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January/February 2023

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Months January/February 2023

Volume 29 Number 1

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Deadline For the March/April 2023 Edition is February 10th!

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Happy Valentine's Day!

Where in Minnesota?
Somewhere in Minnesota the image to the right can be found. Where is it?
(Answer on page 11 of this issue)



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Minnesota's Guide to Specialty Shopping & Fun Events



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We Want to Hear from You!



Do you have something fun and/or interesting to share with us? We'd love to hear from you! We'd want to share your great stories, fun craft or quilt projects, yummy recipes, beautiful poetry etc. Stories of the past are always so engrossing! Send us an email, give us a call or send us something in the mail. We look forward to hearing from you.

**Back in the Day,
Memories Preserved**

by Becky Van Vleet

From the time I married in the 1970's to this very day, making family memories and creating traditions has been a big part of my life. And I must give my parents credit for my endeavors in this area.

My father was the picture taker in our family. He purchased a "movie camera" (that's what we called them back in the day) in 1957. Movie cameras became available for home use right before World War 2, and they became more widespread in the 1950's as the baby boomer population grew. And oh, how I treasure those sweet memories when my father grabbed that movie camera for so many special occasions when I was growing up. In my mind's eye, I can still see my father attaching a cumbersome four-light apparatus to the camera itself. That thing must have been heavy. And certainly awkward in comparison to our video taking on cell phones. How I wish someone in our family had saved that camera! And Daddy made sure the still-picture camera was always close by.




My mother was into the photo albums and scrapbooks for me and my three sisters. I don't think she got into all the photo albums out of necessity with the many pictures my dad was taking over the years, rather, I believe she just really enjoyed her hobby. And thankfully she dated all of our pictures! When we live in a digital day and age where photos are saved in google, I feel I am holding a valuable treasure in my hands as I look through my own childhood photo albums. Words escape me to describe my amazement when I look at my 60-plus-years baby scrapbook which contains all of my baby congratulations cards. First, I can't believe my mother saved all of those. Second, baby congratulation cards are almost extinct these days.

I still have the original movie projector my father set up for family movie time in my childhood years. He would heave a bit as he lugged the large screen on a heavy stand out of the storage closet to get everything set up. Such memories—oh, those were the days!

The example of my parents preserving memories through the family cameras, albums, scrapbooks and traditions ignited my desire to do the same for my own family. Yes, it looks different today, but no less important.

Becky Van Vleet, a retired school administrator, lives near Colorado Springs with her husband, Troy. They are the parents of four grown children and enjoy spending time with their nine grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories: www.beckylvanvleet.com.

Remember Presidents' Day



Monday, February 20th



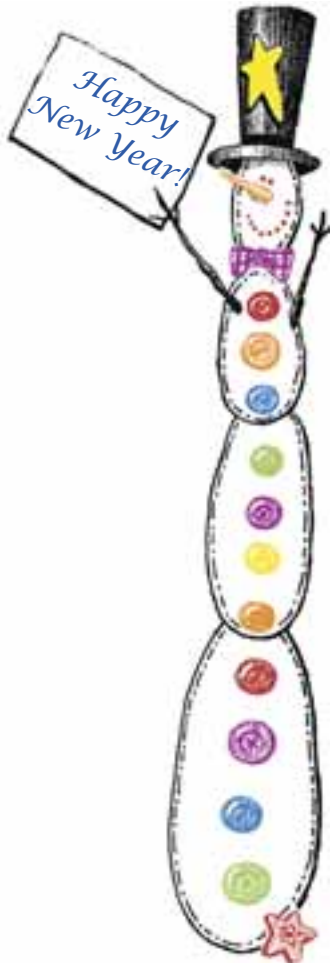
From Tammy Page's Recipe Box

Chocolate Chip Cream Cheese Bars

My husband Bud's, favorite bar cookies.

Mix:
1 box dry cake mix (any flavor but dark chocolate is our favorite)
1 egg and 1/3 c. oil
Pat into an 9x13 greased pan, reserving 1 cup for third layer
Bake for 10-12 min on 350.
Then Mix:
1 pkg cream cheese, 1/3 sugar, 1 egg and 1 cup choc. chips
Pour over baked cake mixture. Then add reserved 1 cup dry cake mixture
Scatter over entire cookie and bake for 18 min. longer.
Let set to cool.
(Can be a lower fat version by using low fat cream cheese and canola oil.)

*Submitted by Tammy Page. See her article in this edition.



