

Creative Living with Sheryl Borden

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I hope everyone had a wonderful Thanksgiving and that you're looking forward to the upcoming holiday season. Thanks to my son and grandson, who helped bring the decorations downstairs, I already have my house decorated for Christmas. In fact, yesterday evening I enjoyed sitting in the living room, looking at the lights and listening to my favorite Christmas carols. How much better can it get!

Our first semester of taping is now complete. The students (who comprise our camera crew) are studying for finals and will take exams next week, and graduation is the following Saturday. I've had the pleasure of working with about eleven students from China, and it's been so interesting to learn about them and their traditions and culture. I'll miss them when they go back home next May.



On November 5th, I taped with **Michele Muska** with Simplicity Creative Group in Antioch, TN. Michele showed how to make a gorgeous cuff bracelet and a knitted and crocheted mini purse -- both great gift ideas. What

was most exciting to me was the segment she did on making bias tape ruffled flowers and seeing the NEW Simplicity Bias Tape machine. It works almost like magic! Her final segment was on making accessories with ribbons and bindings.

That same morning, I taped several segments with **Marisa Pawelko**, founder of Modern Surrealist LLC, and she's from Winfield, IL. Marisa showed how to make some "upcycled" accessories, including a juice bottle gift basket, a "fruity" handbag and a can magnet. She demonstrated making relic boxes that were really

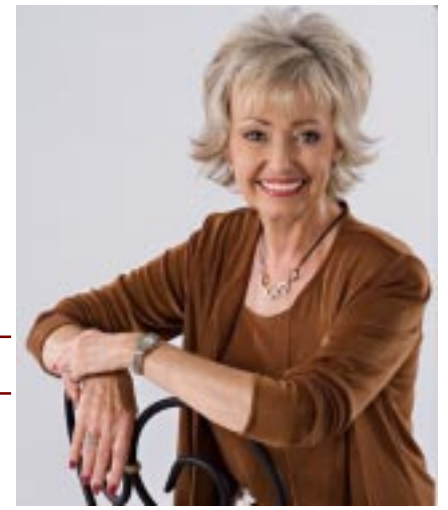


decorative time capsules, and these were so affordable and each one captured the style and personality of the recipient. And, finally, she showed how to make "upcycled" jewelry featuring her award-winning craft technique. You'll have to watch to see this technique!

As you can imagine, my crew loves it when I have foods guests on the show (after all, someone has to eat all that delicious food!). On November 12th, I taped three segments with **Sue Harrell**, and she's the Director of Marketing with the Florida Strawberry Growers Assn., and she lives in Plant City, FL. Meeting and working with Sue was so much fun, but it was so special to me because Ann Thacker, owner of The Thacker Group advertising and public relations agency accompanied Sue to Portales. I've known and worked with (and for) Ann for many, many years. On the next page, I'll share one of the recipes Sue demonstrated for us -- and all of her recipes featured delicious and mouth-watering strawberries -- which she handpicked and transported with her to Portales!



My dear friend, **Connie Moyers**, who is the Roosevelt County Extension Home Economist, helps many of the foods guests do the prep work before their taping. So, Connie was on hand to help Sue with her three segments, and then she taped one segment herself! Connie always has such great gift ideas to share, and this year was no exception. I can't wait for you to see all of her clever ideas! Look closely at the picture!





My last two guests for this semester were **Patty Mastracco** and Margo Potter, who taped on November 19th. Patty represented the U.S. Potato Board and taped four segments with us. Of course, we

talked a lot about the nutrition of potatoes, as well as selection, storage and cooking techniques. What an economical vegetable the humble potato is -- and only 110 calories, no fat, no cholesterol and no sodium. Not only is it delicious, it's so good for us. Patty showed us lots of different varieties of potatoes, and advised us to not be afraid to try new types as almost all are interchangeable between dishes -- just remember to adjust cooking time based on the size of the potatoes being used. We sure did eat well this day!



And, last but not least, **Margo Potter**, who is dubbed "The Impatient Crafter," showed us how to make flower power earrings, a lazy daisy mixed media necklace,

and a beautiful "pretty in pink" frame. Margot is an author, designer and TV host and lives in Honey Brook, PA. Her book, *Bead Chic* is due out in the Summer of 2010 so you might watch for it.

Florida Strawberry Spinach Salad

A Taste of Summer All Winter Long!

- 6 cups (about 32 oz.) Florida strawberries
- 2 oz. balsamic vinegar
- 6 oz. fresh baby spinach
- 4 oz. goat cheese crumbles
- 1 cup walnuts or pecans (optional)
- 1 pint fresh blackberries (optional)
- 1/2 pint fresh blueberries (optional)
- 8 oz. Balsamic Vinaigrette Dressing

Bring strawberries to room temperature. Wash, drain and remove caps. Reserve eight whole strawberries. Slice remaining strawberries. Marinate sliced strawberries in vinegar five minutes. While marinating, divide spinach into eight equal portions (about 1 cup each) and place on individual salad plates. Drain strawberries well. Divide sliced straw-

berries equally and arrange on each plate. Sprinkle goat cheese crumbles and nuts (if using) evenly over spinach and sliced strawberries. Cut reserved whole strawberries into thin slices. Fan a strawberry on top of each salad. If using, place blackberries and blueberries randomly on each plate. Pass vinaigrette. Makes 8 side salads. **Note:** Add sliced grilled chicken for a main course.

For additional recipes featuring Florida Strawberries, you can go to: www.flastrawberry.com.



Since these segments (and the other segments I've been featuring the last four months) won't air for several months, I decided it might be good to at least give you the guests' e-mail addresses and website addresses, and you can browse at your leisure or contact them directly. So here goes:

Michele Muska - mmuska@simplicity.com
www.simplicity.com

Marisa Pawelko - marisa@modernsurrealist.com
www.modernsurrealist.com

Sue Harrell - sue@flastrawberry.com
www.flastrawberry.com

Connie Moyers - comoyers@nmsu.edu
(No website)

Margot Potter - margot@margotpottter.com
www.margotpottter.com

Patty Mastracco - Brittany.mohr@fleishman.com
www.potatogoodness.com

My best wishes for a wonderful holiday season for you and yours, and may you experience all good things in the upcoming New Year. Happy Holidays,

Sheryl