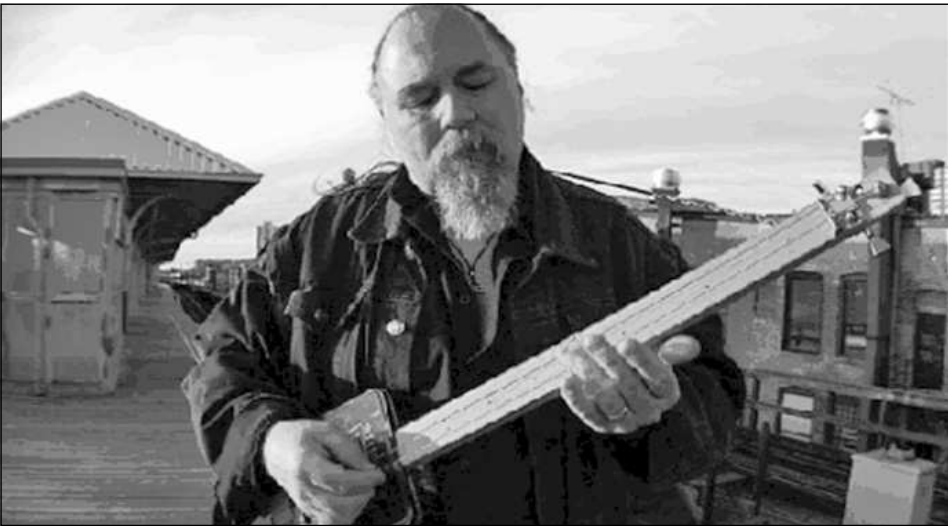


LEISURE

FUN IN BORDERLAND

The Journal welcomes ideas for stories about people in our community who have interesting pastimes or hobbies.
Call the Journal at 285-7411

FREE CONCERT AND WORKSHOP



CONTRIBUTED PHOTO

Blues guitarist and singer Glenn Kaiser will offer a free homemade guitar workshop Saturday at 2 p.m. at the Evangelical Covenant Church. The cost is \$20 for materials. Later Saturday evening, Kaiser will host a free concert at 7 p.m. at the church. A preaching and leadership workshop is scheduled for 9-10:30 a.m. Sunday also at the church.

The 2013 Great Minnesota Get-Together

JOURNAL STAFF REPORT

The 2013 Great Minnesota Get-Together is underway and runs through Sept. 2. This year's 12 days of fun feature dozens of new attractions, exhibits and foods; a variety of discounts and special deal days; numerous special events; hundreds of free live music and entertainment acts; and many options for getting to the fair.

NEW ATTRACTIONS, EXHIBITS AND FOODS

Dozens of new attractions and exhibits make their State Fair debut in 2013, including a celebration of Minnesota's per-

forming arts featuring pop-up performances, a hands-on education center for horse enthusiasts, five new carnival rides, and a flower show spectacular.

Nearly 50 new foods have been added to the fair's list of more than 450 options. Several of the new choices including lobster macaroni and cheese and northwoods BBQ taco can be found in the Food Building.

Two Minnesota senior citizens will be recognized for exceptional community service at the Outstanding Senior Citizens Award Ceremony set for 10:30 a.m. on Seniors Day, Thursday, at the Leinie Lodge Bandshell.

The 2013 State Fair Amateur Talent Contest marks 41 years of showcasing Minnesota's top talent. Winners from semifinals will compete in the finals at 7:30 p.m. Sunday at the Grandstand.

Open class, 4-H and FFA competition judging takes place every day of the fair.

Visitors to the Great Minnesota Get-Together are asked to cast ballots for their fair favorites in five categories: Best Product or Service; Best Food or Beverage; Best Attraction; Best Value; and Best Customer Service. Winners will be announced at 10 a.m. Thursday at the International Bazaar Stage.

2013 Herb of the Year

Recent gifts opened a new perspective on one of my favorite plants, *Sambucus nigra* ssp. *Canadensis*, a.k.a., elderberry. This is not the early-blooming wild variety that bears umbels of red berries, but instead is the common black elderberry. It can grow 12 feet tall, blooms during the summer with creamy-white flowers in large flat to convex clusters on old and new wood. The fruit ripens a glistening purple-black during late August.

Flowers and fruit are both edible; all other parts of the plant are poisonous. Flowers can be used raw in salads, butters, and beverages, as garnishes, or battered and fried as elderfritters. The fruit can be used in a myriad of ways and the berries are starting to beckon me as they ripen.

