

# Welcome to Creative Living with Sheryl Borden





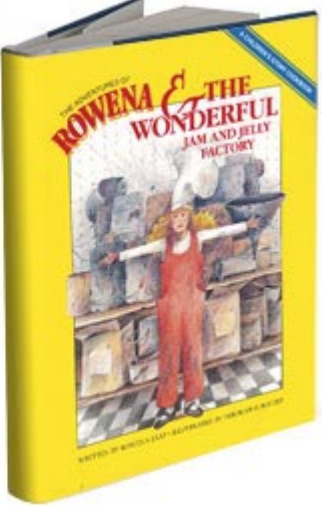
**5600 Series**  
**Foods & Nutrition Section**

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**Detailed Description:** Rowena's very own story cook-books based on her own childhood as an adventurous tomboy. Following the whimsical story of our jam and jelly factory, you'll find recipes for you and your child to enjoy together. All of our "kid tested" recipes are sure to be loads of fun!

**COURTESY: Rowena Fullinwider**  
**Rowena's Foods**  
[www.rowena.com](http://www.rowena.com)



# 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 working 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 to take our involvement a step further and deliver more value back to our primary agricultural 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 agro-chemicals, and foster sustainability.

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## 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](http://www.wholesweeteners.com)

# 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™ 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!*

**COURTESY: Jill Klosowski**

**TrueBlue**

[www.trueblueberry.com](http://www.trueblueberry.com)

## 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 marguerita 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.







# Gluten-Free Recipes

## Ants on a Log

### Celery stalks (rinsed, dried)

Filling (choose for your diet)

- Peanut butter or soy butter
- Almond or cashew butter
- Cream cheese or goat cheese
- Hummus or guacamole

Ants (choose for your diet)

- Raisins or currants
- Dried sweetened cranberries
- Dried blueberries
- Walnuts, almonds, or pecans
- Sunflower or Pumpkin seeds



Cut stalks (logs) into halves or thirds, crosswise. Fill hollow of each celery stalk with filling; top with "ants" of choice. One celery stalk serves 3.

## Banana Pops

1 banana (ripe, firm)

2 wooden craft sticks

Toppings (choose for your diet)

Roll in honey, agave nectar, or melted dairy-free, soy-free chocolate.

Sprinkle with crushed nuts or sunflower/pumpkin seeds, shredded coconut, sesame seeds, etc. Peel and cut banana in half, crosswise. Insert wooden stick in each half, lengthwise. Wrap in plastic and freeze. Remove plastic wrap and dip

in honey, agave nectar, or melted chocolate. Sprinkle with your favorite topping. Serves 2.

## Roasted Pumpkin Seeds

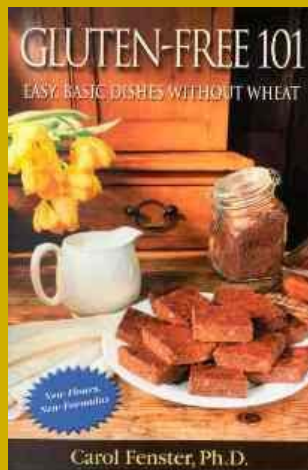
2 cups pumpkin seeds (shelled)

1 teaspoon canola oil

Combine seeds and oil in large bowl and stir till well coated. Spread seeds on cookie sheet and bake at 300° for 20 minutes, turning seeds every five minutes with spatula. Salt lightly. Cool. Serves 8.

## Granola

- 2 cups rolled rice flakes\*
- 1/2 cup shredded coconut flakes
- 1/4 cup sesame seeds
- 1/4 cup pumpkin seeds
- 1/4 cup almond slivers
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. salt
- 1/4 cup hot water (120° F)
- 1/4 cup honey or maple syrup
- 1/4 cup brown sugar
- 1/4 cup sunflower seeds
- 1 Tbsp. canola oil
- 2 tsp. vanilla extract
- 1/4 cup golden raisins
- 1/4 cup dried sweetened cranberries
- 1/4 cup chopped dried apricots



