

Creative Living with Sheryl Borden

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Happy New Year -- and Happy Valentine's Day! I didn't get a Newsletter out to you in January because - well, simply because I hadn't been taping and didn't have anything interesting to share with you. But, we'll get back on track with this issue. I'm still waiting for some of you to share some of your tips, techniques, recipes, etc. with me! **Where are you?**



Since we operate on a semester basis, our Spring tapings started on January 21st, and I had two guests scheduled; however, one of them had to reschedule at the last minute. My guest was **John Sandbakken**, who is the Marketing Director for the

National Sunflower Assn. in Mandan, ND. Even though my brother had farmed sunflowers in West Texas, I found out that most of the sunflowers are grown in John's area. They are a very pretty crop to watch mature and they are very nutritious, too. These tiny sunflower kernels are packed with antioxidants and phytochemicals for better health. John prepared several recipes, and I'll share one with you later in the newsletter.

My last taping for January was on the 28th, and the day started out rather odd -- we had snow! Snow is very unusual in Eastern New Mexico, and when we do get it, we usually only have a light dusting or maybe 1 or 2 inches. I got to work that morning at 7:30 am to meet my first guest, **Eleisha Ensign** who was driving in from Roswell, NM,



which is 90 miles away.

By the time I got to work, we already had 3 inches of snow on the ground, and I had no way of contacting Eleisha to see how she was. Fortunately, her friend from Roswell drove in with her and that eased my mind a little. She finally called me (no cell phone coverage between Roswell and Portales) from a gas station about 35 miles from Portales. The roads were barely passable, and she said they were having to drive 30 miles per hour, but they were "plugging" along. Anyway, by then we had 7 inches of snow on the ground and although it was a beautiful sight to see, it sure made for a messy day in terms of unloading all of Eleisha's props for the taping.

Also, the University was officially closed, so we had no students to operate the cameras and barely had enough staff to help out. But, we managed. Our chief digital engineer ran one of the cameras, our Director of Production ran another one, and a graduate student came in to help us out on the third camera. Our director and editor were here and that was "it." But, Eleisha and her friend, Lisa, both had such a great attitude, and we found a lot to laugh about. Her segments turned out great, too. As she said, "Having grapefruit and oranges to talk about are such a fun job!"

My second guest was a crafter from Atlanta, and fortunately, she came to Portales on Wednesday afternoon -- when the weather was beautiful.

Lauren Ferguson shared ways to screen print book covers, and how to make and bind your own books. And, talk about a wonderful personality -- Lauren is an A+. She



was a delight and again, she was enjoying the snow and the new adventures. After her taping, she, too drove the 90 miles to Roswell because her flight was on Friday. Fortunately, everyone made it home safe and sound, and we'll all be telling the story about having to "walk through 6 feet (that's close to 6 inches, isn't it?) of snow just to tape some segments for "Creative Living." Life is interesting, isn't it?

This week I have a guest from the National Onion Association in Greeley, CO and an author from Santa Fe, NM, but I'll wait and tell you about them next month.

I thought these two recipes from TexaSweat Citrus Marketing were perfect for a Valentine's Day dinner -- and both are so easy to prepare. I know you'll enjoy them -- and so will your guests.

Mini Rio Star Grapefruit Pie

- 4 Texas Rio Star Grapefruit, sectioned
- 1 cup prepared strawberry glaze
- 4 mini pie shells
- Whipped cream



Drain all juice from grapefruit sections on a paper towel. Carefully fold sections into strawberry glaze. Pour mixture into pie shells and refrigerate until firm. Top with whipped cream.

Mini Grapefruit Lush Cakes



- 5 Texas Rio Star Grapefruit, sectioned and chopped, undrained
- 1 8-oz. package of vanilla instant pudding
- 2 cups thawed whipped topping
- 8 mini strawberry short cakes
- 1/2 Texas Rio Star Grapefruit, sectioned

Mix grapefruit sections and dry pudding mix in medium bowl. Gently stir in whipped topping. Cut cake horizontally into three layers. Place bottom cake layer, cut-side up, on serving plate. Top with one-third of the pudding mixture. Repeat layers two times. Refrigerate for at least 1 hour. Top with grapefruit sections and strawberries just before serving. Store leftovers in refrigerator.

As promised, I also wanted to share a recipe featuring sunflower kernels, and since this recipe also calls for oranges, it's a great compliment to the two grapefruit recipes. I think this salad would be delicious and pretty for that Valentine's Day dinner, too.

Spinach & Sunflower Salad w/ Orange Vinaigrette

The perfect salad for entertaining — a kaleidoscope of colors with textures ranging from sweet to salty and silky to crunchy. Dressing can be made 2-3 days ahead and refrigerated.



- 5 Tbsp. rice vinegar
- 2 Tbsp. frozen orange juice concentrate
- 1 Tbsp. sunflower oil
- 1 tsp. dried oregano, crushed
- 1/8 tsp. salt
- 8 cups spinach, washed, dried, and trimmed
- 1/2 cup beets, drained, sliced or julienned
- 1/2 cup mandarin oranges, drained
- 1/4 cup feta cheese, crumbled
- 1/4 cup caramelized sunflower kernels

Combine vinegar, orange juice concentrate, oil, oregano, and salt in a small bowl and whisk briskly. Pour dressing over spinach and toss until spinach is coated. Equally divide spinach onto 4 salad plates. Arrange beets, oranges, cheese, and sunflower kernels evenly on each salad. Makes 4 servings.

Since these segments won't air for several months, I wanted to go ahead and give you the guests' e-mail addresses and website addresses, and you can browse at your leisure or contact them directly.

Eleisha Ensign

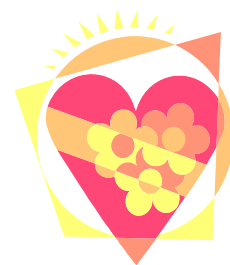
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**HAPPY VALENTINE'S
DAY**

Sheryl