

"SEEDS ARE FOR SHARING"



NOVEMBER NEWSLETTER

"SQUASH" IN A WHOLE LOT OF NUTRITION"

and satisfy

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

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Squash is just another one of those nutritious vegetables that can help meet our body's needs for nutrients. It may not be a favorite especially with children so you may want to find ways to "dress it up" or "hide it". In the recipes below I have chosen both methods quite successfully. We didn't really like this vegetable until now!



SQUASH NUTRIENTS

Calcium, potassium, vitamin A, iron, zinc, vitamin C, B vitamins, fibre

GROW IN THE GARDEN OR BUY IN THE STORE

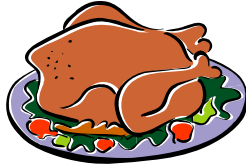
If you have a garden, I would encourage you to plant some next year. I really like the fact that I now have 50 squash in the cold storage with the potatoes and onions. They will keep for months without preserving. So once every two

weeks or so, I add them to our menu. Of course if you have no garden, they can be purchased all year round at the supermarkets.

QUICK TO PREPARE

Squash can be cooked or roasted with the peels on. Just wash and cut them in half. Remove the seeds and they are ready to roast. After they are done, it is easy to scrape the shells clean and use the pulp.

I was expecting company for dinner on Sunday, but had little time to prepare. I created my own recipe and it was great. The dinner actually cooked in the oven while we were at church.



ROAST CHICKEN

One 3 - 4 pound chicken

1 large chopped onion

2 cloves garlic, grated

1 small squash, remove insides and cut into four pieces with peels on

2 teaspoons parsley

1 teaspoon sage

1 teaspoon summer savory

salt and pepper to taste.

Put washed chicken into a roaster. Cover with onion, garlic and surround with squash pieces and 3 cups of water. (This is to be sure the roast will not run dry as we are leaving the house) Sprinkle with herbs.

Roast at 350 ° F for 30 minutes. Turn down to 285 ° F and roast 3 hours.

When I got home, I baked it for 30 more minutes uncovered at 350 ° F to allow the chicken to brown on top, while the vegetables were being prepared.

Do you ever pass the gravy by, thinking it is mostly calories with very few nutrients? Try this recipe; being assured that even gravy can be good for you.

CHICKEN GRAVY

Juice from the above roasted chicken (remove any fat on top)

1 cup squash

any juice from other vegetables you may be cooking on the stove)

½ cup flour (mixed until smooth in ¾ cup water)

The total amount of liquid should be 4 cups. Add water if short.

Pour the liquid into a small pot. Scrape 1 cup squash out of the peels, adding it to the liquid. Blend this with a hand blender until it is smooth. Add the liquid from the potatoes and vegetables after they are cooked. Add ½ teaspoon sage and flour mixed in water to thicken the gravy.

The squash, onion, garlic, herbs and juices from meat and vegetables make this gravy delicious and nutrition!

What's For Lunch Tomorrow?

The day after enjoying the roast chicken it was cold outside and I was feeling like I might be coming down with something so I decided to turn the chicken carcass into chicken soup.

Again, I started it by putting the chicken remains (bones and meat) into the large stock pot with water and simmering it all morning with onions and garlic while I was outside. Once I came in it took just 20 minutes to complete so we could enjoy it at noon.

By simmering the bones with a bit of acid (vinegar, whey or buttermilk) you are helping to draw out the minerals from the bones, in particular calcium, magnesium and potassium, and putting them into the soup. It also draws out gelatin into the soup, which helps fight many diseases and aids in digestion.

CHICKEN NOODLE SOUP - 6 quarts of soup

Put the remaining chicken (bones & meat) into a large pot and add:

6 quarts water

3 tablespoons vinegar

2 large onions, chopped fine

3 garlic toes, minced

Simmer this for about 2 hours and strain out the bones.

Pour the broth back into the pot and add:

1 cup chopped celery

1 teaspoon sage

2 teaspoon parsley

salt and pepper to taste

2 cups chicken pieces (taken off of the bones)

The remaining squash was scraped out of the shell and blended with water, adding it to the pot.

