

Titus 2 Christian Homekeeper To Teach Keepers

www.t2chk.org

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Welcome, Spring!

Welcome to the Spring edition of the Titus 2 Christian Homekeeper online magazine, To Teach Keepers. Spring is the time when we all start to open the windows and let the fresh warm air pour through our homes. It's a time of refreshing and renewal, new birth and beautiful colors that begin to emerge through the quiet browns and greys of winter. It's a time of awakenings.

At my home, we have done our Spring Cleaning and have started planting the garden. It was so good to get out side and spend time in the garden after being inside for so many cold months. We've planted broccoli, onions and replanted lots of herbs, not to mention all the seeds we've sown in the past few days. It won't be long before we start to see growth in the new plants and from the brown soil where the seeds are sleeping. As I was planting seeds this week, I thought about last year's planting. We had been talking about seeds and how they are dormant until they have the things they need to grow; sunshine, water and soil.

My youngest daughter was helping me sow seeds and as she carefully placed each seed in the ground she whispered, "Wake up! You've been asleep a long time but now it's time to wake up..."

There is a spiritual truth in those innocent words of a child. She had such expectations of those little seeds. She knew what they were capable of after she placed them in the warm soil and gave them water. Sometimes, even if we know Jesus as our Savior, we go to sleep spiritually speaking, don't we? We forget to pray, we neglect to study the Word, we forget to spend time truly worshipping the Lord. We forget that God is waiting for us every moment of every day. Have you ever done that? I have, and I have awakened to find the Lord waiting for me, arms open, ready to forgive, refresh and start my growth and journey. I know that you will find exactly the same thing when you turn to the Lord and seek Him with all your heart! It is a beautiful thing to have your burdens and concerns lifted from your shoulders.

Would you like a new awareness of God? Do you need His touch? Just put this paper down and pray, I will pray for you...

Father, I lift up to You my sister, who is reading these words. She needs Your touch, she needs Your warmth and awakening in her life. Minister peace and forgiveness to her. Give her what she lacks, hold Your grace out to her for all the needs in her life. Give her new joy, new vision and new



Spring is the time when we all start to open the windows and let the fresh warm air pour

purpose. If she is weary, Father give her strength. If she is confused, give her clarity. If she is sad, give her a vision of the larger picture of what You are doing in her life.

Help her serve You and worship You with her life. Help her awaken to a spring-time of the soul with You as her focus and with Your will as her goal. Amen!

If you are reading here, and you do not know the peace and forgiveness of God through Jesus Christ, just contact us through the prayer request line: <http://t2chk.org>. We will be happy to talk to you and pray with you!

Love, Sylvia

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*See if you can
find a new way
to bless and
shower love
and affection
on your
husband this
week!*

Blessing Our Husbands

Recently we polled members of the T2CHK Message Board for ideas about blessing our husbands. Here are some of their answers. See if you can find a new way to bless and shower love and affection on your husband this week!

Praying for him.

Being someone he can trust.

Being very frugal with the family budget.

Making sure his uniforms are clean and pressed.

Being supportive of his entrepreneurial spirit.

Never criticizing or "bashing" him to others.

Spending lots of time talking with him about every subject under the rainbow. This is his "love language", so I have learned to do it. When we are able to do this, he is much more relaxed and his thinking is clearer; therefore, he tends to make better decisions.

Not attacking him but attacking the problems in our life alongside him.

Doing some of "his" chores so he can rest and play with the kids on the weekends.

Being a strong Christian and keeping my relationship with the Lord growing so I can be a true helpmate to him.

Praying with him and for him and encouraging the kids to pray daily for their Daddy.

When he comes home from working all day, a home that is quiet and peaceful is a blessing to him as well.

Making sure he has a good supply of clothes for work, shirts ironed, etc.

Making tasty and healthy meals from scratch. (He's pretty free with the compliments too which makes me feel good.)

Doing the chore that he hates the most - putting out the garbage. (I really hate this one too - we used to have arguments over it.)

Initiating intimacy

I listen to what he has to say about his research he is doing, even if sometimes it doesn't interest me, or I have no idea what or who he is talking about. I try to find something to ask a question about.

I NEVER talk ill about him to another woman. There have been times I have wanted to vent, but I just take it to the Lord instead.

I respect his parents. (This one isn't hard to do!)

I try and take good care of our daughter b/c she is his prized possession (and mine too;))! Recently he complimented me on the care of our dear daughter and that totally made my week, that he noticed all that I do and thanked me for it.

I take care of myself as far as appearance and health. I want to be around a long time to help him.

I record things on t.v. through out the day that I know he would enjoy watching when he gets home at night.

(continued on next page)

Blessing Our Husbands (continued)

I try not to nag.

I watch out for his health, too.

Going to the door to greet him when he comes home, and kissing him goodbye each time he leaves.

Visiting his mom at the nursing home often since he doesn't get there too often due to work.

Welcoming all his family at family gatherings. Praying for him, being available for him, being interested in him.

I make doctor's appointments, I do ask if he needs something while I am up, I buy him special treats at the grocery store, that sort of thing.

I build him up in front of the kids. I want our kids to think highly of him and respect him. I love it when he comes home and they all run to greet him. I greet him, too.

I try to take an interest in his interests as well, even if I don't understand the difference between a Fender Telecaster and a Fender Strat and I'll diligently admire the woodwork and mother-of-pearl inlay on the fret-work with enthusiasm!

This is a funny one but something he really appreciates me doing... He works the afternoon shift and normally leaves for work around 3 pm. On his days off, at 3 pm, I call to him "Hon, time to NOT go to work!"

I consult him and get his opinion on my decisions even if I *think* I already know what to do (and so often he thinks of something I didn't).

I keep track of everyone's schedule, including his on a calendar and give daily reminders of what the current day and next day hold.

I don't vent or complain about him to others. I complement him to others.

I make sure he knows where I am at all times in case he needs me.

I try to always have everything off the floor and put away when he gets home. He really likes this. He is fine with clutter anywhere else but on the floor!

I try to be positive and encouraging when discussing ideas for the future.

Is Your Husband A Believer?

God isn't silent about Christians who are married to non-believers. Paul assures us that some unbelieving husbands can be won to the Lord without a word from their wives, simply watching her live out her faith will be witness enough.

Loving behavior and acceptance can increase the intimacy in your marriage and can bolster the Christian witness you want to show him on a daily basis. Remember to that even though

your husband is an unbeliever, God expects you to treat him and your marriage as a treasure, nurturing it and helping it grow and blossom. Putting Jesus first doesn't mean ignoring your spouse. It means occasionally missing a church service to be with him, honoring him and developing a strong friendship with him through the years. It means accepting this marriage bond as binding and life-long, something to be thought about and improved upon constantly.

God knows how desperately you want your husband to know Him, how much you want him to share your freedom in Christ and to know Him personally. But you cannot change his mind with many words or thought out reasonings. You can discuss things of the Spirit with your husband, but only God can change his heart. Continue praying for him, be his best friend and his loving, helping wife. God is speaking to him even now, you can be sure of that!



I bless my
husband by...

Praying for him,
being available
for him,
being interested
in him.

Are You Available?

"They came and saw where He was staying and they stayed with Him that day for it was about the tenth hour."

~John 1:39

How available do you make yourself to the Lord? Think about the first 12 disciples, the fellows we call the apostles. Jesus chose these men partially based on their willingness to be available to Him... to learn, to serve, to follow and obey.

It would be really great if we could be disciples of Jesus and not have to set aside time for following Him. But there is just no way we can do that. Being a disciple of Jesus is a process and processes take time.

Would you like a close, intimate relationship with Jesus? Closer even than what you have now? Then you have to make spending time with him a priority, regardless of your overscheduled life. Something has to go, what will it be?

The Twelve were available at the outset of Jesus' public ministry and they remained available to Him for the next three years. During that time, Jesus made those men into His disciples. And it takes time for Him to do that in our lives.

