



Wooden Spoons

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. *Mission Statement*

A Message from the New President

There's only one corner of the universe you can be certain of improving, and that's your own self.

Aldus Huxley



I first heard about Mary Jane's Cooking School when I was a student at the University of Winnipeg attending Professor Howard Koke's class on non-profit organizations. It was my favorite course because of high student interaction and the hands on aspect. The course helped me realize that telling someone what they should be improving is easy, but actually to initiate, organize, invest and move with an idea is a true test of entrepreneurship.

One of the class projects consisted of analyzing a specific non-profit organization. I believe my professor had asked several organizations to volunteer themselves as candidates to be scrutinized by business students. The only organization to

offer itself was Mary Jane's Cooking School and I was more than happy to work with an organization that was willing to let a stranger come in and scrutinize it.

The board members were ready to have flaws and weaknesses pointed out in order to possibly improve the school. This is a test of character for any board and it was manifested by a little cooking school that I previously never heard of.

I had to be part of this group.

Following that realization, I joined the board because I felt the school could use my help and felt that the school's principles reflected some of my values. I grew up on a dairy farm and my parents were self-sufficient in many aspects with

a large garden. I remember the large family gathering during the late summer with all the fresh garden vegetables and all 6 kids hustling in for the meal.

Such good nutritious food, I believe, is pivotal to a happier healthier life. The personal and social benefits of having healthy regular meals create a stable ground, a home, for people. If you are well grounded, you will find strength to challenge other aspects of your life. I am proud to serve as the new President of an organization that offers so many valuable lessons for life and health.

Luc Dornez, President

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Time for a Change

As this newsletter goes to press the country is approaching a federal election with a combination of fear and trembling at the instability of what is happening in the world of economics and the environment. This cataclysmic combination has been foretold by many of the seers amongst us; people like David Suzuki who recognized long ago that the world could not continue on its path of greed and consumption without disastrous consequences.

They have warned for years that time was getting short to

make the changes in the way we live that are necessary for the life and well being of the planet. As we move into fall and winter 2008-09 much of the rest of the world is coming to recognize that the seers of science and spirit were right, and that the future we were warned of is now immediately before us.

From our very beginnings in the 1990's this vision was evident to the founders of Mary Jane's Cooking School. Our mentor Wilhelmina Howes in particular urged the establishment of Mary Jane's Cooking

School to share the important teachings that combine respect for the environment, health through whole foods, and an awareness of the interconnections between our daily choices and the well being of our world.

Following Wilhelmina's promptings to "Shout it from the rooftops" we did just that, on radio and in print, in classes and in public presentations; working together to design and offer a program of practical skills and environmental ethics,

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of inclusiveness and respect as we called for a saner, more healthful and sustainable approach to the way we live.

Could leaders of any political stripe or at any level of society hope for anything more for their constituents? Under Wilhelmina's visionary leadership we moved ahead, slowly gaining resources as the message and our growing enthusiasm attracted others to join us in the work.

An important part of that process is in finding people to take on the role of leadership with fresh ideas and energies. to ensure both meeting the needs of the present and moving effectively into the

future while retaining the best things of the past. As a non-profit organization and a registered charity, Mary Jane's Cooking School annually selects board members and candidates for our executive committee. And this year, we have chosen a President who brings youth and energy, new ideas and business experience to the job.

After ten exciting years as President, I am proud to introduce a man who has served in a number of other capacities on the board, bringing his unique perspective as a francophone business owner with multiple skills and knowledge to our organization. We can have confidence that under his collaborative style of lead-

ership our organization will proceed into the future with a pace that is steady but strong, eyes that are sharp to see opportunities as they arise, and a heart that honours life and living things.

We hope that you will join Luc and the rest of the Mary Jane's Cooking School staff and board in sharing this vital perspective with a world dangerously close to the brink, for it is truly and urgently time for a change. Together we can make it happen, and we must, for the love of the planet and the sake of its people

Laura L.Steiman, Past President

Soups of all Kinds – A Traditional Fall and Winter Fare

The chilly days and cold nights of fall are here, inviting us to warm up to a satisfying bowl of soup that nourishes both body and soul.

There isn't a more economical dish any time of year, especially in the fall when fresh vegetables abound. Extra tomatoes make a great tomato-green bean soup. A creamy zucchini or pumpkin-red pepper soup is nice for a change. Try a beautiful beet borscht, a wonderful barley-vegetable, or potato-leek soup; the variety of soups is endless and they make for great nutrition too.

