

# Creative Living with Sheryl Borden

November 2014

*"Celebrating our 39th Season"*

Issue #54

Produced by KENW-TV at Eastern New Mexico University, Portales, NM  
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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.

**F**all is definitely upon us - but isn't it wonderful? Sometimes we still need our air conditioners or fans and sometimes we're glad to have heating. Strange!

In the last Newsletter, I told you about my October 2nd taping with **Marisa Pawelko** and **Elena Etcheverry**. On October 9th, I had the pleasure of working with two "new" guests, and I hope they come back many times.

The first guest was **Deborah Pace** and her company is [AarTvark Cre8tions](#) and she taught me lots of interesting terminology as well as suggestions for doing Zentangling on Zentangle tiles, making Zendalas and what a Zen Doodle is. I've always doodled when I'm on the phone, but I just thought I was wasting paper and ink (or lead) in doing this - I had no idea it was a form of artwork. Deborah taped one segment on what a Zentangle is, how she got started and what supplies are needed. She brought samples to show in each of the three segments she taped and it was so interesting to see what could be done with the finished sample. The second segment showed how a person can use lots of different surfaces - including paint chips, watercolor paper, coffee filters, paper bags and much more - to work on. She also showed how to incorporate stencils, stamps, markers, paints and other products into your design. And, the last segment pertained to doing zentangles on fabric and how to turn the fabric into various items, such as quilts, tote bags, wearable garments or even use it to make jewelry. I can't wait for you to see all the things you can do if you like to doodle - oops - I meant zentangle!



My next guest was chef **John Csukor**, founder and CEO/CMO of [KOR Food Innovation](#) in Richmond, VA. Assisting John was chef, **Sophia Greenia** who also works at KOR. I've had guests on the show before representing the California Fig Advisory Board, but this was the first time I worked with John - and he is definitely a pro. In the first segment, he prepared a contemporary Korean style BBQ sauce or marinade using figs. John pointed out that traditionally figs have been used in pastries and tarts, chutneys, jams and preserves, but they certainly have a place in savory preparations, too. He, and other chefs across the country, like to serve figs in salads, stuff them

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with cheese, wrap them in the finest of meats or cook them down to a sauce and serve over a variety of grilled proteins. In the second segment, he demonstrated how easy it is to cook with figs and presented simple, "on the go" snack bars and power bars with full flavor, nutrition and sustainable energy.

The third segment dealt with a live dough, and John talked about how the strength of figs deliver a healthy dose of sweetness that pairs beautifully with savory flavors. He showed a recipe called Cinnamon Fig Swirl Bread. In the fourth segment, he showed how to create a balanced dish using California figs as the center stage! He combined caramelized, curried figs with seared cauliflower and chewy nuts. This recipe could be varied in several ways but what is unique is that the bite and chewiness of figs result in a longer eating experience and greater satisfaction in the meals. Figs are also gluten-free. And, finally, John and Sophia both demonstrated making various beverages with figs as the main ingredient and you can eliminate adding additional sugar to your smoothies and other beverages. All of John's recipes are featured on the Creative Living webpage at: <http://kenw.org/post/recipes-creative-living>

Although I've had the pleasure of having a spokesperson from [Wilton](#) for many, many years, this was the first time I got to meet and work with **Emily Tatak**. She did an excellent job, and we learned about lots of new products from Wilton to make all types of candy and cake decorating much easier and very professional looking. The first segment was on making Candy Melt cupcake toppers and a monogram cupcake topper. Then we taped a segment telling about Course 1 - Techniques on Cupcakes & Small Treats and she explained how anyone can sign up for one of Wilton's courses in most craft stores. The third segment was on making Gumball cupcakes and they were so fast and easy to make. I think the fourth segment was my favorite: Woodland Animal Cakes, and you can see the raccoon, owl, porcupine and fox in the picture to the right. They were so cute. The new fondant not only tastes much better, it's much easier to work with - so hat's off to Wilton.

My second guest on October 16th was a dear friend from Clovis who has a great reputation as an interior decorator. **Latriece Brooks** owns and operates [Brooks Interiors](#) and she taped two segments with me. The first one dealt with making two beautiful fall tablescapes using items you probably already have on hand. She chose a tall vase with dried and silk flowers, and by adding various items, she turned each one into a simple, yet elegant tablescape that could be used from September through Thanksgiving.

Her second segment was very informative - it dealt with what an interior decorator can do for you whether you're remodeling or building a new house. She went through each phase and talked about style, searching for a professional decorator, determining the scope of work you want, and foremost, how to work within your budget.





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Unfortunately, time didn't allow us to cover everything I wanted to ask Latriece, but the point I came across with is how important it is for clients to be "up front" on how much money they have for the project. It not only saves a lot of time for everyone involved, it can save you money in the end.

On October 28th, I had the best time taping three travel-related segments with a friend I hadn't seen in over 30 years. **Yvonne Lanelli** and her late husband, Rusty, were our Auction Coordinators for Lincoln County for many years, and Yvonne and I enjoyed being auctioneers during the live Auction. We called ourselves the "Dynamic Duo." Whether you are a seasoned traveler or someone who takes a weekend trip now and then, you're sure to learn some important travel points from Yvonne who is a travel writer/photographer and adventurer, and she taped 3 segments with me.



Yvonne talked about how to prepare for trips, currency, passports, cell phones, and packing. Did you know you should start making a packing list as soon as you make reservations! She had good suggestions regarding courtesy, manners, language differences, internet researching ahead of time - and much, much more. There just wasn't enough time to ask her all the questions I personally had and ones I think viewers would want to know - but we covered a lot. I think everyone will enjoy listening to Yvonne when the segments air. Her website address is: [www.evlanelli.com](http://www.evlanelli.com).

Is there anything she can't do? I am always amazed at how many different talents **Connie Moyers** has. Today we taped a segment on preserving fresh herbs and making pesto - it smelled so good! She showed a pair of scissors that make mincing or chopping herbs so easy and clean up is a breeze. She showed a variety of storage containers for making flavored ice cubs with herbs, butter, oil, broth or water.



Then she showed how to make your own chalk paint and aging wax and demonstrated various ways to use these products - frames, metal filing cases, boxes, chairs - and just about anything you want to paint on. Connie is the Extension Home Economist and Program Director for the [Roosevelt County Cooperative Extension Service](http://Roosevelt County Cooperative Extension Service) in Portales and she lives in Clovis, NM.

We usually think you have to use basil and pine nuts to make pesto but here's a recipe from Connie that calls for lemon balm and walnuts. You might like to try it for a change sometime.

## LEMON BALM PESTO

- 2 cups lemon balm leaves, tightly packed
- 4 garlic cloves
- 1 cup shelled walnuts
- 1 tsp. salt
- 1 cup extra virgin olive oil
- 6 ozs. grated Parmesan cheese
- Fresh ground black pepper

Rinse lemon balm, let soak until needed. Peel garlic, place in food processor while it is running until minced. Pat dry lemon balm, remove leaves and put in food processor or blender. Put walnuts and salt on top of leaves. Process until finely chopped but still a bit rough. With machine running, slowly pour in olive oil. Stop machine and add parmesan cheese. Process briefly to mix. Taste, add salt and pepper as needed. This pesto is light and lemony, and a perfect pasta sauce in summer. Also a great sandwich spread or as an appetizer. Lemon balm brings a calm and peaceful feeling.



Happy Thanksgiving everyone!

*Sheryl*