

# Creative Living with Sheryl Borden

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*“Celebrating our 35th Anniversary”*

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## COME SEE ME

If you have time and would like to read my blog, you can go to: <http://sherylborden.wordpress.com/>

I would also like to invite you to “like” me on my [Creative Living with Sheryl Borden Facebook page](#). If it’s easier, just type in **“Creative Living with Sheryl Borden”** in the Search Window, and it’ll bring it up.

I realize I’m late with this newsletter, but as “they” say, “Better late than never!” Right? Auction is finally over; the money has been tallied, and items that didn’t sell have either been returned or stored for next year. We grossed around \$57,000 this year, and that will go a long way towards our programming budget for KENW. Thanks to anyone who donated and/or bid during the 2012 Online Auction.

Now, on to fun things. I’m almost booked up for the Fall Semester, but still have three dates open. If you know of someone you think would make a good guest, please let me know. I would love to call them or e-mail them and try to see if we can work something out. I’ve also had a couple of e-mails from viewers who had specific requests for topics for up-coming shows, and I’m glad to try to accommodate them, too.

I belong to a service organization called Altrusa, and our program today was by a man who is treasurer of our local Portales **Meals on Wheels**. Does your community have this service for people who are in need of nutritious food? Although I’ve volunteered for years to help deliver the trays to people’s homes, I really had never heard about the history of MOW. Our group started in 1968, and although there are only about 35 people on the list this year, that still accounts for around 3434 meals that are prepared and delivered throughout the 12 month period. Our Meals on Wheels is a non-profit charitable corporation, partially subsidized by United Way. Although they don’t seem to need more money, they are always in need of volunteers, and as one of our



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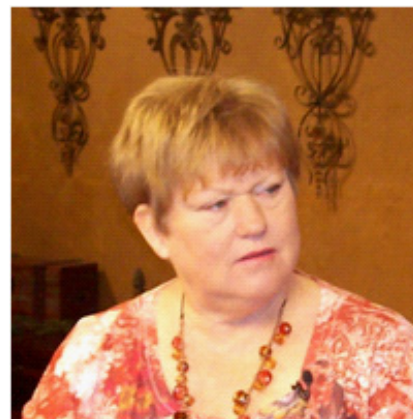
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members stated “She (herself) always feels so good when she has delivered a good, hot meal to someone.” Many times, the MOW volunteer is the only person these home-bound people see each day. Anyway, I hope you’ll check this out and volunteer if you have the time. You’ll definitely benefit from this, and you’re helping someone in need. If your community doesn’t have a Meals on Wheels organization, you might like to go online and start one. There are several websites, but one is: [www.seniorfacts.com](http://www.seniorfacts.com).

Some of you know (or have seen) **Connie Moyers** on “Creative Living.” Connie and I have been friends for many, many years, and she gets my newsletter, and I get hers each month. Since I found several things of interest in her newsletter, I e-mailed and asked if I could share one with you, and she said “yes.”

Many county fairs are just around the corner, and this recipe would be a good one to make and enter -- as well as enjoy at home. I hope you like it.



## Home Canned Sweet Spreads Made with Green Chile

Sweet spreads, such as jams and jellies, are some of the easiest products for home canners to prepare. **Jams** are mixtures of about 45% fruit and 55% sugar that are cooked to a thick consistency with the fruit pieces being soft and nearly formless. Pectin and an acid source, such as lemon juice, are often used in jams to improve gel formation.

**Jellies** also contain pectin and an acid source, but are prepared from fruit juice only with no fruit pulp present in the product.

**Preserves** are similar to jams, but generally contain large chunks or whole pieces of fruit.

**Marmalades** typically contain fruit rind, most often from citrus fruits, such as lemons and oranges.

**Butters** are smooth, thick mixtures of one or more fruits and often contain spices.

One advantage of preparing sweet spreads at home is the ability to combine unusual ingredients into products not available at the local grocery store. One such ingredient is green chile. Green chile is naturally low in acidity and should be pressure processed when canned alone. However, combining green chile with acidic ingredients, like fruits and juices to make sweet



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spreads, yields products that are safe for water bath canning.

Only tested and approved recipes like the one included in this article are safe to use. Do not make up your own recipe. For complete instructions and recipes, visit the County Extension Office in your county.



## Tomato Green Chile Pineapple Preserves

Yield: 6 half-pints

- 1 lb. ripe slicing-type tomatoes
- 2 cups frozen chopped green chile (mild, medium or hot), thawed and drained
- 1 can (20 ozs.) crushed pineapple in juice, not drained
- 1 pkg. (1.75 ozs.) powdered pectin
- 6 cups granulated sugar

Wash tomatoes. Immerse tomatoes in boiling water for 30 seconds. Remove and plunge into cold water. Slip off skins. Process peeled tomatoes in a food processor for 1 minute. Combine pureed tomatoes, green chile, pineapple and pectin in an 8-quart non-stick pan. Bring mixture to a full boil over medium-high heat, stirring constantly. Add sugar all at once. Return mixture to a boil, stirring constantly. Boil hard for 1 minute. Remove from heat. Skim off foam if necessary. Ladle hot preserves into hot jars, leaving a 1/4-inch headspace. Attach two-piece lids. Process in a boiling water bath for 10 minutes, adjusting processing time for elevation as necessary.



I'll also post this recipe on our [Creative Living](#) website so you can find it there anytime.

Don't forget - I'm looking for some great guests to be on the show this Fall. Please recommend someone you admire - or suggest yourself if you have something to share with our viewers! I look forward to hearing from you.

Have a wonderful summer - and stay cool!

*Sheryl*