

MARCH AND APRIL 2006

We are now into April, and the March newsletter was not yet sent.

FLOOD

It has been a busy few weeks and then yesterday we had word that we were in for a flood as severe as 1996. Well, in 1996 we were surrounded with water for over a month and the phones were out. Now if the phones are out this time, I will be without Internet access! MTS has been here covering the posts, so we sure hope that is enough to keep the lines working through the whole flood time.

I decided to warn my readers, just in case my Internet is cut off and I don't get your e-mails and orders these next five to eight weeks. And the flood could be worse if we get quite a bit of rain, so we are preparing for high water and trusting the Lord that the water will be off of our land in time to allow us to clean up the debris and to put in a crop. Our house and garden are now higher, so I will be able to enjoy planting my large garden no matter what.

If all goes well the flood will not disrupt my business and I will be able to e-mail, take orders and send out the books regularly, even if it means a trip to town by boat.



SEEDS ARE FOR SHARING

The seed catalogues arrived shortly before Christmas, so as soon as the holidays were over, I eagerly went from page to page, planning this year's garden.

Each page is full of many different brightly colored vegetables and fruits. One can almost taste the delicious flavors. But just as they each have distinct colors and tastes, as well each of the colors supply us with different nutrients needed by our body.

Garden's vegetables and fruits picked ripe and fresh have the greatest amount of nutrition, so if possible, having your own garden is a plus. Did you know that many of the vegetables and fruits in the grocery stores are picked before they are ripe in another country of the world and shipped to us? These do not come to us fresh and they are not picked ripe, so they are definitely less nutritious.

If you have a large plot, you could grow enough produce for your whole family to eat, to preserve some for later and maybe even have extra to share with others.

SMALL GARDENS

But for those who have only a small area, use stakes so the plants of the vegetables like cucumbers, peas, beans and tomatoes can climb up, using very little space and yet producing a large harvest.

FIVE POTATO PLANTS – FIVE BUSHELS?

I heard of a gardener who planted 5 potato pieces (each piece with 2 or more eyes) in the middle of a large rubber tire. As they grew, another tire was placed on top, adding more earth and organic matter. I have no idea how large a tire was used and I am not sure how high she went, but this lady said she got 5 bags of potatoes.

Another article mentioned using a barrel with holes punched in the sides. They too mentioned having a very large crop of potatoes. But I have not yet tried these methods and I am not sure how it is accomplished. Maybe this is the year to try it. I do know that when I hill the potato plants often, they do continue to grow up higher and I do have a better crop. This would certainly be a good idea for those who only have a small garden plot.

CHOKER THOSE POTATO BUGS!

These past two years I have been using whole wheat flour to keep the bugs off of my potato plants. And it has been just as successful as the toxic potato dusts that I used to buy. Seeing I have my own grain mill, I just mill wheat on the course setting. I have been told that the bugs eat the bran and it chokes them. I probably sprinkle it on about 15 times during the bug season. This is more often than I would sprinkle on with the bought expensive dust, but it costs me only pennies each time, and it is completely environmentally friendly.



Be sure to add and work manure into the soil of your garden, so the soil will be rich and the produce will be rich in vitamins and mineral. The plants also receive nutrients from the sun, so be sure they get sunshine for at least 4 hours a day. But I'm getting ahead of myself, we still have snow on the garden so I will be content to plan and dream for a few more weeks.

REASONS FOR HAVING A GARDEN

1. A major benefit would be the nutrition that we get from the freshly picked organic ripe vegetables and fruits. The better the soil, the greater will be the nutritional benefits to our bodies.

2. We can go outside and pick fresh produce to enjoy raw or cooked or to preserve for future use.
3. Having a garden gives us the opportunity to get exercise, fresh air and sunshine as we tend the plants or pick the bounty. The whole family, even children can get involved in small or bigger ways.
4. Another reason is the money we can save on grocery bills. Of course the larger the plot, or the better we take care of the garden, the more it will produce.