Jesus wasn't the only one with whom the disciples spent time. They spent time with each other. If we don't spend time

with other Christians, serving, learning, teaching, serving, then our Christian life develops in a lop-sided way. Its not able to grow correctly. God means for us to lean on each other, and a message board or online accountability group just can't provide that. We need a local body with which to join up with and grow.

Are you willing to spend time with Him? Or are you in to giving lip service? Are you willing to let something go? Or are you clinging too tightly to things that have no eternal value? Are you willing to let God lead you to a Church? Are you available?

What's On Your Menu?

by Linda Reddoch

I was looking at a menu today. One my husband has printed up for a local restaurant. I was thinking to myself, "What's on your menu today, Linda?"

"Hmmm," I thought to myself. There's so many things to choose from in the smorgasbord of life.

There are all kinds of appetizers, soups & salads, main courses, desserts, and then sweet tea, unsweetened tea, hot tea, raspberry tea, coke, diet coke, sprite, lemonade, and coffee!! Oh, water! I forgot the water!

This reminds me so much of what we have to offer as Believers in Jesus Christ to this entire WORLD!! The great thing is - it's all free and nothing but GOOD!

We also have the Bread of Life to offer along with Living Water. I've always thought that bread was one of the staples of a pantry. So is Jesus to our very lives. He said that He is the Bread of Life. Our sustenance. Our very nourishment. Sustaining life for us. What better

offer do we have for a world that is literally dying in front us! What we have to offer (Jesus) is far better than what the world has to offer. Malnourishment is not good.

If a person is malnourished they are weak, weary, sick, sad, underdeveloped, unable to function normally. Jesus came so we can have life and have it MORE abundantly!! Abundantly means "more than enough!" Present in great quantity, more than adequate, oversufficient, well supplied, abounding, richly supplied, overflowing, rich.

HE is also our Living Water. If you drink of His water - you will NEVER thirst again. Just like that precious woman at Jacob's well. You can read this in John 4. Jesus was sitting by this well. Now mind you, Jacob's well had been dug 4,000 years prior to this encounter. (The wells you dig today, people will drink out of tomorrow! Go Jacob!) Jesus told her the water He had to offer and give her, if she drank, she'd never thirst again! How many dehydrated people are in this

world. Just like that precious woman. She'd been married several times and the man she was currently living with then was not her husband. I think she was searching for Somebody and didn't realize Who it was she was longing for. She was hungry and thirsty. She was hurting and I figure lonely.

All she knew to do was keep on going from one man to the next hoping to fill the void in her heart. Then she met Jesus, the Bread of Life, Living Water!! He changed her life.

Are you digging wells today that others can drink from tomorrow? That fresh water. Water heals, refreshes, cools us off in hot weather.

On my menu now is - giving the Bread of Life to all who come across my path. Offering that Living Water that only He can give. He that believeth on me, as the scripture hath said, out of his belly will flow rivers of living water. (John 7:38)

So, what's on your menu today?



**What we
have to
offer
—Jesus—
is far better
than what
the world
has to offer.**

Spring Cleaning Event

In case you missed our Spring Cleaning Event at the T2CHK message board, here are some tried and true recipes for homemade, natural cleaners for your home. Sadly, I must place a disclaimer on all my natural cleaner formulas because there are folks out there who aren't careful and who don't use good sense when making and using homemade products. I cannot be held responsible for negative results if you use any of these products. I will however accept your thanks if they work! LOL! Just kidding, you don't need to thank me, just enjoy!

You can find more cleaners as well as recipes for lavender linen water, scented drawer liners and lavender fabric softener on my personal blog –The Christian Homekeeper. (<http://christianhomekeeper.com/>)

Natural Cleaner Recipes

Gel Laundry Soap For Hard Water

- 2 cups pure soap flakes - you can grate a couple bars of ivory for this
- 1 1/2 cups Borax
- 6 cups warm water
- 1/2 cup glycerin
- 2 teaspoons essential oil of either lavender, lemon or eucalyptus

1) In a medium saucepan, GENTLY stir together the soap flakes, borax, and water.

Heat slowly and stir until the mixture is clear. You don't want to beat up a bunch

of bubbles, so be gentle. Add the glycerin and set aside to cool. This whole process

can take 15-20 minutes, and that's OK. Just don't stir up bubbles.

2) When its cool, add the essential oil and stir thoroughly, but gently.

3) Pour into a mason jar or other container and cover until needed. To use, add 1/4 to 1 cup of Gel per load of clothes, making sure the soap is dissolved well before adding clothes to the water. This gel

works best with warm water, or dissolve it in a quart of warm water before adding it to cold wash water. You will need to

experiment with the amount you use. Heavily soiled clothes need more soap. It also rinses out better if you use 1/2 cup white vinegar in the rinse. The vinegar will not leave an odor on your clothes.

Fabric Softener

- 1/4 cup baking soda
- 1/2 cup white vinegar

1) Fill the washing machine or basin with water

2) Add the baking soda, stir it around to dissolve, then add the clothes.

3) After rinsing the clothes, make a final rinse and add the vinegar to it.

Another way to soften clothes is to add 1/2 cup baking soda to the wash water, or use 1 part soap flakes and 1 part borax in the wash water before you add the clothes. Also check out my lavender clothes rinse.

All-Purpose Cleaner and Disinfectant

This is the cleaner I use most often...

- 1 teaspoon borax
 - 1/2 teaspoon washing soda
 - 2 Tablespoons lemon juice
- 1) In a spray bottle that will hold at least a pint, combine the ingredients. Add 1 cup very hot water and shake well, mixing and dissolving the dry ingredients.
 - 2) To use, simply spray and wipe. This can be stored indefinitely. You may need to shake it periodically.

Non-Streaking Spray Glass Cleaner

- 1/4 cup white vinegar
- 1 Tablespoon cornstarch
- 2 cups warm water - I use de-ionized water

Put all ingredients in a large spray bottle. Shake well to dissolve the cornstarch. To use, spray liberally on the glass, wipe with a clean cloth. Buff to a streak free shine with a wadded up piece of newspaper. If you use de-ionized water, it will tend to streak even less!

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Natural Cleaner Recipes (continued)



Septic Toilet Cleaner/Activator

You can try this if there is a continual odor from the septic tank. It could mean that the sewage digesting bacteria are not present in sufficient numbers...it could also mean that you have a leaky septic tank!

- 1 quart hot water
- 1 pound brown sugar
- 2 teaspoons dried yeast

Combine the brown sugar and hot water, stirring well. Leave it to cool to lukewarm.

Stir in the yeast, and immediately flush the mixture down the toilet. Do this last thing at night after everyone has gone to bed.

Now, septic systems are a touchy thing. So don't use this very often. I recommend a

product called Rid-Ex LiquidT to add bacteria from time to time.

Automatic Dishwasher Soap

This isn't my favorite thing to use, but some people swear by it. I find that it leaves a film on my glassware. If you don't mind a thin film, go for it.

- 2 cups borax
- 2 cups washing soda

Mix the washing soda and the borax and store in a plastic covered container. To use, add 2 tablespoons to the dishwasher soap compartment. If you have hard water, you may want to use the Spotless Dishwasher Rinse (next recipe). Don't over-use this. When you use too

much, it can cake on the glass ware.

Spotless Dishwasher Rinse

1 to 1 1/2 cups white vinegar added to the rinse compartment of your dishwasher will do! Don't overfill. Add before washing.

Dishwashing Liquid

This does not suds up very much, but it cleans so well! Use with hot water. Do not use it in automatic dishwashers.

- 1/4 cup soap flakes
- 2 cups hot water
- 1/4 cup glycerin
- 1/2 teaspoon lemon essential oil, or some other scent

1) In bowl combine soap flakes and water and stir until the soap is dissolved. Cool to luke warm.

2) Stir in the glycerin and the essential oil, leave to cool. AS it cools it will form a loose gel. Stir with a fork and break up the gel and then pour into an old shampoo bottle.

3) To use, squirt 3 teaspoonfuls into hot running water.

Non-Toxic Toilet Bowl Cleaner

Now, this is an awesome cleaner. It really works well with a little elbow grease added...

