

"SEEDS ARE FOR SHARING"



SEPTEMBER NEWSLETTER

Gathering and Preserving for . . .

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

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It's hard to believe that it's only the last week in August and we are almost done harvesting. We will now have about a 3 week break and then the soybeans should be ready to harvest. And that will be it for 2007!

This break will give me time to gather in most of the garden's produce to enjoy fresh and as well preserve plenty for the rest of the year. I am just beginning to dry the herbs for our own use and extra to share with others.



Parsley

PARSLEY

This week I picked off all of the parsley tops, washed and dried them in the dehydrator.

Once dried, I processed them into powder in the blender and stored them in the freezer in small zip-lock plastic bags. I labeled the bags as once they are frozen many of the powders look alike. Later on I will be able to grab the right bag.

In a few days the parsley plants will again green out so there will still probably be plenty to use fresh and as well give more away before the garden is finished for the year.

I am looking forward to the many soups, stews, meats and casseroles this parsley will flavor.

This is just one great recipe to enjoy with fresh parsley.

RICE CASSEROLE – serves 4 - 6

2 beaten eggs
2 cups milk
2 cups cooked rice
1 cup fresh chopped parsley
¼ cup butter or margarine, melted
2 tablespoons finely chopped onion
1 teaspoon salt
¾ cup cheddar cheese

Combine eggs, milk and rice. Stir in parsley, butter, onion and salt. Pour into an 8 by 10 inch baking dish. Sprinkle the cheddar cheese over the top. Set the dish into a 9 by 12 inch cake pan. Pour 1 inch of hot water into the larger pan. Bake at 350° F for 55 – 60 minutes or until a knife inserted comes out clean.

NUTRITION

As well as tasty, this parsley is packed with nutrients that the plants have gleaned from the sunshine and the minerals the roots have drawn from the soil all summer long.

So don't let anyone try to tell you that store bought is just as healthy!



PURPLE ONIONS

For the past ten or so years, I have been buying one large purple onion at a time to use in salads or other raw recipes. We love their flavor. But because they are so large, one onion will often last 2 weeks, so I wrap it up and put it into the fridge to use later on.

An aunt gave me some packages of seeds early this spring, so I decided to plant some of them. One was a package of purple onion seed. I planted a 12 foot row, thinking I would just use the tops, when my large Spanish onion tops are too large. I used these onion tops for weeks, but soon they too were so large that I finally decided to cut the tops off, dry them and powder them to use in winter.

A few weeks ago now, the remains of the purple onion tops dried up and I had a 12 foot row of 1 – 2 inch in diameter purple onions. I can use one or two each time I prepare a salad, a stir fry or a Denver sandwich, with none left to store in the fridge. And yes, as well, I know that my organic garden soil produces a healthier onion.

Next spring I will buy a larger bag of purple onion seed and plant even more, enough to last until the following year's crop. As well I will continue to plant 200 Sweet Spanish Onions to use in all of my cooking.

POTATO BUGS

The May 07 Newsletter shared ways to control potato bugs. But every year the battle begins again and I wonder if I will ever have them gone for good.

A month ago a friend mentioned another great idea that I will use as well this fall. Maybe this is the answer to getting rid of the bugs for good!

Work the garden once the potatoes have been dug. Then just before freeze-up, cultivate again, quite deep. This will stir up the bugs that are hiding in the soil for winter waiting to come out in spring. This late cultivating will expose them to the cold and they will die.

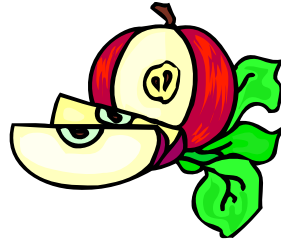
PARSNIPS

Another vegetable that I have begun to use these past few years is parsnips. Just one or two actually add a wonderful flavor to soups, stews and soup stock.

From one small package of seed we harvested over 80 parsnips. Instead of trying to find an ideal spot to store them in during the winter, I dried them today.

