



Hello Family!

It's June and since time slows down for no one, we are here together again with another month of "The Family Table" sent out to you.

We hope you enjoy our family stories and recipes shared that may not be in our cook book, but they are still a part of our lives shared.

Never forget that the family table you create, whether it be in the dining room, a picnic shelter or tv trays, as long as you are together, focusing on each other, that counts!



Mamaw with sister and son at 2025 Family Reunion in Nashville.

Cherry Fluff Salad

INGREDIENTS:

- 1 can sweetened-condensed milk
- 1 can crushed pineapple (drain)
- 1 can of cherry pie filling
- 1 tub of cool whip
- ½ cup of walnuts (diced)
- ½ cup of sweet coconut
- 1 cup of mini marshmallows



DIRECTIONS:

In a large mixing bowl, add the sweetened-condensed milk and cherry pie filling. Mix well.

Drain the crushed pineapple and add the pineapple, nuts, coconut and mini marshmallows to the filling mixture. Fold in a tub of cool whip. Once completed, pour into individual serving bowls and chill or keep it in a large covered bowl and serve as a sweet and tasty side dish to a meal. Add a few maraschino cherries to the top for fun and enjoy!

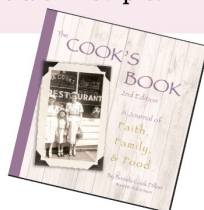
Variation:

If you don't like cherry pie filling, add a small can of drained mandarin oranges and ½ a dry packet of orange-flavored gelatin to the mixture. It will taste amazing, too.

Optional:

Add a graham cracker crust and turn into a chilled pie.

To get your copy of "The Cook's Book" A Journal of Faith, Family and Food or to contact Mamaw, go to:
mamawsinthekitchen@gmail.com



CHORDS THAT BIND

I recently took a trip to Ohio for a family wedding with one of my daughters and one son. My daughter and I shared a hotel room and my son took the room next door with his beautiful wife and daughter. While there, we visited some restaurant food that we miss and can only get there, since this is where we came from before moving to Nashville, TN in 1978. Our story is in the cook book of how it all came to be. The wedding was amazing and it was wonderful to visit with those we love.

My daughter drove me around town to help me revisit old landmarks from our past, since it had been 20+ years since I had been back. She took me to the old family place where we lived with my husband's parents for many years off and on. It was now just an empty lot, on a street corner, in a rundown neighborhood, with no purpose. House gone, Mamaw Lottie's flowers gone, no driveway, no garage, everything gone, except for one thing left behind.

I whispered to my daughter that she has a sibling buried there. Life was different back then. She mentioned her dog being buried there as well, and missing her mamaw's 6 ft. sunflowers along the back wall of the property. This land is sacred ground to us. I wept and we hugged each other, feeling a loss, that time took this season away from us. The house was condemned and kids moved them into a safer home, as well as us leaving Ohio almost 50 years prior. It was painful knowing that no one would ever love this lot the way we do and that the memories had to end at that location, but we will cherish what we had and remember them fondly. As time goes by, the memories are getting a little jumbled and I remember less and less, but my children will help me in the remembering part and we will make every moment count moving forward, with God's help. A lot is in our cook book so we never forget what brought us to this season, thank goodness. The rest of it, we will preserve around our family table discussions for generations to come.

One more thing we purposed to do was drop by the family cemetery and pay our respects. While there, my son took my arm and walked me to the sight of his grandparents' grave marker. (Sigh!) Time stops for no one. Even when we endure a loss, time keeps moving around us, although sometimes 'we' stop, while we're trying to re-navigate, recalibrate and take a step, hoping not to stumble. But, the memories, we CAN preserve and we CAN cherish. Time is short, I encourage you to get to the business of holding onto what is precious in your life. Your children will cherish what you cherish.

So many of my cherished moments revolved around food and I thank the Lord every day for these recipes that bind us together with chords that cannot be broken.

"Whereas you do not know what will happen tomorrow, for what is your life? It is even a vapor that appears for a little time and then vanishes away." James 4:14 NKJV