- 1 cup borax
- 1/2 cup white vinegar

1) Flush the toilet to wet the sides. Sprinkle the borax all along the sides of the inside of

the bowl.

2) Drizzle the vinegar over the borax and leave over night.

3) Next day, scrub with a toilet brush and flush.

For stained toilets, you may need to repeat this a time or two and do some scrubbing along with it.

Oven Cleaner

- 1 box baking soda (16 Ozs.)
- 1/4 cup washing soda

1) In a container mix the ingredients well.

2) Wet the floor and walls of the oven using a rag or paper towels.

3) Generously sprinkle the walls and floor with the mixture. Repeat and allow to sit over night.

4) In the morning, wipe all the grease and film away using an old rag. Rinse well.

5) Stubborn stains may have to be scrubbed with an abrasive pad and some salt.

Lemony Furniture Oil

- 1 cup olive oil or vegetable oil
- 1 teaspoon lemon essential oil

Mix well. Apply with a soft rag. Wipe and buff well to a shine. Store it in a covered mason jar.

Answer Bank

The Titus 2 Christian Homekeeper staff is busy putting together an answer bank of answers to questions that we are asked frequently. Here is a sampling from the bank:

Q: Could you please help me understand how we are to tithe? How often are we to tithe?

A: Tithe is a word from the Greek meaning tenth. The Old Testament concept is that God commanded His people to give a tenth of everything He blessed them with. The New Testament concept of giving is much broader than just the tenth. We are made aware that everything is God's and that we owe everything to Him. We are commanded to give as we purpose in our hearts, knowing that everything belongs to Him and that we are simply borrowing what He gives to us.

I don't think the exact timing of your giving is as important as its regular frequency. For example, a church can learn to depend on a certain level of giving and then if someone stops giving for a while, it can impact the church and its ministries. Paul mentions setting aside funds for giving once a week, but this is because that's when he visited the churches in question not necessarily because God wants us to give weekly. There is some thought too that since giving is part of the worship we do together as believers, its good to give during congregational worship.

I think it is scriptural to say that God wants us to give regularly and immediately. He asks for

the Firstfruits of His blessings. Its humanly easier to give immediately when we are paid or receive income. Its easier to give off the top of our gifts immediately rather than wait until later to give when the money is not as plentiful. God doesn't change His mind about what we are to give just because we've been irresponsible with our money and have spent more than we should.

So, the short general answer is:

- Give what God has called you to give.
- Give when you receive.
- Give regularly.

Q: Is Hosea 2:11 talking about putting an end to the old law's sabbaths, festivals, etc when Christ arose from the dead or is this talking about ending the pagan religions on Christ's return?

A: It is important to remember that the book of Hosea is basically a warning to the people of Israel of what is going to happen to them if they do not turn from their sin and turn back to their God. God used Hosea as living object lesson to the people of Israel.

Chapter 2 is an explanation of how despicable Israel's sin is and what is going to happen to them because of it. In verse 11, God calls the sabbaths and feasts which He had formerly instituted, their feasts and sabbaths, not His. They no longer belong to Him because

the people were celebrating and feasting without worshiping and honoring God. They were holding the religious feasts, but they were leaving out God so God tells them I will do away with your feasts and sabbaths, for they are no longer Mine.

All of the times that the people of God communed with God are going to be cut off because they no longer seek Him or commune with Him.

Matthew Henry says in his commentary that the feasts had lost the power of godliness and celebrated only to please their carnal minds. For that reason God said He would take away the supports of those carnal minds.

So, verse 11 is probably talking about a punishment that God is going to bring to Israel if they do not leave their sin.

I have never read Christ's return or resurrection in this particular verse. I have taken it as a warning about what can happen when we forget God in any area of our lives.

Q: Why does T2CHK teach that women may work outside the home?

A: T2CHK does not teach that women may or may not work outside the home. We feel that this is a decision that a woman and her husband or family must prayerfully make for themselves. We do encourage women to stay at home and raise their children and be good managers of their homes whenever possible.



Spring

Robert McCracken

Today is the day
when bold kites fly,
When cumulus
clouds roar across the
sky.

When robins return,
when children cheer,
When light rain
beckons spring to
appear.

Today is the day
when daffodils
bloom,
Which children pick
to fill the room,
Today is the day
when grasses green,
When leaves burst
forth for spring to be
seen.



Who Has Seen the Wind?

Christina G. Rossetti

Who has seen the wind?
Neither I nor you;
But when the leaves
hang trembling
The wind is passing
through.

Who has seen the wind?
Neither you nor I;
But when the trees
bow down their
heads
The wind is passing
by.

Beaded Bookmarks

By Wardeh Harmon

These super easy bookmarks are great fun for children to make. Currently, my children are selling them in a local bookshop and in my etsy shop. They've already sold several dozen of them for \$4 to \$5 each. We each have them in our Bibles, the very Best Book of all.

Use a ribbon that is 42 inches long. You'll want to only use pony beads, and beads with the same size opening, as other beads have openings that are too small for the ribbon to go through.

Needed:

- 42 inch long bargain ribbon, 1/4" wide, grosgrain or satin
- Pony beads (6 or 8 for each bookmark)
- Silver or gold more fancy beads having the same size hole as the pony beads
- Charm (1 for each bookmark)
- Darning needle (optional but very helpful)

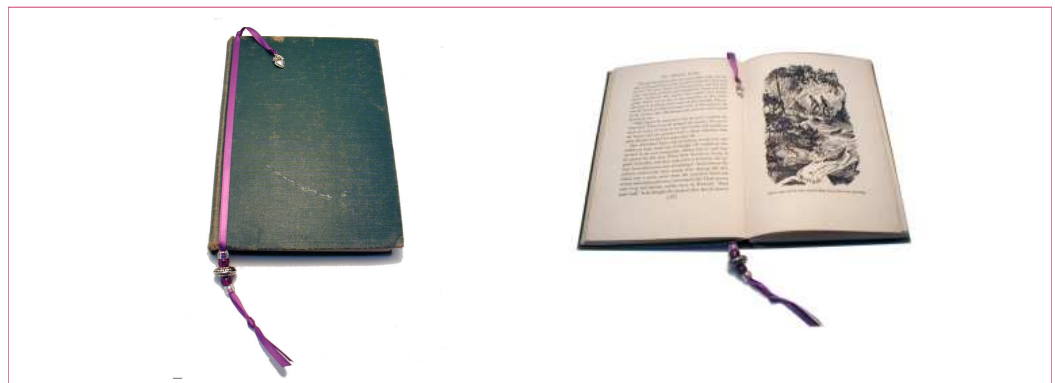
Directions:

Refer to the photo (just below) to help visualize the steps described.

1. Thread the charm and put it in the middle.
2. Knot the ribbon at the base of the charm.
3. Put two knots (one on top of the other) at about 1-1/2 inches down from the charm.
4. Thread the pony beads and another big fancy bead onto both ribbon ends. (Using a darning needle helps.)
5. Put two knots (one on top of the other) under the pony beads.
6. Trim the ends of the ribbon cleanly and on the diagonal.



Slip the cover of your book between the two ribbons, keeping the charm at the top and the group of beads at the bottom. Slide the group of beads up to fit your book size. Then use the top charm to hold the page you're reading.



The True Cost of Eating Well, Part 1

By Sylvia Britton

My husband and I have been trying to eat more healthily. We have been making a huge effort to choose better foods for our children, too. With the help of a very knowledgeable friend, I started several years ago by cutting out canned items like cream soups and homogenized fats. I started adding whole grains and good oils, cutting out junk foods and adding in healthy snacks. These changes were easy to make and not expensive. It meant making lots more homemade products like I used to do years ago.

I noticed that the foods that were advertised as Organic and Natural were extremely expensive. The first time I shopped at the nearest Whole Foods store, my grocery bill just about doubled. I could tell this was going to be very taxing financially, but I felt it was worth the expense to get those high quality items. I kept hearing women who shopped at Whole Foods Markets say, "Isn't my family's health worth the cost?" I had to agree, my family's health is priceless actually and I figured that this was the price I needed to pay to have it.

