



Wooden Spoons

Mission Statement: Mary Jane's Cooking School, Inc. provides education in nutritional home cooking and homemaking in harmony with individual, community and cultural traditions, with respect and care for the environment.
 Mary Jane's Cooking School is a Registered Charity in the Province of Manitoba

On Creation

Meister Eckhart posed the question: "What does God do all day long: to which he answered: "God lies on a maternity bed giving birth all day long"

From "Catching Up with Jesus" by Diamuid O'Murchu, 2005.



Inside this issue

Coming Home 2012	1,3
School Programs	2
New Aprons	3
Susan Savoi	3,5
Crossing Boundaries	4,5
Flax Seed	6
Lactic Acid Fermentation	7
Spanish Rice and Beans	8
Products for Sale	8
Radio Program, Sponsors	9

Coming Home 2012: Justice and Balance and Healing our Earth—A Conference with a Difference

As a worldwide phenomenon Restorative Justice is recognized as an answer to the failings of an adversarial model of punishment and retribution. Based on the value of restoring balance and healing relationships, restorative approaches have emerged as increasingly popular ways to deal with difficult behaviours and practices that result in conflict and harm to individuals and groups in community settings, including schools and workplaces.

But what about harm to the natural environment? At a time in which the Earth is falling victim to a system of values that increasingly desecrate and pollute, how can restorative justice be applied to balance and heal issues of environmental abuse?

In June 2012 at a site apparently a long way from Winnipeg and Mary Jane's Cooking School, the Skookum Healing Circle Society, Inc., in partnership with the University of British Columbia, will provide an opportunity to explore those questions in a four-day conference and multi-media arts event that has strong ties to the school and to volunteers who have worked with MJCS since its inception.

Entitled "Coming Home 2012" the conference will include presentations by practitioners, community organizations and creative artists. Sessions over the four-days of the conference will take place at the Vancouver campus of UBC.

But the event will also build upon the programs and experiences of Mary Jane's Cooking School staff and volun-

teers working with the former Centre for Excellence in Restorative Justice and Reconciliation, Inc., a nonprofit group in organizing a similar gathering in 2001.

At that time, *Restorative Justice 2001* brought together more than nine hundred participants coming from a range of community service, government, small business, cultural and traditional backgrounds. They were all looking to learn more about restorative justice as a way to address conflicts and restore balance at work, at home, or within the correctional system.

The program did not disappoint them, with more than a hundred presentations and activities over the four-day program. In the ten years since that conference grassroots interest in community-based restorative justice projects and programs has steadily increased to alleviate problems ranging from schoolyard bullying and workplace harassment to conflicts addressed inadequately by a system bent on building more prisons rather than providing programs aimed at healing relationships and 'making it better' for all who are affected by abuse or injustice.

Today, however, more than ever the victim of abuse is also the natural environment. So the group turned their attention to asking how restorative justice principles and indigenous understandings can be applied to recognizing the Earth both as the victim and as an active participant in the voice for environmental justice.

(Continued on page 3)

Programs at Mary Jane's Cooking School

Cooking for Fitness and Health

This ongoing program being offered for the participants of the Resources for Adolescent Parents (RAP) program of New Directions focuses on developing the lifeskills of food preparation and an understanding of the importance of nutrition during pregnancy and throughout infancy and childhood. The participants are all adolescent parents or soon to be parents under the age of 18, attending the programs offered at New Directions. They all face the challenges of being parents while still being teenagers and having to deal with poverty and family issues.

Each weekly class provides some teaching about nutrition, including prenatal nutrition and good early foods for babies, after which the girls prepare healthy food to take home. One thing emerged from the interactions with the girls; they are most interested in their babies and anything that would support them in taking good care of their babies is valued.

Beginning in October, 2011 the program was restructured to allow accreditation through Gordon Bell School. A teacher and an assistant accompany the participants to the classes which were scheduled every second week. The experience of running classes is a teamwork experience that works out very well. Unlike the program in the previous year, the classes are offered at the site of Mary Jane's Cooking School which proved to be more conducive to cooking.

