

Creative Living with Sheryl Borden

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“Celebrating our 36th Season”

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e-mail address: sheryl.borden@enmu.edu Phone: 575-562-2112



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.

It was so much fun on September 20th to FINALLY start taping again. We had a new crew of students, and they were great. Everyone pitched in and helped the guest carry in her props, wash dishes in between segments, as well as run camera, or whatever their designated job was. I’m excited about this semester. I’ll try to get all of the students together so I can take their picture and share it with all of you.

If you read last month’s newsletter, I told you who the two guests were going to be; however my schedule changes from day to day so I guess I will quit doing that. Instead of two guests, I only had one, but it was my good friend, **Connie Moyers**. Connie represented Mrs. Cubbisons, Rhodes Bread, Sunsweet, Watermelon, Morehouse Foods and California King Salmon. Connie always does such a great job, and we all enjoyed getting to taste her delicious recipes - some of which I’ll post on the [Creative Living website](#).

Connie taped three segments, and the first one was titled Festive Family Gatherings. She said the secret is to vary your everyday recipes to make them more special. She prepared Baked Honey [Mustard](#) Chicken and then showed how to use [Mrs. Cubbison’s Seasoned Dressing](#) by adding some other favorite ingredients to it.

Have you ever heard of Amazins? These are [Sunsweet](#) prunes, and Connie added them, along with red dried cherries and walnuts to make a delicious muffin recipe - and she also showed how to use red, green and yellow bell peppers to cook the stuffing mix in.

And, finally, she made [Rhodes Frozen Rolls](#) and spread them with butter that was at the perfect



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temperature and consistency - thanks to the [Butter Bell Crock](#) - which I hadn't used before.

Dessert consisted of fresh [watermelon](#) which has more lycopene than any other fruit or vegetable - even more than tomatoes!

The second segment featured salmon and watermelon. Not only is salmon easy to prepare, it has many health qualities. She used wild-caught, [California King Salmon](#) which is in season May - September but it can be purchased frozen for later use.



Salmon contains many healthful qualities, including Omega 3 fatty acids, which are good for the heart and proper brain function. You can bake, broil, grill and poach salmon, and the rule of thumb is that it usually only takes 10 minutes of cooking per inch of thickness.

To serve with the salmon entree, she prepared a watermelon fruit salad, which was definitely quick and easy to prepare - and tasted very refreshing.

And, finally, Connie talked about the large variety of [toppers](#) for salads, and encouraged us to use "left-over" meats to make hearty main meal salads.



(Some of Connie's recipes are on the [Creative Living](#) website under Recipes from Creative Living - check them out.)

My guest on September 27th was **Casey Schwartz**, co-owner of [Flower Duet](#) in Redondo Beach, California. This is Casey's third visit to Portales, and she was accompanied by her mother, Christine Coleman, who actually helped in preparing all the beautiful arrangements for our taping. Casey taped FIVE segments, and they were all so beautiful, and our studio has never smelled so good.

The first segment dealt with making a low tropical arrangement, and she used 5 orchids, 5 Calla Lillies, 3 anthuriums, and 5 Ti Leaves and created a horizontal floral design. This type of arrangement is good anytime of the year - even as a winter white arrangement. It's a low centerpiece so it works well on a dining table, mantle or even a buffet table.



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Have you heard of a kissing ball or a pomander? Casey showed how to make fun spheres of flowers to hang, carry or just leave on a table. She showed one that she had already made, and she used yellow mums, and then the one she demonstrated was created with pink carnations. She said these kissing balls were being used in weddings for the flower girl to carry as well as to hang on chairs or pews for decorations.



Segment 3 was on making boutonnieres, which can be considered small pieces of art to wear on the lapel or wrist. They are so easy to make if you have the tools and flowers on hand.

The fourth segment was on creating a sunflower centerpiece, and she used spider mums, saf flowers, rosemary, mums and of course, beautiful sunflowers. She suggested that if you are having trouble figuring out what colors of flowers to put together for a centerpiece, you will never go wrong with yellow, as you can see in the one she made for the taping.



Last, but not least, Casey showed how to make Victorian-themed tussie-mussies or nosegay or posey - they go by many different names. According to the Royal Horticultural Society, "Tussie-mussies are posies assembled from a carefully chosen selection of flowers and herbs, usually to convey a specific message." The word "tussie" means a "knot of flowers" and "mussie" refers to the damp moss wrapped around the stems to keep them moist. Regardless of what you call them, they are quick and easy to make and convey special messages based on the type of flowers you choose.



One such message might be: Sisterly Love, which would consist of the following flowers:

- Marigold** - affection
- Celosia** - silliness
- Yarrow** - health
- Basil** - best wishes
- Myrtle** - joy
- Rose** - love

I can't wait for you to see these segments - you'll want to create your own nosegay or tussie mussie to convey your own special message.

Sheryl
