

*Creative Living
with
Sheryl Borden*



Foods & Nutrition Section - I

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Foods & Nutrition

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Due to the size of this section, it has been subdivided into 2 parts. For instance, Changing the World One Spoonful at a Time, is on page 3 of Section 1; Cupcakes is on page 9 of Section 2.

For the following information/instructions, type (or copy and paste) the websites into your browser.

USA Pears - a Northwest Treasure - <http://www.kenw.org/cl/lifestylesfoods2.pdf> - go to page 15

Watermelon Floral Arrangements - <http://www.kenw.org/cl/5200foods3.pdf> - go to page 11

Florida Citrus - <http://www.kenw.org/cl/5200foods4.pdf> - go to page 14

Great New Uses for Packaged Gravy Mixes - <http://www.kenw.org/cl/clvol4foods3.pdf> - go to page 3

Cool Cupcakes from Wilton - <http://www.kenw.org/cl/5200foods3pdf> - go to page 2

Rowena's - <http://www.kenw.org/cl/5200foods1.pdf> - go to page 3



Changing the World One Spoonful of Sugar at a Time...

In the modern world, we take so much for granted For many of us, a nearby clinic, clean water and reliable tools to get the job done are among life's "basics." For sugar cane farmers' cooperatives in Costa Rica, Malawi and Paraguay they were luxuries, things just beyond reach — until recently. In the fall of 2005, a farmer's cooperative in Malawi began building a community clinic and drilled holes deep into the African soil to bring clean, safe water to their village. And for a co-op in Paraguay, back-bending labor in cane fields was relieved when they bought their first-ever tractor to push, pull, and plow. Both co-ops are benefiting from Fair Trade agreements with Wholesome Sweeteners, Inc., of Sugar Land, Texas.

The sugar trade is centuries old. It has historically been driven by large factory farms that put the environment and the people who cultivated the cane at the losing end of a long line of production processes. Farmers were often unable to buy and tend their own land. Their children were forced to help feed their families by work-ing in the fields and the mills rather than going to school. In many instances, providing clean water and basic community services was virtually impossible. We wanted to seize the opportunity to really make a difference in the everyday lives—and futures—of our farmers and their communities. Working closely with TransFair USA since 2002, Wholesome Sweeteners is the first, and only, American company to establish the opportunity for significant sales of Fair Trade Certified sugars. Wholesome Sweeteners has always had a proud record of sourcing from environmentally and socially

responsible suppliers but we wanted take our involvement a step further and deliver more value back to our primary agri-cultural producers. Therefore, following 3 years of preparation, in mid-2005, we launched our Sweet & Fair line of Fair Trade Certified sugars and molasses.

The certification and process means Wholesome Sweeteners can guarantee that premium market prices will be paid directly to Fair Trade cooperative partners in Costa Rica, Paraguay and Malawi. We are extremely proud that just months after the first agreement was signed, money began flowing back into the co-ops. Customer support of Wholesome Sweeteners Fair Trade Certified Sugars and Molasses means that in the two years since the launch of our initiative, more than \$320,000 of additional income has been generated for our Fair Trade partners as of 31st March 2007.

Through Fair Trade, farmers are earning a better income for their hard work—allowing them to hold on to their land, keep their kids in school, and invest in the quality of their harvest. Moreover, the Fair Trade agreements remove unnecessary middlemen (who decrease producer income) while providing access to pre-harvest lines of credit for cooperatives. In exchange, Fair Trade Certified farmers' cooperatives must guarantee fair labor conditions for farm workers, freedom of association for farmers and workers, and democratic decision-making processes. In addition, they must maintain environmental standards that restrict use of agrochemicals, and foster sustainability.

Chocolate Bread Pudding

Served warm during winter or cold during summer, this recipe surpasses traditional bread pudding and is a good way to use leftover bread.

Ingredients:

- 5 slices fresh whole wheat bread
- 2 1/2 cups soy milk
- 1 1/2 cups **Wholesome Sweeteners Organic Fair Trade Sucanat**
- 1/4 cup pecan or other nut butter
- 1/4 cup cocoa powder
- 1 tablespoon arrowroot powder or cornstarch
- 1/16 teaspoon clove powder
- 1/4 cup agar flakes (or 1 tablespoon agar powder)
- 1 1/2 cups water



Method:

Cut the bread into 1-inch cubes (this should yield 4 cups). In a large mixing bowl, combine the milk, Sucanat, pecan butter, cocoa powder, arrowroot and cloves and mix well. In a small mixing bowl, combine the agar with the water and let sit for one minute, then add to soy milk mixture. Mix well and pour over the bread cubes, cover and let sit at room temperature for 4 hours. Preheat oven to 350 degrees F. Lightly oil a 6-cup baking dish. After the 4-hour resting time, stir bread mixture with a wooden spoon, and pour into the baking dish. Cover and bake for 40 minutes. this dessert can be served hot out of the oven. However, it is best to let cool for at least 30 minutes to set up before serving. Serve with hazelnut or regular whipped cream.