Home Cooking In Canada

Funded by the Winnipeg Foundation, this project is a partnership with the Immigrant Refugee Community Organization of Manitoba, Hugh John Macdonald School and Mary Jane's Cooking School, Inc.

Home Cooking In Canada is a program that supports newcomers in the English as an Alternative Language

(EAL) program and their families through acquisition of home cooking skills using Canadian foods, increased opportunities for socializing, nutritional literacy support and cross cultural understanding. The project consists of four 12-week sessions, (48 classes in total) in which three groups per session attend four classes. The classes are repeated with each of the groups. The classes are held on Thursday afternoons at Hugh John Macdonald School.

Due to the time constraints for child minders and the women's work schedules many of the women have to leave by 3:30 p.m. This requirement meant that less time would be spent on nutrition information and discussion and more time on the actual cooking. The women are very enthusiastic and happy with the classes and what they prepare. At each class the women are given handouts of recipes and ingredient lists with pictures and pocket folders to hold their handouts.

The program is now formalized into three groups, Group 1, 2 & 3 representing the three EAL classes. The teachers from each class and sometimes an assistant attends the class. HJM School allowed us to use an apartment for independent living instead of the cafeteria. This arrangement proved to be more suitable for our needs.

The groups were strategically structured in such a way that the three EAL groups would attend the classes in the order of their level of English, so that the group with the highest level would begin first and the group with the lowest level would be at the end. This allowed more time for the lower level group to acquire more English skills.

Participants from the last group never learned to read or write in their country of origin. One of the participants was blind and came with a volunteer who worked with her. Participants came from Burma, Bhutan, Nepal, Viet Nam, China, Mexico, Congo, Ethiopia, Eritrea, Rwanda, Somalia, Sudan, Iraq and Afghanistan. It is always a delight to

work with the newcomers and with their teachers who are all very caring and excellent educators.

Youth Work Experience Initiative

The Youth Work Experience Initiative program's ninth intake of participants celebrated their graduation on April 15th. The cross-cultural group of eight (8) First Nations and Newcomer youth successfully completed their four month work experience, professional development, initiative and leadership training culminating in a well-planned and professionally presented graduation ceremony event that they delivered. Six of the eight participants were extended offers of employment by their cooperating work placements, many of whom attended the graduation and presented certificates. Another participant is returning to school and one is currently finishing a placement and we hope to hear she is employed by her cooperating workplace.

Participants grew through the five (5) key skill-building areas of intensive, hands-on training as they developed cross-cultural competence, honed their communication, group facilitation and networking skills, job search and self-management skills and built and polished their professional skills. Weekly "taking initiative" assignments and reflection on their work experiences allowed participants to gather the support of peers, practice new skills in the field and successfully adapt to their workplaces. Our success is in no small part due to the physical, emotional and spiritual support and nourishment provided by our host, Mary Jane's Cooking School. Thank you for creating a safe, nurturing environment that allows our program to thrive.

Submitted by Dawn Rogers, Program Coordinator and Kimber Corthey Youth Trainer

Visit MJCS webpage at: www.maryjanescookingschool.org
Phone: (204)775-2522 email: mjcookin@mts.net

(Coming home from page 1)

This is at the heart of the vision guiding *Coming Home 2012* Conference Chairman (and Mary Jane's Cooking School honorary elder) Art Shofley, who is working in British Columbia along with an organizing committee that includes people from a variety of cultural, religious and spiritual backgrounds. Together they have formed the Skookum Healing Circle Society, Inc. to coordinate and sponsor the event.

(*Skookum* is a word originating in the early days of trading between aboriginal and European immigrant settlers in B.C., to mean 'big, good, great! –all terms that Art and his committee members hope

will apply in describing their conference.)

