

CREATIVE LIVING WITH SHERYL BORDEN

December, 2011

"Celebrating our 35th Anniversary"

ISSUE #27

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

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



CONTENTS

- Connie Moyers, Roosevelt Co. Coop. Ext. Service
- Bruce Johnson, Minwax
- Rebecca Peck, The Upholstery Studio & Amate Jewelry
- Shannon Wooton, Chaves Co. Coop. Ext. Service
- Janice Stahl, Butterball
- SPECIAL: Soup recipes: Cheeseburger Chowder
Chicken & Dumplin' Soup
Turkey Sausage-Breakfast Taco
Super Fast Jelly-Roll Quilt

The holiday season is rapidly approaching. I talked to a dear friend a few days before Thanksgiving, and she informed me that she has completed all of her Christmas shopping -- and she has a large family! I told her I hadn't even thought about starting the process. I like to enjoy Halloween; then enjoy Thanksgiving, and sometime after that, I start to get in the Christmas spirit. But, I do admire people who get everything done ahead of time.

My three children have December birthdays, so as long as they were at home, we waited until after the last December birthday, which was on the 10th, before we started any decorating for Christmas. Even though they are all grown, I've continued that tradition.

Also, our community holds a wonderful holiday event called Holiday Happening on the first Saturday in December, and this will be the 14th year. So, I always wait until after this event because of using many of my home decorations, etc. for my table at Holiday Happening. But, once it's over, that's my signal to put on the Santa cap and turn on the Christmas carols, and get to work.

I hope you and yours enjoy special times during this holiday season and may 2012 be the best year ever. Merry Christmas.

If you read last month's newsletter, you may remember me mentioning that I attended Connie Moyer's "Falling Into the Holidays" program. Well, Connie was my first guest to tape in November, and as always, it was so much fun to work with her. I never cease to be amazed at the ideas she comes up with each year. Her recipes are always delicious, and the handmade crafts and decorations are truly beautiful.



When Connie comes to tape, she always brings lots of samples with her. In one segment, she talked about Dinner in a Bag, food safety and food containers, along with showing prepared food items, including apple preserves, pumpkin seeds and pumpkin butter, Creole Fried Bow Ties, Chocolate-Caramel Pecan Potato Chips and Toffee Blondies. This just covers a few of the food gifts she had prepared ahead of time. She also showed how to make casserole holders, which make a great gift, note pad holders, coasters and corn cuddlers. A few other food recipes included a hot chocolate malt mix, a Harvest mix, Chocolate-Drenched Chipotle Roasted Nuts, Homemade Taco Seasoning Mix and a Spicy Southwestern Rub.



Connie Moyers

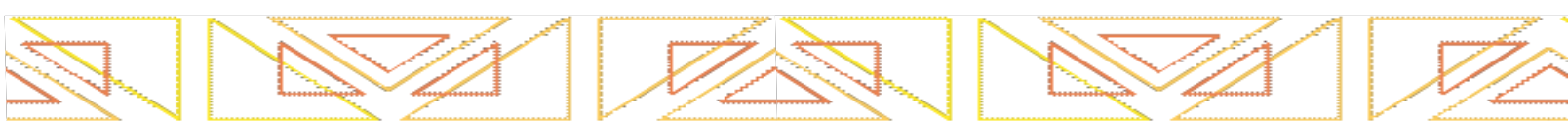
I published the Chocolate-Drenched Chipotle Roasted Nuts recipe on my blog, and if you're interested in it, you can go to: <http://sherylborder.wordpress.com/>. As my niece said when she read the recipe, "Anything that starts out 'Chocolate-Drenched' has to be good" -- and it is. I hope you'll try it.

On November 10th, my first guest was **Bruce Johnson**, a syndicated columnist, furniture refinisher and spokesperson for Minwax. We started trying to figure out how long Bruce has been coming to Portales to tape with me. In reviewing his files, I think it was in September, 1993 when he first came, and I am still amazed that he can come up with so many new and interesting projects to share with us each time.



Bruce Johnson

This time he did a segment on how to create high end catalog furniture without the high end price tag. Bruce suggested that we "leave the actual building" to someone else by purchasing high quality unfinished furniture and then put on a custom finish ourselves. Another segment was on preparing your furniture to be sold on Craigslist, which he referred to as "America's new flea market." He showed how to turn attic treasures into cash by sprucing up the piece and following some of his "golden rules" for bringing furniture back to life. The third segment was titled "One-Step Furniture Make-Overs," and these were all quick and easy furniture makeovers for anyone who doesn't have a lot of time and who wants to start and finish a project in one day. And, finally he showed how easy it is to