Grease 15 x 11-inch baking sheet or line with parchment paper. In large mixing bowl, combine rice flakes through salt. In another bowl, mix together hot water, honey, sugar, oil and vanilla. Add mixture to dry ingredients. Spread well in pan. Bake 50 to 60 minutes at 300 degrees F. or until lightly browned. Stir every 15 minutes to assure even browning. Watch carefully to avoid burning. Remove from oven and cool 15 minutes. Add dried fruit. Cool completely. Store in airtight container in a dark, dry place. Makes about 4 cups. Serves 8 (1/2 cup each). \* Available at health food stores or [www.enjoylifefoods.com](http://www.enjoylifefoods.com).

**COURTESY: Carol Fenster**  
**Savory Palate, Inc.**  
[www.glutenfree101.com](http://www.glutenfree101.com)



# TATER TIPS AND FACTS

The best way to “open” a baked potato is with a fork, not a knife. A knife will flatten the surface and alter the normally fluffy texture of a baked Idaho spud. Pierce the potato with a fork, once length-wise and crosswise. Press the potato at both ends and it will “blossom.”

## S’MASHING SUCCESS

Boil potatoes in milk for extra richness. Add several peeled garlic cloves to the pot of boiling potatoes and mash as usual. For lighter mashed potatoes, beat in more milk and leave out the butter. Beat in herbs, seasonings, minced vegetables or grated cheese for added flavor and color.

## THE NUTRIENT-RICH SPUD

A 5.3 oz potato has:

- Only 100 calories
- 45% daily value of vitamin C
- Nearly twice the potassium of a banana
- 3g of fiber (recommended total is 25g/day)
- 0g of fat
- 0g of cholesterol



USDA includes the potato on its list of the top 20 most antioxidant-rich foods. For a complete downloadable booklet, go to: [http://www.idahopotato.com/images/70\\_tips\\_brochure\\_for\\_web\\_final-web.pdf](http://www.idahopotato.com/images/70_tips_brochure_for_web_final-web.pdf)



## BUYING THE PERFECT POTATO

To ensure you’re buying genuine Idaho Potatoes, look for the “Grown In Idaho” seal. Idaho is most famous for its Russet potatoes, but the state also grows Yukon Gold, Reds and Fingerlings. Be sure to look for the seal on those potatoes, too! Look for clean, smooth, firm-textured skin that has no cuts, bruises or discoloration.

## STORING YOUR POTATOES

Store in a cool, dry place, but never in the refrigerator. Refrigeration converts potato starch into sugar, creating a sweet taste and causing potatoes to darken prematurely when fried. Don’t wash spuds until just before you use them. Washing them before storing will shorten their life. Storing potatoes near onions can cause the potatoes to rot quicker due to the interaction of the gasses that both vegetables produce. Prolonged exposure to light will cause potatoes to turn green. Remove potatoes from plastic bags and store in brown paper bags or on trays in a cool dark place where air can circulate around them.

## BAKED TO PERFECTION

Never bake your potato in aluminum foil. It traps the steam and actually boils, not bakes, your potato.

Make the perfect baked potato. Scrub it, pierce the skin two or three times with a fork, and place the potato directly on the oven rack at 450°F for 50 to 60 minutes. For a crispier skin, rub the potato skin with a light coating of vegetable oil, olive oil, margarine or butter.

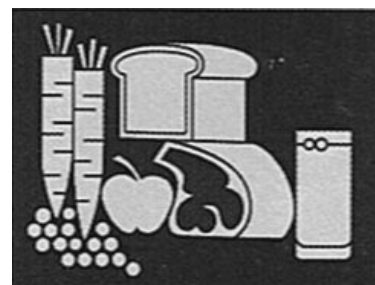
COURTESY: Frank Muir  
Idaho Potato Commission  
[www.idahopotato.com](http://www.idahopotato.com)