And, while welcoming people of all backgrounds and beliefs, they're focusing on using an indigenous perspective to set the tone, with emphasis on encouraging participation by aboriginal groups, communities, and individuals from around the world to come and share ideas about healing relationships based on a way of life that has traditionally honoured the Earth as a Mother.

It is also hoped that Mary Jane's Cooking School program coordinator Mary Jane Eason will act as an advisor in planning the event, drawing on her many years of interest in community education, culture, and all things envi-

ronmental.

Proposals for conference presentations are invited for consideration, including research papers, projects descriptions, creative presentations and activities, on the themes of restorative and environmental justice, in the home, in the community, at work and at school. For more information, contact Art Shofley at acshofley@shaw.ca, Laura Steiman at lauraleah@shaw.ca, or phoning 604-846-7884.

We look forward to hearing from you.

Laura L. Steiman

Past-President

Mary Jane's Cooking School

How MJCS Got New Aprons

Our aprons were frayed, worn out, stained and faded but we kept on using them. The aprons had sentimental value because they were purchased when the school found its permanent home on 252 Arlington in 1998. The aprons were green, had pockets and came at a price of \$14.98 each at the Bay. We stamped the cooking school logo onto square pieces of yellow cloth that were hand sewn on the front of each apron.

The logo was hand painted with a black fabric marker. Over the years as both the aprons and logo began to fade with wear, we discussed purchasing new aprons. This would also necessitate finding a company that could do the logos for us. Due to time considerations involved in finding a design of apron suitable to our purposes at a reasonable price and to financial exigencies, we ended up postponing the task.

One day in the winter of 2010 we received a call from someone who was representing an initiative called SewFair being implemented by the Canadian Muslim Women's Institute. This initiative was funded partly by SEED Winnipeg. SewFair was a cooperative of women who came to Canada as refugees, who are for the most part isolated and without employment or education.

Many of the women came from war torn or war affected African countries where women never worked outside the home. Under the SewFair program, women would learn sewing skills that progressed to benchmark levels. As their expertise improved so would the cost of the garments increase. Fair labour practices and wages are the hallmarks of SewFair. At our board meetings we discussed purchasing aprons from the SewFair cooperative. Again financial considerations prevented us from going forward with this.

When the students from St John's High School interviewed us and asked how we would spend the money if we received a YIPPER grant, last year, the purchase of aprons was first on the list. When we did receive the grant, we were able to go forward with the order from SewFair. We purchased 20 aprons at \$35 apiece plus an additional 5 aprons (seconds) at \$15 each in the colour of winter green. After many consultations over fabric, colours and sizes etc, and after many delays and setbacks the aprons were delivered before Christmas. They were professionally made and designed with comfort, safety, durability and convenience in mind. Each apron had the logo embroidered onto the fabric in gold letters. Thanks to the YIPPER

(stands for Youth In Philanthropy, dubbed YIPPER) grant our New Year began with the new aprons from SewFair. We are very pleased to report that the aprons are comfortable, fit everyone, look great and wash and wear superbly.

In Memory of Susan Savoie

October 10, 1943- May 27, 2011

We are saddened by the loss of Susan Savoie who was a volunteer of Mary Jane's Cooking School since January 2002 when she helped us with office duties and became our volunteer secretary. Susan over the years helped us in many ways—she assisted with the food preparation of some of our classes, she helped with catering and school events such as our AGMs and bake sales. She always enjoyed being a greeter, selling tickets; she enjoyed being our sales person. She had a lovely smile and enjoyed the camaraderie of social events. Susan was known for her elegance and grace in her manner and dress. Reflecting her sense of beauty, she was a seamstress who sewed her own clothes. She also did knitting for charities on a regular basis. Susan was a gentle person who treated everyone with kindness and consideration. Her love of

(Continued on page 5)

Crossing Boundaries—Genetically Modified Foods

Biotech companies and advocates of biotechnology make no big deal about genetically modified organisms (GMO's) but thoughtful scientists and informed journalists take a different view, warning us of the dangers of a runaway technology. For me as for many others GMO's are scary because this form of technology shows no respect for nature and puts everyone in peril. No one asked for this technology, no one wants it except for the few that stand to gain. Genetic engineering represents the apex of an ethical crisis rooted in the mindset of Renaissance thinkers such as Francis Bacon and Rene Descartes who saw nature as something to be manipulated and exploited. This anthropocentric thinking represents a "machine model" of reality.