A flavourful and nutritious soup always starts with a rich broth whether homemade or bought. Homemade broths, however, are much more economical to make and are far more nutritious than the store-bought variety. Other advantages are the avoidance of additives such as the neurotoxic MSG [monosodium glutamate] and preservatives. MSG can have a wide range of reactions from temporary headaches to permanent brain damage and is found in nearly all processed foods.

Soup broths can be meat-based or vegetable-based - both make nutritious soups.

In a meat-based diet, knowing the source of your meats is always recommended. The meat should come from healthy animals that are raised 'free-range' and humanely killed.

A meat-based broth will give a gelatine which, when cooled, will cause it to congeal. The use of gelatine as a therapeutic agent goes back to the ancient Chinese. The French were the leaders in gelatine research, which continued up to the 1950s. Gelatine was found to be useful in the treatment of a long list of diseases including peptic ulcers, tubercu-

losis, diabetes, muscle diseases, infectious diseases, jaundice, and cancer. As gelatine is a hydrophilic colloid, it facilitates digestion by attracting digestive juices to food in the gut and was even given to infants to aid their digestive systems.

Stock contains minerals in a form the body can absorb easily- not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals.

A home made chicken or turkey soup starts with a broth made from the left over carcass of a roasted bird.

To make the broth follow these simple directions:

Add the left over carcass along with scraps of meat and skin to a large pot and cover with water. Add 2 tablespoons of vinegar [this draws the minerals out of the bones], an onion, a carrot or two, and a stalk of celery with leaves - all coarsely cut, a bunch of parsley, some dried thyme and rosemary.

Bring to a boil then lower the heat to its lowest setting, cover, and allow the stock to simmer for several hours -12 hours will give a richer tasting broth.

Remove from heat and cool slightly before straining all through a large sieve.

Cool thoroughly then remove fat from the surface or leave some for the soup - it will add flavour and fat-soluble vitamins which your body needs to utilize the minerals in the soup.

When using the roasted carcass of a 'free-range chicken' there will be a greater amount of gelatine in your stock. Alternatively, an entire stewing chicken can be used to make the stock.

Once the stock is made it can be used to make any number of great tasting

soups by adding additional vegetables and whole grain rice or noodles, etc. The remainder can be frozen or canned for later use [see below for instructions on how to can your soups or broth].

For those following a vegetarian diet, a wonderfully tasty and healthful broth can be made from a variety of vegetables which can then be used to make soups of all kinds. My favourite vegetable stock requires roasting the vegetables first - this process enhances the flavour of the broth 10-fold.

To make the broth:

In a roasting pan put in the following vegetables, all coarsely chopped - 2 large onions, 4 stalks celery, 4 carrots, 3 leeks, 4 parsnips or summer turnips and 8-12 cloves garlic. Drizzle 2-3 tablespoons olive oil over and stir to coat vegetables.

Roast vegetables [except leafy vegetables] at 400 degrees F. for about 35 minutes turning occasionally. They should be nicely browned and very aromatic.

Place roasted vegetables in a stock pot with 4 quarts filtered water, parsley stems from 2 bunches, 4 bay leaves, 8-10 peppercorns, and 2 teaspoons Celtic sea salt. Any vegetable trimmings such as celery tops, asparagus ends, or broccoli stalks can be saved for making broth and added to the stock pot. Dried mushrooms add a meaty flavour to the broth.

Bring to a boil then lower the heat and simmer gently for 2-3 hours.

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A Liberation Diet

When Dr. Colin Campbell with a PhD from Cornell, embarked on his career, he was doing research into finding better ways to make cows and sheep grow faster. He grew up on a farm in the U.S. and as most Americans, believed the American diet was the best in the world. His scientific career was poised to promote better health by advocating the consumption of more meat, eggs and milk.

Dr. Campbell during his career authored hundreds of scientific papers, sat on numerous government expert panels and helped shape national and international diet and health organizations e.g. the American Institute for Cancer Research/Cancer Research Fund. His initial work at Massachusetts Institute of Technology, where he worked with dioxin and aflatoxin (a toxin produced by a fungus that contaminates peanuts and grain) led to his accepting a position at Virginia Tech which involved coordinating a nutrition project and undertaking research in the Philippines. Part of the project became an investigation into the unusually high prevalence of liver cancer (usually an adult disease) in Filipino children. However the primary goal in the Philippines was to improve childhood malnutrition among the poor through a project funded by the U.S. Agency for International Development.