## BEFORE YOU SHOP

1. Think about your lifestyle. Consider how it may play a part in the foods you buy and cook.
2. Determine your cooking style based on the time you have to prepare a meal. Are you always on the go? Do you pack lunch or dinner depending on your class schedule? Do you skip breakfast and snack all day?
3. Review your social schedule before you shop. It will help you determine what to buy so you don't waste money on food that will spoil in the refrigerator. You'll also be set for last-minute meals for friends.
4. Consider your dietary needs. Do you need to watch fat, salt, sugar, carbohydrates or cholesterol? What foods do you like and dislike? Are healthier foods important to you?
5. Know your kitchen equipment. The food you buy depends on your cooking equipment - microwave, stove, oven or hot plate- and the utensils, such as pots and pans, that you have. A microwave cooks more than a frozen dinner!
6. Check for leftovers you can use with fresh foods you might buy. For example: Make a quick salad with fresh salad greens, leftover meat, chicken or vegetables.
7. Look in your cupboard, refrigerator, and freezer to see what staples need to be replenished. Pay particular attention to basics: pasta, rice, sauces, olive oil, salsas, peanut butter, tuna, eggs, cheese, milk, frozen vegetables and fruits.
8. Plan menus that include fresh seasonal ingredients: produce, meat, fish, poultry and dairy. Fresh foods taste better, and you can cook them with your own personal taste in mind.
9. Shop seasonally. Many crops grow best in a particular season—summer, fall, winter or spring—and come to market at their prime during that season. Prices are lower and taste is better for produce that is consumed in the peak of its growing season. For example: Watermelon, peaches and plums are best in summer. If you find them in winter, they most likely came from South America where it is summer, and the price will be high and the taste flavorless.
10. Eat seasonal foods and begin to notice your body's food needs. Eat heavier meals when it's cold and lighter ones when it's warm.
11. Keep an ongoing shopping list of what you need for a dinner party, date, or just a weekday after-class dinner. The list keeps you focused, organized and efficient—in the kitchen and in the market—so you'll spend less time shopping and buying unnecessary items.
12. Buy mostly fresh foods instead of those that are pre-packaged, boxed, and highly processed. Instant mashed potatoes, convenience rice, or “helpers” are usually preservative laden with an extra dose of salt or sugar. Consider that a fresh potato can be baked in seven minutes in a microwave and tastes much better than the instant variety.
13. Include “planned-overs” (fresh or frozen foods used for more than one meal) in your menus. Planned-overs take advantage of store specials such as a large cut of meat or a ten-pound sack of potatoes. This means cooking more of the same dish to be individually frozen for a quick last minute dinner that can be reheated in the microwave.
14. Note that the coupons in the newspaper (generally on Wednesday and Sunday) are for particular brands of canned, boxed or frozen foods. If you love a certain soup, salsa or want to try a new product, coupons might work for you unless you don't want the hassle of remembering to bring the coupons to the market.
15. Read the weekly food ads in the newspapers and grocery store fliers to learn what's on special, particularly fresh fruits, vegetables and meats. Fresh foods show up in the weekly supermarket specials, not in the Sunday coupons. Specials can help you watch your budget.
16. Consider where to shop. Warehouse shopping is good if you want large quantities of food. Be sure you can use the large amounts of fresh goods you buy; otherwise you're wasting money on food that may go bad.
17. Take advantage of larger quantities and better prices by getting a few friends together to **share the food and shopping**. A variation would be to combine shopping lists, check the ads and shop where the buys are best. Look for good buys and seasonal ingredients in your favorite supermarket and other markets such as: Trader Joe's, Whole Foods, co-ops, farmers markets and such ethnic markets as Mexican, Asian or Italian. Forget shopping at your closest or easiest convenience store where the prices are high and the food selection low.
18. Be flexible when shopping. If your menu calls for something that isn't fresh or in stock, be ready to substitute with an available ingredient.

**COURTESY: Marcie Rothman  
chef & author  
Western Research Kitchens**



# Decorated Pecan Shortbread Cookies



- 3/4 cup (1-1/2 sticks) butter, softened
- 1/2 cup granulated sugar
- 1/4 teaspoon salt
- 3 egg yolks
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 package (2 oz.) finely ground pecans (about 2/3 cup)

In large bowl, beat butter, sugar and salt with electric mix-er at medium speed for 1 minute. Add yolks, one at a time, mixing well after each. Add vanilla; mix well. Add flour and pecans all at once; mix just until combined. Press dough into a disc; wrap in plastic wrap. Refrigerate at least 2 hours or overnight.