Beginning with terminology, genetic engineering is not about hybridization (the crossing of two plants to achieve characteristics of both parents) nor is it about grafting one plant to another. It is about *recombinant DNA technology*. In simple terms, scientists remove a specific gene from one thing and physically add it to another. It differs from classical breeding when you can cross close relatives i.e. a donkey and a horse (but they cannot reproduce) or wheat strains with corn strains (both from the grass family). Crossing the genetic information from one species to another is something never done in nature and it is something never seen in 10,000 years of classical breeding. Nature has boundaries.

Natural law has been described as the organizing power that governs the universe. However, Monsanto, a large transnational corporation makes huge profits in genetic engineering and patenting genetically modified seeds. The crops grown by this technology are called genetically modified organisms, or GMO's. In Europe people call these foods Franken foods because they have come out of a laboratory and no one knows the outcome. GM foods are said to be in 70 % of our foods and especially in the multitude of processed foods containing soy and corn products.

One of the hazards of genetic engineering is that a harmful genetic trait ends up in the food chain or is transmitted throughout nature. GMO's are harmful to conventional and organic crops due to cross contamination and destruction of biodiversity. A case in point was the collapse of the Canadian flax market in Europe in 2009 due to the unintentional contamination of flax seed by a GM variety and the loss of certified organic soy crops due to contamination with GMO's.

As Dr. Jeremy Rifkin points out, GE (genetically engineered) organisms unlike chemical products introduced into the environment, are alive, and unpredictable. They can reproduce and mutate. They can migrate over a large region and you cannot easily recall them to the laboratory or clean them up. There is the strong suspicion that it is a calculated plan for the industry to mingle GE foods with non GE foods before labeling takes effect. A PR person for GE foods was reported as saying that it would be too expensive and impossible to separate crops from GE seeds from crops grown from conventional seeds so therefore labeling would also be impossible. "Besides once the horse is gone it is too late to fix the stable door." So with this situation prevailing in the industry the need to apply the precautionary principle has never been greater.

GM crops are purported to require less pesticides and to be higher yielding than traditional crops but studies reveal another picture. Yields do not increase significantly and due to the appearance of resistant "super weeds" after the initial drop in pesticide use, for canola crops, pesticides need to be increased. Furthermore, the increased use of pesticides whose main ingredient is glyphosate has detrimental effects on the soil and its organisms, leading to weakened plants and the risk of many new plant diseases. After a lengthy court battle USDA granted Monsanto a patent for alfalfa February, 2011. This is very bad news and indicates that the USDA is influenced by the biotech industry. Veterinarians have reported that animals being fed GM foods are becoming

weakened and susceptible to a greater number of diseases.

The heavy use of pesticides (Round Up) containing glyphosate on GM crops is damaging our soil by binding minerals and making them unavailable to plants and microorganisms, thus plants are become weakened and more susceptible to diseases and to insect infestations. This weakening of the plants then requires the use of more pesticides. Not only are we eating plants that are weakened, making us weaker too, but the whole system gets caught in a pesticide cycle.