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Yvonne Hollenbeck

Vintage Quilt

She's tattered, worn and faded,
 you can tell she's pretty old.
 Years ago she was a beauty,
 for that's what I've been told.

She holds a lot of memories
 of happy days before,
 but also scores of sadness
 from sickness, death and more.

So try to treat her gently
 and give her special care,
 for all too soon, just like the quilt,
 this too will be our fare.

Order Yvonne's new book, "A Stitch in Rhyme" at
www.yvonnehollenbeck.com — just \$15 + \$3.50 postage.

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Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>


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KISSed Quilts

City Shadows

by Marlene Oddie



Several years ago, as an Island Batik Ambassador, I received a stack of 10" squares of the City Culture 2 collection and came up with this design. I took inspiration from the word 'City' and thought of concepts from when I lived in San Francisco, California.

Starting with a stack of 10" squares, I added a 'shadow' fabric and a 'background' fabric to get this unique setting of three sizes of blocks. Note that every third column is offset by 1" to keep the design from looking too consistently blocked. It reminded me of the different buildings in the city when the sun casts a shadow.

The quilting is 'Breath of the Gods' pantograph that reminded me of the swirling winds around the buildings.

Northcott has created a beautiful Shimmer Paradise collection. It will be shipping Spring 2023. The fabric collection has lots of shimmer with vines and leaves, beautiful flowers, humming birds and coordinating graphic prints with waves, raindrop spots and butterflies. There is also a basket weave print in two colors.


An updated version of City Shadows uses this new Shimmer Paradise collection. Ask for this collection and updated pattern at your local quilt shop or find the pattern on my website. The pattern now includes four sizes.



Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA, at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Fabric, patterns, kits and templates are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts>



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A Cup of Tea with Lydia

by Lydia Harris

What Makes a Tea Party?

"What makes a tea party?" I mused while mixing up a batch of shortbread to serve a friend. If you serve tea, does that make any gathering a tea party? Or do you need to use teapots and delicate teacups? Or does it require special foods served from a three-tiered plate stand? Or is a tea party simply a party with tea?

Seasoned tea lovers offered a wide range of answers, ranging from fancy with frills to just dropping a teabag into hot water. But they all needed companionship, conversation, and time.

Teas may have different names: Light Tea (tea and scones, which sometimes includes a light lunch). Or High Tea (lunch or dinner with meats and cheeses). Or Afternoon Tea (dainty sandwiches, scones, and desserts). But it doesn't matter what we call our par-TEAS. Mainly, my desire is to bless, not impress, my guests. If I have time, I enjoy preparing a fancy teatime to share with a guest or two. But I'm also content to simply sip Republic of Tea's Mango Ceylon tea and nibble Walker's shortbread with a friend. When appropriate, I also enjoy praying together.

Thank you, God, for the sweetness of friends and the warmth of your love. Bless our teatimes with relaxed sharing and the joy and comfort of your presence. In your name. Amen.

It's a new year with new opportuni-TEAs. So, entertain with your personal style, and let's have a tea party! I've included a homemade shortbread recipe to try.

Lydia E. Harris is a tea enthusiast, grandmother of five, and author of *In the Kitchen with Grandma: Stirring Up Tasty Recipes Together* and *Preparing My Heart for Grandparenting*. Her books are available at Amazon.

From Lydia's Recipe File: Two-for-One Shortbread Cookies

Use the same buttery dough to make Basic Shortbread and Fancy Shortbread.

BASIC SHORTBREAD FINGERS

Ingredients:

- 1 cup butter, softened (2 sticks)
- 2 cups flour
- 3/4 cup sifted powdered sugar
- 1 tsp. vanilla flavoring

Coarse sparkling sugar crystals to sprinkle on top

Directions for the Shortbread Base:

Preheat the oven to 350 degrees. Line two 8-inch square pans with parchment paper. Let the paper stick up about an inch around the edges to lift out the shortbread when baked. Cream together the butter and sugar. Mix in vanilla. Add flour, one cup at a time. Mix thoroughly. Divide the dough in half. Evenly spread half the shortbread dough into each pan. For Basic Shortbread, sprinkle coarse sugar on top and pat it down. Bake for 20 minutes, until light brown. Remove from oven. Cut into shortbread fingers, about 1 inch by 2 inches. Prick each finger with a fork. Bake for another 5 to 10 minutes. Watch closely. The shortbread should be light brown and firm when done. Carefully lift the parchment paper and shortbread from the pan onto a cooling rack. When cool, place the shortbread pieces in a covered container. Makes about 16 pieces.

