

Creative Living with Sheryl Borden

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A Walk Down Memory Lane!

Are you ready for another “guest from the past?” This month I selected a file from almost 30 years ago. **Ruth Ashley** and I go back “a long way.” She followed me as Extension Home Economist for Roosevelt County, NM and then later when she was working for AMPI (Associated Milk Producers, Inc.), she was a guest on “*Creative Living*.” One of the segments she taped was on making Sourdough Starter.

Sourdough starter is as treasured a gift today as it was hundreds of years ago. But if your fore-fathers (or fore-mothers, as the case may be) did not pass the starter down to you -- never fear. You can “start” your own starter!

Ruth talked about how she liked one version of the starter recipe better than another, but suggested we make both and decide for ourselves. After allowing the starter to stand for 48 hours, divide it into two glass containers. To one container, replenish with 1 cup flour and 1 cup warm water. To the other starter, replenish with 1 cup flour, 1 cup warm water, 1/4 cup sugar and 2 tablespoons potato flakes. Ruth said this second version required less time in preparation.

SOURDOUGH STARTER RECIPE

- 2 cups flour
- 2 cups warm water
- 1 pkg. dry yeast

Combine ingredients in a large mixing bowl (not metal). Mix together until well blended. Let stand uncovered in warm place (80-85 degrees) for 48 hours; stir occasionally. Stir well before each use. Store the starter in the refrigerator between uses. Allow it to come to room temperature before using. Replenish the



starter at least every 7 to 10 days or after each use.

Here's one of Ruth's recipes.

SOURDOUGH BREAD OR ROLLS

- 1/2 cup warm water
- 1 pkg. dry yeast
- 1 Tbsp. sugar

Mix the above ingredients together and let set for 30 minutes. Then add:

- 1 egg
- 2 tsp. salt
- 1 cup warm water
- 6 cups flour (approx.)
- 1/2 cup sugar
- 1 cup starter (at room temperature)
- 1/2 cup oil

Add the flour gradually. Knead well. Place in greased bowl and let rise about 4 hours. Knead again til dough feels rubbery. Make into rolls or loaves. Let rise about 1 hour 30 minutes. Bake at 350 degrees - rolls for 20 minutes and loaves for 45 minutes.

This dough may be kept in the refrigerator for up to a week. After the dough has risen the 4 hours, knead well and then place in a large greased bowl. Cover with plastic wrap and refrigerate. Take out dough as needed for rolls, loaves or whatever. Let rise and bake as directed.

This dough is very versatile. Besides being used for loaves or rolls, it may be used for any traditional sweet roll dough, such as cinnamon rolls or coffee rings. You may also use it for sopapillas, tortillas, or even for pizza crust.

Some things just get better with time. I'd like to hear some of your recipes for using this “starter.”



WHAT A COINCIDENCE!

After I started working on this newsletter, I decided to clean out a bunch of filing cabinets here at the station. I decided if I hadn't looked at, or needed a certain file in 5 years, out it went! When I got through, I had accumulated 8 huge boxes of trash, and cleaned out 6 filing cabinet drawers.

Over the past 34 years, I have given numerous programs on various topics, but probably the one I get asked the most to do is to tell about "*Creative Living*" and how it got started. I like to include some of the humorous things that have happened either with guests while we were taping, or share some of the letters that guests or viewers have sent me through the years. I could not believe it when I opened a file and found a typewritten (not computer typed) letter from a dear friend, **Yvonne Lanelli** from Alto, NM. Yvonne helped our station for many years as an Auction Coordinator, and we have always enjoyed a special relationship with her and her late husband, Rusty. Anyway, this letter was dated October 19, **1883** (I think she meant 1983 because I really haven't been around THAT LONG!) I want to share this clever poem she wrote pertaining to the sourdough segment she had watched on "*Creative Living*."

