

"SEEDS ARE FOR SHARING"



MAY NEWSLETTER

WAYS TO “FIGHT THE BATTLES” & “ENJOY THE REWARDS” OF GARDENING

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

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These past few days have brought us cooler temperatures, but with it came much needed rains. In fact it would be great if we could shut off the tap now. We have now had close to 4 inches and the plants all want some sunshine and warmth.

April was very warm so the garden was planted and the crops were put in. The garden is growing well and the crops and weeds are growing by leaps and bounds.



SPRING FROSTS

I did think of the likelihood of frost when I planted so early, but I protected each tomato plant with an ice cream pail with a 4 inch hole cut out of the top. It is easy to cover them with another pail or a blanket without damaging the plants. In fact last night I did cover at least 60 plants just in case of frost. The cucumbers, pumpkins and zucchini are up, so I put blankets on them.

When the potato plants were small the forecast was for -1 so I just covered each plant with a bit of loose soil. They popped through in a few days and are now quite big. If we have low temperatures now, I may cover them with blankets and long pieces of fabric that I save for spring or fall frosts. Those fresh potatoes make these precautions well worth it.

One year Melvin and I put small piles of wood at the garden edge. At 4:30 in the morning we lit them and this warm air blew over the garden keeping the potatoes and other plants from freezing.

At times I have put buckets of water between the tomato, pepper and celery plants. This as well kept the frost away from the plants.

MOSQUITOES

All of this moisture can often lead to an abundance of mosquitoes and that could spoil our summer considerably by chasing or even keeping us indoors more than we would like.

Mosquito Hats

I will never forget the summer of '93. If we opened our mouth to speak we often swallowed a mosquito. No matter what time of the day I went to the garden I had to completely protect my whole body. The men as well found it hard to work on the machinery.

Our neighbor lady had a net that covered her hat, so together with long pants and long sleeved shirts, she was able to gather in her garden produce quite nicely.

I bought a piece of black fine netting and sewed a few for the family. Others saw them and that summer I sewed 80 of them and sold some at the farmer's market. It kept the mosquitoes away from the face and neck and made outdoor jobs bearable.

I still have 10 of them in the cupboard, just in case. This could be one of those years!

If you are interested in making some, here are the instructions.

BUG OFF (to make one)

1 piece of fine black netting 17" by 36"

1 piece of ¼ inch wide elastic (18" long)

1 piece of denim or heavy cotton (8 – 10 inches in diameter)

Sew a ½ inch casing along one 36 inch side of the netting. Put the elastic through, fastening the ends of the elastic to both ends of the 36" casing. Sew the 17 inch sides together. Gather or pleat the other 36" side to fit around the edge of the circle. Sew it on. Turn right side out and you are ready to wear it over a hat.

OTHER BUG OFF METHODS

- **CITRONELLA PLANTS**

This is a type of geranium which doesn't flower. Plant some around the patio area or where you enjoy sitting. The mosquitoes will keep their distance.

- **CASTOR BEAN**

They grow up to 10 feet tall. Surround your patio with them and see mosquitoes disappear. (these plants are poison to eat though)

- **PERFUME**

Don't wear strong perfume as it attracts mosquitoes.

- **LEMON BALM**

This is a perennial plant which can also be planted in your garden or in pots. Rub the leaves between the palms of your hands and rub the oils on exposed skin for mosquito protection.

- **DRIED TOMATO LEAVES**

In France, the people hang bouquets of tomato leaves in windows and around doorways to keep flies, mosquitoes and spiders away. I have done this successfully for at least 5 years now. Tomato plants keeps the flies away from the doorways and because of that there are less in the house.

This idea also prompts me to trim the tomato plants. Of course I don't do it until the plants need pruning to produce bigger fruit. So this practice has two benefits!

RHUBARB

The first fruit in the garden this year was rhubarb. In fact I have already picked and shared much of it with others. Some will be used to make a spray to deter the potato bugs as soon as they appear. I will share that recipe here for you again. It works well for me. Use it liberally and as well pick off any bugs or leaves that have orange colored potato bug eggs underneath.

NATURAL POTATO BUG SPRAY

20 large **rhubarb leaves**

10 quarts water

2 tablespoons dish soap

2 teaspoon cayenne pepper

2 tablespoons cooking oil

Simmer the rhubarb leaves in water for 30 minutes. Strain and throw the leaves away. Add remaining ingredients and mix well. Spray liberally on potato plants after you have picked off all the bugs you can find. Spray at regular intervals, maybe weekly. This depends on how bad the bugs are on your plants.

Rhubarb Dessert

This morning I picked off some rhubarb to make a dessert for lunch. If we are going to have dessert, I try to make it healthier and that is what I did today as well.

RHUBARB APPLE CRISP – 15" by 10 inch cake pan

8 cups chopped rhubarb

3 cups unsweetened apple sauce

$\frac{3}{4}$ cup sugar

Mix together and spread the above into a greased cake pan.

½ cup margarine or butter
2 cups oatmeal
1 cup whole grain flour (I used barley flour)
½ cup brown sugar
1 teaspoon cinnamon
Mix the above together and spread over the fruit.
Bake at 350 ° F for 40 minutes.
Enjoy as is, or with a bit of ice cream or whipping cream.