Preheat oven to 375°F. Let cold dough stand at room temperature 10 minutes. Roll dough 1/8-inch thick on lightly floured work surface. Cut into desired shapes. Place on ungreased cookie sheet,. Bake 10-12 minutes or until light golden brown. Makes 2 dozen 3-inch cookies.

**COURTESY: Nancy Siler  
Wilton Enterprises**  
[www.wilton.com](http://www.wilton.com)

## Stuffing vs. Dressing

### NEW ENGLAND OYSTER DRESSING

- 1 cup butter or margarine
- 2 cups celery, diced
- 1 1/2 cups onion, finely chopped
- 1/3 cup parsley, finely chopped
- 1/2 teaspoon black pepper
- 2 6-ounce bags Mrs. Cubbison's Seasoned Dressing or Corn Bread Stuffin'
- 1 pound fresh shucked oysters or 1 16-ounce can, drained
- 1/2 cup (approx.) oyster liquor or chicken broth (optional)

In a large sauce pan, over medium heat, place butter, celery and onion. Stir and cook until vegetables are tender, about 8 minutes. Do not brown. Add parsley and pepper; mix. Stir in seasoned stuffing mix. Add and mix in oysters, whole or chopped, as desired. If a moist dish is preferred, add oyster liquor or broth to make desired consistency. Spoon into baking dish or casserole. Bake at 325 degrees for about 40 minutes or until heated through and oysters are cooked. Makes about 8 cups.

### CRANBERRY, MAPLE, AND ALMOND STUFFING

- 1 box (2 - 6oz. bags) Mrs. Cubbison's Corn Bread Stuffin' Mix
- 1/2 cup chopped celery
- 1/2 cup chopped onions
- 1/2 cup butter
- 1/2 cup maple syrup
- 1 cup cranberries
- 1/2 cup chopped almonds
- 1/4 cup brown sugar
- 1/4 cup chicken broth

Cook cranberries with sugar and maple syrup. Cook onions and celery in butter. Toast almonds in dry sauté pan. Mix all ingredients together. Either stuff into turkey or add eggs and bake in foil or muffin pan. Bake at 350° F for 30 minutes.

**COURTESY: Marcie Rothman  
Mrs. Cubbison's Foods**  
[www.mrscubbisons.com](http://www.mrscubbisons.com)



# Pesto Is “In”



That early and oft-times signature dish of Italian cooking, Pesto, is once again a favorite among both chefs and hungry diners everywhere from fine restaurants and trendy bistros to the kitchens of taste-conscious families.

Once a humble condiment relegated solely to use with pasta, in the new century, Pesto has become more sophisticated, developed a wide range of variations and been embraced by connoisseurs and young people experimenting with unusual tastes. As a result, a new collection of appreciative Pesto-partisans has emerged, among them bistro-frequenting astemakers, fine-food aficionados, and trend-setting top-of-the-line chefs who eagerly apply Pesto to a whole array of new dishes that were never before deemed suitable for the green delight. What's more, Pesto is now used in far more generous quantities than ever before, as a marinade, a sauce, or a dip.

Pesto first came to America in the 1800s, when Italian immigrants began providing their cuisine to a young nation eager for pioneering approaches to meal preparation. Over the last few years, however, thousands of chefs have rediscovered Pesto's intense and unmistakable flavor, and have found a myriad of new applications for the King of Condiments. For example, the basic recipe has now been varied to produce Pesto flavored with such vibrant tastes as artichoke, dried tomato and garlic, roasted bell pepper, cilantro, mushroom, or even chipolte. What's more, modern chefs have discovered that grilling or cooking subtly alters Pesto's flavor in interesting and surprising ways.

