



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

Culture and Sharing and the Meaning of Home

An enduring agriculture must never cease to consider and respect and preserve wildness. The farm can exist only within the wilderness of mystery and natural force. And if the farm is to last and remain in health, the wilderness must survive within the farm.

Wendell Berry, "The Unsettling of America"

Inside this issue

Culture and Sharing	1,3
School Programs	2
Garlic	3,5
Food Democracy	4,6
Guidelines for Eating	5
Pesticide Recipe, Special Events	6,7
Products for Sale, Moroccan Style Rice	7
News Flash, Radio Program, Sponsors, Membership	8

The story is told of two visitors from the south who were attending the 2010 Winter Olympics in Vancouver and were intrigued by the colourful headwear of another couple standing nearby. Gathering courage to learn more about them the wife asked her husband to go and ask where they were from. He did so, and the other man replied "Saskatoon, Saskatchewan."

Without speaking, the first man returned to his wife...

"Well, she said. Where are they from? Where is their home?"

"Don't know", he replied. "They don't speak English."

How often do we pause to think that home, the place where we come from, has as much to do with language and culture as it does with geography? Home: the centre of our universe, that place of being, belonging, and becoming all that we're meant to be. When that centre is dislocated or destroyed - by wars, economic or social upheaval, or by personal trauma or tragedy - we are in danger of losing our sense of direction in life and even our very identity as individuals, as community, as a people.

The threat can also come from the environment; from the natural

disasters such as we witnessed this winter in Haiti, where millions of people were reported to be homeless after the worst earthquake to hit the region in centuries. One of the most memorable pictures I recall from the television coverage immediately after the quake was that of Haitian President Rene Preval who had just emerged from the rubble of his collapsed Presidential palace.

When a reporter asked him where he was going to sleep that night, the President replied, "I don't know. I don't have a home." Not lingering on that thought, however, President Preval quickly added "But I'll find somewhere to sleep. My job is to help the people." He knew that his home was not a structure; His home was as a servant of his people.

The people of Haiti are the folk to whom Preval belongs and with whom he shares a common bond of history, culture, and spirituality. It was their bodies that needed to be found amid the rubble, and their children who needed to be cared for. As caregivers belonging to international charitable agencies came from around the world their many languages echoed throughout Port au Prince, all wanting to offer their skills

(Continued on page 3)

Programs at Mary Jane's Cooking School

Cooking for Fitness and Health

This program for young women participants in the Resources for Adolescent Parents (RAP) Program is being offered at the site of Mary Jane's Cooking School instead of at the Ellice Avenue site of New Directions. The program focuses on developing lifeskills and increasing knowledge of food and nutrition and its importance to health. The young women attending this program are encouraged to set goals for themselves and improve their lives through a variety of programs.

Nutrition information and discussion is offered at the beginning of each class. The girls then prepare a variety of foods. One thing that motivates the girls to eat healthfully is their interest in the well being of their infants. Infant nutrition is included in the program.

Because the young women are Aboriginal, a spiritual component of smudging and traditional writing/teaching has been introduced into the program with the consent of the participants. An Aboriginal facilitator Wanda Thomas has become an integral part of the program as she provides a role model for the girls. Her special strength and gentle ways enhances structure and teaches respect, which allows space for the girls to take advantage of the opportunities for learning.

Cooking is Cool Club

This eight-week after-school program funded by Daniel McIntyre St Matthews Community Association

is being offered to the children who attend the drop in at the Orioles Community Club. Activity workers at the club assist with the program. About thirty children attend the drop in.

The program for children focuses on the preparation of healthy snacks and simple meals. Each day of the program the children prepare food to be shared with staff at a sit down meal. The children also help with setting up the tables and with clean up. Simple nutrition lessons are taught to everyone at the very beginning of the program. Wise Owl will be there to nod his approval.

Home Cooking In Canada:

This program is made possible through a grant from the Winnipeg Foundation and the partnership of the Newcomer's Literacy Program, Hugh John MacDonald School and the Immigrant Refugee Community of Manitoba. The program is being offered to the refugee women attending ESL classes at Hugh John's.

The women are grouped according to language or countries of origin. Each group will have four classes of nutrition information and Canadian cooking. The program assists women in their settlement in Canada by familiarizing them with some Canadian foods, helps them find substitutes for their traditional food and enhances friendships and community involvement. At the end of the program participants will celebrate with a feast to be shared with family and friends and receive Certificates of Participation. The program utilizes the space of Hugh

John's kitchen and the child minder services of IRCOM. Cooking In Canada began in March and will continue throughout the school term for a forty-eight sessions.