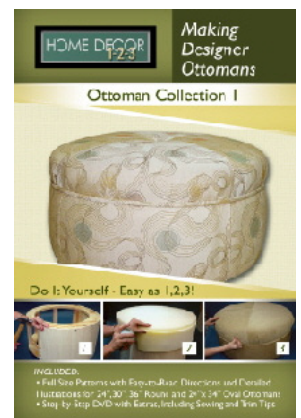
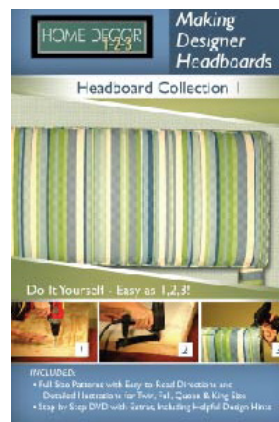


personalize items that you enjoy using when guests visit your home. He showed a serving tray, a table centerpiece, and a window box container that can be changed for each season or just when you want to change your colors and decor. It's always so much fun when Bruce comes because he is such a professional. I told my students who run camera about him and how easy he is to work with - they weren't disappointed.

After Bruce wrapped up, I had the pleasure of meeting Rebecca Peck, and she represented The Upholstery Studio in Dayton, MN. Rebecca was accompanied by Gregory Conn, Vice President - Operations for TUS, Inc. I hadn't personally ever heard of the company, but I visited their website before the taping so I could familiarize myself with their products -- and I encourage you to do the same. It's: www.upholsterystudio.com. They offer easy to do project plans for beautiful home furnishings that you can make yourself. When you order one of their kits, you receive project plans that are illustrated, with step-by-step instructions and patterns that will help you transform every room of your house. The plans contain detailed framing and upholstering techniques and complete information about the tools and supplies needed to successfully complete your project. For those do-it-yourself project people who do not like woodworking, they provide pre-cut wood kits for every project plan. Complete kits are available that include accessory items and supplies: pre-cut wood, pre-cut foam, Dacron, wood glue, foam adhesive, screws, tack strips, welt, glides, casters, webbing and burlap - everything EXCEPT the fabric. I was amazed at how complete the kits are and how beautiful the finished items were. Rebecca did one segment on easy ottomans and tuffets; another one on custom upholstered headboards and a third one on custom cornices, all using The Upholstery Studio projects. A final segment was on easy designer jewelry made with Viva glitter paste and Amate blanks. I love the bracelet she made and gave to me.



Rebecca Peck



There's nothing better on cool evenings than a hot bowl of soup. Here are a couple of recipes from Connie's program you might like to try.

Cheeseburger Chowder

- 1/2 lb. extra lean ground beef
- 1 onion, chopped
- 2 Tbsp. flour
- 2 cans (14 1/2 oz. ea.) fat-free reduced sodium chicken broth
- 1 can (14 1/2 oz.) diced tomatoes, undrained
- 3/4 lb. (12 oz.) pasteurized prepared cheese product, cut into 1/2-inch cubes
- 4 tsp. sweet pickle relish

Brown meat with onions in large saucepan; drain. Stir in flour; cook and stir 2 minutes. Add broth and tomatoes; cook on medium-low heat 5 minutes or until cheese is melted and soup is heated through. Spoon into soup bowls; top with relish. Serve with crackers. Makes 8 (1 cup each) servings.

Chicken & Dumplin' Soup

- 1 can (10 3/4 oz.) cream of chicken soup
- 4 cups chicken broth
- 4 boneless, skinless chicken breasts, cooked and shredded
- 2 cans (15 oz. ea.) mixed vegetables
- 1 tube (12 oz.) refrigerated biscuits, quartered
- Pepper to taste

Combine soup and broth in a 6 quart stockpot; bring to a boil over medium-high heat, whisking until smooth. Stir in chicken and vegetables; bring to a boil. Drop biscuit quarters into soup; cover and simmer 15 minutes. Let soup sit 10 minutes before serving. Makes 6-8 servings.

The final guest for November was **Shannon Wooton**, and she is the Extension Home Economist for Chaves County, and she's from Roswell, NM. Shannon does an annual holiday program each year, and she shared a variety of handmade gifts and crafts with us and showed how to make them. She also did a segment on Strong Women, Strong Bones, based on the book by Dr. Miriam Nelson at Tufts University. Shannon has taught strength training exercises for the past three years, and it continues to grow in popularity. This program is especially designed for middle-aged and older adults. She talked about how exercise increases strength, muscle mass and bone density in middle-aged and older women and how strengthening exercises also reduce the risk of numerous chronic diseases, such as diabetes, heart disease, osteoporosis and arthritis. She demonstrated a few of the exercises, which would be good for all of us to do.



Shannon Wooton

Candied Tea Stirrers

Supplies:

- Wax paper
- Vegetable Cooking Spray
- 34 piece fruit-flavored hard candy, crushed
- 2 Tbsp. light corn syrup
- Heavyweight plastic spoons

Line a jelly roll pan with waxed paper, spray with cooking spray. In a small heavy saucepan, combine candies and corn syrup over low heat. Stirring frequently, heat until candies melt and are heated. Spoon candy into bowl of each spoon. Place spoons on prepared pan with handles on rim and spoons level. Allow candy to harden. Store in an airtight container or wrap individually. Yield: 24. TIP: Make each batch with a different fruit-flavored candy. (This is from Shannon's holiday program.)