The only ones to benefit are the pesticide companies and the companies with the patented seeds. At the same time other undesirable organisms have the advantage. This can and will provide a lesson in biology. A healthy soil provides the medium for all kinds of organisms to grow, both harmful and beneficial. Harmful organisms aren't really harmful until they are out of balance. When the balance is destroyed by the use of chemicals, a new set of organisms are favored that can be harmful to us and to the plants we eat. One such organism is *fusarium* a fungus that attacks alfalfa. Some other very troubling issues concerning GMO's:

- Very few independent studies on the effects of eating GE foods.
- Studies on GE foods are done by the biotech industry. Negative results go unreported.
- Independent studies on the effects of GE foods have raised red flags but the scientists have been silenced.
- GE ignores the fact that genes, even though they may not be expressed are interrelated. An altered gene affects all the genes even though we may not know how. As scientific knowledge increases there is the understanding that the so called "inactive genes" do serve a purpose. The biotech industry is not in sync with scientific knowledge.
- Damage to the ecosystem, harm to wildlife and change in natural habitats.
- Increased pollution of food and water

(Continued on page 5)

(Crossing Boundaries from page 4)

supplies. It is estimated that GE foods will triple the amount of pesticides used on crops.

- Unpredictable, permanent changes in the nature of our food.

We all need to become informed about GE foods and resist the biotech companies that are promoting them. This resistance has undoubtedly slowed down the incursion of these organisms which may have protected us in many yet unknown ways. Biotech companies, like Monsanto with its patent on seeds, like other corporations that seek to privatize what belongs to the commons must be stopped.

For more information on GMOS visit the website:

www.pbs.org/wgbh/harvest/engineer/.

Some books on the subject: *The Eco-foods Guide* by Cynthia Barstow. Published by New Society Publishers, 2002; *Genetically Modified Food A Short Guide for the Confused* by Andy Rees. Published by Pluto Press, 2006 and a book that will fit into your purse: *Genetically Engineered Foods* by Laura Ticciati & Robin Ticciati, Ph.D. Published by Keats Publishing, 1998.

Mary Jane Eason
Program Coordinator and
Community Nutritionist

(Susan Savoi from page 3)

animals remained one of Susan's attributes. Her cat Rufus was her pride and joy. She also took great interest and pleasure in tending to or watching out for the feral cats and other animals, such as squirrels, or crows that lived near her riverside apartment in St. Vital. Although she struggled under the burden of cancer for a number of years, she did this gracefully without complaint. She showed courage in her illness and was sustained by her faith. During her life Susan maintained her grace and dignity. She left this world in peace. We will always remember Susan for the lovely person that she was, for her smile, her laughter, kindness and grace. Her friendship will always be treasured.

I want to support the work of Mary Jane's Cooking School

With donations of \$10.00 or more you become a member of Mary Jane's Cooking School Inc. Your contribution will promote nurturing today for a healthier tomorrow.

___ \$10.00 ___ \$25.00 ___ \$50.00 ___ \$75.00

___ Cheque or Money Order enclosed payable to Mary Jane's Cooking School Inc.

Last Name

First Name

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Province

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Phone Number

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Mail to: Mary Jane's Cooking School, 252 Arlington Street, Winnipeg, MB R3G 1Y8
An official tax receipt will be issued for donations of more than \$10.00 or upon request

Charitable Number: 87220 2429 RR0001



RADIO PROGRAM

Tune into Wooden Spoons, our radio program on CKUW, Community Radio 95.9 FM, every Friday from 8 to 9 am. Along with nutritional information and recipe ideas, Wooden Spoons brings you a variety of perspectives from guests in the community.

Our Sponsors



**Daniel MacIntyre/St
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Visit MJCS webpage at: www.maryjanescookingschool.org
Phone: (204)775-2522 email: mjcookin@mts.net

Flax Seed: The Low-Carb Whole Grain

While flax is not technically a grain, it has a similar vitamin and mineral profile as grains. The amount of fibre, antioxidants and Omega-3 fatty acids are much higher in flax.

Flax seed is very low in carbohydrates, making it ideal for people who want to limit their intake of sugar and starches. Its combination of healthy fats and high fibre make it a great food for weight loss and maintenance.

The nutritional profile of this little seed is huge. It is high in most of the B vitamins, magnesium and manganese as well as three other nutrient groups that have many health benefits.

Flax Seed is rich in Omega-3 fatty acids, important for fighting inflammation in the body. Inflammation plays a part in many chronic diseases including heart disease, arthritis, asthma, diabetes, and some cancers. Inflammation increases when there is an inadequate intake of foods rich in Omega-3.