Other Programs of Interest

Cathie Turner, a Registered Holistic Nutritionist, and Holistic Personal Chef is planning to have a series of demonstration classes at Mary Jane's Cooking School in the spring. Her classes focus on gluten-free cooking.

Amanda Shiplack-Grant is planning some Raw Food classes while she is in the SEED program to develop her business of teaching raw food cooking.

Food Handlers Course:

Mary Jane's Cooking School is an authorized site for writing the Food Handler's Exam and Mary Jane is an authorized instructor for the Food Handling Course. As time permits she can provide the course to groups who are interested in getting their Food Handlers Certificate. A number of manuals are available for loan at \$25. The money will be reimbursed upon the return of the manual. There is also the option to purchase a manual according to quantities available

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(Culture and Sharing from page 1)

and resources to meet the basic needs of people in trauma. Financial donations poured in from citizens across Canada and around the world, and the Canadian government, in a gesture of international good will, agreed for a limited time to match citizen donations dollar for dollar, to fund Haitians' basic needs for food, health care, and especially the needs for housing.

But more than their need for structures of housing, after this disaster the people of Haiti needed to go 'home' - to reclaim their language, the unique Creole mix that located them linguistically as descendants of the French and African colonial experiences in which they as a people had originated and from which they had emerged as an inde-

pendent people. They needed to return to a spirited sharing of their own vibrant culture, the spirit of *joie de vivre* and the love of the Earth inherent in their spiritual roots.

Haitians are predominantly Roman Catholic but at the same time the vast majority of them have retained the deep spirituality of their African and Indian ancestors that honours nature and the love of the earth.

Through sharing what they see as the best of their traditions, the people of Haiti are moving together step by step and with mutual respect from well wishers from around the world to begin constructing stronger, more secure housing than ever before. There will always be a place to come home to for the people who share those values and traditions despite years of colonization,

poverty, victimization by unscrupulous governments and multinational corporations, and the continuing devastation of Haiti's natural resources.

The Haitians' example makes coming home possible, for the long term, for all of us who have been impacted by the earthquakes of our world and the threat of hopelessness when we feel we have lost our way. May that example help bring us together, in our own languages, perhaps, our own ceremonial garb, our own colours and own cultures, to know healing, sharing and belonging as the meaning of home at Mary Jane's Cooking School and wherever we may go.

Laura L. Steiman

*Past-President
Mary Jane's Cooking School*

Garlic Blooms with Health Benefits

Sometimes called the 'stinking rose' because of its pungent scent, garlic is in fact a marvel of health and healing benefits that has been used to treat a variety of ills for thousands of years. In ancient China, Egypt, and Rome through Medieval Europe it was chosen to aid digestion, fight parasites, relieve respiratory problems, and more. In the nineteenth century Louis Pasteur described garlic's antibacterial properties; it was recommended to treat dysentery during World War I and then chosen for its effectiveness against infections during World War II.

More recently, research has supported garlic's cold fighting properties. In a 2001 study of 146 people,

those taking aged garlic between November and February were almost two-thirds less likely to catch colds compared to those who didn't



take any and garlic takers who did catch colds recovered faster than those who didn't take any.

Garlic contains selenium, which helps the liver to break down toxins. It is also a powerful antioxidant. Use garlic liberally in cooking, aiming to consume several cloves a day.

Following is a favorite way to eat a whole head of garlic (about 12 cloves) in a single dose. The recipe is adapted from research at Penn State University.

Slice the top off of a head of garlic to expose it to the air for 20 to 30 minutes before roasting in a 350 degree F. oven, then spread the soft smoky-sweet pulp from the cloves on whole wheat bread. The roasting method helps temper the pungency of the garlic and therefore leaves no strong garlic taste. This way of preparing it also makes a delicious *hors d'oeuvre*.

Another very effective remedy that not only staves off colds and flu but also lowers cholesterol and

(Continued on page 5)

Food Democracy and the Food Policy Project

Back when Eugene Whelan was the Minister of Agriculture (1969) agriculture became industrialized. The machine model of agribusiness replaced the family farm and silently transformed our communities and rural landscapes. Since then, small farmers have gone out business at a pace that has surpassed the depression years, to be replaced by agribusinesses. Today an agropoly of three corporations control agriculture in Canada and it is the same in the U.S.

A simplistic machine model characterizes the system: add fertilizers to the soil (three minerals), use pesticides to kill unwanted plants and insects and voila!—we have the industrial revolution that feeds the world. Ignoring the fact that diversity and complexity are the hallmarks of nature, the corporate approach impoverishes soils contaminates rivers and lakes and creates foods of decreased nutritional value.

