



Healthy4life.ca Newsletter - October 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends! Fall Bounty Is Upon Us!

Apples, Apples, Apples

The fall bounty has us turning to what to do with all those apples. My two semi-dwarf McIntosh apple trees have been pruned and trained to be low growing, under 8 feet. As I am not getting any younger, I want to be able to pick them my whole life.



Raw apples with the skin contain high levels of fibre and vitamin C, as well as some potassium, vitamin B6, vitamin K, riboflavin, magnesium, copper, manganese and trace amounts of protein, vitamin A, vitamin E, thiamine, niacin, folate, pantothenic acid, calcium, iron, phosphorus, omega 3, omega 6 and phytosterols. 0 cholesterol as well.

Apples left to cure on the tree until after a couple hard frosts keep in my coldest kitchen cupboard until Christmas. Freezing applesauce with cinnamon is one of my other favourite ways to keep the freshness of apples right through to next year's harvest.

Butternut Squash

Here is a beta carotene mega source. A half cup



serving contains 226% RDA of vitamin A. I love all squash types, however, I like the taste and texture of butternut best of all. If left on the vine until after a good hard frost, the skin cures by thickening to keep out air and organisms that would cause rot such as mold and bacteria. The starches are also converted to sugars making it taste sweeter. It is a great substitute for pumpkin in pies. They keep well in a cold, dark place and freeze well when cooked and mashed or cubed and blanched.

Baked, peeled squash contains vitamin E (Alpha Tocopherol), thiamine, niacin, vitamin B6, folate, calcium, magnesium, and a very good source of vitamin A, vitamin C, potassium and manganese.

I cut them in half, scoop out the seeds and place them cut side up on a baking sheet. I put a tablespoon of water in each and bake until fork tender. A favourite in my house is stuffing them with a cooked millet or quinoa and vegetable medley, with a little shredded old cheddar or vegan cheese on top and return to the oven to heat through.

Onions

Most years I plant a lot of onion sets, 100 yellow, 100 red and 100 sweet or vidalia. This is usually enough to see me through until the next spring. This does not take tons of garden space. I plant 100 each in 4 foot square raised beds, a couple of inches apart in all directions. I also grow some in pots on my deck. The picture shows some of my raised beds.



Onions contain fibre, vitamin B6, folate, potassium, manganese, and are a very good source of vitamin C.

For sweet tasting onions, keep the soil mounded up over the bulbs until harvest time. This keeps the direct sunlight off the bulbs. I use compost to keep them covered and they get an occasional watering with compost tea during droughts. The last 4 summers have had drought where I live.

To keep all winter, onions must be left in the ground to cure. Leave them in the ground until the tops are totally brown and dry. Dig them up and leave them lay on the ground in full sun for 3 to 5 days to finish curing.

Enjoy all winter!

Organic Gardening

For more information on organic gardening and links see my organic gardening page (<https://www.healthy4life.ca/organic-gardening.html>)

Understanding the Basics of Gut Health

Click the blue text to preview the eBook on the bottom left of the home page.

**Be healthy 4 life,
Cathy Ferren RHN**

©2017 Ferren Consulting | PO Box 580 Ridgetown ON N0P 2C0 www.healthy4life.ca

[Web Version](#)

[Subscribe](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®