**Listen dear Sheryl, and you shall know
Of the illustrious saga of the sourdough.
We mixed both starters, potato and "un,"
Then tried all the recipes, every one.**

**Biscuits, pancakes, waffles and bread,
Even blueberry pancakes, purple and red.
Some English muffins, even pizza crust.
(After eating so much, we thought we'd bust!)**

**The climax came when we decided to bake
The gooey, rich chocolate sourdough cake.
It turned out perfectly; we ate every crumb.
Our friends from Alaska were glad they'd come
To visit in our mountains in New Mexico
And eat back-home treats of sourdough.**

**There's a sequel now to my poetic take-off.
We've invented recipes for the Pillsbury Bakeoff!
Some flour I was given, of finest whole wheat.
I adapted your recipe and invented a treat
Of braided bread, wheat and white together,
A fine dish for nippy fall weather.**

**Meanwhile Rusty was up to his culinary tricks
Experimenting with sourdough and pancake mix.
When it comes to cooking, he's the breakfast king
With Hungry Jack sourdough pancake-ing.**

**In case you wondered the purpose of this rhyme
'Twas to tell you we're having a very fine time.
In exchange for the delicious recipes you lent
Is our warmest thanks, heartfully sent!**

Isn't this amazing? I can't wait for Yvonne to read this Newsletter -- I wonder if she even remembers writing and mailing this to me! Thanks Yvonne. Your poem made my day in **1983** and again in 2010.

WE FINALLY STARTED TAPING AGAIN!

Thursday, September 30th marked our first taping date for the Fall Semester, and it was a long one, too. We had a "brand new" crew of college students and three outstanding guests who taped a total of 11 segments, which equated to 5 hours in the studio!

My first guest was **Franki Kohler**, and she an author and quilter who taped four segments on making



fabric postcards. Her book is titled *Fast, Fun & Easy Fabric Postcards*, and it's available from C & T Publishing. Franki covered the basics of making fabric postcards, showed different edge finishes, as well as a variety of backgrounds and techniques. In the picture above, she demonstrated how to work with Angelina fibers which was fascinating. And, in case you're wondering (as I was), yes, these postcards can go through the postal system and canceled by a machine (rather than hand stamping.)

As Franki's book says, "These are keepsakes you can make and mail." She said she's been making fabric postcards for many years, and has several hundreds she's made and received. They were beautiful.

My second guest was flower designer **Casey Schwartz**, and she and her sister are owners of Flower duet in Redondo Beach, California. Our studio smelled wonderful on Thursday because Casey, and her dad, Walt Coleman, who was her traveling companion, brought in tons of beautiful and aromatic



flowers that they had picked up at Albuquerque Flower Wholesalers and then transported to Portales. Casey taped five segments, and by the time we were through, I actually felt like I could do the arrangements she showed. She not only created beautiful arrangements, she was able to convey the techniques in such a way that anyone else could make their own designs at home. Her first segment was on making a Pave centerpiece, which is pictured above. Then she showed a technique she called Gather, Drop & Fill, showed how to combine succulents and fresh flowers and another technique called Bundle & Place, and ended up showing us how to arrange a dozen roses in a vase. You can imagine the excitement when our crew got to take home one of the beautiful arrangements Casey had made. Thanks, Casey for your generosity!

And, last but not least, my dear friend, **Laura Dellutri**, who is known as the Healthy Housekeeper, did what she does best -- she brought lots of new and innovative home products to help make our



lives less stressful. Just a few of the items she showed included a Wahl Pro-cut to help save money on your family's haircuts, a Spector Pro to help parents monitor their children on the internet, and a fire blanket for not only using in the kitchen, but in campers and other areas for fire safety. She also showed us what's new in the area of crock pots, coffee makers and food sealers. I never cease to be amazed at what Laura finds and brings to us.

Many of you may remember that Laura is the one responsible for all of the Frigidaire appliances that we have in our Creative Living prep kitchen, and the small electrical appliances that we use on the actual kitchen set. We are so grateful for her long-time support of KENW.

Well, that's it for September, and I hope you find something interesting and useful in this newsletter. Don't forget, I'd like to hear from you and include your recipes, tips, and suggestions in future issues.

Sheryl

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.

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