The food industry profited immensely by turning the once-wholesome foods into synthetic foods that has led to widespread obesity and chronic diseases such as diabetes and cancer, which at the turn of the twentieth century were quite rare. We are slowly awaking to the monsters in our midst as more and more people have become estranged from the food system if not altogether unaware how our foods are grown and how the animals we use for food are treated.

The present system neither feeds people adequately nor protects the environment. While corporations, such as Monsanto, have seized control of our food system and are buy-

ing up small seed companies, we are fast approaching a major disaster!

Offsetting the corporate usurpation of our food system is a grass roots movement that recognizes what is happening and wants a return to holistic ways that respect the earth, its creatures and everyone's rights to healthy food. Food sovereignty is a response to corporate takeover. The concept sprang up concurrently with peasant resistance throughout the world, and the widespread realization of what is being lost.

At a conference in Mali, the ideas about food sovereignty were forged. Food sovereignty is about reclaiming our role and authority to shape the food system according to our community values. It is not about reshaping the food system for the benefit of transnational corporations. The concept of food sovereignty recognizes that six values or pillars are necessary.

1. A food system must be local (that supports the local economy and the community).
2. A food system builds on knowledge and skills (as opposed to the loss of lifeskills).
3. A food system should value the food providers (not producers). These providers are the hunters, gatherers, fishers and organic farmers who work with nature.

Many activities help build a sovereign food system for the people: community kitchens, developing and honoring household skills of cooking and cleaning, transmitting

traditional knowledge, farm mentorship programs, community gardens and the saving of seed those precious seeds. Practices that build food sovereignty are local and direct marketing, marketing boards (Canadian Wheat Board for example) local canneries, green houses in the North and public input. A policy made by Canadians is on its way to the government of Canada.

The **People's Food Policy Project** involved seeking out the opinions of 1000 people who came up with 275 policy proposals. The draft policy proposals will be posted at the end of April 2010 for public discussion. This policy draft will be presented at the **People Secure Canada Assembly** in November 2010 and presented to the federal government by early 2011. It will involve a lot of discussion from all ranks of people including those who are caught in the current paradigm. One of the things we will be hearing about is Fair Trade. This time not for coffee or cocoa plantation workers but for our Canadian farmers. While this is going on, concerned political parties are looking at food policies too, seeking out opinions as to what a Canadian food policy really ought to look like.

Things are happening and the horizon is changing. Food cooperatives are coming into prominence and some general small-scale grocers are going completely local as for example the St. Vital Market, headed by Bruce Lemieux who has endorsed the local economy and created a vibrant community. Big corporations, which I see in a mythological way as being dragons,

(Continued on page 6)

Guidelines for Nutritionally and Environmentally Sound Eating

Conscious living means making choices that contribute to the health of our body, mind and soul and contribute also to the health of our environment. A healthy environment in turn is necessary to achieve fullness of health. Following are a few basic points to be aware of when making choices that contribute to our health and the health of the environment.

- Eat foods that are in season.
- Eat foods that are grown locally and organically when possible and encourage your grocer to stock organic.
- Move toward a more traditional grain-centered diet, taking the time to prepare varied grains in the traditional way – sprouting and fermenting.
- Reduce the amount of meat in your diet and choose only free-range meats.
- Eliminate processed sugars.
- Try to eat food as close to its whole natural state as possible.
- Eat beets with beet greens and vegetables and fruit with their peels; eat fruit instead of drinking the juice; avoid frozen, canned, chemically treated and freeze-dried items.
- Eat a variety of foods, flavours and textures.
- Eat in moderation or only when hungry.
- Eat in balance, concentrating on the foods from the mid-section of the yin/yang scale.
- Chew your food well – 50 times per mouthful. Your digestion will thank you.
- Don't eat when you are in emotional turmoil.
- Eat with enjoyment, respect and gratitude.
- Be aware of excess packaging (visible and invisible) and request changes, recycle, and buy in bulk.
- Consider the environmental impact when choosing a restaurant.
- Support stores that are environmentally aware.
- Compost.
- Grow your own food and enjoy the outdoors.
- Lead a balanced life: exercise, relax, and get plenty of rest and fresh air.

To your good health!

Eveline Caners
Board member,
Mary Jane's Cooking School, Inc

(*Garlic* from page 3)

blood pressure is an easy to make a Lemon-Garlic drink. The lemon is alkalizing to the body and the garlic kills bacteria, fungus and viruses, so it's a potent combination. It is easy to take and leaves no aftertaste of garlic. It's especially good to take during the flu season.