Without compromising the palate power of Pesto with pasta, these new variations make Pesto even more flavorful as a tasty accompaniment or marinade for fowl or fish, as a perky addition to (or substitute for) mayonnaise on sandwiches - particularly turkey, as a final flourish in soups, as a tempting ingredient in many forms of salads, as a spread for hors d'oeuvres, or as an eye-catching and mouth-watering dip for fresh vegetables.

Pesto is made from fresh basil, of course. But to ensure quality, consistency, and convenience, it's good to know you can find a variety of already prepared

restaurant-quality Pestos as close as the freezer section of your favorite supermarket. Experts say that, when defrosted, they are indistinguishable from fresh homemade.

According to those who buy and serve it, the most recognizable brand of Pesto in your supermarket is Armanino's, the same company that for the past half century has been supplying its Pesto and other high quality foods to top restaurants around the country.

Perhaps the best thing about Pesto is that no matter how trendy it may be today, its comforting flavor, ease of preparation, large number of variations, and applicability to so many different foods guarantees, it will always be welcome at the table of anyone who enjoys distinctive and memorable flavors, for Italian or any other type of cuisine.

## Pesto Panini

- 2 slices Ciabatta bread or rustic bread slices
- 1 ball fresh Mozzarella, drained and sliced
- 4 oz. Armanino Basil Pesto
- 2 tomatoes, sliced

Spread Armanino Basil Pesto on the inside of both halves of the Ciabatta bread. Layer the mozzarella slices and tomato and close. Brush with olive oil and grill until cheese is melted.

## Pesto Mashed Potatoes

- 4 medium Russet potatoes, peeled and quartered
- 2 Tbsp. Armanino Basil Pesto
- 2 Tbsp. Parmesan cheese, shredded
- 2 Tbsp. butter (optional)
- 1/2 cup milk or Chicken broth

Cover potatoes with water and cook until tender. Drain, add butter, Armanino Basil Pesto, cheese and begin to mash. Add milk until the desired texture is reached. Serve warm.

**COURTESY: Marcie Rothman  
Armanino Foods of Distinction, Inc.**

[www.armaninofoods.com](http://www.armaninofoods.com)



# Easy Elegant Desserts



## Chocolate Ganache Croquembouche

Use already made/frozen cream puffs to save time (leave them frozen to work with). Use ganache instead of straight chocolate to build the base as it does not pull apart as easily (allow ganache to thicken)



1. Line a tray with wax paper and place on a turntable. Working with one cream puff at a time, pipe ganache onto puff and place on wax paper centering three, touching to form a triangle.
2. Form a ring of 9 puffs around the triangle.
3. Center next group over middle of first 3 puffs.
4. Working with 1 puff at a time, build a second, slightly smaller ring on top of the first using 8 puffs (if necessary adding an additional puff in center to stabilize ring), making sure each puff is "glued" with ganache to the one before it.
5. Build on top of first 2 rows 4 more rings of 5 puffs each in same manner, always building from inside out with an additional puff in center as support.
6. For top of croquembouche, build 1 layer of 3 cream puffs and top with 1 puff. Let ganache harden 5 minutes and loosen croquembouche from turntable with a spatula. Transfer croquembouche with hands to serving platter.
7. Slip 5-inch wide bands of wax paper under edges of croquembouche to protect from ganache drips. Remove ganache from heat. Pour into disposable decorating bag, cut tip and drizzle decoratively over croquembouche.
8. Croquembouche is best served as soon as possible but may be made up to 12 hours ahead and chilled -- but not covered.

## Chocolate Cream Stacks



1. Anchor chocolate wafer cookie to plate with whipped icing or thinned cream cheese.
2. Pipe rosettes around cookie, then add second cookie
3. Repeat four times (5 total cookies.) Add rosette flower on top and then position with blueberries and raspberries.
4. Dust with confectioners' sugar and drizzle chocolate sauce.
5. You can use ladyfinger cookies and can use a zigzag design instead of making rosettes.

## Versatility of Fondant



1. **Whimsical:** Decorate a retro turquoise colored fondant 8" round cake with multi-colored neon circles.
2. **Elegant:** Use strips of fondant to make drapes and roses for this cake. For an added effect, dust the roses.



COURTESY: Nancy Siler  
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