COURTESY: Marie Oser
Wholesome Sweeteners, Inc.
www.wholesweeteners.com

TrueBlue Blueberry Recipes

TrueBlue Blueberry Cocktails



TrueBlue™ Blueberry Cocktails make a great addition to your favorite drinks. Try our version of these popular cocktails at your next party.

TrueBlue™ Moo:
1 oz Kahlua™, 2 oz milk, 2 oz TrueBlue™ Blueberry Cocktail. Mix together and serve over ice.

TrueBlue™ Marguerita:

1/2 oz Tequila, 1 oz Amaretto, 1/2 oz Triple Sec, 3 oz TrueBlue™ Blueberry Cocktail, 1/2 oz Lime Cordial. Blend with ice and serve in a sugar rimmed margarita glass.

TrueBluetini:

1 oz. TrueBlue Blueberry Cocktail, 1 oz. Triple Sec, 1/2 oz. Amaretto, 1/2 oz. Cointreau. Combine TrueBlue Blueberry Cocktail, Triple Sec, Amaretto, Cointreau and ice. Shake and strain into a martini glass.

TrueBlue™ Driver:

1 oz Vodka, 2 oz TrueBlue™ Blueberry Cocktail, 2 oz orange juice. Pour Vodka over ice. Add TrueBlue™ Blueberry Cocktail, then add orange juice.

TrueBlue™ Lu Lemon:

1 oz vodka, 2 oz TrueBlue™ Blueberry Cocktail, 2 oz lemonade. Pour Vodka over ice. Add TrueBlue™ Blueberry Cocktail, then add lemonade

TrueBlue™ Velvet:

3/4 oz Vodka, 1/4 oz Crème de Cassis, 2 oz TrueBlue™ Blueberry Cocktail, 2 oz grapefruit juice. Mix in a highball glass with ice.

TrueBlue™ Witches Brew:

1/2 oz Vodka, 1/2 oz Blue Curacao, 3 oz TrueBlue™ Blueberry Cocktail. Fill to 3/4 full in highball glass.

**For added effect: add a small piece of dry ice (the size of a quarter) to the mixture. Caution: Do not swallow dry ice!*

TrueBlue Blueberry Sweet Vinaigrette

INGREDIENTS:

1/2 cup (125 mL) TrueBlue Blueberry Cocktail (or any other flavor)
1/4 cup (50 mL) olive oil
1/4 cup (50 mL) balsamic vinegar
1/2 tsp. (2 mL) ground ginger

METHOD:

Measure all ingredients into a medium size bowl. Whisk together for approx 1 min to blend thoroughly. Pour into a glass jar or bottle and refrigerate until ready to use. Shake before serving. Makes 1 cup.



COURTESY: Jill Klosowski
TrueBlue
www.trueblueberry.com

Melting Candy

Four Easy Methods

Because you're starting with Wilton Candy Melts®, you can use several easy ways to melt to a perfect smooth texture for molding. Candy Melts are also known as confectionery coating or summer coating. They are convenient wafers made of sugar, milk solids, vegetable oils, flavorings and colors. The Light Cocoa, Dark Cocoa and Dark Cocoa Mint-flavored Candy Melts also contain cocoa powder. Candy Melts taste delicious, but don't require the careful melting procedures of chocolate.

Before you begin, make sure all of your utensils are dry. Water causes melted coatings to harden and streak. Melted Candy Melts are ready for molding when the texture resembles cooked pudding. For all methods, do not overheat by melting on too high a setting or for too long. Coating loses its proper consistency if overheated or if liquids are added. If coating becomes too thick, add 2 teaspoons of hydrogenated solid vegetable shortening per 14 oz. of Candy Melts.

1. Microwave Oven: Convenient Melting

A quick and easy way to melt candy in a microwave-safe bowl, spouted measuring cups, Wilton Melting Bottles or Disposable Decorating Bags. If you're using a bowl or measuring cup, microwave 1 package Candy Melts at 40% power or defrost setting for 1 minute. Stir thoroughly. Continue to microwave and stir at 30-second intervals until smooth and completely melted. By using bags or the Melting Bottle, you can squeeze the candy right into the mold for less mess.



If you're using a disposable bag, microwave as described above, squeezing bag between heating intervals to blend Candy Melts together. When completely melted, snip off end of bag and squeeze melted candy into molds. Throw away bag when empty.



If you're using the Melting Bottle, fill bottle half full with Candy Melts and microwave at 40% power or defrost setting for a minute, knead gently to mix and continue melting at 15-second intervals until candy is completely melted and smooth. When melted, twist lid on bottle and squeeze candy right into molds.



2. Double Boiler: Easy Melting

Fill lower pan with water to below level of top pan. Heat water to a simmer, then remove from heat. Put Candy Melts® in top pan and set in position on lower pan. Stir constantly, without beating, until smooth and completely melted.



