

*Time to Remember....*

# FLAVORS OF HOME

**Sue Ellen's**

## **BACK TO BASICS COOKBOOK**

**Healthy, Delicious, Old Fashioned Homestyle Recipes and  
Guide to Nutritious Eating**

Over 50 Economical, Delicious, Easy to Make Healthy Recipes  
handed down from my Mother and Grandparents, along with  
some of my own personal healthy recipe creations.

**And, the Back To Basics Cookbook is chock-full of 'Helpful  
Hints' for the beginner as well as the most seasoned cook.**

*I know you're going to love this.....so, enjoy!*

*Sue Ellen Dickinson*

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## INTRODUCTION

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Ever since I can remember, back on the farm where I grew up, everybody had a garden. Gramma and Grampa had a big garden at their house just down the road, and my mother had her ½ acre garden plowed and planted every spring. It sat not far from the edge of her rose garden and flower beds, right near the clothes line where laundry was set out to dry in the fresh, salty summer New England air .

My mother was an amazingly talented gardener, and grew everything from onions, carrots, fresh red ripe tomatoes, green peppers, watermelons and musk melons to thick rows of sweet corn that stood twice as tall as I was back then.

We'd pick tomatoes fresh from the vigorous plants, eating them right there in the field, with the pungent sweet taste of the earth belonging to them melting in your mouth like the warm summer sun that ripened them to perfection on their vines.

The finest virtues of Mother Nature lived there. And there was nothing else like it.

The world certainly has changed since then, that's for sure. It was harder in some ways than it is now, but for the most part it was much simpler and easier, with a richer, deeper meaning to life. You had time to enjoy the day back then, appreciate your surroundings and the commonplace, everyday things you did and took for granted.

So much of that innocence has been lost.

Traffic wasn't choked up on ribbons of highways. Personal computers hadn't been invented yet, so there was no public internet access. There were no cell phones, microwave ovens, instant messaging, rapid transit, fast cars, super highways, credit cards, synthetics, plastic, fast food, super-sized everything, couch potatoes, obesity, and no satellites to give us hundreds of channels to select from for our viewing pleasure. And so much more. Yes, things were different back then.

There was only one channel on the small green-screen TV.

There was an open party line on the phone, and we had to wait our turn to use it.

School was a hallowed place of learning with no metal detectors or security guards.

There was only one car in the driveway.

Newspapers were our lifeline to the rest of the world

Wild flowers grew on the side of the road, and the landscape was a patchwork quilt of fields and forest.

We were asleep by 8:00 o'clock at night, and up at 5:00 o'clock in the morning doing farm chores before breakfast, then catching the school bus.

Clotheslines were lawn ornaments adorning every backyard.

A plentiful garden and its' harvest was the pride and sometimes prize at the county fair.

Families sat down and ate supper together at the end of the day, and women wore aprons.

Food was the grand equalizer back then in ways we've long forgotten. It dried tears, mended hearts, soothed nerves and cured the blues. It was also the finest of celebrations for any occasion. Meals were home cooked from scratch, a labor of love, always bringing the family together.

But looking deeper on a somber note, back in those days we hardly ever heard the word 'cancer'. It was an anomaly, and an unknown to most of us. Rampant heart disease, diabetes, kidney problems, liver failure, and so many more commercially exploited 'medical terms' we hear about today, were words from medical books that doctors and nurses used.

Those words weren't a part of our everyday language, whereas today, they roll off the tongue with casual ease. And looking back, I'm not sure if I ever heard the word 'obesity' mentioned, either. Today, obesity has become epidemic.

Nothing in our history compares to the vast complexity of diseases we have today, many of which didn't exist just a few short decades ago. Or if they did, were so small in number, they were hidden from view back in remote, shadowy corners of distant hospitals.

And in large part, that's why I decided to write this book. Not only to share these time-tested, old fashioned nutritious recipes handed down through generations in my family, but also bring to light the clear cut fact, that healthy, nutritious food is the foundation and building blocks of life and good health for each and every one of us.

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However, you see, in addition to all this, later on in my mid-thirties, I would be diagnosed with Multiple Sclerosis. And, as it turned out, this devastating disease would nearly cost me my life.

In my desperate struggle to overcome the symptoms of the secondary progressive stage of MS I eventually found myself in, I discovered to my amazement that my overall diet, and the kinds of foods I ate made all the difference in the world.

By going back to the natural, healthy, nutritious basics in food I was raised on, I was able to take the necessary steps that ultimately gave my body the help it needed, and led me onto my road to recovery from this monster disease.

Today, I'm so thankful to say that I lead a perfectly normal, healthy life, and I credit my recovery from Multiple Sclerosis largely to the changes in my diet. By going back to basics in healthy, nutritious eating habits, I have my life back again.

More on this later....

But now I want to pass on the knowledge and wisdom my Mother and Grandparents taught me, and share this information and these wonderful recipes with you.

And so let's begin our adventure with.....