

Editor: Karen Edwards kedwards@toledotel.com

Please submit information, recipes or items of interest
By the 10th of the month for the next issue

CALENDAR OF EVENTS

MONTHLY MEETING

Thursday, July 2, 2009
10:00 AM, Room 4
Bethel Church, Chehalis

GAUGE TESTING

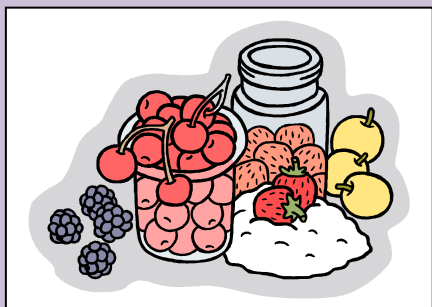
PLACE: WSU EXTENSION OFFICE AT OLD
HISTORIC COURTHOUSE
DATES: EVERY WEDNESDAY
TIME: 10:00 AM TO 2:00 PM

JAM MAKING CLASS & DEMO

PLACE: SHOP 'N KART
DATE: JULY 15TH
TIME:

2009 MASTER FOOD PRESERVER & SAFETY ADVISOR TRAINING

PLACE: BETHEL CHURCH
DATES: AUGUST 27-OCTOBER 8, 2009
Time: Thursdays, 9:00 am to 12:30



MFP Officers

President:
Edie Schroeder phone 360-740-8934
eschroeder@localaccess.com
Secretary:
Beckie Dorothy phone 360-785-4541
beckie@bethel-church.com
Treasurer:
Corrine Crowner phone 360-736-7738
Crowner@localaccess.com

Karen Von Seggern and Karen Edwards are pictured hosting the Master Food Preserver and Safety Advisors Booth at the Farmer's Market in Elma. Also helping but not pictured was Sue Sparkman (see poster, pg 3).

We answered lots of questions, did gauge testing and handed out information.

The Farmers Market was coordinated by Joan Vance, one of our MFPSA graduate and the 4-H Agent for Grays Harbor. It was the first trial and was very successful. There are tentative plans for having another farmer's market in the fall.



Abundance is about being rich,
with or without money.

--Suze Orman

MFP Minutes
June 4, 2009

The meeting was called to order at 10:00 am by President Edie Schroeder. The minutes were read and approved. The treasurer reported we have \$1,249.00 in our account. 9 members and two guests were in attendance. The guests were Pam Watson and Verna Westman's daughter, Julie.

Reports

Farmers Market: Joan reported on the Farmers Market in Grays Harbor. It was successful. Karen Von Seggern, Karen Edwards and Sue Sparkman went and "staffed" a booth.

Unfinished Business

MFP Training: We still need someone to teach the Nutrition of Home Preserved Foods, which are Chapters 11 & 12 on Oct. 8th. Beckie Dorothy and Karen von Seggern agreed to do it.

Sunbirds Gauge Testing: The first testing date was moved from June 20th to June 12th at both stores. Time will be from 10:00 am – 3:00 pm. Karen von Seggern and Donna Sorenson will do the testing in Yelm for the entire shift. Karen von Seggern has the original list at her office and will contact the people who signed up for the 20th at the Chehalis store to see if they are still available.

Shop 'n Kart: General discussion regarding the workshops. The sign up sheet is at Karen von Seggern's office. She will look it over and contact people to remind them of who is doing what. She will also see about getting us a portable headset microphone to use during this event. The other Shop 'n Kart canning workshops will be Jam on July 15th; Peaches on Aug. 12th and Green Beans on Sept. 9th. The classes will be limited to 20 participants. For the jam making class we have been asked to figure out a list of supplies needed and Shop n Kart will make up kits that each participant will purchase to do their class. Each person will go home with two jars of jam.

Shop 'n Kart is also making plans for a canning contest. Participants will be asked to submit a recipe and the receipts to show not only the nutritional value of their recipes but the costs. The idea is to see who comes up with the most frugal and nutritional meal. We will also suggest that the 10 ten contestants be invited to do a cook off.

Newsletter: Edie couldn't open it but everyone else seemed to be able to.

Guest Speaker

Pam Watson, the 4-H Youth Development Agent was our guest speaker. She spoke on the two day camps the 4-H Youth will have and the need for helpers. The dates are June 22-26 and July 20-24. The youth will range in age 9-14 years old. Pam also brought some of the 4-H cookbooks they use as curriculum, some of their newsletters and we played an ice breaker game. If we would like any announcements to be put in their newsletters we only need to give Pam the info.

Pam also spoke on judges training for the Food and Garden & Floral departments. They did the food judges training already but the garden & floral judges training will be in September.

New Business

Gauge testing will be at the Extension office on Wednesdays from 10:00 am – 2:00 pm beginning June 10th.

We will again have a table at the fair. We will staff the table from 10:00 am – 6:00 pm. Dates are Aug. 18 – 23rd.

Bethel Kitchen Fee: There will be a \$20.00/month charge to use Bethel's kitchen for MFP training. This fee is to help offset the cost of propane and electricity usage. We are also asked to use the area between the hand washing sink and stainless steel refrigerator to store any goods that need to be left overnight.

Announcement

Verna Westman announced Rochester will hold its annual Swede Day celebration on June 20th.

The meeting was adjourned at 11:04 am. The next meeting will be July 2nd in Room 4 at Bethel Church at 10:00 am.

Respectfully submitted: Beckie Dorothy



Do you recognize this person?

Answer: It is our own Sue Sparkman, with a little computer graphics she has become the "Canning lady poster of the year!"

RECIPE OF THE MONTH

Ruby's Smoked Salmon Salad

Recipe by The Chefs at Ruby's Café and Grill (360) 352-3318

700 E 4th Ave. Olympia, WA 98501

Desired Amounts of:

Granny Smith Apples

Dry Smoked Salmon

Red Leaf Lettuce

Caper Balsamic Vinaigrette:

1 cup Olive Oil

4 garlic cloves, minced

2/3 cup Balsamic Vinegar

1 Tbs. fresh Thyme

1/2 Lemon squeezed of juice

Salt and Pepper to taste

1/2 cup Capers, chopped

Chevre Cheese

Whole capers

chopped parsley for garnish

Peel, core and dice the apples. Break apart the smoked salmon to desired consistency. Rinse the red leaf lettuce and dry. Slice the lettuce with a sharp knife, cross wise, leaving long 1 inch wide strips.

Toss lettuce with desired amount of vinaigrette and top with apple cubes, smoked salmon and chevre.

Garnish with whole capers and chopped parsley.

Note: Smoked Chicken or Duck is a wonderful substitute for the Salmon

WSU Master Food Preserver & Safety Advisors is a WSU Extension Volunteer program.

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