The assumptions and beliefs Dr. Campbell entertained were typical of Americans who placed their confidence in the major nutrient: protein from animal sources. His work with the poor in the Philippines involved a program teaching mothers how to better nourish their children and combat malnutrition by increasing protein intake. The prevailing view was that a great part of childhood malnutrition in the world was caused by a lack of protein, especially from animal-based foods. This may not have amounted to any ground-breaking findings except for the fact that one component of his study was to look at the high rates of liver cancer in Filipino children and to find out how aflatoxins were involved in causing cancer among Filipino children. His research focused on aflatoxins found in peanuts, an important source of protein.

Results of his research into cancer highlighted an association completely unexpected and hardly believable. Dr. Campbell's project uncovered what he called a dark secret: children who ate the highest protein diets were the ones likely to get liver cancer. The rates were high-

est amongst the wealthiest better-nourished children. In further animal studies Dr. Campbell was shocked to find that low-protein diets inhibited the initiation of cancer by aflatoxin in animals regardless of how much this carcinogen was administered. The cancer producing effects of this highly carcinogenic chemical were rendered insignificant by a low protein diet. In fact the dietary protein proved to be so powerful in its effects that researchers could turn cancer growth on and off simply by changing the level of protein consumed in experimental animals. However not all proteins had a cancer promoting effect. Plant proteins such as found in grains, vegetables, soy and other legumes did not have cancer-promoting effects. They found that casein, the major protein in milk (about 87%) consistently and strongly promoted



cancer. The proteins in plants including wheat and soy did not promote cancer even at high levels of intake.

At the same time that Dr. Campbell was doing his studies, a very provocative research report from India on a study with rats and aflatoxins showed that the animals that consumed a 5% protein diet avoided liver cancer. In fact nutrition trumped the chemical carcinogen. In other words the most important factor was not so much the level of the carcinogen ingested but the amount of protein the animals were fed.

Being a researcher who studied the role of nutrition and disease prevention Dr. Campbell wanted to unravel this mystery and find the truth. He spent the next 27 years in research. His studies were funded by the best-reviewed and competitive funding sources such as the National Institutes of Health, the American Cancer Society and the American Institute for Cancer Research. These studies led to one of the most compre-

hensive study of diet, lifestyle and disease ever done in the history of biomedical research—a study arranged through Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. The results of this study commonly known as the China Study because it was conducted in rural China produced more than 8,000 statistically significant associations between dietary factors and disease and it turned American nutritional ideology on its head. The same finding kept re-occurring: the people who ate the most animal-based foods got the most chronic diseases. In his book, *The China Study*, Dr. Campbell reported on other studies in which heart disease, diabetes and obesity were reversed by a healthy whole foods diet in which the source for protein was plant-based.

In North America we have an example of a group of people whose diets and lifestyles support the findings of the China Study and the many studies preceding it. The Seventh Day Adventists because of religious beliefs refrain from meat, fish, eggs, coffee, alcohol and tobacco. Half of this group is vegetarian but 90% still consume dairy and eggs. Yet among the Adventists those that eat meat do not eat a lot of meat. Dietary studies of Adventists have shown that they have less chronic diseases, less diabetes, high blood pressure, heart disease and cancer than the general of the population. Other studies of Adventists have shown that vegetarian Adventists are healthier than their meat-eating counterparts as evidenced by reduced rates of diabetes, heart disease and cancer.

One of the most exciting benefits of good nutrition is the prevention of diseases. Funding for genetic research continues to rise with the belief that we can “turn off” the nasty genes that cause disease such as cancer. Dr. Campbell's research has shown quite the opposite, that cancer growth can be turned off by nutrition despite a very strong genetic predisposition. Rather than focusing solely on genetics and drugs, Dr. Campbell believes that more funding should be put into nutritional research.

Ever wonder why milk drinking and meat eating North Americans are so prone to osteoporosis while Asians who do not drink milk and eat little meat rarely get osteoporosis? The high amounts of calcium found in milk and the animal protein found in milk and

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When cooled down, strain through a fine sieve then simmer the strained broth till you have about 2 quarts. The broth can be used immediately for making soup or it can be frozen in batches for later use.

Tip: It is recommended to add a little fat to each bowl of soup; yogurt or a tablespoon of good quality oil such as hemp oil. This helps with the absorption of minerals in the soup.

