



Here are three absolutely brilliant ideas!

The first idea comes courtesy of my friend Jerralynn, who's a gourmet cook. She uses large platters to serve luscious salads rather than the old salad bowl.

The beauty of this is how attractive a mixed salad looks when spread out. Also, when you pick up a portion with the serving spoons, you don't end up with just salad and the dressing's at the bottom of the bowl.

The second idea comes from my friend Kathy. She'd been at Sparkling Hills Resort for the weekend, and was served cucumber water. It's so easy to make. Just slice a cuke and put the pieces in a pitcher of water for a few hours. When you serve the water it tastes absolutely as fresh and beautiful as a cucumber on a hot day.

This last idea I dreamt up all by myself: Get the houseplant called mother-in-law's tongue. It's an okay-looking plant, and has no uses whatsoever, but I just like saying the name.

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.

Sustainable Gardening

You'll notice no-one's scoffing anymore at those of us who have greenhouses and vegetable gardens. Now that we're inundated daily with horror stories of where our food comes from, it's a nice feeling to know at least some of what I eat will be grown in healthy soil.

But I can't be smug about growing my own food while I'm wasting precious water on ornamental plants. I was at a great sustainable gardening workshop put on by the Okanagan Xeriscape Association. They brought in guest speaker, Owen Dell, from California.

His main message is that we shouldn't be fighting nature and should attempt to grow plants in areas where they're happiest. If you do that, you can reduce watering, pruning and a lot of needless work. Basically, bye-bye to a lot of my English garden.

My goal for this year is to begin on my lower lawn, largely by removing it entirely. Then I want to get indigenous plants, especially those gorgeous tall Okanagan grasses.

If we all get rid of at least some of our water hogs, we'll be taking a step in the right direction.

This month's tested recipe:

Chicken drumettes in yummy sauce

For two:
12 - 14 drumettes
Place these into a deep small casserole dish. In a small bowl or cup mix:
2 Tbsp each of honey, ketchup and soy sauce.
Chop 3 - 4 cloves garlic and add to mixture. Pour mixture over drumettes, cover dish and put into 350 degree oven for 1.5 hours. Stir halfway through.

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Makes a really great gift for the person who is tired of mass produced food.



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