Once people believed that spirits inhabited the plant. Reaching back to the time of Hippocrates, elderberry was often used medicinally. Contemporary research is reawakening to elderberry's exciting possibilities. Today's studies lie in the herb's properties in treating congestion, hay fever, and is in preliminary trials against herpes, HIV, and Epstein-Barr viruses. Do any of you remember stories of mulled elderberry wine for treating colds? Perhaps the folk



Cathy
PECK
MASTER GARDENER

remedies of the past had more to them than we thought.

At this time of year I'm more interested in smelling the aroma of the berries cooking on the stove to make juice, syrup, or jelly. A certain dear friend will probably be coming over for elderberry pie if we give him a call.

Foraging & Feasting: A Field Guide and Wild Food Cookbook by Dina Falconi and beautifully illustrated by Wendy Hollender offers exciting culinary possibilities that are new to me. A fruit coulis made with four cups of fully ripe elderberries blended with one-half cup maple syrup until smooth and then strained sounds tantalizing. The coulis can then be used to flavor butter, drizzled on cake or ice cream, or used in flavoring drinks, homemade ice cream, cakes, mousses, sauces or smoothies. Elderberry syrup can be added to brandy or

vodka and served as a sipping cordial. Adding the syrup to club soda and serving it over ice can make a nonalcoholic and refreshing summer beverage. This versatile fruit can be used to make a deep, magenta-colored catsup. Tonight I think I will try an elderberry vinaigrette on a chicken salad salad with fresh greens, a few remaining raspberries, feta and toasted almonds.

This hardy shrub grows best in humus-rich, moist soil in full sun to part-shade but ours grow in sandy soil that we water well. The tall shrubs serve as a windbreak for our garden but also create a substantial backdrop, offering beautiful flowers for a long period of the summer, followed by drooping umbels of green fruit that ripen to nearly black beads of intense flavor, high in iron and rich in bioflavonoids. Elderberries are nutritionally rich for people but, in addition, the abundant shrubs are bird magnets. Soon waxwings, gold and purple finches, catbirds, robins, and scarlet tanagers will be making the branches bounce.

Elderberry is being recognized as the 2013 Herb of the Year. Some us — the birds and I — have recognized the value of this beautiful and amazing shrub for a long time.

Tchotchke

(choch•key)

meaning:
trinket, doohickey, gizmo, whatchamacallit



Need a quick cure for a headache?

Submerge your feet and hands in hot/warm water and put a bag of frozen peas at the base of your skull. The heat on your extremities pulls the blood from your head relieving some or all of your headache.



Trampoline Safety

Cover your trampoline springs with pool noodles.



Quick Lunchbox snack

INGREDIENTS:

- 6 Cups of Golden Grahams Cereal
- 1/2 Bag of Mini Marshmallows
- 1/2 Bag of Chocolate and Peanut Butter Chips

INSTRUCTIONS

Mix together all the ingredients and divide it into individual baggies for the kids to eat on the go! Great quick snack for after school too.

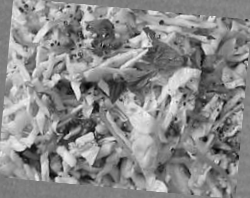


Spice up your Labor Day Picnic Asian Coleslaw

INGREDIENTS:

- 3 tablespoons light mayonnaise
- 3 tablespoons La Choy® Original Stir Fry Sauce-Marinade
- 1/2 teaspoon La Choy® Lite Soy Sauce
- 3 cups tri-color coleslaw mix

Stir together mayonnaise, stir fry sauce and soy sauce in medium bowl. Add coleslaw mix; stir until combined



Chocolate Chip Zucchini Bread

INGREDIENTS:

- | | | |
|------------------------------|-----------------------------|---------------------------------|
| 3 cups all-purpose flour | 1 teaspoon baking soda | 2 cups grated zucchini |
| 1/2 teaspoon baking powder | 3 eggs | 1 cup chopped pecans |
| 1 teaspoon salt | 2 cups white sugar | 1 cup semisweet chocolate chips |
| 1/2 teaspoon ground cinnamon | 1 cup vegetable oil | 1 tablespoon orange zest |
| 1/2 teaspoon ground nutmeg | 2 teaspoons vanilla extract | Whipped cream, for serving |

DIRECTIONS:

Preheat oven at 350 degrees F. Grease (2) 9 by 5-inch loaf pans.

Sift together flour, baking powder, salt, spices and baking soda.

In a large bowl, beat eggs until light and fluffy. Add sugar, and continue beating until well blended. Stir in oil, vanilla, zucchini, pecans, chocolate chips, and orange zest. Stir in sifted ingredients. Pour into prepared loaf pans.

Bake for 50 minutes, or until a skewer inserted in the middle comes out clean. Remove loaves from pans and cool. Chill before slicing. Serve with whipped cream.