FANCY SHORTBREAD SQUARES

Topping Ingredients:

- 1 1/2 cups shredded coconut
- 3/4 cup chopped candied fruit mixture (pineapple, red and green cherries)
- 1/4 cup chopped nuts (walnuts or pecans)
- 1/3 cup golden raisins
- 1 cup sweetened condensed milk

Directions for the Topping:

Combine the coconut, fruit, and nuts in a bowl. Stir in condensed milk. Spread the topping on the unbaked shortbread base in one of the pans. Bake at 350 degrees for 30 minutes or until done. Topping should be firm and brown. Do not overbake. Remove from oven and cool. Transfer the shortbread on the parchment paper to a cutting board. Cut shortbread into one-inch squares. Place in a covered container and refrigerate. Makes about 30 squares. Serve in small paper liners if desired.


Variations:

1. For different flavors of basic shortbread, consider adding a few drops of almond or lemon extract.
2. To make only Basic Shortbread from all the dough, line a 9 x 13-inch pan with parchment paper and spread the dough evenly in the pan. Follow the baking steps.



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Designed by Kathy Graham

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Country Register Recipe Exchange

Trondheim Soup

submitted by Patti Lee Bock of New Ulm, MN




1/2 cup rice	1 cup raisins
1 quart water - more as needed	1/2 cup sugar
1 cup sour cream	Juice of 1/2 lemon

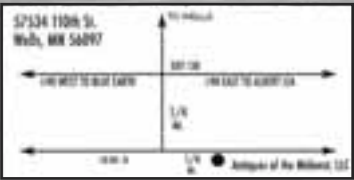
Boil rice in water until done. Add sugar, cream, lemon and raisins. Heat through.

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The Fishing Trailer

by Kerri Habben Bosman

I find being at the beach in winter is gently affirming. The fishing pier is closed for the winter and the beach is an endless expanse, empty save for the solitude seekers and the dog walkers. The busy tourist season is in the past for now and many people there now are enjoying their solitude just like I am. The late afternoon light dwindles softly into evening. There is a dormancy to it, which is what I value most about winter. It gives me extra time to appreciate the gift of each new day.

In May 2021, my husband Wayne and I purchased a second home on the North Carolina coast about three hours from our home in Chapel Hill, NC. At the time, Wayne's daughter and her family lived about three miles from the new house. We loved that they were close by, but we also knew that could change. The Marines moved them to California this past June. However, within that first year, we packed in many wonderful family visits. Often, all eighteen of us were together, from the nearest to those living farthest away.

In April last year, we welcomed Wayne's mom, his sister and his brother-in-law. For four days we treasured being together, from the youngest at age four to the eldest at 101. Experiencing our vibrant family clustered around the table gave us the chance to soak in all the joy. From my chosen space in the kitchen, I thrive on cooking for those I love, while still fully immersed in the delightful chaos that a big family creates. Food and beverages quietly arriving at the right time somehow makes everything flow perfectly.

When we bought the house, these special times are exactly what we'd hoped for. We knew we wanted a home close to the beach that would offer a gathering place for family and friends. With everyone having varying schedules and responsibilities, often our visitors come on the spur of the moment so the house is always ready for the next arrivals. And so are we.



Wayne calls our new beach retreat "The Fishing Trailer," which causes his grown children to shake their heads. This isn't actually a misnomer since it is a double-wide trailer on a permanent foundation and my husband does love to fish. I understand the reverse psychology as well. If someone visualizes an old trailer with the barest of essentials, they'll be pleasantly surprised when they discover a comfortable 1500 square foot home.

After working as an auto mechanic for nearly forty-nine years, Wayne knew he would retire soon and need a place to set up the tools he'd amassed over the years. The large garage on the coast property was ideal and it, too, has become a destination with music, a dartboard and an extra refrigerator. It will soon hold a 1965 Rambler Convertible that Wayne is restoring.

All the furnishings were included with the home and we were pleased with the taste of the previous owners. We brought in a few things to make it our own and they mesh well. A roll-top desk is in the living room, a quiet area that has evolved into my own special retreat. When the love gets too loud or boisterous in the rest of the house, it becomes a soothing sanctuary for my writing, reading, one-on-one conversation or napping.

Because we go back and forth so often, we've developed a routine for closing up The Fishing Trailer. Before we move a single thing, we breathe in the essence of the ones who used the rooms. While looking under beds for forgotten socks, fixing a little boy's toy box or refreshing linens, we can't help but savor every individual moment.