Another perhaps less familiar stock is made with beef bones. It is equally flavourful and nutritious and can be used for beef-based soups. Instructions for making this stock can be found at www.foodgeeks.com/recipes or call

Eveline at Mary Jane's Cooking School.

To can extra stock and soup: Start with clean, sterilized jars and metal covers - Boil the jars and covers in a large pot of water for about 15 minutes. Pour simmering stock or soup into the jars one at a time so that jars and covers remain hot.

Wipe the rims of the jars with a clean wet cloth to remove any spilled juices then apply the hot covers and seal by tightening the ring well.

Let cool [you will hear a pop from each jar as the covers seal]. Label and store in the refrigerator. It will keep for several months if well sealed. To check the seals after the jars have cooled remove the ring and gently tug on the lid to see if it is tight. Use within a few days if a seal removes

easily.

After you've tasted and experienced soups made from these broths you'll no longer be tempted to use the store bought variety except in emergencies.

They make for a great week end project. Once the ingredients are assembled, the long-simmering time leaves you free to do other things.

I hope you will take up the challenge and reap the rewards of traditional whole foods cooking.

Eveline Caners,
Board Member, Mary Jane's
Cooking School, Inc.

Programs at Mary Jane's Cooking School

Making Food, Making Friends, funded by the United Way is a two-year program offered one day per week that brings together women from Aboriginal and refugee backgrounds to socialize, share and make friends while learning about nutrition and healthful cooking for themselves and their families. An integral component of the classes is building cross-cultural awareness and understanding to promote community building and harmony. A holistic approach is taken with emphasis on environmental responsibility in the home and in our food choices.

We have completed the first of the two-year program. The participants from refugee backgrounds were all learning English and spoke English with difficulty. The classes provided them with an opportunity to acquire English language skills while cooking together informally or even through reading recipes out loud. Some of the immigrant women were professional women who lost everything due to war and had to start over again without getting any recognition for their training or credentials. The Aboriginal women and the refugee women were on an equal footing in that both groups tended to have difficulties with language and reading. There was a bonding that developed and a better under-

standing about each other's cultures. The strengths of each group were shared with each other.

Making Foods, Making Friends empowers the women to be better able to make healthful food choices and to provide nutritious meals for their families on a limited budget. The program was very nurturing to the women who had been traumatized by war or affected by colonialism. The program served to build friendship and understanding amongst the cultures and particularly toward Aboriginal people who often share the same limited resources in the same communities with refugee newcomers to Canada. The program serves to strengthen community, decrease isolation and create harmony in the neighbourhood.

Healthy Foods for Better Health, funded by DMSMCA Small Grant Fund is a nutrition and cooking program that focuses on the preparation of appropriate and healthful foods in the prevention and maintenance of diabetes. The program was offered for 8 consecutive Thursday evenings with 8 participants at Orioles Community Club and at Mary Jane's Cooking School. The program began on May 8 and ended on June 26

The participants were all women who came from various backgrounds. One participant had been a type two diabetic

for 35 years. Each class began with a half hour of nutrition and cooking discussion, teaching and review in which diabetes was addressed. Diagrams of the Medicine Wheel and balanced lifestyle were shared and discussed. There was a lot of interaction amongst the participants, a great interest shown in the topic and a lot of questions pertaining to diabetes, cooking and nutrition resources. The women prepared healthy meals to take home. They were a lively and interested group. There was an expressed interest in having more classes in the future and we aim to make it happen.

Cooking for Fitness and Health: this program is being offered off site at New Directions for young women participants in the Resources for Adolescent Parents Program. The program focuses on developing lifeskills and increasing knowledge of food and nutrition and its importance to health. This new initiative is just getting underway.

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meat, cause calcium to be lost in the urine. Lost serum calcium must be replaced from bone reservoirs, an inconvenient fact that tends to be largely unknown, ignored or downplayed by industry and most nutrition educators.

The China Study brings us another way of eating and living. By focusing on a whole foods and plant based diet in which our protein is obtained only from plants, we can avoid not only getting cancer, heart disease and diabetes but protect ourselves from a host of auto immune diseases such as lupus, Alzheimer's disease and possibly multiple sclerosis. Dr. Campbell strongly promotes nutritional studies that focus on whole foods rather than specific nutrients, which very often results in confusion and seemingly contradictory results. Nutrients are linked together and work together in complex ways.

