

Dear Gluten Free Friends,

I always add a disclaimer that on the gluten free diet what works for one may not work for another. None of what is written in this email is recommended by me or Gluten Free Stevens Point. It is simply shared.

Also feel free to view our Website
<https://glutenfreestevenspoint.weebly.com/>

During this time, we encourage those on the email list to send Gluten Free recipes or Gluten Free product names that are helpful to them and those in their families that require Gluten Free meals. Send the recipes to Elaine Rubel at glutenfreestevenspoint@gmail.com 715-347-2417.

The 4-Phase Histamine Reset Plan, Getting to the Root of Migraines, Eczema, Vertigo, Allergies and More By Dr. Becky Campbell, author of the 30-Day Thyroid Reset Plan

I was given the name of the above book and it is available in the public library with inter library loan and it is very popular. It covers many situations including gluten and food difficulties beyond gluten.

If your body struggles even though you are gluten free, this book may be of great help.

This summer especially and year round I have enjoyed a small salad of greens with a bit of fruit. The combination seems so welcoming on a hot day or after a lot of work.

My Salad:

Romaine and or a variety of salad greens, including Swiss chard, possibly kale, from my garden. (Many years ago I found when foods were sprayed on by water in the store, my digestive track would not be good. A person from CSA years ago told me even though it is just water, a chemical reaction takes place within those foods. He told me the name of it, but I do not remember. So now I do not buy any greens or foods that are under sprayers.). To these greens that I use I add the solid stuff from my juicer when I juice carrots, celery, a small wedge of Granny Smith apple, ginger, a beet green or other green, and a little parsley. I add then also to my salad a small slice of avocado, a couple blueberries, a couple cranberries, 4 small slices of granny smith apple, olive oil, a little yogurt and /or 1 teaspoon of kefir, perhaps sliced cucumbers and/or zucchini in season, a tiny bit of goat cheese.

Caprine Supreme Goat cheese
caprinesupreme@yahoo.com

The Gaps books talk about the olive oil and avocado fats are so important related to combinations. The book above talks about certain foods being helpful with histamine struggles.

The Gaps books say to not eat most fruit with meat. So my salad is not with a meat meal.

Books By Dr. Natasha Campbell-McBride MD

(See gaps.me)

Put Your Heart in Your Mouth

Gut and Psychology Syndrome

Gut and Physiology Syndrome

Long story short, it is often the combination that can be helpful.

Kefir

If you have any questions on kefir or yogurt making, just give me a call, 715-347-2417.

A few notes on kefir:

I, just this week, put my kefir grains to sleep. In 10 or 11 weeks I will wake them up again. I just put the last batch of yogurt in the refrigerator. I will keep them both in the refrigerator and then to the freezer when required in order to last for 12 weeks. The texture changes in the freezer, yet it still works for me the same for a probiotic. I like the break from the work making them both. It has been a very busy time making both yogurt and kefir from the case (9, 1/2 gallons) of LaClare's nonhomogenized goat milk from the Free Market.

[The Free Market](#) in Appleton carries gluten free, organic, and allergen free products

734 W. Wisconsin Ave.

Appleton, WI 54914

1-920-968-1260

My yogurt starter and kefir grains come from:

For Sugar free Yogurt starter and supplies for fermenting foods

<https://www.culturesforhealth.com/>

Once I keep making yogurt, I can save some of the yogurt immediately in the freezer and use for Yogurt starter for the next batch in 12 weeks.

Once I put the kefir grains to sleep, I store them in a cold place in the refrigerator and then can keep them going by waking them up in 12 weeks.

I am learning a lot over time.

I do not tolerate dairy, so I am able to do dairy by having the cultured goat milk yogurt and kefir and the cultured goat cheese. Wow!

Caprine Supreme Goat cheese

caprinesupreme@yahoo.com

I still keep dairy in moderation and so that is why I limit to the 9, 1/2 gallons of goat milk and a certain amount of goat cheese in 12 weeks.

When I get hit with toxic fragrances I have found the kefir has been very helpful to bring me back to health. I now once a week will wash my hair in kefir and egg yolk. It takes the toxins out of my scalp and is causing new hair growth.

I only tolerate 1 teaspoon of kefir at a time. The gaps last book has many pages about kefir.

Books By Dr. Natasha Campbell-McBride MD

(See gaps.me)

Gut and Physiology Syndrome

The Histamine book above cautions about kefir and cheese and fermented foods as can be a histamine problem.

The 4-Phase Histamine Reset Plan, Getting to the Root of Migraines, Eczema, Vertigo, Allergies and More By Dr. Becky Campbell

Canning cherries, grapes without sugar:

Portage County University Extension is a wonderful help for canning information and some of the information I share was provided by a phone call to them.