Making memories... till next time.

Kerri Habben Bosman is a writer in Chapel Hill, NC.

The Modern Priscilla Magazine

by Rachel Greco

Today, there are many kinds of magazines, blogs and websites devoted to needlework enthusiasts with articles, photos and how-to instructions for many different types of needlework, including sewing, quilting, embroidery, knitting, crochet, and more. Social media groups are also available that allow members to interact with one another and share pictures of their work. And yet, 100 years ago, there were very few magazines on the market devoted to women's needlework.

The Modern Priscilla was a popular women's magazine that first appeared in 1887. Published by the Priscilla Company in Lynn, Massachusetts, the editors were Frank S. and Miss Beulah F. Kellog. By 1925, this monthly magazine claimed a readership of 600,000. The price per copy was 10 cents in 1911. In 1927, the price had risen to 20 cents.

Subtitled "A Fancy Working Magazine," this publication was aimed at women, with a particular emphasis on needlework fans. All types of needlework were illustrated—from hand embroidery and clothing construction to tatting, crochet, knitting and drawn work. One advertisement proclaimed,

"Women who like pretty clothes are almost invariably needle-workers because they know that a touch of embroidery gives even the most common-place garment an air of charm and distinction."

In addition to the emphasis on needlework, the magazine included tips and hints for caring for the household along with recipes, short fiction stories, dress patterns, China painting, information about new products, and letters to the editor.

Advertisements included such companies as Eagle Brand Condensed Milk, Cream of Wheat, Campbell's Soup, Old Dutch Cleanser, Heinz, Spaghetti, Quaker Oats, and Jell-O.

Each issue was packed with illustrations of the latest dress patterns. Patterns in the early 1900s leaned heavily toward the Edwardian influence. Dresses were shown with dropped shoulders and long, narrow skirts that ended at the instep. Hobble skirts and tunics were also featured. Fashion changed radically by 1915 with the introduction of a style of design known as "war crinoline" showing hemlines creeping upward and skirts that were full and bell-shaped. By the 1920s, illustrations showed simple shift style dresses with clean long lines.


The magazine also featured serialized stories. Two different stories appeared in each issue and the editors were always looking for stories that included "dramatic interest having to do with the affairs of real people." They searched for stories that were concerned with the actual problems of the day.

By the 1920s, books based on the magazine's content were popular. *The Modern Priscilla Cookbook*, published in 1924, included 1,000 recipes. *The Modern Priscilla Home Furnishing Book* appeared in 1925, touting the idea of a "one-woman power kitchen." This type of kitchen was defined as "comfortable, convenient and efficient."

The Modern Priscilla magazine was so popular that it began to absorb competing publications. In March 1912, *Everyday Housekeeping Magazine* had been acquired; then in May 1917, *The Modern Priscilla* absorbed *Home Needlework Magazine*. By 1930 *The Modern Priscilla* was out of print.

Rachel Greco owns *Grandma's Attic*, a traditional quilt shop in Dallas, Oregon. A quilt historian and avid reader, she gives talks on needlework, the role of women in American history, and their connection to fabric. She has written several books and patterns and runs *Grandma's Quilt Club*, a monthly quilt class where participants collect quilt blocks, learn about quilt history and make new friends. Learn more at <https://grandmasatticquilting.com>.





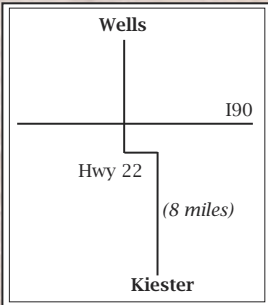
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Grandma's Tablecloth

by Tammy Page

Who all has ever sat down at grandma's dining table of fried chicken with lots of 'crunchies'—real mashed potatoes with butter, garden green beans with onions, and homemade pies and then slowly but surely strolled to the living room to sit and digest?

After the delicious meal prepared with my grandma's loving hands, she would store the dairy items in the refrigerator and cover the rest with one of her flowered starched cotton tablecloths. No one worried about the food sitting out for a while, sometimes hours—and, it made it convenient to go back in and grab a second helping if you missed it the first time.



I remember sitting on my grandma's lap while everyone continued the conversations they had begun at the kitchen table. After dessert and digesting we would make our way back into the kitchen to start up the dishes. There was no automatic dishwasher, just us girls washing, drying and putting away. Grandma had enough granddaughters to pitch in and make clean up go quicker. This time with three generations of William's women made for lots of laughs and catching up.