A whole foods plant based diet in

which our protein comes from plants is truly a "liberation diet". Such a diet will prevent many diseases that are chronic and costly in terms of treatment. Such a diet will eliminate the need for drugs and will vastly improve our health and reduce suffering. This diet could liberate farm animals from the immense suffering inherent in present day mainstream agricultural practices. This is the most revolutionary diet because it goes counter to the culture, beliefs, lifestyles and even medical and pharmaceutical establishments in North America. Because this diet embraces whole foods, it goes counter to the food industry, which is based on processed foods. It is a timely diet since environmentalists warn that eating a lot of meat is unsustainable and we are fast approaching a time when we will be forced to reduce our meat intake. This is a simple, healthy and liberating vegan diet but the question must be asked: "Are we ready for it?"

Needless to say Dr. Colin Campbell is not very popular with the powers that be

and has been black listed by powerful groups in the meat and dairy industry. Despite the difficulties he has faced, Dr. Campbell remains loyal to the truth that his life's work in science has revealed. He had the courage to question his own beliefs about food and nutrition and that of his own American culture and to recognize that some of these beliefs were not supportable. *The China Study* published in 2006 by Benbella Books, written by Dr. Colin Campbell and his son Thomas Campbell provides in depth information on nutritional research and the political landscape that shape our food policies and influence our beliefs and diet. The foreword is appropriately written by John Robbins, author of *Diet for a New America*. *The China Study* is an immensely important book to read.

Mary Jane Eason
Program Coordinator and
Community Nutritionist

Youth in Philanthropy (YIP)

This program funded by the Winnipeg Foundation gives high school students first hand experience with philanthropy and community development. Last year 350 students from 22 high schools formed committees to take part in allocating grants of \$1000.00 and less to local charitable organizations. While a lot of hard work goes into researching and selecting charities as recipients for grants the efforts pro-

vide youth with leadership and decision-making experience. At the end of the year the committees from all the participating schools come together to report with flair on their year's work and to announce their choices for grant recipients. St. John's High School chose Mary Jane's Cooking School as the recipient of a \$500.00 grant to be used in providing student support for our programs in the form of transportation

and supplies. The board of Mary Jane's Cooking School thanks the students for choosing us. Several of us attended the spectacular gala held on May 20th and were impressed with the energy, talent and commitment of the students. A new acronym has entered our vocabulary. Thank you YIPPERS from St. John's High School.



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.

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Visit MJCS webpage at: www.maryjanescookingschool.org

Chinese Potatoes with Chili Beans

A quick and tasty supper dish for cool evenings.

4 medium potatoes cut in thick chunks
 3 green onions, sliced
 1 large fresh chili pepper, seeded and sliced
 2 tablespoons sunflower oil
 2 cloves garlic, crushed
 2 cups cooked kidney beans or 1- 14 oz canned kidney beans, drained

2 tablespoons soy sauce
 1-tablespoon sesame oil
 Salt and ground black pepper to taste
 Garnish with fresh chopped coriander or parsley and 1 tablespoons sesame seeds

Boil potatoes until tender, taking care not to over-cook them. Drain and reserve.
 In a large frying pan or wok, stir fry the onions and chili in the oil for about 1 minute then add the garlic and fry for a few seconds longer.
 Add the potatoes, stirring well, then the beans and finally the soy sauce and sesame oil.
 Season to taste and cook the vegetables until they are heated through. Sprinkle with sesame seeds and coriander or parsley.

Thank You!!!

A big Thanks to Suzanne Hoard for the donation of vegetables and for the heritage tomatoes for our canning workshop. Also thank you to Bill Hyrnkow for his donation of tomatoes from the community garden at the University of Manitoba. Bill's tomatoes helped insure that we would not run short.

Thank you to Linda Dunwoody for the donation of a stove and pots and pans and to Luc Domez for his help with transporting the stove and to Leonard Gauthier for his services in connecting it. Thank you to Jeannette and Don Bouchard of Fisher Branch for the donations of household items and furniture for our annual June garage sale.

News Flash!!!

This year, Mary Jane's Cooking School has the pleasure of sponsoring an employment preparation and placement program for young people seeking to obtain employment in our community. The project "Youth Employment Strategy" is led by project coordinator Dawn Rodgers and trainer Jessie Woods. Together these talented women are helping aboriginal and immigrant youth to obtain the skills and knowledge necessary for entering the workforce in occupations that draw upon their strengths and provoke their interest. Funder for the project is the Government of Canada. More information on the project will be included in the Spring Summer 09 issue of this newsletter.

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

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.

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