

Creative Living with Sheryl Borden

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It's May -- how are your flowers?

"April showers bring May flowers." We've all heard this rhyme at some point, usually having been taught it at an early age by our parents or teachers. It's a popular thing to say and hear around the springtime, but one thing you might not know is where the rhyme originated from. It can be traced back to the mid 1500s, although earlier use of "April showers bring May flowers" may have existed.

In 1557 a gentleman by the name of Thomas Tusser compiled a collection of writings he called A Hundred Good Points of Husbandry. In the April Husbandry section he wrote:

*Sweet April showers
Do spring May flowers*

As you can see, the rhyme was originally a short poem. There is meaning behind the words, as well. "April showers bring May flowers" is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed -- in this case, an abundance of flowers in May. "April showers bring May flowers" is a lesson in patience, and one that remains valid to this day.

I thought this was interesting -- hope you do, too!

Well, my taping schedule for this Spring is now completed! The students are graduating or moving back home for the summer and therefore, we have no crew to run cameras and do the other jobs involved in the production of "**Creative Living**." But, I had six great guests that I enjoyed working with in April, and I'll tell you a little about what they did so you can look forward to seeing the actual segments.

Talk about a small world - both of my guests on April 1st were from Albuquerque, both involved in sewing and quilting but they didn't know each other - until they met in Portales!



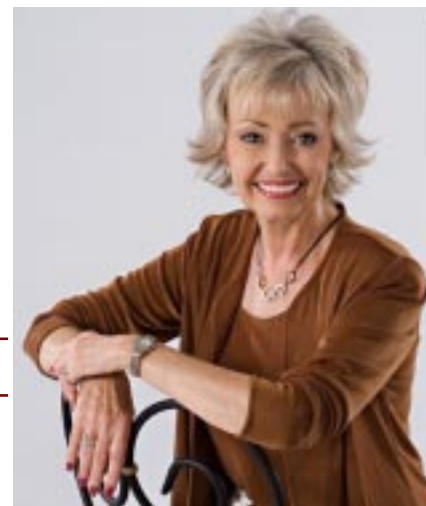
Nancy Lovett has been a friend for many years, and has appeared on the show several times -- either representing Ann Silva's Bernina Sewing Center, or as a sewing

instructor with Adult Education at the University of New Mexico. Her segments included making fleece quilts (which is what we are looking at in this photo), "playarn" or crocheting with plastic bags, decorative fleece edges for quilts, and a project she called Crayon Rolls -- a great way to entertain kids in the car or on a plane!

The next guest (from Albuquerque, too!) was **Debbie**

Caffrey, and her company is Debbie's Creative Moments. Debbie did segments on:

Scraps to You, Fine Tuning Your Rotary Cutting Skills, Delectably Simply Mountains, It's Hip to be Square, and Machine Piecing Accuracy. If you're a quilter, you probably already know what most of the terms mean -- if not, you'll soon find out. Debbie has written quilting books and teaches all over the country.



If you have been reading the past newsletters, you may remember that I mentioned that my good friend, **Laura Dellutri** was coming back in April -- and she did.



Laura's company is Healthy Housekeeper, Inc. and she's from Overland Park, KS. Laura taped two segments and both featured some of the newest products on the market -- and guess what? She left many of these "brand new" items for KENW to sell on our online Auction, June 1-10th. We are so very grateful to Laura and to the companies she represented. One segment was on Healthy Living, and the other one was on Stressfree Living - and don't we all need that.

The other guest on April 8th was **Carol Fenster**, and Carol is well-known and well respected in the celiac and gluten-free circles -- and I have found out that there are literally thousands of people throughout the country who suffer from variations of this disease. I was first made aware of gluten-free cooking by **Bette Hagman**, who is now deceased. Bette is considered by many to be the "pioneer" in this field, and I was introduced to her by two dear friends, **Genevieve Potts** and her sister, **Virginia Schmuck**. After Bette died, these two gals told me about Carol, and the rest, as they say, is history. I have enjoyed getting to know and to work with Carol several times through the years, and she has written numerous cookbooks on the topic of gluten-free cooking. In fact, Carol donated one of her best cookbooks, titled "*1000 Gluten-Free Recipes*," which she signed, for us to sell during the Auction. Carol and I are both so lucky because every time she comes to tape, her "helpers" (Virginia and Genevieve) are right here to make sure everything is bought for the segments, prepared ahead of time, and ready for the taping. We couldn't do without them!