I contribute my own yummy mashed potatoes to the guidance and willingness of my grandma and mom allowing me to make mistakes and finally achieving the smoothest, tastiest bowl of taters around. Of course, there were some trial and errors like when I lifted the beaters out of the pan a little too much and splatters of potato and milk sprayed all over the kitchen.

The desserts sat out under the tablecloth for the rest of the day in case we got a hankering for another piece of pie or chocolate cake. I'm sure most people today would not chance it for fear of food poisoning, but I don't remember ever getting sick of eating the leftovers sitting under grandma's freshly starched tablecloth.

The times I remember in grandma's kitchen bring back so many wonderful memories. The smells, the warmth and the cool linoleum beneath my feet come to mind often and make my day a little brighter.

—Tammy lives on a working farm with her family in IN, farm animals and many pets. She enjoys writing, decorating and collecting vintage homewares.

Jelly Donut in a Mug

Ingredients:

- 2 tbsp butter
- 4 tbsp all-purpose flour
- 1 egg yolk
- 2 tbsp sugar
- 1 tbsp milk
- 1/2 tsp baking powder
- 1/4 tsp ground cinnamon
- 1 tbsp strawberry jam
- cinnamon sugar to garnish

Directions:

1. Melt butter in a microwavable mug.
2. Add all the remaining ingredients.
3. Mix well with a fork until just combined.
4. Place a spoonful of jam down into the batter.
5. Microwave for 45 seconds or until it is firm on top.
6. Sprinkle some cinnamon sugar on top.



Recipe by Gemma's Bigger Bolder Baking

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Become Inspired!

by Annice Bradley Rockwell

SACRED TIME

There is a destined distinction about winter that can inspire us deeply if we welcome it. Wintertime can be a sacred time of reflection and rest which can provide us with a more profound insight into our ideas and ourselves. Just as the still surroundings of deep snow blanketing an open field provoke a sense of wonder, our own quiet inner peace can be equally magical.



TREASURED TRANQUILITY

The treasured tranquility of winter can be an ideal time for us to plan and to dream. It is the perfect opportunity to take the first steps to make our creative projects a reality. Whether we are embarking on designing a new quilt or putting plans together for a country potting shed for spring, winter months afford us this valuable time to plan carefully. On a cold winter weekend when our time is now our very own, we can set new goals, we can redecorate our homes and we can come up with fresh ideas to try.

SHARED BLESSINGS

Another blessing of winter is having the time to keep traditions like Sunday night meals with our family. There is nothing more comforting in winter than being protected within our cozy country homes as we prepare a savory home-cooked meal for those we love. A piping hot pot of chicken and dumplings that has cooked on the woodstove all day is a country treat to be shared. Hot cherry cobbler for dessert paired with a mug of hot chocolate as we share winter memories with family by the hearth is wintertime at its best. As the snow falls and the wind whips, we tend to feel even more grateful because we are home, and we are together.

This winter, embrace the soulful stillness of the season. Reconnect and have faith in your ideas so that they can flourish and burst forth in spring. Allow the slower months of winter to refresh you so that you can awaken to your happy and creative intentions. Take time to enjoy the country blessings that nature always provides and share that wonder with those you hold dear.

Annice Bradley Rockwell is an educator and owner of Pomfret Antiques She is currently working on her book, New England Girl NewEnglandGirl2012@hotmail.com

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Oh, Nuts!

by Kirby & Colleen Gust

Nuts are an energy-dense and nutrient-rich food, plus they are also a favorite in Christmas baking. Nuts are used in many facets of our daily lives – everything from cosmetics to stains.

Nuts supply many nutrients for both humans and wildlife. Because nuts generally have a high oil content, they are a significant source of energy and are popular with vegetarians and vegans. Additionally, nut oils are popular in cosmetics, and their shells are used as an exfoliant.



Moderate nut consumption – about 5 ounces (140 g) per week – may benefit weight control and contribute to lowering body weight in humans. The Mayo Clinic has found that eating nuts may be good for the heart. What they think may contribute to nut's heart healthiness:

- Unsaturated fats. It's thought that the fats in nuts — both monounsaturated and polyunsaturated fats — help to lower bad cholesterol levels.
- Omega-3 fatty acids. Many nuts are rich in healthy omega-3 fatty acids. They may reduce the risk of heart attacks and strokes.
- Fiber. All nuts contain fiber, which helps lower cholesterol. Fiber also makes you feel full, so you eat less.
- Plant sterols. Some nuts contain plant sterols, a substance that can help lower cholesterol.
- L-arginine. Nuts are also a source of L-arginine. Some research suggests that L-arginine may lower blood pressure, improves cholesterol, and improves overall blood vessel health.