For even more nutrition, you can use ¾ cup honey instead of sugar.



RHUBARB JAM

Every spring, I make a batch of fresh rhubarb jam to spread generously on toast to enjoy for at least for a few weeks, until I have had my cravings for rhubarb satisfied.

* ¼ cup honey instead of sugar make this more nutritious and very tasty.

FRESH RHUBARB JAM – with a twist

2 cups chopped rhubarb
1 cup water
¼ cup honey
Stir together and boil until soft.
1 tablespoon gelatin (or 1 envelope)
¼ cup water
Mix the gelatin in the water and let rest a few minutes until thickened. Mix into the hot rhubarb, as soon as you remove it from the stove.
Pour into a jar and refrigerate. It will keep a few weeks in the fridge

RHUBARB JUICE

Every time the rhubarb is big enough to pick, I will take it off and preserve a number of quarts in the MEHU-MAIJA stainless steel juicer that draws the boiling rhubarb juice out of the rhubarb. This juice is ideal to replace lemon juice in recipes. It can also be used to make punch or flax muffins and cheesy cakes. It is a great money saver, but as well very nutritious.

I pick off all of the rhubarb at least 3 or 4 times in June and July. That way it grows again and there is an ample supply of nice young rhubarb all summer long for recipes.

A MUFFIN A DAY cookbook has muffin recipes that call for this pure rhubarb juice.

The latest eBook called I CAN'T BELIEVE IT'S SOY . . . CHEESEY CAKES also has recipes that call for the pure rhubarb juice.

These muffin and cheesey cake recipes are packed with nutrition and part of that nutrition comes from the pure rhubarb juice.

See the website at www.winnieswinningways.ca to view or order cookbooks.

Another rhubarb recipe that uses less sugar than usual is the following:



RHUBARB STRAWBERRY SPREAD

2 cups thawed rhubarb
2 cups thawed chopped strawberries
2 tablespoons lemon juice
2 tablespoons gelatin
1 cup sugar

Chop rhubarb in blender. Add fruit and bring to a boil. Simmer 10 minutes. Combine lemon juice and gelatin. Microwave 30 seconds. Add gelatin and sugar to fruit. Mix and bring again to a boil. Pour into jars and refrigerate.

WHEN THE WORKS ALL DONE – We'll have some fun!

Are we rushing around trying to get all the work out of the way, promising ourselves and our family a time for relaxing and fun, as soon as we are done? And then everyday it seems there is more to do!

Working times can also be family fun times!

By including our children or grandchildren in some outside jobs, it can be fun for everyone. Use praise, encouragement and laughter as you work. The jobs may take a bit longer, but when the job is done, everyone will be proud and family members will have created wonderful memories. Besides that, children will have learned how to enjoy work.

Preschoolers can hold a bag open when picking up leaves or they can haul them in a bucket or wagon. Why not sing as you work, "We're picking up the leaves. We're picking up the leaves. To the familiar tune of The Farmer in the Dell.

Older children of course can also be a part of clean up and usually everyone responds favorably when they are promised a wiener or marshmallow roast at the end of the day, or a period of time. Or go for a drive and get ice cream cones.

LUNCH PAILS

Even a trip to the field with lunch for Daddy can be fun. Last week we overheard our granddaughter say on the 2-way. 'Daddy we're coming to have a picnic with you on the field. Who knows where they ended up eating, but children love it and so does Daddy. Pack a lunch for each family member in an ice-cream pail. This can be just as much fun to children as a planned outing.

For many more gardening and produce ideas, hints and recipes see Winnie's Winning Ways cookbook. Go to www.winnieswinningways.ca to view or order.

SOYBEANS

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**.

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!

OUR BONES NEED MINERALS!

Our bones need to be strong but as well flexible so they will not break. Calcium can help make our bones strong, but we need the other minerals to keep them flexible so our bones will not break.

When we get our calcium from herbs and foods, these foods contain many other minerals, and as well provide many benefits for our bones.

The following quotes are taken from www.life.ca/nl83/bones.html

"Eating a cup of cooked greens every day is difficult, but drinking nourishing herbal infusions, eating seaweeds and using medicinal herbal vinegars is easy. They are tasty, fun to prepare and use, and add a big nutritional plus with virtually no calorie attached. Nourishing herbs and garden weeds are typically far richer in minerals than ordinary foodstuffs. Not only are nourishing herbs exceptional sources of minerals, their minerals are better at preventing bone breaks than supplements."

"Kale cooked for an hour delivers far more mineral to your bones than lightly steamed kale.

"Dr. Campbell, professor of Nutritional Biochemistry at Cornell University says, "The closer people get to a diet based in plant foods and leafy vegetables, the lower the rates of many diseases, including osteoporosis."

FOOD FOR OUR SOUL!

Nineteen ladies from Morris attended a retreat in April and the speaker, Elaine Froese shared so much food for our souls that we came home energized and encouraged to put into practice many of her ideas, but as well to read the WORD OF GOD, the BIBLE, more often to find out what God has for our own personal life experiences. Elaine 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/>