

## AUGUST NEWSLETTER

### “SEEDS ARE FOR SHARING”



#### It's Apple Time!

**There are so many different kinds of apples even here in Manitoba. We have small, large, sweet and sour crabs and apples. Some varieties are great for eating, others make super pies and still others can be preserved in so many different ways to use throughout the winter months.**

**Every kind of apple is useful and is also very nutritious!**

#### **Apple Pie**

**Winnie's Winning Ways cookbook** has recipes for making apple pie filling to use in baking, freezing, or recipes for fresh apple desserts.

#### **Apple Sauce**

When using smaller apples to make apple sauce, just cut the apple with the peel off of the core, leaving the peels on. To a pot of apples, add  $\frac{1}{2}$  cup water. Cover and cook on low heat so it won't burn at the bottom. When they are soft, push through a sieve. Add 1 – 2 cups sugar and mix in. The sweeter the apples, the less sugar you need to add. If using the sauce in baking you don't have to add any sugar. Freeze in plastic containers.

When it comes to preserving for the winter, the freezer is a quick option, but you may not have the freezer space after the vegetables are all put away. Canning can be another option.

Preserving apples by canning can be quick and easy. Follow canning instructions to be sure the jars are sealed.

I preserve the jars of pure juice and freeze the pulp. (recipe below) When I want to make fruit roll-ups, I will thaw plenty of the pulp and do up a large batch. (recipe below)

Apples can also be sliced and dried in a dehydrator. These dried apple slices take up very little space in the freezer.

The following recipe is very nutritious because it separates the apple juice from the pulp and nothing is added.

### **Pure Bottled Juice**

If you have access to crabapples, rhubarb, raspberries, strawberries, cherries, chokecherries, grapes, cranberries, plums etc, you can extract the juice in a very short time with a steam juicer. Mine is stainless steel and holds 7 – 8 litres of fruit. The hot juice simply drains into hot sterilized jars through the hose.

It doesn't matter what kind of juice you make, they all can be made into jelly, used to make a punch or thickened slightly to use as a sauce or syrup. OR . . .



**I use this juice all winter long in place of lemon juice called for in recipes, especially my muffin recipes in A Muffin A Day cookbook.**

P.S.

The **pulp** that remains after juicing can be used to make jam, baking or cooking recipes or to make delicious fruit leather or roll-ups in a dehydrator. **Delicious! Nutritious! Inexpensive!**

**PUNCH** – use any kind of the above juices.

1 litre pure juice  
1 litre water

1 litre ginger ale  
a bit of sugar if using rhubarb or crabapples

**SYRUP** – use any of the above juices.

(Delicious on pancakes, waffles, ice-cream or puddings)

2 cups pure juice (If using rhubarb or crab juice add ½ cup sugar)

1 cup water

¼ cup cornstarch (or ½ package Garden Fare Glaze Mix)

1 teaspoon butter

If thickening with cornstarch, mix the first three ingredients and cook until thickened. Add butter.

If thickening with glaze, boil the juice and water. Add the glaze. Mix and stir.

Let cool and refrigerate.

**FRUIT LEATHER or ROLL-UPS** – can be made from the pulp remaining after making the pure juice. (or any other blended fruit)

If there are remains from the fruit, example stones or peeling, push the pulp through a sieve to remove them.

Blend 8 cups pulp together with 1 or 2 cups of any cooked fruit. I usually thaw frozen strawberries and blend them into the pulp.

Spread this mixture on the lightly oiled dehydrator sheets and dry.

When dry, place them on a cutting board and cut them into narrow wedges with a pizza cutter or a scissor. I never bother rolling them up as the kids eat them so quickly that it doesn't pay to waste the time. Store them in a plastic bag or container.

## ZUCCHINI

The whole garden is producing very well. I pick 4 - 6 small zucchini every day, so we have plenty for ourselves and plenty to share. I made a new chocolate cake recipe, trying to use healthier ingredients.

I am trying to cut back on eating sugar, so this recipe can be made with only honey. I am using freshly milled grain flour that has been soaked overnight in lemon juice. Apparently this helps us digest certain whole grain flours, one being wheat.

This recipe makes two cakes, so after they are cooled down, I cut one or more into serving pieces and freeze them in a Tupperware container for later. It is great for unexpected company or to take out when it is too hot, like today!



### ZUCCHINI CHOCOLATE CAKE - 2 (9 x 13) pans

3 eggs	1 ½ cups whole wheat flour
¾ cup milk	2 tablespoons lemon juice
1 cup oil	

Mix the above together and put into fridge overnight  
(Can be kept up to 20 hours)

Add

¾ cup honey	¾ cup sugar (or ¾ cup more honey)
1 cup soy flour	½ cup cocoa
1 cup regular flour	¾ teaspoon salt
1 tablespoon baking soda	1 table spoon baking powder
2 teaspoons vanilla	3 full cups zucchini, shredded fine

Beat in all the above ingredients, mixing in the zucchini last  
Spread this batter into 2 (10 by 13 inch) pans  
Sprinkle with 1 - 2 cups chocolate chips and some nuts if you like.  
Bake at 325°F for 35 - 40 minutes, or until toothpick comes out clean.