So, I guess the nut that is the worst for our diet is the donut.

Some of the commonly used baking nuts:

Almonds: California produces over half of the world's almond supply. Due to high acreage and water demand for almond cultivation and the need for pesticides, droughts in California have caused some producers to leave the industry, leading to lower supply and increased prices.

It is from the bitter almond that we get one of Agatha Christie's favorite poisons – cyanide. It contains the enzyme which, in the presence of water, yields glucose, cyanide and the essential oil of bitter almonds.

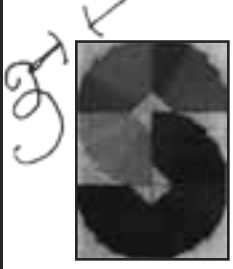
Pecans: The pecan nut comes from a species of hickory tree native to the southern States and northern Mexico, primarily around the Mississippi River. Georgia, New Mexico, Texas, and Mexico produce nearly half of the world's total output of pecans. Pecans are one of the most recently domesticated major crops. Although wild pecans were well known among native and colonial Americans as a delicacy, the commercial growing of pecans in the United States did not begin until the 1880s.

Pecans are used extensively in sweet desserts such as pecan pie, as well as being a common flavor in cookies, cakes, ice creams and candy. Pecan wood is used in the manufacture of furniture and wood flooring. It is also used in smoking meats, giving grilled food a sweet and nutty flavor stronger than many fruit woods.

Walnuts: We planted a black walnut tree in our backyard a decade ago as we wanted to experiment with using the nuts as a natural stain. It's been a slow grower. We were aware at the time of planting that they aren't a tree that enjoys neighbors as they leach a chemical into the ground to prevent competing vegetation from growing. So, our tree is in the back corner without too much around it. If our dye experiment doesn't work, maybe we can use the wood from the tree in wood furniture as it has a lovely, fine straight grain. Did you know that walnuts were traditionally used to make an ink for writing and drawing? This is the ink thought to have been used by Leonardo da Vinci and Rembrandt.

Walnuts are commonly either eaten on their own or as an ingredient in many desserts. You can even pickle them! I don't think many of us have had the opportunity to try pickled walnuts as they are a traditional English pickle made from green walnuts. They are usually served with cold turkey or ham as well as blue cheese.


And remember, what happens to a nervous nut? It cracks!



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Country Register Recipe Exchange

Cashew Crunch Cookies

submitted by Shirely Ross of Alexandria, MN

1 cup unsalted butter - softened

3/4 cup packed brown sugar

1/2 cup sugar

1 egg

1 tsp vanilla

1 1/2 cup finely chopped cashews

2 1/4 cup flour

1/2 tsp baking soda

1/2 tsp cream of tartar

In a mixing bowl cream butter and sugars until light and fluffy. Beat in egg and vanilla. Sift together flour, baking soda and cream of tartar. Slowly add flour mixture, beating after each addition. Last, fold in cashews. Lightly grease cookie sheet, drop by teaspoonfuls and bake at 350° for 12-15 minutes.

Slow Cooker Candied Nuts

I made these as a topping for pumpkin pie at Thanksgiving. They were a huge hit. They taste very seasonal with the spices, and yet it isn't too sweet. It makes 6 cups, so there are lots for snacking on too. You can use any combination of nuts, we personally like a variety, so that everyone gets their favorite.

1 cup sugar

1/2 cup brown sugar

1 Tbsp cinnamon

1 tsp nutmeg

1/2 tsp allspice

Cooking spray, for slow cooker

6 cups mixed unsalted nuts (pecans, walnuts, almonds, filberts, etc.)

1/8 tsp cloves

1 tsp kosher salt

2 egg whites

1 tsp vanilla


1 Tbsp water

In a medium bowl, whisk together sugars, cinnamon, nutmeg, allspice, cloves and salt. Set aside.

In another medium bowl, combine egg whites and vanilla. Whisk until frothy.

Spray the slow cooker with non-stick cooking spray. Add pecans to the Crock-Pot. Pour egg white mixture over pecans and stir until coated. Pour the sugar mixture over and stir again, until the nuts are fully coated. Add 1 Tbsp of water. Cook on low for 3-4 hours, stirring every half hour. If sugar isn't dissolving, add water 1 tablespoon at a time. When finished, remove the nuts from the slow-cooker and cool in a single layer.