For ordering parts for my pressure cooker and pressure canner such as a new gasket that fits my cooker and canner, I have found Red Hill General Store to be the best.

[tps://www.redhillgeneralstore.com](https://www.redhillgeneralstore.com)

I also use my regular pressure cooker for many meals as it is a quick way to cook many foods, vegetables take a few minutes and keeps the nutrients well and meats cook in 10 or 20 minutes to be very tender and often to use in a variety of recipes or just plain meat and vegetable meals, adding the vegetable for a few minutes after the meat is cooked. I drink the liquid in the pot, following the gaps books.

How I can cherries without sugar in my pressure canner, canning tips:

I follow directions in my canning book for above sea level as Plover is above sea level.

To not lose moisture in the jars I now know Plover is above sea level so I set the pressure gauge at 10 lbs. pressure instead of 5 lbs. pressures.

Instead of 10 minutes at pressure for sea level I have 15 minutes for above sea level.

I do cold pack. That is, I put the pitted cherries in a quart canning jar and add cold cherry juice with added filtered water, as needed. Cold pack expands so I leave extra head space. I do not pack too tightly or it will lose moisture.

It will expand, so I leave extra head space to be 1 1/2 inch from the top of the jar.

Once in the pressure canner, I have on my largest burner on high, on my stove that is 6, and once it hisses a bit I slowly reduce to keep it even to finally the lowest temperature under the pot that would keep it hissing, on my stove that is a little less than 3. It takes on my stove with my canner about 50 minutes to start a full jiggle. Then I count the 15 minutes of jiggling / hissing. I do not raise the heat and lower the heat as that causes moisture loss in the jars.

After 15 minutes I turn off the fire and it takes about 50 minutes to cool down.

I often pick about 4 pails of tart cherries at

Choice Orchards

choiceorchards.com

920-743-8980

4594 Cty HH

Sturgeon Bay, WI 54235

I can 17 + jars of cherries and dehydrate a dehydrated full of cherries.

We use Norpro Deluxe Cherry Pitter, Features automatic feed tray and catch hopper.

I dehydrate with just the fruit without any solutions added.

I use the dehydrated fruits in great moderation on bike trips and road trips along with drinking filtered water. It is wonderful for the body.

I use the Nesco American Harvest Dehydrator. I think I bought it at Fleet Farm.

How I can grape juice in my pressure canner without sugar:

A friend taught me this method years ago. I share it with you as someone may also find they use the recipe for years to come.

As with the cherries I follow the directions in my canning book and for above sea level and for cold pack. The process is much like pressure canning the cherries.

For Grape juice, I put just a cup of clean prepared whole grapes with seeds in a quart canning jar. I add filtered cold water to 1 1/2 inches from the top of the jar.

The rest of the directions are the same as with the cherries, using the canner book.

I do chew the grapes at the bottom of the jar when all the juice is gone and put the seeds out of my mouth into the compost bowl to take out to the compost pile later in the day.

It makes a wonderful grape juice. I use the juice often in the early morning, using the canning lid to just pour off a little juice in my Osterizer blender. I add to the blender a bit of canned cherry juice, a slice of Granny Smith apple, a small beet green or other green, a slice of avocado, some frozen cranberries that I bought from The People's Meat market, a few blueberries from my own blueberries or Chet's Blueberries. Whir it in the blender. Pour a small amount for my husband and I. Add a bit of filtered water in the blender, whir again, and add it to the small amount. It is all just a small amount as even no added sugar fruit is still sweet, so just a little. For me I must add a little yogurt or a teaspoon or so of kefir for my tummy. These fruits I gather and prepare during the growing and harvesting season. Now in September, I am on my last canning jar of grape juice and we see the grapes in my yard are starting to ripen. I no longer keep a count, for I find the Lord provides what I need, whatever it will be. With fruit, we take in just a bit. Too much fruit can cause candida overgrowth in the digestive track. Read about it in the Histamine book listed above.

Chet's Blueberry Farm

525 Cty J, Stevens Point, WI 54482

715-340-4989

info@chetsblueberryfarm.com

www.chetsblueberryfarm.com

On the right corner of Hwy J and 9th in Custer, WI

Open Approx. Mid July -Aug.They open 7 AM.

People's Meat Market

1765 County Road J

Stevens Point, WI 544481

715 592-6328

Making fermented pickles:

Nourishing Traditions by Sally Fallon

Is a book that includes fermenting foods including pickles. The book is available at the public library through inter library loan, can call ahead to get the book. This is the book I used for making my pickles.

Also online there are many tips for fermenting foods, including pickles.

I also ferment a small amount of carrots. Yummy!

Also the website for cultures for health includes supplies and recipes and “how to” for fermenting foods including pickles and vegetables.

