

**Soups and salads. Hot and cold. Winter and summer. While many of these recipes stick to the traditional, some have a modern twist and prove that when you're using the freshest ingredients, anything is possible.**

# Meet the Clements Family

Moosomin, Saskatchewan



**As a fifth generation farmer,  
Ryley Clements and his  
wife, Joanne, are growing  
more than just wheat—  
they're growing a family.**



### Childhood memories

The Clements' farm has been in Ryley's family since 1883. Having grown up here, it's packed with memories from his childhood, and he hopes his two children will remember their life on the farm just as fondly.

"As a kid we'd be up and off for miles and hours," Ryley says. "We'd just go touring around, exploring. I love being here with my kids and watching them run around."



### Busy harvest days

Between raising children, working on the farm and Joanne's work off the farm as a pharmacist, the Clements are a busy young family. As Ryley says, "there's a lot of stuff on the go," especially during the summer harvest months.



### The next generation

As the fifth generation of Clements farmers on the land, Ryley remains as passionate as his ancestors before him. "It's what I love to do. It's what I've always wanted to do, be a grain farmer. And it's been my lifelong dream to continue the farm."

And when it comes to the sixth generation, they say their three-year-old, Jase, is already a farmer-in-the-making. "He hauls some garbage with his tractor when we go for walks," says Joanne.



## Farm life

With two small children on the farm, sometimes a little ingenuity is needed.

Their son, Jase, was born during the harvest, and during a visit to the fields Joanne made a discovery—when she'd put Jase's car seat on the floor of the combine, the vibrations would lull him to sleep, and he'd stay asleep for hours.

It's clear that the farm life really is in the Clements blood, all it needs is a little nurturing and it's sure to continue to grow.





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# Wheat Salad

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## Ingredients

1½ cups wheat  
8 oz cream cheese  
1 small pkg vanilla  
instant pudding  
1 tbsp lemon juice  
1 small can crushed pineapple  
1 tbsp water  
1 tub Cool Whip

## Directions

Wash wheat, put into pot. Add enough water to fill pot. Cook on low 2½–3 hours (it takes less cooking time if you first soak the wheat overnight). Add more water as needed. Mix next 5 ingredients together then add wheat to this mixture. Before serving, top with Cool Whip.  
Can be made ahead of time as it freezes well.

## Notes

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**Joanne & Ryley Clements**  
Moosomin, Saskatchewan

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# Bison Burger Soup

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## Ingredients

1 lb ground bison  
1 cup diced onion  
1 cup cubed raw potatoes  
1 cup diced carrots  
1 cup sliced celery  
1 cup stewed tomatoes  
1 cup tomato soup  
¼ cup rice  
½ tsp salt  
Dash of pepper  
1½ quarts of water

## Directions

Cook bison and onions, browning meat slightly. Add vegetables and water, bring to a boil. Sprinkle rice into mixture. Add remaining ingredients. Cover and simmer for 1 hour.

Can be made in a crock pot.

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**Georgina Orcheski**  
Round Hill, Alberta

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# Broccoli Salad

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## Ingredients

4 cups broccoli florets  
¾ cup chopped celery  
⅓ cup red onion, chopped  
¾ – 1 cup red or green grapes  
½ cup raisins  
⅓ cup pecans, chopped

## Ingredients for dressing

2 tbsp sugar  
3 tbsp vinegar  
1 cup mayonnaise

## Directions

Combine first 5 ingredients. Stir dressing ingredients together and add to broccoli mixture. Sprinkle pecans on top.

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**Allen Tomaszewki**  
Camrose, Alberta

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# Cabbage Roll Soup

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## Ingredients

1 large onion  
3 cloves garlic  
1 lb of lean ground beef  
¾ cup uncooked  
    long grain rice  
1 medium head of  
    cabbage, chopped  
    (core removed)  
1 can (28 oz) diced tomatoes  
2 tbsp tomato paste  
4 cups beef broth  
1½ cups V8 or vegetable juice  
1 tsp paprika  
1 tsp thyme  
2 tbsp Worcestershire sauce  
1 bay leaf  
Salt and pepper to taste

## Directions

In a large pot, brown onion, garlic and beef. Drain any fat. Stir in chopped cabbage and let cook until slightly softened, about 3 minutes. Add all remaining ingredients, bring to a boil and reduce heat to medium low. Cover and simmer on low until rice is fully cooked, about 30–45 minutes.

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### Erma Ginter

Carroll, Manitoba

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# Caribbean Salsa

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## Ingredients

2 cups chopped pineapple  
2 red or yellow bell peppers,  
seeded and chopped  
3 kiwi, peeled and chopped  
1 small red onion,  
finely chopped  
1 cup mango, peeled  
and chopped  
¼ cup cilantro, finely chopped  
1 jalapeño pepper, chopped  
Juice of 1 lime

## Directions

Combine all ingredients, including lime juice.  
Cover, chilled for 2 hours.  
Serve with fish, pork or chicken. Or eat alone.