### MORE WAYS TO USE ZUCCHINI

1. Cut raw young zucchini into sticks and serve with dip.
2. Dice them to add to soups or casseroles .
3. Slice and add to stir-fry.
4. Use it to make zucchini jam. (recipe in Winning Ways cookbook)
5. Shred and freeze in measured amounts to use in recipes during the winter.

## FOOD PACKAGES OFTEN GIVE MIXED MESSAGES!

On the third Sunday in July our community folk gathers each year at the Stampede grounds for a church service during our annual Rodeo. This year we arrived early, just as the musicians were finished practicing the songs they would use to lead in worship. One young mom sat down in front of us to enjoy a cup of coffee and crackers.

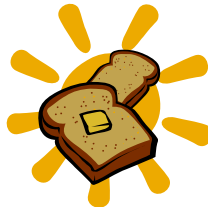
As we exchanged greetings, she mentioned that she was having her breakfast. She pointed to the WHEAT on the box remarking that it is healthy, isn't it?

Packages like this often send the wrong message to consumers because these crackers were made from white flour, yet shoppers might assume they are getting all the healthy nutrients found in wheat when eating them.

The wheat germ and fibre, the healthiest part have been removed so the flour will have a longer shelf life.

As well, these crackers have additives that are not very healthy.

Then last week this same mom called to order four loaves of **Whole Grain Flax Bread**. I wondered at this interest in healthy foods. She said that her three sons (ages eight – thirteen) were demanding a more nutritious diet. They heard that this would improve their performance in sports.



Wow! Was I excited and I was only too happy to bake those loaves of bread for this family.

I began to think, **“Maybe this is the generation to target when promoting a healthier lifestyle and better food choices.”**



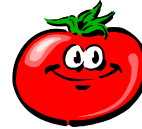
This gives me something to think about as I plan for future books, newsletters and presentations.

**Below are a few ideas on getting youngsters and teens to eat healthier foods as well as to make healthier choices**

1. Get children involved in meal preparations – cooking, baking and serving. Often when they have a part, the meals seem more interesting. Get their input on ingredients and recipes as well.
2. Let them help pick from the garden. Children usually love to pick and eat peas right from the patch, so have an extra row just for that purpose. Pull carrots as well and enjoy them whole.



**Remember raw is far more nutritious!**



Tomatoes – As a child I remember going into Oma’s garden and eating tomatoes right off the vine, as many as I wanted.

3. Alphabet Soup – Add cooked alphabets to any soup recipe. The soup can be your choice of cream soup. Tomato soup can have pureed carrots, celery, onions or sweet potato added and children will never know. If they like broccoli, make cream of broccoli soup. Then add the alphabets and let them eat the letters of a cow, or a horse or their name etc. It can be fun and soon they are eating the soup without realizing it.

**\*For a fun activity, on a “stay in the house” day, let the children make words with uncooked alphabets!**

A B C D E F G . . . C A T

4. Hide nutritious less popular foods in meals and they will be eating healthy without realizing it. When they are older, they will enjoy these flavors.
5. Often children do not like the onion pieces in recipes, so blend them with part of the liquid called for in a recipe.
6. When making cabbage rolls, use part rice and part buckwheat in the filling.
7. Keep a frozen bag full of cooked, dried beans, lentils, soybeans or peas. Toss a few into casseroles, soups or blend them to add to pizza sauce, gravy or salsa.
8. Cut raw vegetables into interesting shapes!



## **HOT SUMMER DAYS!**

I am sure many of you are also experiencing these hot dry days. I am doing my best to keep the house cool so when we come in to eat, to visit or to relax, we can enjoy the cooler indoor air.

1. Try to prepare the produce for canning or freezing and then blanch and use the stove or oven in the evening. Once you are done, open the windows, turn on the fans and allow the house to cool off and prepare for possibly another hot day tomorrow.
2. Plug your crockpot in the garage. If possible it is also great to have a second stove in the garage or in the basement.
3. Use the barbecue to cook meats, and even vegetables wrapped in foil.
4. Run the dishwasher, clothes washer and dryer in the evening, so again the house can cool down at night.
5. On hot afternoons, take a break and make homemade ice cream, go do your shopping or have a rest.
6. Serve as many salads and cold foods as possible. With the fruits and vegetables in season these can be very enjoyable.

New Revised **EAT MORE WHOLE GRAINS** \$2.00 off or **\$12.95** until Dec 1/06.

**SOY SATISFIED AND A MUFFIN A DAY** together are selling for **\$15.95**  
(as long as current stock is available).

Order **One of Each of Winnie's 7 cookbooks** . . . save \$23.70

Yes, all seven cookbooks for the low price of **\$55.95**

For further specials & pricing, go to the ORDER FORM on this website, call or e-mail Winnie.

Continue to enjoy the great outdoors  
Sincerely Elaine (Winnie)

### *About the Author*

*Winnie is always looking for ways to provide inexpensive, nutritious and yet healthy 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 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: [www.winnieswinningways.ca](http://www.winnieswinningways.ca)**