Wash and brush them clean. Shred them on a course grater. Put this on the dehydrator trays and dehydrate at no more than 105°F until it is dry. (At that heat you will not destroy the enzymes that help you digest your food) How long it will take to dry will depend on how much you are doing at once, but I did all of them so it took a day to dry. They are now in the freezer in a marked zip-lock bag, ready to add to recipes in the coming year.





APPLES, APPLES and MORE APPLES!

We have all heard the saying, "An apple a day, keeps the doctor away"

Apples are so very nutritious that eating them every day can actually keep one healthy and days to the doctor's office can be less frequent.

1. EAT THEM RAW

Wash them well and enjoy them raw for the greatest nutrition. Our son has a crabapple tree with loads of small apples that are really sweet and delicious. We all enjoy them so even the men get them in their harvest lunch bucket.

If you are buying apples in the store, wash them very well as most store bought apples have been sprayed with chemicals a number of times during the growing season.

2. JUICE

Any apples or crabapples, big or small are great to use for pure juice. A steam juicer will draw the juice out of the fruit and this can be used to make jelly or punch. I preserve many jars of this juice to use throughout the year in beverages, jellies and baking.

The following punches require no sugar.

PUNCH 1

Mix equal amounts of pure apple juice with equal amounts of ginger ale.

PUNCH 2

1 litre pure homemade apple juice

1 litre of any kind of juice. (frozen or in cartons)

PUNCH 3

1 litre pure homemade apple juice

1 litre carton of bought apple juice.

3. ROLL-UPS

With a tree full of smaller apples, I have plenty to use as many as I want for apple fruit roll-ups.

Cook up a huge pot of the apples by cutting the apple off of the core in about 5 pieces. Remove the peels by pressing the cooled apple through a tomato juicer.

For different flavors, blend in a double package of strawberry, raspberry, blueberry, lemon or lime Jell-O.

Any small, large, sour or sweet apple, rhubarb, strawberries, raspberries, chokecherries or any mixture of fruits can be cooked, pureed and made into fruit roll-ups. When these fruits are in season, pick and freeze them so they will be ready to thaw and mix later and then dry in a dehydrator. Winning Ways cookbook has other roll-up recipes.

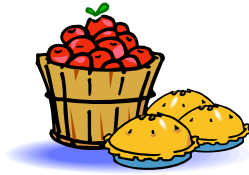
TRAVELING

This summer as we traveled for two weeks, we took with us fruit roll-ups, granola, and crackers (all homemade). It was good to have a continuous supply of nutritious snacks throughout the day and it kept us regular and feeling great.

4. PIES & DESSERTS

Larger apples can be peeled and cooked up into pie filling to use later on. We enjoy apple crisp or apple pie throughout the year and by using up all of the apples on our tree, we never run out of filling.

Into a 5 quart pot of filling I usually only add 1 cup of sugar and for really sweet apples, it can be even less than a cup.



SOY SATISFIED

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**.



Please take note that I am not promoting a diet of mainly soy. Soybeans are just one of the many healthy seeds available to us and by including a wide variety of these very nutritious seeds in our daily meals, we will be able to meet almost all of the needs of our bodies.

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 \$14.95, but for a limited time you can just disregard that and send \$10.00 for 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 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!



VARIETY

As mentioned above, we are told that eating a great variety of healthy foods is the best way to get the many different nutrients needed by our bodies to combat diseases and stay healthy.

This week I noticed a few hot flashes at night. Then I remembered that we hadn't been eating any foods with soy in since harvest started.

The flax I had each morning just wasn't enough to keep them away. Here, as well, I found that eating 2 - 4 tablespoons of flax each day as well as including 3 - 4 servings of a soy food each week was much better for menopausal symptoms than just the flax or soy in my diet alone.

So last night I soaked 5 cups raw soybeans and today I made a batch of soy cr me. This will be in the fridge ready to be used for waffles, soup and cheesy cake this coming week.



FOOD FOR THE 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/>