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Life in Skunk Hollow

by Julie A Druck



A Crafting of Memories

As I was considering what I would write about for this winter's fiber arts issue, I began thinking about my introduction to various fiber crafts. From crocheting to cross-stitch, from embroidery to machine sewing, I've tried a little of this and that over the years. As I meandered through memories, what struck me wasn't so much the things I've learned, but rather the people who taught me. I realized behind every crafting skill is a wonderful memory linked to a particular woman in my life.



The first crafting skill I learned was cross-stitch. In my mind's eye, I can still see the little hoop and the printed fabric of a country girl in a sunbonnet tending her flowers. I don't remember how old I was, but I'm sure that Mammaw must have needed an abundance of patience to teach me the craft. I was SO proud of those colorful, bright stitches, and I treasure the memory of time spent with my dear grandmother.

My best friend's mom, Joan, was an amazing seamstress, as well as a much-needed mentor in my life. When I was a teenager, one summer Joan agreed to teach me to use a sewing machine. I have fond memories of my friend, Stacia, and I in her mom's attic workshop learning the skill together. I never got terribly good at it, but I did enjoy sewing simple fabric books and finger puppets for my baby boys, after they were in bed for the evening. And later on I taught those same boys how to sew their own pillowcases in tractor and animal fabrics, and to make microwave rice bags that they appreciated taking to bed on a cold winter's night.

Another family member, Aunt Nancy, taught me how to knit a bright, colorful scarf to wrap around my winter coat. I had admired her own scarf, and she generously offered to teach me. I quickly learned knitting was my least favorite craft, but I did persevere and proudly wore that scarf of my own making.

I discovered embroidery one afternoon when we visited my husband's dear Aunt Helen. She happened to be embroidering two printed pillowcases as a wedding gift. The designs of large, beautiful flowers caught my eye, and she not only taught me how to do it but also bought several kits for me to extend the pleasure.

And last but not least, my long-time friend, Candy, was the one who taught me to crochet. She started me on homemade dishcloths, and after I was proficient at those, we conspired to both create big, cozy afghans. When we were young moms, I would go to her house, and while our children were playing, we would sit on her sofa and crochet—stopping occasionally when she had to help me fix a mistake. That pretty, warm afghan is now folded at the end of our bed where it has served to lovingly cover sleeping grandbabies.

It's truly a privilege and a joy to be made in the image of the Creator and be gifted with the ability to craft beauty with our hands. And what an even greater joy it is to spend time with our loved ones as we do so. Thanks for the memories, ladies—you are each a work of art.

Julie Druck is from York, Pennsylvania, and writes from her farm in Skunk Hollow. She'd welcome your comments at thedrucks@netzero.com.



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Memory Jar

Why not start 2023 with an empty jar? As good memories happen, write a note of the experience and place the paper in the jar. Then, near the end of the year, empty the jar, read and reminisce with family about all of the memories you've shared.



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Happy New Year!

1st Book Available Unique Series Being Published

Barbara Polston, whom many readers know as a long-time Country Register contributor, is publishing a new series of special stories geared to young children exploring the creation of family through the tales of a puppy named Brian.

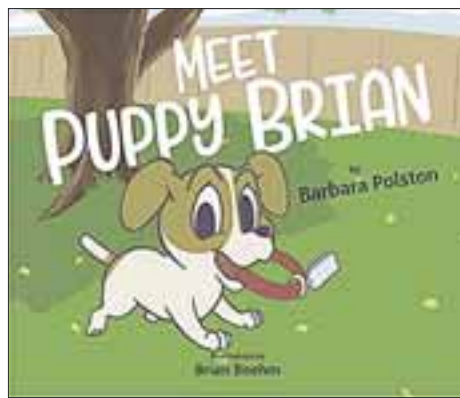
Barbara usually writes about her quilting passion, but these new books had their own genesis, which she talks about below. You can learn more at www.puppybrian.com. The first book, *Meet Puppy Brian*, is now available.

The author of *Quilting With Doilies: Inspiration, Techniques, and Projects* (Schiffer Press, 2015), Barbara now lives in Tucson, AZ, and tells us that she has failed at retirement, but is getting more time at her sewing machine. Contact Barbara at barbarapolstonquilter@gmail.com.

The Adventures of Puppy Brian

by Barbara Polston

My daughter and I had the notion that we wanted to adopt a puppy. We researched various breeds and made a list of everything we hoped to find in our new family member. A friend, a foster pet parent for Mini Mighty Mutts Rescue in Phoenix, Arizona, was given the list and our search began. Finally, she found just the right puppy and our pet adoption journey with Puppy Brian began.