In another pot cook a package of noodles in water, rinse and drain. Let cool and then add to the hot soup in each plate to help cool it off.



DRIED GREEN POWDER

We have homemade soup almost every lunch, so to the above soup or any other soup I eat, I add $\frac{1}{2}$ teaspoon of my dried green powder and stir it in. Again, don't add it to the pot of soup that is boiling, as you wouldn't want to destroy the enzymes.

I mentioned in the summer 2006 newsletter how to make green powder from spinach, beet and lettuce tops. When drying, I was careful to keep the temperature below 110 ° F so the enzymes wouldn't be destroyed.

They dried quickly and could then be ground into powder in the blender. This is now in the freezer in small airtight plastic bags.

The powder doesn't seem to change the flavor much, so we enjoy $\frac{1}{2}$ teaspoon powder sprinkled on the following and more:

- cottage cheese
- scrambled eggs
- lasagna
- stew
- inside a sandwich

The greens can be dried in a dehydrator or in the oven being careful not to go above 110 ° F so the enzymes won't be destroyed.

STUFFED SQUASH – serve 6

These squash are “squashed” with more nutrition!

$1\frac{1}{2}$ cups cooked brown rice

$\frac{1}{2}$ cup dried whole grain breadcrumbs

1 onion, chopped fine

2 egg whites, slightly beaten

$\frac{1}{2}$ teaspoon sage

2 teaspoons parsley

$\frac{1}{4}$ teaspoon pepper

Mix the above ingredients together.

3 butternut or acorn squash

Cut the squash in half and clean out the inside. Fill each half heaping with rice mixture. Place them into a roasting pan. Cover with foil.

Bake at 350 ° F for 1 hour.

****For an all-in-one meal one can add browned ground beef to the filling***

SQUASH BAKE – serves 5 - 6

2 or 3 butternut or acorn squash

1 small onion

1 tablespoon butter

1 cup shredded Swiss cheese

$\frac{1}{2}$ teaspoon salt

2 beaten eggs

Peel and cook enough squash to equal 4 cups diced squash. Cook in a small amount of water until tender. Drain and mash. Sauté chopped onion in butter. Combine squash and onion. Mix in Swiss cheese, salt and eggs.

****You can also cook the squash with the peel on to scrape off when done.***

Spread in a 5 cup casserole. Mix the following and put on top.

**¼ cup dry breadcrumbs
2 tablespoons Parmesan cheese
1 tablespoon melted butter.**

Bake at 350 ° F 35 - 40 minutes.

Our Oma used to cut the squash in half, remove the seeds, then butter and sprinkle with brown sugar before baking – So very good!

If you, like me, have more than enough squash to use this winter, you can cook, blend and freeze measured amounts to add to any other soups, sauces or gravies. But squash will keep raw and whole for months, so be sure to enjoy them on a regular basis as well.

I have spent the last 4 months creating my first EBOOK. Nutritious foods have been added to each bread or bun recipe to make them all a complete protein. What a wonderful way to get protein! As well the procedure is changed to make the grains in the recipes easy to digest and their nutrients easy to absorb by our bodies. A big plus is the great taste, texture and appearance.

It is called,

“A BREAD FOR ALL REASONS . . . A BREAD FOR ALL SEASONS”

This eBOOK will be for sale on my website by November 30. The cost is only \$5.00 a book and can be in your hands without waiting for the mail to arrive. You can use the secure pay pal payment option, but you can also e-mail me to make arrangements to pay by M/C or cheque. I did sell some paper copies at the Farm Women’s Conference. The eBOOK explains the whole simple method and includes the following bread recipes. (Multi-Grain Bread, Sour Dough Rye Bread, Pumpernickel Bread, Bread Sticks, French Bread, Seedy Rolls, Raisin Bread, Fruit Bread, Hot Cross Buns, Pizza Crusts, Cinnamon Buns, and Christmas Braid.

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

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