L-R: Sheryl, Virginia, Carol and Genevieve

All three of Carol's segments had to do with substitutions, i.e. substituting certain food products that celiacs

and others CAN eat with the "no no" ingredients in recipes. She demonstrated how to replace sour cream, cream cheese and whipped cream in baking, and she prepared a delicious No-Bake Dairy-Free, Egg-Free, Gluten-Free Cheesecake! Another segment dealt with replacing eggs in baking, and she prepared Egg-Free, Gluten-Free Chocolate Brownies, and they were a huge hit with our students (and me, too.) And, finally, she demonstrated how to use Butter, Milk and Yogurt Substitutes in Baking and Cooking. For this segment, she demonstrated how to make Homemade Yogurt, and it was much easier than I thought it would be.



I always enjoy having guests on who have been here before, but it's also nice to meet new people, too. On April 15th, I met and worked with **Laura Bray**, a very talented

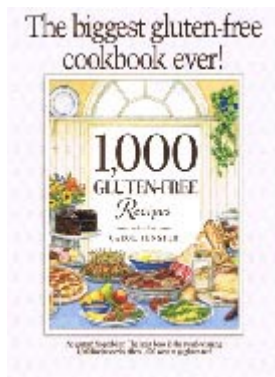
woman from Aliso Viejo, CA. She has the most clever and creative ideas to share. One was on making Fantasy Candy (non-edible), making a pack of paper party items from scrapbooking paper, and making flower headbands, which she says her daughter inspired. (In this photo, you'll notice Laura is wearing one of the simple-to-make headbands.)

And, my very last guest for this semester was my dear friend, **Connie Moyers**. I may have mentioned before about how Connie helps many of the foods guests get ready for their taping by doing all of the food preparation (and grocery shopping) and food styling ahead of time. When I had a call from Leo Pearlstein in California, whom I've worked with many times, he inquired if I knew of anyone local that he could hire to represent one of his clients, Western Research Kitchens. Well, luckily (for Leo and for me), Connie was available to do the three segments on April 15. One was about making a festive holiday turkey dinner, one was all about salads, and the third segment dealt with interesting



foods from the South! I can assure you we all had plenty to eat this day and decided it was a great way to end our semester! Thanks Connie and thanks Leo for sponsoring her.

I mentioned the wonderful Gluten-free cookbook that Carol has authored -- and here's what it looks like. I think the thing that surprised me the most when I first met Bette, and what has been reinforced through the years, is that all of the gluten-free recipes are delicious -- and good for anyone in the family, whether you suffer from celiac disease or not.



Just to prove my point, I want to share the cheesecake recipe Carol made, and I hope you'll try it. Everyone here at the station loved it!

No-Bake Dairy-Free, Gluten-Free Cheesecake

By Carol Fenster, author of 100 Best Gluten-Free Recipes (Wiley, 2010)

CRUST

- 9 whole gluten-free cookies, (e.g., Ener-G Vanilla Cookies or 18 Health Valley Rice Bran Crackers) to equal one-and-one-half cups of cookie crumbs
- 2 Tbsp. unsalted butter, or buttery spread by Earth Balance, melted
- 1 Tbsp. packed brown sugar
- 1 tsp. pure vanilla extract

FILLING

- 16 ounces cream cheese (2 tubs) by Tofutti or Follow Your Heart Vegan Gourmet
- 8 ounces sour cream by Tofutti or Follow Your Heart Vegan Gourmet
- 3/4 cup powdered sugar
- 1 Tbsp. pure vanilla extract
- 1 tsp. grated lemon zest (or more to taste)

Place cookies in food processor and process 30 to 45 seconds or until finely ground. Or, place the cookies in a plastic bag and crush with a rolling pin. You should have 1 1/2 cups of cookie crumbs. Add butter and process until thoroughly blended or mix in the plastic bag until the crumbs are thoroughly coated. Press crumbs firmly and evenly on the bottom of a

greased 8-inch or 9-inch springform pan with removable sides. (If you wish, you may bake the crust for 8 to 10 minutes at 350 degrees just until it becomes fragrant. Cool before filling.)

Wipe out the food processor bowl with a paper towel. Add the cream cheese, sour cream, powdered sugar, vanilla, and lemon zest and process just until thoroughly blended. Or, mix the ingredients together in a mixing bowl with an electric mixer on low speed. Spread the batter in the pan. Refrigerate for 4 hours, then cut into 8 slices to serve. For a firmer cheesecake, freeze for 2 hours, then serve. Serves 8.

Cheesecake Parfaits: Layer the cheesecake filling and crushed cookies in a clear parfait glass. Top with a dollop of cherry pie filling. Refrigerate until firm. Serve cold. This made such a pretty dessert!

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.

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If you have time, go to our auction website and browse through the 700+ items that already up for bid. It's <http://auction.kenw.org> -- also, if you want to donate something, let me know.

Sheryl