I just couldn't allow myself to spend that kind of money on food. I knew, just by counting the cost of the food that one day, I was going to set myself up for financial disaster if I kept shopping like that. It didn't take another trip to figure out that I needed another way.

But what could I do? If I spent more and more on food for my family it took away what I had available to give when people needed it and took from other necessities for my family. Though I really thought I was being a good money manager and buying the very best foods for my family, I felt that the way I was going about shopping for food was not practicing Good Stewardship as outlined in God's Word. Good stewardship means that I utilize the money God has given me to its best advantage, knowing that everything I own belongs to the Lord.

This led to a crisis of sorts in my mind and I had to really pray and think about what was going on. It was important to feed my family well. It was important to be able to live within our means. It was important to be able to give out of our income. Through my searching, I realized two crucial facts:

1) What I have at any given time is what I need at that time. This is a deep thought; ponder it some time.

2) I am a spoiled American who thinks she has to have more than beans, rice and bread all the time. I've lived for weeks on noodles and hot dogs in the past, and lived to tell about it. I'm healthy. What makes me think that I am suffering if I can't have organic mangoes when 2/3 of the world's people go without a meal most days?

And with those two facts I

understood that the way I was trying to go about feeding my family well, was faddish and irresponsible.

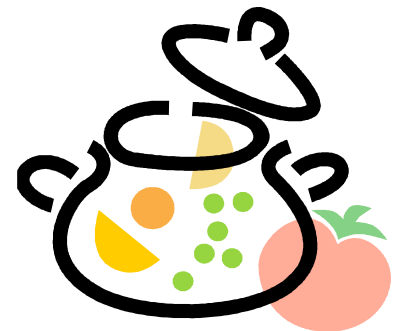
If you even think you may be mis-spending your grocery money, ask yourself these questions I had to ask myself:

- Is God in control?
- Does He care about me and my children?
- Is He trying to teach me something?
- Will God take care of me, my family and our health if I simply buy what I can reasonably afford?
- Is it right for me to spend so much money on organic food that I have nothing left to share?
- Is it responsible of me to spend so much on food for my family that we don't have money for other necessities?

So then, I was faced with a choice to continue to buy expensive foods for my family or to find another way. God has provided ways for me to feed my family well that do not over-extend our finances.

Part 2 of "The True Cost of Eating Well" will be available at the T2CHK website on April 29th.

Will God take care of me, my family and our health if I simply buy what I can reasonably afford?



A Whole Grain Primer

Gluten is the protein in all the gluten-containing grains. It is the awesome network of protein strands that builds up during the kneading of bread dough. The gluten fibers are strong and flexible and provide a stable structure that stretches without collapsing to accommodate the released gases of the yeast during a bread's rising time.

by Wardeh Harmon

There is one major way to split the grains – the grains that contain gluten and the grains which don't contain gluten. This is a very important distinction for many people who are allergic or intolerant of gluten, members of my family included.

Gluten is the protein in all the gluten-containing grains. It is the awesome network of protein strands that builds up during the kneading of bread dough. The gluten fibers are strong and flexible and provide a stable structure that stretches without collapsing to accommodate the released gases of the yeast during a bread's rising time. Then when bread is baked, the yeast's action stops (because it dies in high heat), and this results in truly delectable bread which is fluffy, airy and chewy. Gluten is one of God's amazing gifts. It is unfortunate that many people are sensitive or allergic to it. People who have the allergy are diagnosed with Celiac disease. Those who can eat it should rejoice in its marvels!

The gluten-containing grains are:

- Barley
- Kamut
- Oats (if grown in rotation in soil which has also grown another of the gluten-containing grains)
- Rye
- Spelt
- Triticale
- Wheat, Whole – all varieties

The gluten-free grains are:

- Amaranth
- Buckwheat
- Corn – Maize
- Millet
- Oats (if grown on dedicated

gluten-free land; will be certified gluten-free)

- Quinoa
- Brown Rice – all varieties
- Sorghum
- Teff

There are also nuts, starches and beans that can be ground and used as gluten-free flour – such as almond meal, garbanzo bean flour, and tapioca flour. I will discuss that at another time.

Let's now talk about each grain in particular, beginning with the gluten-containing grains.

GLUTEN-CONTAINING GRAINS

BARLEY

Barley is a cereal grain, like most of the gluten-containing grains. The barley we see most often is dehulled barley – barley whose outer hull has been removed. In its dehulled state, barley is considered a whole grain, since the hull is inedible. Pearl or pearled barley, which I do not consider a whole grain, is processed a bit further to remove the bran and it also may be polished. Either dehulled barley or pearl barley can be pressed into flakes or ground into flour.

On the other hand, covered barley (barley that retains its inedible hull) is the barley best suited for sprouting.

Nutrition: One cup of cooked barley provides more than 50% of one's daily fiber and selenium requirements, while being a good source of phosphorus, copper and manganese.

Available Forms: Dehulled, pearl or pearled, flakes, flour

Uses: Soup/stew, porridge, bread

Storage: Store dehulled barley in an airtight container in a cool, dry place. Can be stored in the refrigerator during warmer

weather. Keep only small quantities of barley flakes or flour on hand, and store them in the refrigerator or freezer for up to 6 months.

Cooking Directions: For every 1 cup of dehulled barley, use 3 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 1-3/4 hours. Yield: 4 cups.

For every 1 cup of pearl barley, use 2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 1-1/2 hours. Yield: 4 cups.

KAMUT

Kamut, a cereal grain, hasn't received an official botanical identity, but is thought to be a hybrid of two forms of wheat. It looks most like the large durum wheat berry. Kamut has the potential to be tolerated by persons who are sensitive or allergic to wheat. But since it contains gluten, people with gluten allergy or sensitivity should not consume it.

Kamut, an organic crop, can be purchased as the whole berry, cracked for porridges, or ground into flour. Whole kamut, like the other cereal grains, takes an hour or more to soften when cooked, so a crockpot is a useful tool for cooking it overnight to make a breakfast porridge that is ready when you are. 100% kamut breads are delicious, as are breads where kamut is just one of the flours used. 100% kamut tortillas are very fragile, so I recommend blending kamut with another flour (such as spelt) for your tortillas. Kamut pasta is very easy to make and delicious, too. Kamut pasta is also available commercially.

Kamut has more fat than other grains, so when in the forms of cracked kamut or kamut flour it is more susceptible to spoiling.

Nutrition Breakdown: One quarter cup of cooked kamut grain contains 33% of one's daily fiber

A Whole Grain Primer (continued)

requirement and 8% of one's daily iron requirement. Kamut also contains magnesium, zinc, and vitamin E.

Available Forms: Whole, cracked, flour

Uses: Porridge, stew/soup, bread, pasta, cold breakfast cereal

Storage: Store whole kamut berries in an airtight container in a cool, dry place. Can be stored in the refrigerator during warmer weather. Keep only small quantities of cracked kamut or kamut flour on hand, and store them in the refrigerator or freezer for up to 6 months.

Cooking Directions: For every 1 cup of whole kamut, use 2-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 1-3/4 hours. Yield: 2-1/2 cups.

For every 1 cup of cracked kamut, use 2-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 30 to 40 minutes. Yield: 2-1/2 cups.

OATS

Oats are another cereal grain. They can contain gluten, because they are often grown in rotation with and get contaminated by gluten-containing grains.

The whole-grain forms of oats are: whole oats, oat groats (hull has been removed), rolled oats (oats that have been put between rollers and pressed into flakes), and oat flour. Quick oats and instant oats are the non-whole forms of oats. I do not recommend quick oats or instant oats because they are usually comprised of smaller rolled oat bits that don't necessarily reflect true proportions of the entire oat components.

Most people know oats from eating oatmeal or granola, but oats can be used in muesli (a cold, raw breakfast cereal), bread, muffins, quick breads and cook-

ies.

