

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.





Wheat Salad

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

Joanne & Ryley Clements
Moosomin, Saskatchewan

Bison Burger Soup

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.

Notes

Georgina Orcheski
Round Hill, Alberta

Broccoli Salad

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.

Notes

Allen Tomaszewki
Camrose, Alberta

Cabbage Roll Soup

Ingredients

1 large onion
3 cloves garlic
1 lb of lean ground beef
 $\frac{3}{4}$ 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
 $1\frac{1}{2}$ 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.

Notes

Erma Ginter

Carroll, Manitoba

Caribbean Salsa

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.

Notes

Murray King

Frobisher, Saskatchewan

Cream of Broccoli & Cauliflower Soup

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.

Notes

Nettie Froese
Winkler, Manitoba



Debby's Quick Veggie Salad

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.

Notes

Fay Bartel

Cromer, Manitoba

Garlic Dressing

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.

Notes

Allen & Lorraine Grenier
St. Leon, Manitoba

Microwave Bread & Butter Pickles

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.

Notes

Susan Shepherd
Alameda, Saskatchewan

Quinoa Vegetable Salad

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.

Notes



Ski Hill Salsa

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.

Notes

Greg Andrist

Estevan, Saskatchewan

Spicy Chicken Corn Chowder

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.

Notes

Lydia Hildebrand
Morden, Manitoba