3. Slow Cooker: For Large Quantities

Ideal for melting large amounts of candy (3 1/2 to 5 lbs.).



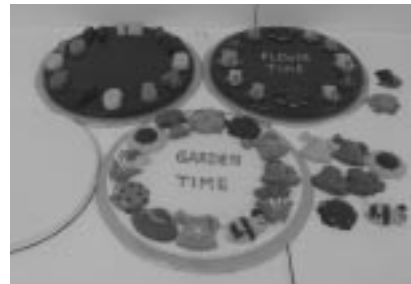
Note: Do not melt less than 3 1/2 lbs. Place 1 package of Candy Melts into a slow cooker and set on low. Never use a higher setting. Stir occasionally as it melts. When almost completely melted (about 20 minutes), add another package. Stir occasionally again until almost completely melted, then add another package of Candy Melts. Repeat procedure until you've melted as much candy as you need. You can melt up to 5 lbs. of Candy Melts in your slow cooker (total melting time for 5 lbs. is about 45 minutes).

4. Warming Tray: For Melting More Than One Color

Place different colors of Candy Melts in oven-safe glass bowls or custard cups. Position bowls on tray on a low to medium setting, stir while melting. Left on the low setting, the tray will keep your assorted Candy Melts colors at the ideal melted texture while you are molding.



Garden Time Candy Plaque



Bugs and Garden candy molds
Pink, Violet, Green, Yellow, Orange, Blue, Light Cocoa, and Peanut Butter, and White Candy Melts
Parchment Bags
10" Round Pan

Mold candy plaque, filling 10" Round pan 1/4 to 1/2" deep with melted candy, about a bag and a 1/2. Refrigerate until firm; unmold. Mold bugs and garden, adding small details with cut parchment bag. Refrigerate until firm; unmold. Attach candies to candy plaque using melted candy in cut parchment bag. Pipe message, such as "Garden Time" with candy in cut parchment bag.

**COURTESY: Nancy Siler
Wilton Enterprises**

www.wilton.com



Carol Fenster's Pizza Crust & Pizza Sauce

Pizza Crust

- 1 tablespoon dry yeast
- 2/3 cup brown rice flour or garbanzo/fava bean flour*
- 1/2 cup tapioca flour
- 2 teaspoons xanthan gum*
- 1/2 teaspoon salt
- 1 teaspoon unflavored gelatin powder (Knox)
- 1 teaspoon Italian herb seasoning
- 2/3 cup warm milk (110°) or non-dairy liquid
- 1/2 teaspoon sugar or honey
- 1 teaspoon olive oil
- 1 teaspoon cider vinegar
- Extra rice flour for sprinkling

Pizza Sauce

- 1 can (8 oz.) tomato sauce
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon crushed dried rosemary
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon garlic powder
- 2 teaspoons sugar
- 1/2 teaspoon salt
- Toppings of your choice

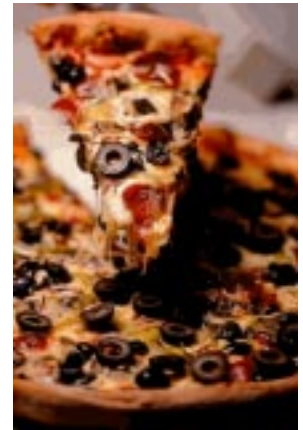
*Available at health food stores by Authentic Foods, Bobs Red Mill, Gluten Free Pantry, Ener-G Foods and Miss Roben's.

Sauce: Combine all in-gredients in small sauce-pan and bring to boil over medium heat. Reduce heat to low and simmer for 15 minutes, while Pizza Crust is being assembled. Makes about 1 cup.

Crust: Preheat oven to 425°F. In medium mixer bowl using regular beaters (not dough hooks), blend the yeast, flours, xanthan gum, salt, gelatin powder, and Italian seasoning on low speed. Add warm milk, sugar, oil, and vinegar. Beat on high



Gluten-free pizza never tasted so good!



speed for 2 minutes. (If the mixer bounces around the bowl, the dough is too stiff. Add water if necessary, one tablespoon at a time, until dough does not resist beaters.) The dough will resemble soft bread dough. (You may also mix in bread machine on dough setting.)

Put mixture on lightly greased 12-inch pizza pan. Liberally sprinkle rice flour onto dough, then press dough into pan, continuing to sprinkle dough with



flour to prevent sticking to your hands. Make edges thicker to hold the toppings.



Bake pizza crust for 10 minutes. Remove from oven. Top Pizza Crust with sauce and your

preferred toppings. Bake for another 20-25 minutes or until top is nicely browned.

Serves 6 (1 slice per serving). Calories, 153; Fat 1.5g, Protein 4g; Carb. 33g; Chol. 1 mg; Sodium 635 mg; Fiber 3g (crust and sauce only)



COURTESY: Carol Fenster Savory Palate, Inc.
www.glutenfree101.com