If buying prepared oatmeal products, read the ingredient lists carefully to assure that there aren't other ingredients included, such as sugar or flavorings.

Nutrition Breakdown: 1 cup of cooked oats provides 68% of one's daily requirement of manganese. They are also a very good source of selenium and a good source of vitamin B1, dietary fiber, magnesium, protein and phosphorus.

Available Forms: Whole oats (oat groats), rolled oats, quick oats (not recommended), instant oats (not recommended), oat flour

Uses: Use whole oats (oat groats) in soups and stews, or grind into flour. Use steel-cut oats or rolled oats in baked goods and porridges.

Storage: Oats, especially rolled oats, should be purchased in smaller quantities, because their higher fat content makes them susceptible to spoilage. Store them in a cool, dry place for up to 2 months.

Cooking Directions: For every 1 cup of oat groats, use 2-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 35 to 40 minutes. Yield: 2-1/2 cups.

For every 1 cup of rolled oats, use 2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 20 minutes. Yield: 2 cups.

RYE

This cereal grain, longer and more slender than wheat, provides hearty flavor in breads and stews. You probably know the flavor from pumpernickel bread or traditional rye bread. Breads made with rye flour are more dense than whole wheat breads.

Nutrition Breakdown: One-third cup of uncooked rye provides 75% of the daily requirement for man-

gane, and over 30% of daily fiber needs. Rye is also a good source of selenium, tryptophan, phosphorous, magnesium and protein.

Available Forms: Whole or cracked grain form or as flour or flakes, which resemble rolled oats

Uses: Breads, stews, porridge

Storage: Keep for several months in an airtight container in a dry and cool location.

Cooking Directions: For every 1 cup of rye berries, use 2-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 1-1/4 hours. Yield: 2-1/2 cups.

SPELT

Spelt, an ancient cousin of wheat, is thirsty – meaning one needs to use a bit less of it, or a bit more water, to get the right consistency. Spelt flour works for pancakes, breads (quick or yeast), muffins and tortillas. When substituting spelt flour for whole wheat flour, use 1-1/3 cup spelt flour for each cup whole wheat flour. In bread, spelt can't be kneaded as long as wheat, because the gluten it contains is more fragile. It doesn't feel the same as wheat – it feels gloppier and stickier, but should still be warm and smooth.

Nutrition Breakdown: Four ounces of cooked spelt provides 62% of the daily requirement for manganese. It is also a good source of fiber, phosphorus, vitamin B3 (niacin), magnesium, protein and copper.

Available Forms: Whole, cracked, flakes, flour

Uses: Bread, baked goods, pasta, porridge

Storage: Store in an airtight container in a cool and dry place. Store flour in the refrigerator or freezer to best preserve its nutrition.

Most people know oats from eating oatmeal or granola, but oats can be used in muesli (a cold, raw breakfast cereal), bread, muffins, quick breads and cookies.

If buying prepared oatmeal products, read the ingredient lists carefully to assure that there aren't other ingredients included, such as sugar or flavorings.

A Whole Grain Primer (continued)

Commercial baked goods using wheat flour typically use wheat where 40% of the original wheat was removed. The removed parts include the bran and germ. Over half of the vitamin B1, vitamin B2, vitamin B3, vitamin E, folic acid, calcium, phosphorus, zinc, copper, iron, and fiber are lost. In order to get the full nutrition that God put in the wheat, it is important to choose whole wheat foods and products.

Cooking Directions: For every 1 cup of whole spelt, use 1-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 50 to 60 minutes. Yield: 2 cups.

TRITICALE

Triticale is a wheat and rye hybrid, whose name comes from a combination of the Latin names for wheat triticum and rye secale. It was first created in Scotland and Sweden in the late 19th century. Its creators wanted to combine the “high yield potential and good grain quality of wheat with the disease and environmental tolerance of rye” (<http://en.wikipedia.org/wiki/Triticale>).

Triticale is available in health food stores, both whole and in some packaged foods. However, I do not recommend it as one of God’s whole plant foods. While God’s whole plant foods can reproduce themselves, the triticale grain is sterile and requires chemical fertilization to begin its reproduction process.

WHEAT, WHOLE – ALL VARIETIES

Commercial baked goods using wheat flour typically use wheat where 40% of the original wheat was removed. The removed parts include the bran and germ. Over half of the vitamin B1, vitamin B2, vitamin B3, vitamin E, folic acid, calcium, phosphorus, zinc, copper, iron, and fiber are lost. In order to get the full nutrition that God put in the wheat, it is important to choose whole wheat foods and products.

Hard wheat berries, both red and white, yield wonderful bread flours when ground because of their high gluten content. The hard red yields a heartier, darker loaf of bread, while using the hard white for flour results in a lighter, fluffier and sweeter loaf of bread. Both are extremely nutritious.

The soft wheat berries yield whole wheat pastry flour, a wonderful flour to substitute for

white flour in all your cakes, muffins, pancakes and other non-yeast or gluten dependent baked goods. Most people cannot tell the difference when this flour is used instead of white flour.

Nutrition Breakdown: Whole wheat is a very good source of dietary fiber and manganese, and a good source of magnesium.

Available Forms: Whole, cracked, flaked, flour

Uses: Use the whole wheat berry in soups and porridge. Use the cracked or flaked wheat to add to bread and in porridges. Use the hard wheat flours for yeast breads, pasta, bagels, crackers, and muffins. Use the soft wheat flour for crackers, quick breads and muffins, and cakes.

Storage: Store the whole berries in airtight containers in cool and dry locations. Store cracked grains, flakes and flours in the refrigerator or freezer to prevent rancidity.

Cooking Directions: For every 1 cup of hard wheat berries, use 2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 2 hours. Yield: 3 cups.

For every 1 cup of soft wheat berries, use 2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 1-1/3 hours. Yield: 3-1/2 cups.

GLUTEN-FREE GRAINS

AMARANTH

The amaranth plant (or pigweed) is often considered a weed. Around the world, people consume both its leaves and grains, and admire its beautiful flowers. Amaranth, like quinoa, is remarkable because it contains complete protein. My family enjoys adding amaranth to our breakfast porridges for the boost of protein and iron it supplies. But in addition to these nutrients, amaranth is a nutritional

powerhouse with its high fiber, magnesium, phosphorus, copper and manganese.

Nutrition Breakdown: One cup of cooked amaranth provides these percentages of one’s daily requirements – 73% of fiber, 56% of protein, 82% of iron, 130% of magnesium, 89% of phosphorus, 76% of copper, and 220% of manganese. It is also a good source of calcium, zinc, riboflavin, vitamin B6, folate, vitamin B5 (pantothenic acid), and potassium.

Available Forms: Whole, cracked, flour

Uses: Whole – porridge, main dishes, popped, sprouted, as a thickener; Cracked – porridge; Flour – added to baked goods, as a thickener

Storage: Store in an airtight container, preferably in the refrigerator. Keeps for 3 to 6 months.

Cooking Directions: For every 1 cup of whole amaranth, use 2-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 20 minutes. Yield: 2-1/2 cups. For a thinner breakfast cereal, increase water to 3 cups.

BUCKWHEAT

Buckwheat has become a very important flour for us, now that we’ve had to change to gluten-free eating. The flour from hulled buckwheat is very mild tasting, while the purplish flour from the unhulled buckwheat can be more strongly flavored. During the summer, we like to sprout buckwheat for cold cereal.

Nutrition Breakdown: One cup of cooked buckwheat contains over 30% of the daily requirement of manganese. It is also a good source of tryptophan, magnesium and fiber.

Available Forms: Whole (hulled and unhulled), flour (from hulled

A Whole Grain Primer (continued)

or unhulled)

Uses: Cooked, whole in main dishes and porridge; cracked in porridge; sprouted in cold or porridge; as flour in baked goods

Storage: Store whole in an airtight container in a cool, dry place for up to one year. Store flour in the refrigerator or freezer; keeps for several months.

Cooking Directions: For every 1 cup of whole buckwheat, use 1-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 10 minutes. Yield: 3-1/2 cups.