LEEKs

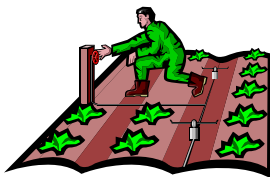
This winter I was reading a book about cleansing the body. A suggestion was to make leek soup and eat only that for a few days, doing this a few times a year. I decided I was going to plant leeks this year, and hopefully try to make a delicious soup with them. I always use plenty of onions in cooking, as I know they are so good for us, but maybe leeks are even better! As much as I learn about healthy eating, there is still so much that I do not know. What I do know is that the produce picked fresh in my garden is very nutritious. I use only organic fertilizer (rotten manure) and I stick to organic pesticide control.

WINNING WAYS COOKBOOK

By planting certain vegetables, fruits and flowers beside each other we can have a much better crop of nutritious produce. This is better explained in the WINNING WAYS COOKBOOK.

WINNING WAYS cookbook is full of many ideas and hints on gardening, on preserving, cooking and baking using these many fruits and vegetables. It also includes many ways to save, yet provide great meals for your family!

Gardens can be large or small, but maybe you have no room at all. You do have another option; at least for getting some of the nutrition your family needs to stay healthy.



GROW SPROUTS!

Grains, pulses and other seeds are very nutritious, but sprout them, and the results can be from **six to sixty times** as nutritious as the seeds are.

The sprouting process creates LIFE and these sprouts now contain plenty of vitamins, minerals, proteins, antioxidants and enzymes, all necessary for the body to function well and stay healthy.

As well as providing nutrition, the sprouts deliver the nutrients in a form that is easily digested by the body.

SO WHY NOT SPROUT SEEDS?

1. Sprouts can be made all year long with a new crop every few days. In winter when we don't have fresh garden produce to supply us with beneficial nutrients, we can eat sprouts for nourishment and to strengthen the whole body including the immune system.
2. Sprouting needs no soil, just a glass jar with a large opening, a screen or netting to cover the hole, and untreated seeds.
3. There is no need to worry about weeds, storms, sprays or bugs.
4. They are simple to start, grow and harvest.
5. The nutrition in sprouts is higher than the seeds themselves.
6. There is no waste. The seeds, the root and the sprout are all nutritious and can be used.

SOY SATISFIED has directions for making soybean sprouts, with recipes to use them in, so in this newsletter I will just focus on wheat sprouts and wheat grass. Another time we will talk about sprouting other seeds.

We are enjoying the wheat sprouts regularly and every day I am finding new ways to include them in our meals.

GOODNESS OF WHEAT SPROUTS

- **Wheat seeds contain very little Vitamin C, but in early sprouting, the vitamin C increases by five times.**
- **In sprouting, Vitamin B Complex increases more than double.**
- **Vitamin E is increased three times by sprouting.**
- **Many other nutrients found in these seeds increase as well.**

I will tell you how I make the sprouts. If you want to make a smaller batch, use half cup of wheat and use a 2 quart sealer.

EASY TO MAKE SPROUTS

Wash 1 cup clean untreated wheat seeds.

Cover them with two to three times as much water and let stand over night.

Drain, rinse and place seeds in a clear glass gallon jar with a large opening.

Cover the hole with mesh or netting and secure with a rubber band.

Vitamin C increases more rapidly in the dark so begin by placing the jar into the dark at about 80 ° F at an angle of 70 ° to keep them drained.

Rinse two - three times a day, flushing and draining well.

When sprouts start to show in a few days, they are ready to “green” in the sun.

Now place the jar into the light to activate the chlorophyll and turn the sprouts green.

When the green sprouts are as long as the wheat seeds, they are ready to blend up and use in recipes.

It may be quite tangled together, so cut the mass into two strips, removing the two pieces from the jar. Now cut each half into four to give eight pieces. Rinse and drain them. Each of these pieces is 48 grams or 2/3 cup packed. The bread recipe below will use one of these pieces. The others can be refrigerated for a week, or frozen for longer.

The sprouts can also be dehydrated to preserve the many nutrients.