The recipe follows:

Lemon-Garlic Drink

1 whole lemon with peel, washed

1 whole head garlic, peeled

2 cups boiling water

¼ tsp Stevia (a sugar substitute that balances blood sugars –available in health food stores)

Put cut up lemon and garlic in a food processor and chop. Put into a quart jar and pour over the boiling water. Add the Stevia, cover and allow to sit on the counter for seven days to ripen. It won't ferment. Strain then keep in the refrigerator. Take one ounce a day for prevention or two ounces a day for healing. This recipe will last seven days for one person so I recommend making it in double batches and starting the next batch when the first one has completed its ripening on the counter.

A change in season, as we are now experiencing, is often a time when we become more susceptible to colds so this recommended tonic may be just the thing you need to ward off the virus.

To your good health all year long!

Eveline Caners
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Garden Pesticide Recipe

(*Food Democracy* from page 4)

can only be slayed by the weapons of awareness and wholesome informed choices. Corporate lobbying is well entrenched and continues to bring favorable results for agribusinesses.

The Food Policy Project will bring the voice of community and conscience to bear on our leaders. It is time we had a say in how our food is grown and how our animals are raised and how the environment is treated. It is time to say we do not want genetically modified crops and poisons on or in our food. How we treat the earth comes back to us. Nature is intelligent and interactive, not an inert thing like a machine. For more information check out the People's Food Policy Project at www.peoplesfoodpolicy.ca.

Mary Jane Eason
*Program Coordinator and
Community Nutritionist*

Garden Pesticide #1

Many pests, from insects to squirrels, are quickly repelled by the taste and odor of hot pepper. This homemade spray helps you use their distaste to your advantage. Caution: the active ingredient in hot pepper, capsaicin, can produce skin and eye irritation. Use care in preparing or applying this remedy.

- 7 cloves garlic
- 1 tablespoon powdered cayenne
- 3 cups hot water

Crush garlic and place it in a heat-proof container. Add the cayenne. Pour the hot, but not boiling, water over the garlic and cayenne. Stir to combine completely. Allow to steep for two to three days. Strain and pour into a hand held sprayer.

Garden Pesticide #2



- 1 T. dishwashing detergent
- 1 cup vegetable oil

Mix and store in an airtight container. When needed, mix 1 to 2 T. of this solution with 1 cup water. Spray on plants, covering all leaf and stem surfaces. This solution once mixed can be put into a hose attachment sprayer for covering large areas.



Eveline Caners
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Special Events at Mary Jane's Cooking School

Join us at our Springtime Open House on Saturday June 12 from 10 a.m. to 3 p.m., featuring plants, food and household products. Enjoy tasty and nutritious treats while you shop.

Watch for our Happy Harvest Open House in October as well as a fundraising Coffee House.



Moroccan Style Rice 6 servings

This pilaf is great as a one dish meal or served with a salad. This recipe can be made with millet as well as rice.

2 tablespoons coconut or olive oil
 1 large red bell pepper, sliced into strips
 1 large green bell pepper, sliced into strips
 1 large onion, sliced into half moons
 2 tablespoons crushed garlic
 2 teaspoons paprika
 ½ teaspoon salt
 1 teaspoon ground cumin
 ½ teaspoon turmeric
 ¼ teaspoon ground ginger
 1/8 teaspoon cayenne
 1 ½ cups brown rice
 3 cups water or vegetable stock
 1 ¾ cups drained cooked chickpeas or (1-15 oz/425-g) chickpeas
 ¼ cup raisins or chopped dates
 ¼ cup sunflower seeds, pumpkin seeds or pine nuts (optional)
 Salt and pepper

Preheat oven to 450 F (230 C). Place 1 tablespoon of the oil in a large roasting pan. Add the peppers, onions, garlic, paprika and salt. Toss until everything is evenly coated with the oil and well combined. Place in the oven to roast for 20 minutes, stirring 2 or 3 times during the cooking cycle. Remove the vegetables from the oven and allow them to cool until safe to handle, then chop them coarsely.

Meanwhile, heat the remaining tablespoon of oil in a large saucepan. Add the cumin, cinnamon, turmeric, ginger and cayenne. Stir over medium-high heat until the spices are uniform in colour and well combined, about 30 seconds. Add the rice and stir quickly to coat, about 1 minute. Immediately pour in the vegetable stock or water and bring to a boil. Reduce heat, cover and cook the rice until all the liquid is

absorbed, about 45 minutes. If using white rice or millet this will take about 20 minutes.

Place the rice in a large bowl and fluff with a fork. Add the roasted vegetables, chickpeas, raisins, and optional seeds. Season with salt and pepper to taste. Toss gently and serve.

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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