Most of the oil in flax seeds is alpha linolenic acid (ALA), an Omega-3 that is a precursor to the fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that are found in cold water fish such as salmon. Not everyone is able to efficiently convert ALA into EPA and DHA therefore should not rely entirely on flax for Omega-3 intake. It definitely helps in the Omega-3/6 balance however.

Flax seed is also very high in fibre, both soluble and insoluble. This soluble fibre is responsible for the cholesterol-lowering effect of flax. Fibre also helps in stabilizing blood sugar and promotes proper functioning of the intestines.

Flax seed is high in phytochemicals including many antioxidants. It is our best source of lignans which convert in our intestines into substances that tend to balance female hormones. There is evidence that lignans may promote fertility, reduce peri-menopausal symptoms and possibly help prevent breast cancer and Type 2 diabetes.

Please note: Flax seeds need to be ground in order to make the nutrients available otherwise they just pass through the system. As well, since flax is very high in fibre content, it's best to

start with a small amount and increase slowly.

The oil in flax is highly unsaturated and therefore very prone to oxidation (rancidity). It is best stored as the whole seed in a cool dry place until ready to grind into meal. The seed will keep at least a year this way.

It is best to grind seeds in small batches as needed and to store what is left in an opaque container in the refrigerator.

Tips for using Flax Seed:

$\frac{3}{4}$ cup flax seeds yield about 1 cup of meal.

Sprinkle flax meal on cold or hot cereal, over cottage cheese, yogurt, or put in shakes.

Use flax meal in meatloaf, meatballs, and casseroles.

In baked goods add a few tablespoons to any recipe.

Easy Recipe using flax meal:

This recipe is so easy to make you'll be making it all the time once you've tried it and tasted how good it is! When spread thin the crackers can be eaten as a substitute for potato chips or as a base for bruschetta topping or with salsa, etc. Remember to drink lots of water as these are very high in fibre.

Dehydrated Flax Crackers

Fresh grind 2 cups flax seed (brown or golden) and set aside

Blend together:

1 and $\frac{1}{2}$ cup clean filtered water

1 medium onion

3 stalks celery (remove some threads)

3 cloves garlic or more

2 tomatoes (optional)

1 teaspoon caraway seed

1 teaspoon coriander seed

1 teaspoon Celtic sea salt (optional)

Or other spices of your liking

Mix ground flax seed into blended mixture along with $\frac{1}{2}$ cup hemp seed.

Cover the dough with a clean towel and let sit 3 hours or overnight to ferment slightly. Using a spatula spread on non-stick dehydrating sheets or on parchment paper – spread thinly for thin crackers that are more like chips or slightly thicker.

For *raw crackers* dehydrate in a dehydrator at 150 degrees for 4 hours then turn temperature down to 105 degrees for about another 12 to 14 hours depending on the thickness. Peel crackers off the dehydrator sheets, turn over and continue dehydrating for another 3 hours or until crisp.

Parchment paper on cookie sheets can be used in a convection oven. Turn temperature down to lowest setting and leave door slightly open to allow moisture to leave more quickly.

The crackers can also be baked at lowest oven temperature for 4-6 hours or until desired crispness.

Simpler method:

Soak 2 cups ground flax meal and $\frac{1}{2}$ cup hemp seeds (optional) in 4 cups water for 3 hours.

Spread on dehydrator sheets or parchment paper, sprinkle with your choice of seasonings – sea salt, garlic powder, Italian seasonings, cayenne, or Herbamare (my favourite all-natural, all purpose seasoning). Dehydrate as per directions above.

This information was gleaned from www.about.com and conforms to other sources of information on the health benefits of incorporating flax in the diet. About.com Health, Disease, and Condition content is reviewed by their Medical Review Board.