BREADS, BUNS, MUFFINS, PANCAKES, WAFFLES etc

Blend the wheat together with the sprouts and roots with water or milk at 50/50 ratio, or less liquid if you wish. If you are using 1 cup of this blended mixture in any of your own recipes, remove ½ cup liquid and ½ cup flour that your recipe calls for.

Below is the bread recipe I am using on a regular basis. We enjoy it for toast as well as sandwiches. This recipe turns out light and fluffy and is packed with nutrition.

WHOLE GRAIN SPROUT BREAD

This recipe will make 4 large loaves or you can make it into 6 or 7 - 2/3 high loaves. These lower loaves, sliced quite thin are great for sandwiches.

3 ½ cups warm water (use one cup to blend the wheat sprout mass)
1/8 of the wheat sprout (2/3 cup)
½ cup flax, crushed
½ cup millet, crushed
3 tablespoons oil
2 tablespoons salt
3 tablespoons honey
2 tablespoons blackstrap molasses
½ cup lentil puree
½ cup barley flour
6 cups whole wheat flour
3 cups unbleached flour
2 tablespoons fast rising yeast
1 tablespoon dough enhancer

Blend the wheat sprout mass with 1 cup of the water. Add the crushed flax and millet, oil, salt, honey, molasses, lentil puree, barley and whole

wheat flour. Mix well in a machine or with beaters. As you continue to mix, sprinkle the yeast and dough enhancer over. Knead in the regular flour. The dough should be quite stiff, so add a bit more flour if needed. Knead well. Let rise in a warm draft free place. Punch down and divide the dough into as many pieces as you will have loaves. Shape each piece into a loaf and place into an oiled bread pan. Cut three slashes across the top. Cover and let rise double. Bake at 350° F for 20 – 25 minutes, or until well browned.

ALLOW WHEAT SEEDS TO GROW FOR WHEAT GRASS

When making the sprouts, you can allow the green to grow to 1 to 2 inches long. Clip them to chop up and use in any of the following ways.

- egg dishes such a scrambled, Denver, soufflé, omelet
- chop into pancakes or waffles
- Chop and add to a stir fry.
- Add chopped to casseroles
- Add to chop suey or chow mein
- Add to mixed vegetables
- Add to grilled cheese sandwiches
- Use in tacos, quesidillas, enchiladas
- Place some on hamburgers and hot dogs
- Add chopped sprouts to dips
- Add chopped sprouts to meatballs or meatloaf
- Add chopped to potato patties

This week I made the following vegetable dip that we just love . . .



and it is full of wheat grass and as well soybeans!

VERY HEALTHY VEGGIE DIP!

- 1 cup 1% creamed cottage cheese
- 1 cup soy crème – recipe in SOY SATISFIED
- 1 large onion, chopped
- 1 garlic clove, minced
- 3 tablespoon lemon juice or vinegar

Sauté the onion and garlic in 2 tablespoons water on low heat.
Mix all of the above ingredients together in a blender.

Mix in:

- 2 teaspoons parsley flakes
- 2 teaspoons Italian spice

For a sharper flavor, add more garlic, herbs, lemon juice or some salsa.
Stir in 1 cup finely chopped wheat grass.

A bit of salt & pepper if needed
Refrigerate until chilled through.

- ***If ever your dip is too thin, thicken it by adding gelatin. Just mix 1 package gelatin with ¼ cup water. Microwave until almost boiling. Add to dip mixture and refrigerate until firm.***

Enjoy with veggies, crackers or even as a salad dressing!

In closing, I want to remind you of the special available when buying SOY SATISFIED and A MUFFIN A DAY together. The amazing low price is found at the end of the January Newsletter. The special will continue only as long as the current stock is available.

As well, the special on the new revised EAT MORE WHOLE GRAINS will continue until June 30 of 2006. Just mention the \$2.00 coupon found at the end of the February newsletter and you will get \$2.00 off one copy per order of this cookbook.

Have a great spring, enjoying the many signs of new life as they begin to appear all around you.

In the May newsletter I hope to share something great for Mother's Day as well as ideas for graduation.

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.

To view her cookbooks, go to: www.winnieswinningways.ca