

# Creative Living with Sheryl Borden

April 2015

“Celebrating our 39th Season”

Issue #59

Produced by KENW-TV at Eastern New Mexico University, Portales, NM  
e-mail address: [sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu) Phone: 575-562-2112



We had some very interesting tapings in March and I know you'll enjoy them when they air. The first guest this month was **Dean Cheek** from Madrid, NM. Dean is a custom designer of knitwear. His retail business is **Coal Miner's Daughter**, and it offers a unique line of casually comfortable, luxuriously hand-knitted "country couture." His designs feature cashmere, alpaca, bamboo and custom textiles. He demonstrated using a professional knitting machine, showed lots of various clothing items he has made and we even had two college students model a couple of his garments. You can check out his designs at: [www.dcknits.com](http://www.dcknits.com).



## 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.

On March 10th, I taped four segments on quilting with **Marci Baker** from Fort Collins, CO. Her company is called [Alicia's Attic Inc](#). We started with a segment based on the name of one of the first quilts she ever made, YES, so we called it, Yes, You Can Quilt! She explained a technique called Startie-Stoppie which helps you work with your machine instead of working against the machine. Another segment was on piecing, and a third one dealt with making binding and finally, she talked about how to select fabrics for quilts. Whether you already quilt or you might want to get started, Marci has wonderful tips in her book titled ABC 3D (available online.) She has even donated a quilt, a copy of her book, and some of her quilting tools to us for the Auction. Go to: <http://auction.kenw.org> and check the Crafty Crafts category. (See Marci's photo on the next page.)

To unsubscribe, e-mail me at: [sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu)

# Creative Living with Sheryl Borden

My guest on March 12th was **Kerri Forrest**, owner of The Sewing Basket in Clovis, NM. I've known Kerri quite awhile and was so pleased when Bernina asked her to represent them on the show. She was such a competent guest. Kerri taped 5 different segments: one on different presser feet techniques, another one on using the double-corded presser foot, one on using the dual feed and stitch regulator, and then the last two were on choosing a sewing machine and choosing and sewing on a serger. This was the first time she has been on "**Creative Living**" but I certainly hope she comes back soon.



The 40th Annual KENW Online & On-Air Auction is coming!

Starting now, you can go to the Auction website and see what is posted so far - and start bidding if you see something you want to bid on. The auction web address is: <http://auction.kenw.org>

Designer, **Orlando Dugi** from Santa Fe, NM was on the show on March 24th, and he was such an interesting guest. We taped one segment on beading, and he specializes in making women's evening wear and accessories and all of the beading on the items is done by hand! Beautiful and amazing. The second segment was on hand dying silk. Did you know that Cochineal beetles from South America are used to create the reds in dyes? He not only told about that, he had other interesting tales about dying silks to use in his new Red Collection. He is certainly a very talented man and was a delightful guest. His website is: <http://www.orlandodugi.com>.



# Creative Living with Sheryl Borden

**OMG:** We had the most fun taping on March 26th. My guest was my dear friend, **John Vollertsen** (more commonly known as Chef Johnny Vee), chef and owner of [Las Cosas Cooking School](#) in Santa Fe. We taped one segment called Gourmet & Gluten-Free, another one about the Food Truck Cookery industry, a third one on making sauces, and finally, one on Celebrate Salty! You can't imagine all the food he prepared for each segment - my students were delighted! I'll be posting his recipes on the [Creative Living website](#) under "Recipes" so you can check them out.



My guest on March 31st was my good friend, **Carol Fenster**, a nutritionist and owner of [Savory Palate](#) in Centennial, CO. Carol has been on the show several times and always brings the latest information on gluten-free, paleo, nightshades, quinoa and other nutritional topics. She taped one segment on using coconut flour - which was new to me. We talked about the health benefits, why it has become so popular and how to bake with it. The second segment was on Gazpacho, what it is, and how to make it an easier way. (See below) Using Carol's recipe, it is perfectly safe for gluten-intolerant diets. And, finally, we taped a segment on black quinoa which is a grain that is very good for us. She prepared a scrumptious salad using the black quinoa. I'll post all of her recipes on my Creative Living home page so take a look when you have time.



Since our weather is warming up, I'm going to include Carol's version of Gazpacho which is so easy to make. If you've never tried it, I think you'll be pleasantly surprised.

## Quick & Easy Gazpacho for Two

- 1 1/3 cups canned tomato juice
- 2 Tbsp. chopped yellow onion
- 1/4 to 1/2 jalapeno, seeds & veins removed, coarsely chopped or to taste
- 1 small garlic clove, chopped
- 1 1/2 tsp. fresh lime juice
- 1/4 English cucumber, diced and thinly sliced

- 1/2 celery rib, finely chopped
- 1 1/2 Tbsp. chopped fresh cilantro

In a food processor or blender, puree 3/4 cup of the tomato juice, onion, jalapeno, garlic and lime juice. Transfer to large bowl and stir in cucumber, celery, 2 tablespoons of the cilantro and remaining tomato juice. Divide among 2 bowls or goblets and chill at least an hour. Garnish with cucumber and remaining cilantro before serving.

**Don't forget to check out our Auction!**

*Sheryl*

**DAYS OF  
SPRING AUCTION**

**kenw**  **PBS new mexico**  
Public Media for the High Plains | Eastern New Mexico University

**ONLINE: April 20-30, 2015**

**ONAIR: April 21st, 23rd &  
25th, 2015**