For Sugar free Yogurt starter and supplies for fermenting foods

<https://www.culturesforhealth.com/>

The recipe I use for pickles:

4-5 pickling cucumbers, or what is needed for a quart jar

2 T fresh dill

2 T sea salt

1 cup filtered water

Clean the cucumbers and place in a quart wide mouth jar. Combine the remaining ingredients and pour over the cucumbers, tucking in dill lower also, adding more water if necessary. The top of the liquid should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days, then transfer to refrigerator. Put on top a glass weight. (Can be ordered easily online.)

For pickled cucumber slices, slice 1/4th inch thick, follow recipe above and put in refrig after 2 days at room temperature.

During the beginning days open the jar and check from time to time that the cucumbers are under water and take off any bubbles or possible mold at surface and make sure the liquid is not too high that it would leak out of the jar.

(There are other recipes for fermenting pickles.)

Making sauerkraut:

This method I have used for many years after given to me by my pastor.

I clean and prepare nice size cabbage heads, often grown in my garden. The People’s Meat Market also sell large cabbage heads they grow.

I have a cabbage sauerkraut shredder that I have used for years, but a large sharp knife would do the job. Slice thin, about the thickness of a dime. Make sure the cabbage is clean throughout.

In a large container thoroughly mix 3 Tablespoons sea salt with every 5 pounds of shredded cabbage. I weigh myself on the bathroom scale and weigh the 5 extra pounds. Let the salted cabbage stand for several minutes to wilt slightly which allows packing without a lot of breaking or bruising of the shreds.

I put in a plastic food grade 5 gallon pail firming and evenly tampering with a wooden spoon or mallet or tool or hands. Press down firmly until juice comes to surface. Repeat shredding, salting, and packing until crock or pail is 3 to 4 inches from the top or so. Cover with a clean piece of saran wrap that fits so the cabbage is not exposed to any air. I then top with the

weight of a large sturdy double food grade water tight plastic ziplock bag filled with just the right amount of water to fit over the cabbage and then put the lid of the pail on top. It seals the surface of the cabbage from exposure to air to prevent a film of yeast or mold. It also serves as a weight. The bag inside of a bag prevents leaking of water. The weight of the bag keeps the brine above the surface of the cabbage.

The first few days, I check that no mold is happening. Gas bubbles indicates fermentation is happening. Keep at room temperature of 68 degrees to 72 degrees and takes about 5 to 6 weeks. I put in the basement. To store I do not can. I put in glass mason jars and store in a very cold place in the refrigerator.

This food is not cooked so it has enzymes, so it is good for good health and long life. Use just a little sauerkraut with your meals. It is wonderful for digesting foods.

We were given the gift of

Good Grips Hand-Held Spiralizer

So now we make noodles out of Zucchini for our Beef Stroganoff.

Because this recipe has tomatoes (Ketchup) and sour cream, I can not eat it, but I make it often for my husband.

Recipe for Gluten Free Beef Stroganoff

Saute Ground Beef in Kalona Super Natural Organic Unsalted butter
(I can't do dairy, yet I can tolerate this butter) found at:

[The Free Market](#) in Appleton carries gluten free, organic, and allergen free products
734 W. Wisconsin Ave.
Appleton, WI 54914
1-920-968-1260

Add and sauté for a short time mushrooms, onion and 1 clove garlic.

Add a little filtered water and a tablespoon or 2 of homemade ketchup. (Ketchup made with a can of Aldi's tomato paste, 1 Tablespoon of Bragg's Apple Cider vinegar, a tiny bit of honey, bay leaf [Optional], a little sea salt. Can store in freezer)

Add sea salt to taste depending on amount made.

Last with fire off add Kalona Super Natural Organic Sour Cream, also found at the Free Market.

Mix together and place on top of raw zucchini noodles cut with spiralizer that are topped with a bit of butter.

Bake in oven for 35 minutes at 300 degrees.

When I make Beef Stroganoff for my husband I will make a similar dish, but without the ketchup or Sour Cream and with feta goat cheese on top and perhaps with kale added.

Caprine Supreme Goat cheese
caprinesupreme@yahoo.com

I now make my own **simple Castile soap**

[Https://lovelygreens.com>simple-castile-soap-recipe](https://lovelygreens.com>simple-castile-soap-recipe)

I was given a gift of all the equipment I needed to make simple Castile soap. It was easy enough. One thing I learned by a mistake is it is helpful to cover with saran wrap when starting to dry and be sure to cut it before it gets too hard. I made enough for a year, I am sure and next time I make it in a year, I will then make nice size bars instead of random pieces. Another solution is to pour solution into Glad or other plastic random containers or plastic type muffin holders. Of course I do not add any fragrances.

Sincerely,

Elaine Rubel