CORN – MAIZE

Corn (also known as maize) is the cereal grain that is the largest crop in the Americas. Corn and cornmeal are consumed as a staple food in many regions of the world. In these whole forms, we are familiar with many of the forms corn takes: thick porridge, polenta, tortillas, and corn on the cob. Unfortunately, its hydrolyzed and enzymatically treated form (high fructose corn syrup – a sweetener) has become a staple ingredient in almost every processed food at the grocery store.

Nutrition Breakdown: One cup of cooked corn provides a good supply of vitamin B1 (thiamin), folate, fiber, vitamin C, phosphorus, manganese and vitamin B5 (pantothenic acid).

Available Forms: Whole, cracked, ground into flour

Uses: Whole – popcorn; Cracked (cornmeal) - porridge; flour – baked goods, tortillas

Storage: Store in an airtight container in a cool, dry place for up to one year. Store corn flour in the refrigerator or freezer for several months.

Cooking Directions: For every 1 cup of cornmeal, use 2-1/2 cups of water. Bring it all to a boil,

then reduce heat, cover and allow to simmer for 10 minutes. Yield: 3 -1/2 cups.

MILLET

I don't use millet as the basis for any baked goods, but I do add its flour to bread in small quantities. I use it primarily for diversity, but if I add too much, the resulting product is crumbly. We use whole millet often as a grain in a main dish; for instance, we might serve a stir-fry over cooked millet instead of brown rice.

Nutrition Breakdown: One cup of cooked millet is a good source of manganese, tryptophan, magnesium, and phosphorus.

Available Forms: Whole (for sprouting; not often available), hulled, flour

Uses: Whole – sprouting; hulled – in place of rice in any main dish, porridge; flour – baked goods, bread (in small quantities)

Storage: Store in an airtight container in a cool, dry location for up to one year. Store flour in the refrigerator or freezer for several months.

Cooking Directions: For every 1 cup of hulled millet, use 2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 20 to 25 minutes. Yield: 3-1/2 cups.

QUINOA

Pronounced "keen-wah," quinoa is my favorite grain. I love how when it is cooked, the grains turn pearly and there are little tags that pop off and curl up. We often use quinoa instead of rice in a main dish. I also make tabouli -- a Middle Eastern salad made from onions, parsley, mint, lemon juice, olive oil and salt -- using quinoa instead of bulgur wheat (a cracked and par-boiled wheat). Quinoa, like amaranth, offers a complete profile of essential amino acids.

Nutrition Breakdown: One-quarter cup of uncooked quinoa (1/2 cup cooked) provides more than 45% of one's daily needs of manganese. It is also a good source of magnesium, iron, tryptophan, copper and phosphorus. Complete amino acid profile.

Available Forms: Whole or flour

Uses: Main dishes (as you would use rice), in breads as flour

Storage: Store in an airtight container in a dry, cool location. If refrigerated, can be kept up to six months.

Cooking Directions: For every 1 cup of quinoa grain, use 2 cups of water. Place your desired amount in a fine mesh strainer and rinse it under hard cold water for about two minutes. This washes off a bitter coating, called saponin, which would result in bitter cooked quinoa if not removed. Put the quinoa and the necessary amount of water in a pot. Bring it all to a boil, then reduce heat, cover and allow to simmer for 20 minutes. Yield: 2 cups.

RICE, BROWN – ALL VARIETIES

Brown rice is produced by removing only the hull of the rice kernel, leaving it very nutritious. White rice, however, is more aggressively milled. The polishing and stripping it undergoes destroys much of the vitamin B1, B3, B6, manganese, phosphorus, iron, fiber and essential fatty acids. Clearly, brown rice is more nutritious. I firmly believe that after one allows for the adjustment to a nuttier and stronger taste, almost everyone can learn to relish the memorable and satisfying flavor of brown rice.

Our family enjoys these varieties of brown rice – both long and short grain, basmati, jasmine, wehani (red) and sweet. We also favor wild rice. With many of them available in the bulk or grocery section of the health food

Brown rice is produced by removing only the hull of the rice kernel, leaving it very nutritious. White rice, however, is more aggressively milled. The polishing and stripping it undergoes destroys much of the vitamin B1, B3, B6, manganese, phosphorus, iron, fiber and essential fatty acids.

A Whole Grain Primer (continued)

Most of us are not familiar with teff, a tiny, tiny seed from an annual grass. It is almost exclusively used in Ethiopia to make injera, a flat bread that makes up two-thirds of the Ethiopian diet. Since teff contains no gluten, the resulting bread is very flat.

For more information on *Purchasing Grains, Varying Grain Consumption* and *Turning Whole Grains Into Flour*, please visit Wardeh's website: <http://knowfglins.com/2008/04/01/a-grain-primer/>.

store, one can easily bring home a few cups of a different variety.

Nutrition Breakdown: One cup of cooked brown rice provides 88% of the daily requirement for manganese. It is also a good source of selenium, magnesium and tryptophan.

Available Forms: Whole, cracked, flour

Uses: Whole – main dishes and porridge; cracked – porridge, added to breads; flour – bread and baked goods

Storage: Store in an airtight container in a cool, dry place. The brown rice still keeps its oil-rich germ layer, which is susceptible to rancidity, so if the rice cannot be kept cool, store it in the refrigerator, where it will keep for several months to a year.

Cooking Directions:

Brown long grain, short grain or basmati rice: For every 1 cup of rice, use 1-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 45 to 50 minutes. Yield: 3-1/2 to 4 cups.

Brown jasmine, black japonica, wehani: For every 1 cup of rice, use 2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 45 to 50 minutes. Yield: 3-1/2 to 4 cups.

Wild rice: For every 1 cup of rice, use 2-1/2 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 60 to 75 minutes, until tender. Yield: 4 cups.

SORGHUM

Sorghum is an annual grass that is primarily grown as plant fodder for animals. Sorghum is also grown for grain, some of which is turned into a sweet sorghum syrup. In arid climates of the world, subsistence farmers depend on sorghum for porridges, flour, and sorghum molasses. In the United States, sorghum is gaining

attention as a wonderful gluten-free grain and flour. I find it results in crumbly baked goods when used as a single flour in a recipe, so I recommend combining it with another starchier flour such as sweet brown rice flour. This helps the baked goods hold together better. Additionally, some gluten-free cooks recommend that for each cup of sorghum flour added to a recipe, one should also add 1/2 to 1 tablespoon cornstarch or arrowroot powder.

Nutrition Breakdown: One cup of cooked sorghum provides 55% of the daily requirement for phosphorus. It is also a good source of iron, protein, fiber, thiamin, riboflavin, niacin and potassium.

Available Forms: Whole, cracked, flour

Uses: Whole – porridge; cracked – porridge; coarse ground – porridge; flour – porridge, baked goods

Storage: Store in an airtight container in a cool, dry place for up to one year.

Cooking Directions: Use with other gluten-free flours in baking. Some gluten-free cooks recommend adding 1/2 to 1 tablespoon cornstarch or arrowroot powder for every cup of sorghum flour used.

For breakfast porridge: For every 1 cup of sorghum grain, use 3 to 4 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 40 minutes, until tender. Yield: 3 to 4 cups.

For thin breakfast porridge: For every 1 cup of sorghum flour, use 3 to 4 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 10 to 15 minutes, until smooth and thick. Yield: 3 to 4 cups.

TEFF

Most of us are not familiar with teff, a tiny, tiny seed from an

annual grass. It is almost exclusively used in Ethiopia to make injera, a flat bread that makes up two-thirds of the Ethiopian diet. Since teff contains no gluten, the resulting bread is very flat.

My family likes to add whole teff to our breakfast cereals to boost calcium and iron. Teff flour can also be added to baked goods, but not in a high concentration as it can impart a bitter flavor. Teff is available as either ivory or brown varieties. As far as I can tell, both forms are equally nutritious.

Nutrition Breakdown: One cup of cooked teff is a good source of thiamin and protein, and also provides 40% of one's daily requirement for calcium. Teff is high in protein and fiber and is a good source of phosphorous, iron, copper, aluminum, boron and zinc.