Eveline Caners

Board member,

Mary Jane's Cooking School, Inc



Modernizing Lactic Acid Fermentation

© Sherry Rothwell, Holistic Nutritionist, RHN

Probiotics seem to be all the rage these days, from commercialized probiotic yogurt and kefir “ized” kombucha, to supplemental probiotic pills.

One might want to ask, if we really need all this beneficial bacteria, then why is it not readily available in the human diet? Are probiotics just the latest health food fad? Or are they actually what Gary B. Huffnagle, Ph.D., Professor of Internal Medicine, Microbiology, and Immunology at the University of Michigan Medical Center calls “the missing food group” in his book Probiotics Revolution.

The reason that today’s average person is short on probiotics (beneficial microflora) is primarily because we have eliminated unpasteurized fermented food condiments from the diet. Secondly we have reduced the beneficial microflora that we were born with because of the prevalence of antibiotics and antibiotic substances like chlorine. In addition, the following everyday substances of our modern world also reduce or kill our inherent beneficial microflora: antibiotics, birth control pills, steroidal & hormonal drugs, chlorine, coffee/tea, carbonated drinks, vitamins, radiation, stress, preservatives, additives, pesticides, fertilisers

So it is obvious that our microflora balance has taken a huge assault over the last 100 years, but just how did our ancestors get probiotics before the advent of the health food store?

The answer is, they ate Lactic acid fermented drinks and condiments. In cultures all around the world, there have been ample fermented condiments consumed on a daily basis in the diet. For more information on exactly who ate which fermented foods and where, please refer to the book Full Moon Feast by Jessica Prentice or Nourishing Traditions by Sally Fallon.

Ironically, making probiotic foods at home is simple, cheaper and more effective than store bought supplements, yet many families spend over 100 dollars per month on probiotic pills- when everyday condiments can be turned into living probiotic foods right in your kitchen!

How would you like to get your probiotics on a daily basis or even at every meal without even trying too? Wouldn’t that be easier than having to remember to pop pills?

In addition, veggie ferments don’t only add probiotics to your diet, but they add nutrients and lactic acid too, being that fermented vegetables increase the amount of nutrition in the foods you are already eating, optimize your digestion, eliminate anti nutrients (intrinsic substances that can make nutrients difficult to digest) and finally, feed the good microflora you already have, while being antagonistic to pathogenic or bad bacteria.

The following is a list of simple condiments that you likely already have in your fridge that can be replaced with lacto-fermented goodies (which you can make quickly!) and on a shoe string budget:

Ketchup
Mustard
Relish
Mayo
Salad Dressing
Dill Pickles



Recipes for these all time favourites can be found with a quick “google” or “youtube” search or in cookbooks such as Nourishing Traditions, Wild Fermentation and Full Moon Feast.

Many of our favourite comfort foods can be nutritionally upgraded by the addition of lacto fermented condiments.

Can you just imagine turning an easy meal of fast food such as “mac n cheese” or a “grilled cheese sandwich” into a probiotic feast?

How about digging up grandma’s old recipe for homemade macaroni? Why not substitute the pasteurized cheese for raw cheese and then serve with lacto fermented ketchup on top?

Just dip that grilled cheese sandwich into some lacto fermented ketchup, add a fermented pickle on the side and voila! This simple comfort food can even be easily nutritionally upgraded by using naturally leavened sourdough bread and by grilling it in cultured butter!

In the meantime, if you have the money, but don’t have the time, many food sources of probiotics can be purchased at your local health food or organic food store. While this list is not conclusive, here are a few reliable sources of good bacteria for the whole family:

- Integrity Spelt Desem Bread (provides metabolic products that nourish beneficial flora).
- non homogenized full fat plain yogurt (Saugeen or Jerseyland)
- non homogenized full fat kefir milk www.pinehedge.com
- raw cheese
- Bubbies brand naturally fermented pickles
- unpasteurized apple cider vinegar
- unpasteurized sauerkraut
- unpasteurized miso
- In-Liven (fermented green drink) www.nourishment.mionegroup.com
- Mi-Vitality (liquid probiotic) www.nourishment.mionegroup.com
- Grainfields (liquid probiotic)-many health food stores carry it.
- Cultures and Ferments by www.bodyecology.com
- Probiotic Dressings, Relishes, Salsa and Drinks by www.zukay.com

While many people imagine that fermentation is difficult, finicky or a lot of work, the truth is, it is a simple, affordable and accessible art, and a means by which we can preserve food, while at the same time increase the nutritional value of our diet.

