybeans can provide us with a great number of nutrients that are so helpful in fighting diseases & staying healthy.

A SACK OF SOYBEANS

Having a few bushels of soybeans in the house is somewhat like our forefathers having a cow. Their cow had to be fed, cleaned and housed. Our soybeans are on hand, ready to turn into soymilk, soy crème, soy yogurt, soy sweetened condensed milk, salad dressing and more. It's that simple and as well cost so little.

TASTY SOYMILK (3 quarts)

Make from soaked soybeans. The day before making soymilk, soak soybeans as follow: Wash and put 2 cups soybeans into a container that will give them room to expand about 3 times in size.

Next Day! The beans have now been soaking for about 12 hours and they are plump, yellow and about 2½ times their original size. Drain and rinse them and they are ready.

I use this recipe often because I am always in a hurry. Because soaked beans are necessary for other soy products as well, (below is the recipe for soy crème that

can be turned into delicious waffles or pancakes or cheesy cakes!) I usually prepare more soybeans than I need and I freeze the remainder. Soaking and steaming the soybeans makes them flavorless and makes them easier to digest.

4½ cups soaked soybeans 7 cups water
6 cups boiling water ¼ teaspoon salt
2 tablespoons white corn syrup

Add drained soybeans to a pot with about 3 quarts of boiling water in. Cover and keep on very low heat allowing the beans to almost simmer, yet not come to a boil at all. In 20 minutes remove from heat, drain and plunge them into very cold water. (throw out the cooking water)

Process in a blender for about 4 or 5 minutes with the 6 cups boiling water. I do it in 2 parts. Pour this mixture into a strainer lined with cheesecloth. Boil the 7 cups water and gradually pour most of this over the mixture in the strainer. Stir this with a spoon so milk begins to drain. When most has drained out, pour the last of the boiling water over. Bring the cheesecloth ends together and squeeze out more of the milk. I weigh it down with a gallon jar of grains placed on a plate covering the cheese cloth that is holding the soy mixture. Put the okara – the stuff in the cheese cloth into measured amounts in the freezer to use in many recipes. Add salt and syrup to the milk and store in quart sealers to keep in the fridge for a week, or preserve in sealed jars for up to a month in the fridge.

Okara – has plenty of fibre as well as many other nutrients. It can be added to breads, muffins, cookies or other recipes. A small amount can be mashed into egg salad or mashed potatoes and no one would ever know.

SOY CRÈME (4 cups)

I have a quart of this soy crème on hand at all times in the fridge or frozen in smaller measured amounts. In the fridge it will keep about a week.

2¼ cups **soaked soybeans** 2¼ cups warm water

Boil water in a pot on the stove. Add the soaked, drained soybeans. Cover the pot and again as above in the soymilk recipe, barely simmer, being careful not to boil at all. The beans should just steam. Heat them for about 30 minutes. DRAIN, throwing out the liquid. Plunge them into cold water, drain and cool slightly. Process the soybeans in a blender for 5 minutes or until quite smooth with the 2 ¼ cup water Pour into a quart sealer, cover and store in the fridge.



PROTEIN PLUS WAFFLES – I mix and bake 3 batches and freeze the extra.

3 Belgium waffles –these are very light and fluffy & very nutritious!
These can be baked, frozen and reheated in the waffles iron. (As good as fresh)
By just reheating these waffles for 30 seconds in the waffle iron everyone can sit down and enjoy lunch together.

Combine the following and beat well together.

1½ cups **soy crème (above)**

1 cup unbleached flour*

2 tablespoons oil

1 tablespoon baking powder

4 eggs

¼ teaspoon salt

½ teaspoon vanilla

**I have replaced this unbleached flour with buckwheat flour, spelt flour and even rice flour successfully for those who have problems digesting grains.*

Pour ¾ cup of batter into hot waffle iron. Bake 4 -5 minutes.

PANCAKES TOO!

I served a buffet brunch this past week using the above waffle recipe. I made two double batches. One was plain to make into waffles. To the other I added 3 cups of frozen blueberries and made them into pancakes.

The guests had a choice of waffles or pancakes and different fruit toppings or syrup & butter.

The pancake syrup recipe below was a hit and is now one of our favorites.

Did you know that bought pancake syrup is made mostly of sugar so it is not a healthy choice? Maple syrup is a healthy choice, but it is quite expensive. Now we use the following recipe as I do believe that honey is a very nutritious food.



PANCAKE & WAFFLE SYRUP

A great pancake or waffle syrup recipe that is much healthier than regular syrup and much cheaper than maple syrup is the following:

HONEY BUTTER SYRUP

¾ cup honey

3 tablespoons butter

1 teaspoon lemon juice

¼ teaspoon vanilla

Heat the honey and butter until blended. Cool and add lemon juice and vanilla.

OTHER WAYS TO USE THE HONEY BUTTER SYRUP

I now keep this recipe of syrup in the cupboard in a syrup container and use it regularly when I want to add honey to whatever. It stays liquid and is simple to squeeze through the hole at the top. (Just like bought pancake syrup)

For more soy recipes see Winnie's newsletters at www.winnieswinningways.ca

The above soy recipes are just a few of Winnie's soy recipes found in Soy Satisfied cookbook. Now, for only \$10.00 you will have the ability to turn soybeans into hundreds of delicious recipes.

Check the website for this special price in effect now!

SOYBEANS

Just as other dried beans are packed with nutrients, so are soybeans. And just like other beans, soybeans too have inhibitors that make them hard to digest. Any dried beans should not be eaten raw. But this is easy to remedy.

With dried beans, we just have to soak and steam them, draining the liquid off. Most of the inhibitors are then in the liquid and that is why it should be drained and thrown out.

These soaked and steamed beans are now much more easily digested and are a very healthy choice to eat. . It is just amazing how many wonderful great tasting recipes one can make with soybeans and one can never tell that they are in the recipe. The soybeans that were once pea tasting are now completely without taste

SOY SATISFIED contains 200 recipes that start with the simple soybean. That doesn't mean we should eat more soybeans than any other food. But because soybeans are packed with nutrition and because they can help us fight so many diseases, they should be one of the healthy choices we make

It is so important that we eat a variety of nutritious foods from all of the food groups everyday.

And remember by buying bulk, by shopping in season, by having a garden to enjoy fresh and also preserving for off seasons and by preparing foods from scratch, we can save plenty of \$\$ and still eat the best of foods nutritionally.

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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