Available Forms: Whole – ivory or brown; flour – ivory or brown

Uses: Whole – porridge; flour – thickener for main dishes, added to baked goods

Storage: Store whole grain teff in an airtight container in a cool, dry place for up to one year. Store teff flour in the refrigerator or freezer for several months.

Cooking Directions: For every 1 cup of teff grain, use 3 cups of water. Bring it all to a boil, then reduce heat, cover and allow to simmer for 15 minutes, until tender. Yield: 3 cups.

Bob's Red Mill suggests using a crockpot to make teff porridge. Combine 1 part teff grain with 4 parts water in the crockpot. Cook on low overnight.

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References:

nutritiondata.com,
whfoods.com,

Slow Oven Pork Roast

Heat your CLEAN oven to its highest temperature.

- 1 pork roast, any size

Make a paste of:

- 6 garlic cloves, minced
- few red pepper flakes
- 1/2 " fresh ginger, peeled
- 4 Tbs oil
- 3 Tbs rice vinegar or other mild vinegar

You may double or triple this paste if needed.

Score the fat side of the pork roast, rub on the paste. Place on a roasting pan.

Put the roast in the hot oven for 30 minutes.

After 30 minutes, turn the heat down to 235* and turn the roast over.

Use mitts or a clean kitchen towel to turn the meat.

Pour over a mixture of 4 Tbs oil and 3 Tbs vinegar.

Bake for 24 hours.

The roast will be extremely tender and great for eating as is or use it in sandwiches or fajitas.



Crispy Bruschetta

- 1 baguette sliced in 1/4 inch thick slices (you may use french bread or italian bread for bruschetta, but a baguette makes a crisp, thin bruschetta that is great as an appetizer)
- good olive oil
- 1 can Italian seasoned diced tomatoes
- fresh mozzarella cheese or use shredded
- fresh basil leaves, cleaned

and separated

- sea salt or coarse salt
- Heat oven to BROIL.

Lay the sliced bread on a cookie sheet and drizzle lightly with olive oil

Toast the bread under the broiler lightly, just to a pale golden brown color.

Take the bread out of the oven, layer on a spoonful of tomatoes, some fresh mozzarella cheese

and a sprinkle of salt.

Return to the oven. Broil til the cheese is melted and bubbly.

Drizzle some olive oil over each bruschetta and add a fresh basil leaf.

Serve immediately.

Apple Salad

By Wardeh Harmon

- 6 to 8 sweet apples, unpeeled and scrubbed clean (Pink Lady or Fuji apples)
- 1/4 cup lemon juice
- purified water
- 1/4 cup agave syrup (or honey), or to taste
- 1/8 teaspoon nutmeg

- 1/4 teaspoon cinnamon
- 1/4 cup unsweetened coconut
- 1/2 cup chopped
- 1/2 to 3/4 cup raisins (or other dried fruit)

Fill a large bowl about 1/2 full of water and add the lemon juice. Quarter each apple, then cut the core out. Thinly slice wedges off each quarter. Add to

the bowl just as soon as they are sliced to keep from browning. As the bowl gets full, rotate the apples to make sure each slice comes into contact with the lemon juice. Add more water if necessary. When all apples are sliced and coated, drain the excess water. Add the rest of the ingredients and toss well. Adjust spices and sweetener to your taste. Chill if not serving right away.



Summer Grill and Pasta

Parsley Dressing

Whirl in a blender or food processor:

- 1/2 cup parsley, packed into a cup
- 1/3 c salad oil
- 1/4 cup water
- 1/4 cup honey
- 1/4 cup lemon juice
- 2 t fresh basil
- salt to taste
- 1/2 cup chopped avocado (optional)

Use on salads. Store in a jar in frig.

This is a dish I came up with many years ago. It has simple ingredients and tastes fresh and good. We grill out almost every day in the summer and this is one more meal I can make almost exclusively outside.

- 1 # pasta
- various summer vegetables, I use summer squash, zucchini, tomato and mushrooms
- about 1/2 cup good tomato sauce or spaghetti sauce
- marinade
- Parmesan cheese if desired
- fresh basil leaves, julienned

Cook 1 pound of pasta, drain, drizzle with olive oil and keep hot.

Make this marinade. Combine all ingredients and whisk well. You

can make as much of this marinade as you will need.

- 2 teaspoons salt
- 1 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1/2 teaspoon sugar
- 1 tsp italian seasoning
- 1/2 cup lemon juice or vinegar
- 2 cups olive oil

Marinate the vegetables for 2-4 hours before grilling.

- summer squash, sliced into two pieces each
- small tomatoes, cut in half
- zucchini, sliced in half
- fresh mushrooms if desired
- eggplant is good in this but use tiny ones that don't need to be brined or peeled for ease of prepara-

tion

Over very hot coals, using whatever method you prefer, brush the vegetables with the marinade and grill them until they are slightly charred and very tender.

I often use an iron skillet for this, sometimes I grill the vegetables in a wire basket made for grilling vegetables. Keep them oiled with the marinade so they won't burn.

When the vegetables are tender bring them inside while you place the hot pasta on a large platter. Toss the pasta with the spaghetti sauce and then pile the vegetables on top of the pasta. Sprinkle with fresh julienned basil leaves and Parmesan cheese if you like. Serve hot!

You can add all kinds of grilled meat to this dish to make it heartier. Often we add grilled

Frozen Cake Roll

From Grandma's Recipe File

Pre-heat oven to 375*

Prepare your pans:

- 1 greased jelly roll pan lined with heavily greased brown paper
- 4 eggs separated
- 3/4 cup sugar
- 1 tsp vanilla
- 3/4 up sifted cake flour
- 3/4 tsp baking powder
- 1/4 tsp salt

Beat egg yolks til they are light and lemon colored.

Slowly add sugar, beating til creamy. Add vanilla, beat.

Sift together flour and baking powder; gradually add to sugar mixture. Beat only til smooth.

Whip egg whites with salt til stiff but not dry. Fold into flour mixture.

Spread batter in prepared pan.

Bake in preheated oven 15 minutes, or until top springs back when lightly touched. Loosen cake at edges at once. Invert onto a clean towel sprinkled with

powdered sugar. Cut off any hard edges.

Roll up, leaving towel in; cool. Unroll.

Fill with chosen filling. Reroll.

Wrap, seal, label, date and freeze up to 1 month.

To serve, take from freezer, Spread top with strawberry sauce, slice. Makes one roll or 10 - 1" slices.

Strawberry Sauce for Frozen Cake Roll

Mix 1 cup strawberry jam and 1 cup light corn syrup; bring to a boil. Cool. Makes 1 pint.

Campfire Packet Stew

From Grandma's Recipe File

Prepare a good, hot bed of coals.

For each person to be served, prepare

- 1/2 cup ground meat shaped into a pattie

Slice thinly and add:

- 1 potato
- 1 carrot
- 1 onion
- 1/4 green pepper (optional)
- few fresh green beans

If desired add:

- a few chunks of fresh cheese

- salt and pepper

Wrap everything in 1 or 2 large cabbage leaves

Then wrap in a sheet of heavy duty aluminum foil, shiny side in. Cook on the coals, 15 minutes on each side.

Coating Mix for Oven-Fried Chicken

From Grandma's Recipe File

In a large bowl, combine:

- 2 cups dry bread crumbs
- 2 tsp salt
- 1 1/2 paprika
- 1/2 tsp celery seed
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 1 tsp poultry seasoning

- 1/4 cup vegetable oil

Blend together with a fork. You can keep this tightly covered, unrefrigerated for weeks.

When ready to use:

Preheat oven to 350* F

Put 1/2 cup of the mix into a plastic or paper bag. Moisten chicken pieces with water or milk.

Put one piece of chicken at a time into the bag and shake to coat.

Add more mix as needed.

Lay each chicken piece on a lightly greased baking sheet.

Bake for 1 hour or until tender. No turning required.

