

## SEPTEMBER NEWSLETTER

### “SEEDS ARE FOR SHARING”



### The Garden Is Winding Down . . .

Summer has gone by far too quickly. Most days were very warm, sunny and quite enjoyable. I can't remember when we last had a summer without mosquitoes! There may have been a few, but they didn't find me.

Our garden expressed its gratitude for the wonderful weather by producing a bumper crop of almost everything. There was far more than we could enjoy fresh and preserved for the coming winter, so it was a perfect opportunity to share with others.

Rain is what we lacked, but I watered well at least three times a week during that dry period, and the garden readily drank it all up.

With so much produce available, I took many opportunities to experiment and create new recipes.

Our children and grandchildren all live quite close by, so they often stop by for a visit. Whether I serve a snack or a meal, nutrition and satisfaction are uppermost in my mind. By serving healthier foods, I feel I am encouraging healthier living. By serving foods that are tasty and enjoyable, I am hoping they will continue to come back.

This summer everyone enjoyed picking and eating peas, beans, tomatoes, raspberries and apples as they walked by the garden. And when they came for a meal, they enjoyed the old as well as the new recipes I tried from time to time.

All of the produce we grow in our garden is packed full of nutritious - vitamins, minerals and fibre that can help meet many of the bodies needs.

#### **FRESH IS DEFINITELY BETTER!**

This summer I picked up quite a number of great "Foods and Nutrition" books and magazine. I was reminded again and again of how nutritious vegetables and fruits can be when freshly picked and when grown in the right conditions.

By having one's own garden, we know that the seeds have been given a rich organic bed, with plenty of sunshine & water to make them flourish.

Fruits and Vegetables that are picked in another country months before they finally ripen in a store here, will not have nearly the nutrients that are found in our garden's produce that is picked ripe and eaten fresh.

So with these reminders, this year I treasured every minute spent seeding, weeding, watering and picking. I chose to appreciate the plants and the produce and it didn't seem like work at all. In fact it was fun to check the garden regularly to see what needed picking.

**ZUCCHINI** - This year's zucchini plants produced some every day for quite some time. I picked them small and we enjoyed them raw with dip, in stir fries and stuffed with fillings.

One day I decided to peel, cook and puree some in the blender. *I have some of this frozen to use during the winter, as it was great when added to soup, gravy or sauce.*

But I also used the puree in jello as below.

### **LEMON OR LIME ZUCCHINI JELLO**

You needn't tell anyone, especially little children that there is zucchini in the jello. But it is a very nutritious addition, even though there is no real change in the taste. Children usually love jello.

Cook 8 cups of peeled and chopped zucchini in 3 cups water. Cool and puree. Heat 2 cups of this pureed zucchini. Stir in 1 single package of lemon or lime jello until dissolved.

Refrigerate until firm and enjoy, or until partially set and use in any of the following ways:

1. When partially set, beat until foamy. Fold in 1 cup whipped cream or topping. Spoon into individual dishes and refrigerate to set.
2. When partially set, fold in drained or chopped fresh fruit and enjoy it as a salad.

*\*I used a package of orange jello and it looked like the color of mandarin orange with the zucchini in, which was fine as well.*

**DEHYDRATE OR DRY AND SAVE SPACE** – One basket in the freezer contains all of the dried products from our garden.

**ZUCCHINI** - Dehydrate coarsely shredded zucchini to use in soups or rehydrate to use in many other recipes later on. After drying, they can be frozen in very little space if you want to be sure the dried product won't spoil.

**LEEKS** – As I mentioned in an earlier newsletter, I had leeks for the first time this year, and they are all chopped and dehydrated and in the freezer. I am going to enjoy using them in many recipes.

**CELERY** - The 6 celery plants I have didn't mature into white celery. At the time of planting, they should have been trenched. But I picked them off green last week and washed, chopped and dehydrated it. After it was dry it crumbled easily into little pieces. It is all frozen in one heavy weight bag. In the winter I will try it in soups and other casseroles. It is a nice green color, so if the flavor is right, that will be a big plus. The nutrients will be there for sure.

In the **June newsletter** I mentioned that I was making green juice and drying it. Then one day the juice spilled in the dehydrator and it was a mess to clean up. It didn't take me long to realize I needn't have added water at all. DAH!

So after that I washed and cut up my tops (lettuce, spinach, beets etc) I dehydrated them and then blended them into powder in my blender. Now I have 5 small bags of this green powder in the freezer that was made from many, many green tops. I will be able to add this to whatever I wish.

Last week I dried the dill weed and summer savory in the dehydrator as well. Once they were dry they each fit into a heavy weight plastic bag.

### **PICK! PICK! PICK!**

Our bean patch was still producing a few weeks ago and we picked them 3 times a week since July. They say that the more you pick the vegetables, the more young ones they will produce. This was definitely true for the beans, the cucumbers and the zucchini this year. In fact when I leave some of them grow larger, they slow down in production. Other years I would often leave the ripe cucumbers that I had missed on the vine, thinking it didn't matter, but I am now realizing that may be the reason why my plants slowed down in production some years.

*Here is another great recipe that is a hit with our family.*

### **ZUCCHINI GARDEN CHOWDER**

4 cups diced zucchini  
1 large onion, chopped fine  
1 toe garlic, minced  
2 tablespoons fresh parsley  
1 teaspoon basil  
¼ cup butter  
1/3 cup flour  
1 teaspoon salt  
¼ teaspoon pepper  
3 cups water  
2 chicken bouillon cubes  
5 diced medium sized tomatoes  
1 ½ cups whole milk  
3 cups corn (fresh or frozen)  
¼ cup Parmesan Cheese  
2 cups shredded cheddar cheese

In a large pot, sauté zucchini, onion, garlic, parsley and basil in butter until veggies are tender. Stir in flour, salt and pepper. Stir in water. Add bouillon and mix well. Bring to a boil. Then cook, stirring for 2 minutes. Add tomatoes and corn and cook 5 minutes. Add milk and bring to a boil. Cover and simmer 5 minutes.

Just before serving, add cheese and mix until melted.

Serves 8

### **DOWNSIZE OR EXPAND! WHICH WILL IT BE?**

Last year I had actually thought of cutting back on the size of my garden. I was thinking that because frozen vegetables are quite inexpensive, why should I plant, weed, water and pick? How much do the two of us really need, I asked myself?

### **THE BENEFITS OF A GARDEN ARE PRICELESS!**

But when we think of the Vitamin D we can get from spending time out in the garden, the exercise from tending the garden, the pleasure of working with plants and the soil and then the amount of nutrition the produce provides plus the joy of sharing some with others, a garden is priceless.

### **PREPARE FOR NEXT YEAR!**

The garden is all cleaned out now so yesterday we started to add some organic cow manure to the top. It needs to be worked in so the garden is ready to plant in spring.

Right now I am trying to decide how to plant next year, to squeeze in a few more rows of vegetables or fruits. Parsnips add a wonderful flavor to soups, so I will want to plant some. And I have never grown turnips, so that is also on my list.

As the snow begins to fly and the cold weather sets in, it is a good time to cook delicious soups, stews, casseroles and other slow cooking meals. In the October newsletter I will share some of these favorite comfort foods.

***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.***

Happy Fall To You  
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)***