

## SEEDS ARE FOR SHARING



## OCTOBER 2011 NEWSLETTER

THANKS . . . GIVING!

THANKS . . . LIVING!

**“All is safely gathered in, ere the winter storms begin”**

I have been humming this song since last week!

We have been so blessed that we are able to say, “Yes, our crop of 2011 is in the bins.” It wasn’t a very big crop, but many times this spring and summer we wondered if we would have a crop, and last week we finished harvesting. We feel very fortunate because we know that because of the moisture there are some who will not get the crop off and we have friends who could not seed at all this year. If you had a bad year financially, I trust you will look for ways to make ends meet. I hope that these little tips, hints and recipes will encourage you to find less expensive ways to eat well for the health of you and your family.

I can’t believe it is Thanksgiving Monday! I am sure most of you are at your family gatherings. We had our children and some friends yesterday and other family members today. We had two scavenger hunts with the kids. They had so much fun running, climbing trees and looking for 8 items from nature as well as treats at three treasure spots. They could take one treasure at each spot. So much for the unhealthy packaged bars and chips.

The recipes below are two of our Thanksgiving favorites. Seeing it is probably too late to use them now, maybe you will want to save the recipes for another time. Sorry, but all the meal preparations took more time than I thought and I didn’t get this finished until just now. We have one more gathering to attend at supper time so I will have to hurry.

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The frost at the end of September finished off the rest of the garden; all except for the carrots. With the nice warm days these past two weeks the manure is worked into the garden, even though we left out where the carrots are still in the ground.

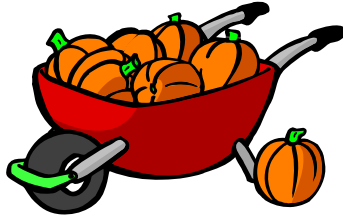


## **SWEETER CARROTS**

I find carrots sweeten up when they are left in until it gets colder, so I want to wait until this happens. Of course I do want to get them out before any lengthy wet weather comes.

## **PUMPKINS**

I was preparing a pumpkin for making pies on Friday and I wondered if I should share a few hints as well as a recipe that my husband says is the "BEST PUMPKIN PIE"



*The other day our morning show radio hosts were talking about the best pumpkin pies and they all agreed that their mom or grandma or wife made the best pie. They finally had to agree that there are many great pumpkin pies, so below are just a few of my hints!*

### **TIPS FOR A GREAT PUMPKIN PIE**

1. Grease the pie plates lightly with lard or shortening before putting on the crust. This prevents a soggy crust and also allows the crust to bake well. Good hint for all pies!
2. When taking the cooked pumpkin out of the shell, the pumpkin next to the skin seems to be a bit thicker in consistency. So, for a thicker filling, cut a medium size pumpkin in half, remove the seeds and cut it into about 8 pieces. Bring to a boil and then simmer it in a large pot with about 2 cups of water until it is soft.  
Allow the pumpkin and liquid to cool. Then scoop the flesh out of each piece, scraping as close as possible to the shell. That way you get all the pumpkin.
3. Blend the flesh and only as much liquid as you need to puree. That way you will have a nice thick smooth filling to use in the pie. (no lumps)
4. If your pumpkin is not orange in color, you can add a few cooked carrots or a cup of cooked squash to give it that orange color and also a rich brown color to the baked pie.
5. When I was little, I always said my Oma made the best pumpkin pie. She used ginger and dark molasses, so about 35 years ago, when I created the following recipe, I included both of these in my pie.

### **PUMPKIN PIE** (one 9 inch pie)

- 1  $\frac{3}{4}$  cup pureed pumpkin
- $\frac{1}{3}$  cup sugar
- 2 eggs
- $\frac{1}{2}$  teaspoon sea salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$  teaspoons ground cloves
- 1 teaspoon ginger
- 1 tablespoon blackstrap molasses
- $\frac{2}{3}$  cup whole milk

Blend these together until well mixed and smooth. Pour into unbaked pie shell. Bake at 375° F for 30 minutes. Reduce heat to 325 ° F and bake until firm. Cool. Serve with whipping cream or ice cream.

*I usually bake at least 4 pies at once, although this year I made 8. We may need them all in the two or three days of company, but if not, I will freeze 2 for future. I sometimes just let the frozen*

*pies thaw, but at other times I bake them for about 30 minutes at 300, or until they are hot. Of course they then have to cool several hours before serving.*

### **CELEBRATIONS & FAMILY GET-TOGETHERS**

Thanksgiving is a great time to have gatherings. But someone always has to do the cooking and baking. We hate to be preparing when guests are already with us, so it is nice to have food already prepared as much as possible.

This year we had some extended family over for a brunch today. We were 14 at the table, so with two waffle irons I baked them fresh and kept them coming. I often like to bake about 20 BELGIUM WAFFLES and have them in the freezer. I can then take out as many as I need, thaw them and heat them again for 30 seconds in the Belgium Waffle maker.

### **APPLE SPICE WAFFLES – 6 Belgium Waffles**

2 ¼ cup freshly ground whole wheat flour  
¾ cup rolled oats  
¼ cup oat bran  
4 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon ginger  
1/3 cup crushed flax

Mix the above dry ingredients and then stir in shredded apple until coated:  
1 cup shredded apple

In another bowl beat the following ingredients and add to the dry, mixing until well blended.

1 cup plain yogurt  
2 cups milk  
¼ cup extra virgin olive oil  
2 eggs  
1 tablespoon melted honey

Bake in hot waffle iron. Serve with any of the following - yogurt, fruit, syrup, the apple syrup recipe below. (with or without ice cream)

### **APPLE SYRUP**

2 cups apple sauce (unsweetened)  
½ cup melted honey  
2 tablespoons melted butter  
1 teaspoon cinnamon

Blend the above ingredients, adding 1 – 2 cups of water so that it pours nicely.



*To My Newsletter Friends*

*This has been a very short newsletter. I wanted to wish you all a HAPPY THANKSGIVING, so rather than wait until I have two months of recipes etc, I will leave November and December for the final letter of this year and today focus on this special holiday.*

*I have been reading and listening to presentations on healthy living. When I prepare meals, I think about the nutrients in foods and I try to put together foods from all food groups. That way I feel we are eating well. I am making our meals from scratch and using the garden vegetables & fruits fresh, preserved and dried.*

*LEEKs – I grew about 250 this year.*

*They are all dried, blended and frozen in bags. I have already been sprinkling this powder on eggs, bowls of soup and green salads. They are sweet and yet have so much flavor.*

*I cooked the turkey bones from yesterday's 19 pound turkey adding ½ cup vinegar to 6 litres of water. Once cool, I strained it and put it into the fridge.*

*Tomorrow I will make a huge pot of turkey noodle soup with it, freezing some and enjoying the rest this week. As I mentioned in the last newsletter, we can draw so many vitamins and minerals from the bones into the soup by adding some vinegar and as well by simmering it for many hours, so this is a super nutritious soup. No bought soup can compare!*

*Why not serve this health soup before the flu or a cold gets passed around; so you can prevent these diseases rather than trying to get over them. When I start getting a sore throat, I will gargle with Apple Cider Vinegar & water. (25% A.C. vinegar / 75% water) It has been a few years since I have had a cold any many years since I have had the flu. I trust eating well and taking my vitamins & minerals has helped in this.*

*I will be working on Christmas recipes in the coming weeks, so hope I will get these off to you so you can try them for the coming holidays too.*

*Sincerely Winnie*

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 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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