You may use this mix for fish fillets, bake for 30 minutes.

Soybean Salad

From Grandma's Recipe File

Serves 4

In a large bowl combine:

- 1 1/2 cups cooked soy-beans, drained
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1 t minced onion
- 1/2 cups diced cheese (optional)
- 2 hard cooked eggs, diced (optional)
- 1/4 cup diced sweet pickles

Cover and chill.

Combine 1/2 cup French Dressing with 1 T mayonnaise, pour over salad, toss and chill at least one hour before serving.

Homemade French Style Dressing

From Grandma's Recipe File

- 1 T grated onion
- 1 t salt

- 2 T sugar
- 2 T vinegar
- 1/2 cup oil
- 1/2 cup ketchup

- 2 T lemon juice
- 1 t paprika

Whip with a blender or whisk. Store in a jar in the refrigerator.

A Prayer In Spring

Robert Frost

Oh, give us pleasure
in the flowers today;
And give us not to
think so far away
As the uncertain
harvest; keep us
here
All simply in the
springing of the
year.

Oh, give us pleasure
in the orchard white,
Like nothing else by
day, like ghosts by
night;
And make us happy
in the happy bees,
The swarm dilating
round the perfect
trees.

And make us happy
in the darting bird
That suddenly above
the bees is heard,
The meteor that
thrusts with needle
bill,
And off a blossom in
mid-air stands still.

For this is love and
nothing else is love,
The which it is
reserved for God
above
To sanctify to what
far ends He will,
But which it only
needs that we fulfill.



Spring Quiet

Christina Rossetti (1847)

Gone were but the
Winter,
Come were but the
Spring,
I would go to a covert
Where the birds sing.

Where in the whitethorn
Singeth a thrush,
And a robin sings
In the holly-bush.

Full of fresh scents
Are the budding
boughs
Arching high over
A cool green house:

Full of sweet scents,
And whispering air
Which sayeth softly:
"We spread no snare;

"Here dwell in safety,
Here dwell alone,
With a clear stream
And a mossy stone.

"Here the sun shineth
Most shadily;
Here is heard an echo
Of the far sea,
Though far off it be."

El Chico Dip

By Linda Reddoch

- 1 can whole tomatoes (28 oz.)
- 1 or 2 tsp. garlic salt
- 1 TBSP. crushed red pepper
- 1 1/2 TBSP. Wesson Oil
- 2 tsp. vinegar

Mix all ingredients together.

You can use a processor or blender if you want and serve with chips!

Chocolate Stuff

by Linda Reddoch

- 1 package of cheap chocolate chip cookies
- 1 container of Cool Whip
- 1 saucer of milk

Choose a nice glass dish like a trifle dish for this recipe.

Soak cookies in saucer of milk. Not too much or they might break before getting them into your dish.

Put your cookies in the bottom of the dish. Then add a layer of Cool Whip. Do that till your reach the top of dish. Last layer should be Cool Whip. To decorate the top of your dish, you can either crumble a cookie(not soaked in milk) over the top or shave some Hershey Chocolate Bar on top. YummO!!!

Mango Salsa

By Linda Reddoch

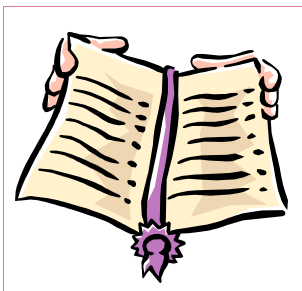
- 1 ripe mango, peeled, pitted, and diced (about 1 1/2 cup)
- 1/2 medium red onion, finely chopped
- 1 Jalapeño chile, minced (include ribs and seeds for a hotter taste if desired)
- 1/2 C of chopped green onion
- 3 Tbsp fresh cilantro leaves, chopped
- 3 Tbsp fresh lime juice
- Salt and pepper to taste
- Also good with diced red bell pepper and jicama.

Combine all of the ingredients in a bowl. Season to taste with salt and pepper.

If the salsa ends up being a little too hot or acidic for your taste, you can temper it by adding some diced avocado. Good eatin' with home made chips!

You've Got To Get Your Recipe Right!

by Linda M. Reddoch



I've been in kitchen mode this past week. I have enjoyed cooking, baking, and making dips and sauces. It has been relaxing and a time I've enjoyed. It's springtime now and I had the kitchen window open. I love feeling the breeze drift in while I'm in the kitchen.

I decided to make a dear friend's Lemon Chiffon Cake recipe. A spring cake as she calls it. I read through the directions and the ingredients. I had all the ingredients in my pantry. I was very excited about that! I was as happy in my kitchen baking as Paula Deen is in her own! I even felt important like Paula Deen! I'd never made a chiffon cake before.

The ingredients were added one at the time - following the directions. I had to beat egg whites till they were stiff.

Well, I tried. They seemed stiff enough! So, I continued on to the next step. I baked the cake.

The cake was suppose to be nice and tall like the angel food cakes I had seen in grocery stores. Well, lo and behold, mine wasn't tall like that at all!! But - I had all the right ingredients! I had the right tools! Well, after talking to this precious friend on the phone, we determined I didn't beat the eggs long enough.

We have the most awesome "recipe" book ever. We have the Holy Bible to give us ingredients and directions for every day life. But if we never pick up our Bibles and read them or we just "scan" the Bible, I think we're getting off course.

The Bible is a lamp unto our feet and a light unto our path. We are to hide His words in our hearts. Joshua 1:8 says, "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success."

Just like that cake of mine. If I had meditated longer on the recipe, it would have been successful. It was good. But I would have preferred "good success".

Next time, I'll just have to get my recipe right!

Cabbage Salad

By Wardeh Harmon

- 1 or 2 heads Napa cabbage or green cabbage, thickly shredded
- 1 bunch green onions, thinly sliced
- 4 carrots, shredded
- 1/2 cup raisins
- 1/2 cup chopped walnuts or almonds
- other veggies as desired: cherry tomatoes, small pieces of broccoli or cauliflower, etc.
- balsamic vinegar -- start with 1/8 cup
- extra virgin olive oil -- start with 1/2 cup
- salt & pepper
- 2 to 4 tablespoons of raw honey or raw agave syrup

Toss all vegetable ingredients -- cabbage, green onions, carrots, raisins, nuts and other vegetables. Add dressing ingredients -- balsamic vinegar, olive oil, sea salt, pepper and honey or agave. Toss. Adjust seasonings to taste. It is best to add dressing ingredients shortly before serving to keep cabbage crisp. Serve or chill.

Love Is Eternal



This love I have for you today
Rests firmly in my heart,
It promises to remain
And never to depart-
For love is ever faithful
And suffers not in vain,
It endures throughout the sunshine
And lingers in the rain.
Love fills the living in our day
And quells the void of night,
Love is quick to forgive
And overlook the slight.
Love helps us overlook ourselves
And put our loved one first,
Love soothes the pain of loneliness
As water does for thirst.
True love itself will never die
Though death or distance may part us-
Through love we live eternally
In the hearts of those who love us.

Simply Love



I saw them walking today,
Her smaller hand held in his,
His arthritic thumb bent at an angle,
Yet still firmly and protectively
holding onto hers.

She lagged behind a bit,
Her aged legs unable to hurry-
She seemed content to let him lead
As he had undoubtedly done all their lives.

She never even glanced
At the road as they crossed,
So used to having him lead well-
Faith in his competence made her trust him.

What trials had they overcome,
What life experiences had they shared,
Stumbling and standing together through life's journey,
Facing all things together whilst living as one?

In such a simple act,
I saw the simplicity of love -
So precious though elusive and seldom found:-
They held it in their hearts and hands.

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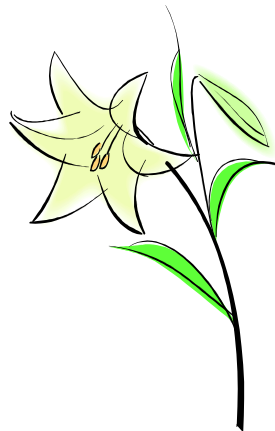
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