

OCTOBER NEWSLETTER

“SEEDS ARE FOR SHARING”



GARDEN SOUPS FOR COMFORT FOODS!

The chilly fall weather calls for comfort foods to take the chill out of the kitchen and provide inner warmth for our bodies as we enjoy them, or maybe help us get over a cold!.

This year, we somehow missed fall completely and it feels like winter today. I am all for cooking up another pot of soup. Yesterday I made a large pot of tomato soup, as there were still some ripened tomatoes from the garden. The soup is almost all gone, so I want to make up a vegetable garden stock to use in some of my new recipes.

Soups made using nutritious ingredients are more than just an appetizer. They can be a very satisfying and beneficial meal.

For busy folk, a pot of soup can be today's lunch or supper with plenty to put into the fridge or freezer for a quick nourishing and satisfying meal on short notice.

These soups can be made by starting with water or for more nutrients, why not start with the following garden vegetable stock. Make a large pot of the stock and freeze some in 1 or 2 quart containers for the coming weeks or months.

GARDEN VEGETABLE STOCK

5 quarts water

2 cups diced carrots

2 diced parsnips (optional, but they do add a great flavor)

2 tablespoons parsley flakes

3 medium onions, minced

2 garlic toes, minced

2 bay leaves

Simmer the above for 1 hour or until tender. Strain and discard the bay leaves. Blend the strained vegetables well with 1 cup of the stock and add it to the vegetable stock.

Allow to cool and freeze in 1 or 2 quart containers to use when making soup. If you are using it in a week, it can be stored in the fridge.

The above stock can be used in any of your own recipes, or try one of the following:

Like me, you may have a bunch of squash that you took from your garden. Actually, I put in two seeds and I now have over 50 squash.

SQUASH CHEESE SOUP

serves 8

2 quarts vegetable stock

3 cups diced squash (Cut and dice squash, removing the peel & insides)

1 medium onion, sliced thin and sautéed with garlic in 1 teaspoon butter

2 cloves garlic, minced

1 teaspoon basil

salt & pepper to taste

2 cups chopped fresh tomatoes

1 pound Monterey Jack cheese

Simmer squash in stock for 15 minutes. Add corn, onion/garlic, and seasonings and simmer 10 minutes more. Cut cheese into cubes and simmer the soup until the cheese melts.

Garnish with fresh chopped tomatoes. (or if using canned tomatoes, chop and add with the cheese)

CAULIFLOWER SOUP

Serves 6

1 large head cauliflower

1 ½ quarts vegetable stock

1 cup sliced mushrooms (optional)

1 tablespoon butter

1 cup milk

1 medium onion, minced

½ teaspoon curry powder (optional)

salt & pepper to taste

1 cup chopped green onions

Break cauliflower into small flowers. Simmer with onion in vegetable stock until tender. Mash with potato masher. Sauté mushrooms in butter for 4 minutes. Add to soup together with the milk and seasonings. Heat the soup without boiling it.

Garnish with the onion greens.

*Or you may like to garnish with shredded cheese.

MIXED VEGETABLE SOUP

serves 8

1 large potato, peeled and diced

2 cups diced carrots

2 cups string beans

1 cup diced turnip, sweet potato or parsnips

3 stalks celery, chopped

2 onions, minced

2 garlic toes, minced

2 quarts vegetable stock

2 cups stewed tomatoes

½ teaspoon thyme

½ teaspoon oregano

½ teaspoon basil
salt & pepper to taste

Sauté onion and garlic in butter. Add the vegetables including the onion mixture to the soup stock and simmer for 1 hour or until tender. Add the tomato and seasoning and simmer another half hour. Adjust seasoning to taste.

**For a thicker soup you can add ½ cup rice, buckwheat or pot barley at the beginning.*

**All of these soups can also be made from a soup stock made by cooking beef bones.*

**To draw calcium from the beef bones, add ¼ cup vinegar to the pot of water when the bones are being cooked.*

**These soups can be served with whole grain breads to provide us with a greater variety of vitamins, minerals and fibre. For new bread recipes . . .*

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 A REASON . . . A BREAD FOR A SEASON”

Watch the website for details, for the date of its release and for a list of the recipes in this EBOOK. It is a great supplement to EAT MORE WHOLE GRAINS cookbook. The plan is to launch this EBOOK at the Farm Women’s Conference in Winnipeg November 5 & 6. and then sell it on line.

Next month we will think about Christmas preparation, gifts and recipes to enjoy over the holidays!

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