To learn about upcoming fermentation workshops at Mary Jane’s Cooking School, please contact Sherry at 417-8073 or sherry@wholefoodsfamily.com or

Gain your access to my FREE 4 Part Video e-course titled “First Steps to Becoming a Whole Foods Family!” @ www.wholefoodsfamily.com where you can expect to learn how to upgrade the QUALITY of the foods that you already eat, so that you can IMPROVE your diet WITHOUT changing it!

SPANISH RICE & BEANS 4 servings

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 medium green pepper, chopped
- 2 garlic cloves, minced
- 1 (14 oz) can diced tomatoes,
- 1 tablespoon capers, minced, chopped if large
- 1 ¼ teaspoon crushed red pepper
- 1 ½ cups long-grain brown rice
- 3 cups vegetable broth or water
- Salt to taste
- 1 ½ cups cooked dark red kidney beans, drained and rinsed
- ¼ cup sliced pitted kalamata olives
- 2 tablespoons minced parsley

In a large saucepan heat oil over medium heat. Add the onion, bell pepper and garlic. Cover and cook until softened, about 5 minutes. Add the tomatoes and their juice, the capers and crushed red pepper. Stir to combine and simmer for 5 minutes to blend the flavours. Add the rice and broth or water and bring to a boil, then reduce heat to low. Add salt to a taste. Cover and cook until rice is tender and the liquid is evaporated, about 30 or 40 minutes.

Remove from heat and stir in the beans, olives and parsley. Cover and set aside for 10 minutes before serving. Serve immediately.

QUEEN STAR BLANKET DRAW

A Queen sized Star Blanket donated to MJCS at the LITE Pancake Breakfast, November 2009 was used as a fundraiser for the school. The blanket made by the Northern Star worker Co-op Ltd. has a history that dates back before European contact. Using skills passed down from generations, the women of Northern Star create machine-sewn and hand-crafted blankets that reflect the elements of nature. Variations of the star design stretches across North and Central America. These blankets are used as gifts in life-changing events—births, deaths, graduations and marriages. The blanket bestows honour and blessings on the recipient.

LITE an organization that supports community development purchases star blankets and donates them to charities which in turn raffle them off as a fundraiser. MJCS was the recipient of such a gift in 2010. The raffle tickets brought in about \$1000.00. On November 9, 2010, at 10:00 a.m. board members and friends along with a LITE representative gathered over coffee and refreshments for the draw. **And the winner was Simone Dosch of Teulon Manitoba!** Congratulations Simone. May the blanket bring many comforts. And thank you LITE for the opportunity to promote those values that strengthen our community.

Products for sale – Fundraising for Mary Jane’s Cooking School

Nature’s Cargo Tropical Sea Salt	\$5.50/lb
Salt Grinders - tax included	\$19.00
Raw Hulled Hemp Seed—local 1lb pouch	\$10.00
10lb bulk - vacuum sealed	\$85.00
Hemp Seed Oil – Organic Cold pressed – local 375ml glass bottle	\$10.00
Golden Flax Seed—Organic—local 1kg bag	\$5.00
Golden Flax Seed Oil - Organic - Cold-pressed-local 375ml glass bottle	\$10.00
Manitoba Honey (non GMO) non-pasteurized 1kg tub	\$8.00
100% Beeswax Candles—local 8” tapers -	\$5.00/pair
4” pillars and star—plain or fancy	\$8.00—\$10.00
Beautiful Art Cards - 10 per box	\$8.00

For orders please email us at: mjcookin@mts.net or Call (204)269-6816

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