



Still Buying Retail?

I'm sorry, but those of you who still insist on buying everything new are really missing out on some great stuff.

A few days ago I bought a Craftsman brand shop vac for \$25. Slightly used, and in great working condition.

Then I sauntered into a thrift store a couple of days ago, as I saw they had all clothing at 50% off. Wouldn't you know they had a brand new (never worn) Jones New York trench coat for \$20, on sale for \$10.

Do I need yet another coat? No, but for that price it can't hurt me to have it. Plus, it's drop-dead gorgeous with a self-wrap belt. I feel very swish in it.

Yes I know those stores smell funny, and often you find nothing. But the joy is really in the hunt, and when it pays off, you spend the rest of the day feeling absolutely fantastic.

Monda Rosenberg, Food Editor of Chatelaine Magazine described my fruitcakes as 'wonderful' and said, "You make one of the best-tasting fruitcakes in Canada."

Please feel free to e mail me any time if you need any further information, or feel bored.

If you wish to unsubscribe, please e mail me, and I will remove your name from the list!

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I'm now a proud beekeeper

For those of you who don't read my blog on a weekly basis, it'll come as news that I'm now a beekeeper. I bought a hive and about 200 bees from a friend at the gym, who delivered them last week.

It's wonderful to go into the lower yard and hear them busily working away around the hive. Lorraine said they need water so I put the birdbath down there for them. There's lots of alfalfa there for them to enjoy.

As an aside, did you know alfalfa is a member of the pea family? And in a strange twist, it's used to treat kidney problems in naturopathic medicine.

I'm now in the market for a bee suit, so if you know of anyone who's getting out of the bee business, please let me know. I think they're around \$150 new, but I have a feeling there must be some kicking around used.

Most people ask me what I plan to do with the bees, and I say, "nothing." I can imagine all the upset it causes the bees to take the honey they worked so hard to make. So I think the best thing is just to leave them to it. Enjoy, bees!

This month's tested recipe: Carrot Soup

makes 4 servings:
6 largish carrots
1 medium potato
2 Tbsp salted butter
1 medium onion, peeled and roughly chopped
1 clove garlic, peeled and crushed
½ cup dry white wine
1 can chicken stock - add extra water after pureeing the soup
salt and ground white pepper, to taste

- Melt butter, add the onion, garlic and carrots and cook for 2-3 minutes or until the onion is slightly translucent, stirring more or less continuously.
- Add the wine and cook for another minute or two or until the wine seems to have reduced by about half.
- Add the stock and the potato. Increase the heat to medium-high and bring to a boil. Then lower the heat and simmer for 15 minutes or until the carrots and potatoes are soft enough that they can easily be pierced with a knife.
- Puree in a food processor until quite smooth and return to the pot. Add water until desired consistency is reached. Salt and pepper.



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Good News for People in Kelowna

My Okanagan Chocolate Bark is now available at Discover Wines on Springfield Avenue. Get a bottle of wine and a small bag of chocolate made with Okanagan fruit.

A nice port-style wine to accompany the chocolate is the Odyssey III from Gray Monk Vineyards. It's also lovely with a glass of Gehringer Bros. Winery's Gewurtztraminer, Ehrenfelser or Riesling ice wines.

Have I mentioned my mom's year-round habit of serving my fruitcakes with wine for a delicious dessert? She's never reported anyone balking or saying, "but this isn't Christmas" or any of that sort of nonsense.

She's a social maven. Hence if she does it, I'd counsel you to imitate her style.

Serve either one of my fruitcakes with a nice dessert wine (see above) and you'll get rave reviews at your next party.

Order and talk with Moni

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yes, Moni will call you back and tell you how great her product is and answer any questions you may have....

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