Since I only had one taping in December, I decided to include it in this Newsletter. There won't be another Creative Living Newsletter until January, 2012. My guest on December 1st was **Janice Stahl**, and she's a Butterball Turkey Talk-Line expert with Butterball in Chicago, IL. Megan Downey, Edelman Public Relations, traveled with Janet and helped us make sure each segment was ready to go. Also helping with the pre-preparations was Cydney Martin, a very talented lady from Clovis, who prepared all of Janice's recipes ahead of time, in addition to shopping for the ingredients, providing many of the serving dishes, and helping with the clean-up after the taping. From years of experience, I have gained a great deal of admiration for all of my guests, but the ones who have the most to do are the foods-related guests. Most recipes have to be prepared at least two times and sometimes three, in order to show the steps involved. Of course, my crew likes the foods segments the best because "after all, some one has to eat all of that food!" Janice taped one segment on how Butterball turkey makes your meals better any time of the year -- not just during the holiday season. She presented turkey recipe ideas for each season of the year. Another segment was called "Turkey: Your Go-To Breakfast Option." Janice shared multiple recipes for spicing up your morning routine with various turkey products. The final segment dealt with all the things all cooks must know in order to make a tender and juicy Butterball turkey. She talked about thawing tips, food safety and how to check for doneness.



Janice Stahl

Janice talked about incorporating turkey for breakfasts on-the-go, and this is a quick and easy (and tasty) recipe. I think you'll like it.

Turkey Sausage Breakfast Taco

- 1 6-inch flour tortilla
- 2 Butterball Fully Cooked Breakfast Sausage Patties
- 1 egg
- 1 Tbsp. shredded Cheddar cheese
- 1 Tbsp. salsa, optional

Place tortilla on a microwave-safe plate and cover with plastic wrap. Set aside. Warm the turkey sausages in microwave according to package direction. Crumble or cut into pieces, if desired. Scramble egg and season to taste. Heat tortilla in microwave 5 to 8 seconds. Place sausage and eggs, cheese and salsa in center of the warm tortilla. Roll and serve. Serves 1.

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.

Bruce Johnson

Minwax
question@sherwin.com
www.minwax.com

Connie Moyers

Roosevelt Co. Cooperative Extension Service
comoyers@nmsu.edu

Rebecca Peck

The Upholstery Studio & Amate Studios
inkinmama@gmail.com
www.upholsterystudio.com

Janice Stahl

Butterball
megan.downey@edelman.com
www.butterball.com

Shannon Wooton

Chaves Co. Cooperative Extension Service
swooton@nmsu.edu

Super Fast Jelly-roll Quilt

Approximate finished size: 65" X 79"

What you will need:

- 1 jelly roll (40 strips that are 2 1/2 inches wide)
- 1st border: 1/2 yard
- 2nd border: 1 1/4 yards
- Backing and Binding: 5 yards

Directions:

1. Sew all the jellyroll strips end to end in random order. Cut the selvages off as you go. You will have a very long strip of fabric approximately 1600 inches long. (40 strips x 40")

Important: Cut 20" off of the beginning of the long strip of fabric and throw it in your stash. You won't be using it. This will make it so your seams will be staggered as you sew them together.

2. Now find the 2 ends of the strip and put right sides together and start sewing!!! Sew down the long side of the strip to the end and cut the loop at the end of the strip. You now have a very long strip that is 2 jellyroll strips wide.

If you want to, at this point, you can press seams open, but pressing is really not necessary until you have the whole thing sewn. Remember this is supposed to be a fun and FAST quilt. Don't stress over anything!

3. Next find the two ends of this long strip again and put right sides together. Sew all the way down to the end and cut the loop at the end again. You will now have a strip that is 4 jellyroll strips wide.

4. Now find the two ends of this long strip and put right sides together. Sew all the way down to the end and cut the loop at the end. You will now have a strip that is 8 jellyroll strips wide.

5. Again find the two ends of the long strip and put right sides together. Sew all the way down to the end and cut the loop at the end. You will now have a strip that is 16 jellyroll strips wide.

6. For the last time, find the two ends of the long strip and put right sides together. Sew all the way down to the end and cut the loop at the end. You will now have a strip that is 32 jellyroll strips wide.

7. You are finished!!! You now have the center of your quilt. It should measure approximately 50" x 64".

8. Square it up.

9. Borders are next:

1st border: Cut 6 - 2 1/2 inch strips. Join together. Measure and apply borders across top and bottom first, then sew to sides of quilt.

2nd border: Cut 7 - 6" strips. Join together. Measure and apply border across top and bottom first, then sew to sides of quilt.