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### Murray King

Frobisher, Saskatchewan

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# Cream of Broccoli & Cauliflower Soup

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## Ingredients

5 cups broccoli and cauliflower mixture  
1 cup sliced carrots  
½ cup margarine  
4 tbsp chopped onion  
⅔ cup flour  
4 cups chicken broth  
4 tbsp chicken soup base  
3 cups milk  
2 tsp parsley chopped  
Pepper to taste  
Shredded cheese  
Croutons

## Directions

In a 4-quart casserole dish, cook broccoli, cauliflower, carrots, onion and margarine in microwave on high for 3–5 minutes. Stir in flour and pepper. Gradually stir in chicken broth, add milk and parsley. Cook 9–11 minutes and stir well. To serve, add shredded cheese and croutons to individual bowls.

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**Nettie Froese**  
Winkler, Manitoba



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# Debby's Quick Veggie Salad

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## Ingredients

Cauliflower  
Peppers  
Broccoli  
Celery  
Cucumbers  
Grape tomatoes (optional)  
Carrots (optional)  
Zesty Italian salad dressing  
Greek, feta and oregano  
salad dressing  
Light House salad season  
dried herbs spice

## Directions

Cut veggies into bite size pieces for the amount of people you'll serve. Pour dressings and add herb spice. Add salt and pepper to taste. Refrigerate till ready to serve.

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### Fay Bartel

Cromer, Manitoba

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# Garlic Dressing

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## Ingredients

1 cup oil  
2 tsp sugar  
4 tsp salt  
1 tsp dry mustard  
½ cup vinegar  
2 tsp garlic  
1 tsp pepper

## Directions

Mix and refrigerate.

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**Allen & Lorraine Grenier**  
St. Leon, Manitoba

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# Microwave Bread & Butter Pickles

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## Ingredients

2 cups sliced cucumbers  
1 cup sliced onions  
½ cup white vinegar  
½ tsp salt  
½ tsp mustard seed  
½ tsp celery seed  
¼ tsp turmeric  
1 cup sugar

## Directions

Mix all ingredients together. Microwave on high for 7–8 minutes. Refrigerate before serving.

Makes one pint.

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**Susan Shepherd**  
Alameda, Saskatchewan

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# Quinoa Vegetable Salad

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## Ingredients

½ tsp canola oil  
1½ tsp minced garlic  
2 tbsp diced onion  
¼ cup water  
1 tsp salt  
1 tsp pepper  
1 cup quinoa  
¼ cup + 2 tbsp diced  
    fresh tomato  
¼ cup + 2 tbsp diced carrots  
¼ cup yellow pepper  
¼ cup cucumber  
¼ cup corn kernels  
2 tbsp red onion  
Cilantro to season

## Ingredients for dressing

½ tsp salt  
½ tsp pepper  
1 tbsp olive oil  
3 tbsp balsamic vinegar  
1 tbsp soya sauce  
2 tbsp lime juice

**Rhonda Plett**  
Morden, Manitoba

## Directions

Heat canola oil in saucepan on medium heat. Stir in garlic and onion until onion is soft. Pour in water, salt and pepper and bring to a boil.

Stir in quinoa, reduce heat to med-low and cover. Let simmer for 20 minutes. Drain excess water and transfer to large mixing bowl. Refrigerate until cool.

Stir tomato, carrots, bell pepper, cucumber, corn and red onions into chilled quinoa. Season with cilantro, salt and pepper. Drizzle with olive oil and balsamic vinegar and gently stir.

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# Ski Hill Salsa

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## Ingredients

800 mL can diced tomatoes  
2 jalapeno peppers  
1 white onion  
1 red bell pepper  
1/3 cup apple cider vinegar  
2 tbsp olive oil  
1/2 cup shredded fresh cilantro  
juice of 1/2 lemon  
2 cloves garlic  
Spices to taste: pepper,  
oregano, thyme, cayenne,  
salt, dill

## Directions

In a pot, mix together all ingredients, except cilantro. Bring to a boil. Remove from heat, add cilantro and serve.

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## Greg Andrist

Estevan, Saskatchewan

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# Spicy Chicken Corn Chowder

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## Ingredients

8 – 10 slices bacon, chopped  
1 lb skinless, boneless  
chicken breast, cut into  
bite-sized pieces  
1½ cups chopped sweet  
red peppers  
1 cup chopped sweet onion  
1 jalapeno pepper  
chopped (optional)  
4 cloves garlic, minced  
⅓ cup all-purpose flour  
6 cups reduced-sodium  
chicken broth  
2 large potatoes, chopped  
2 cups sweet corn kernels  
1½ cups whipping cream  
½ tsp cayenne pepper  
2 bay leaves

## Directions

In Dutch oven, cook bacon until crisp. Remove bacon leaving 1 tbsp of drippings in pan. Add chicken, sprinkle with salt and pepper to taste. Stir over medium heat until chicken is no longer pink, remove.

Add sweet pepper and onion to pan. Cook and stir until tender. Add garlic and jalapeno, if using. Cook and stir for 3 minutes. Stir in flour. Cook and stir for 1 minute. Add broth and potatoes. Bring to boil, reduce heat. Cook uncovered for 10 minutes or just until potatoes are tender, stirring occasionally. Stir in chicken, corn, cream, bacon, cayenne pepper and bay leaves. Simmer uncovered for 15 minutes, stirring occasionally. Discard bay leaves.

Makes 8 servings.

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**Lydia Hildebrand**  
Morden, Manitoba