I have spent a good deal of my career in the child welfare arena. I witnessed children lose their birth families, but find nurturing care and love in foster or adoptive families. My own family is a bit non-traditional, created through tragedy and choice. I pondered the similarities between our pet adoption story, our family's story, and those I learned about while working within the child welfare system.

The idea developed to tell stories about the creation of family through the stories of Puppy Brian's life. I wanted to tell these stories to young children—preschool to early elementary ages—to help them learn that families can be chosen, develop empathy for others whose life journey might be different, and assure them that, if they lost their birth family, they should not lose hope. Telling these stories through the eyes of Puppy Brian gentles the underlying message and offers the opportunity to discuss these topics with children at their level of understanding. Besides, what child wouldn't love a cute little puppy—and Puppy Brian is adorable!

It was my great good fortune to have worked on several projects with Brian Boehm, a superior illustrator and graphic and web designer living in Maryland. When I asked him if he wanted to join me on this journey and become the illustrator of these stories, his response was a resounding "yes." Work on the first book, *Meet Puppy Brian*, began in earnest. I felt strongly that I wanted to also support Mini Mighty Mutts Rescue because, without their work on behalf of the underdog, Puppy Brian would never have entered my life much less survived.

Meet Puppy Brian was officially released on November 1. For each book sold, a donation is made to Mini Mighty Mutts. Books may be ordered online at www.puppybrian.com or through major online booksellers like Amazon and Barnes and Noble. The second title in the series is planned for release in Spring 2023, continuing Puppy Brian's story and the creation of his very own family.

If you are considering adding a furry family member, please, adopt, don't shop! For those in the Phoenix area, more information about Mini Mighty Mutts Rescue is available at www.minimightymutts.com. Please search "pet adoption" for rescue groups in your own area.

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Search for the underlined words in the recipe in the word search below!

Squash, Vegetable Stew

recipe by Patti Lee Bock of New Ulm, MN

- | | |
|--|---|
| 1 medium sized <u>eggplant</u> | 2 <u>garlic</u> cloves (<u>crushed</u>) |
| 1 yellow <u>squash</u> | 1/4 cup chopped fresh <u>parsley</u> |
| 1 cup <u>olive oil</u> | 1/2 tsp dried <u>marjoram</u> |
| 1 medium sized onion (peeled and <u>chopped</u>) | salt and <u>pepper</u> |
| 2 medium sized <u>tomatoes</u>
(<u>peeled</u> <u>chopped</u> and <u>deseeded</u>) | |

Peel and remove stems from eggplants and squash and cut into cubes. Heat oil in sauce pan. Saute onions in oil until tender. Add eggplant and squash cubes. Saute for 1-2 minutes. Stir in other ingredients. Cook slowly, covered, for about 25 minutes or until eggplant and squash are cooked. Stir occasionally. Serves 4-6.

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which has long been a source of medicinal plants for the Ojibwe Indians, represented a barrier to European settlers who tried in vain to drain it. Today, many of the native plants, including yellow-eyed grass, bog rush and two kinds of sundews, are on



Minnesota's endangered or threatened species list. From orchids to carnivorous plants to rare birds, visitors will see a mixture of fascinating and rare resources. The southern unit includes a campground with 31 campsites (26 electric sites) winterized camper cabins, a sandy beach, picnic grounds, and great fishing.

This largely wilderness area is home to moose, white-tailed deer, black bear, gray wolves, fox, bobcat and other mammals. The bog also provides habitat for more than 300 species of birds. The great gray owl and Connecticut warbler are two species of particular interest that make their home in the Bog. A number of reptiles and amphibians also inhabit the patterned peatlands of the area, including the snapping turtle, gray treefrog, western painted turtle, spotted blood salamander and northern leopard frog.



An incredible view can be experienced from the cab of the fire tower. You can see miles of blue water on Upper Red Lake to the west; Highway 72 heads to Baudette in the north; ovoid islands of spruce and tamarack trees poke up from the Big Bog to the northeast; trees line the Tamarac River to the east; and Highway 72 runs south to Kelliher. A camera on the tower's west side sends a live feed to a kiosk in the visitor center for those who are unable to make it to the top.



You can access the bog via a mile-long boardwalk which allows visitors to experience the unique plant and animal life of the Big Bog first-hand. Wheelchairs and strollers roll easily on specially designed panels that allow vegetation to grow underneath. The boardwalk features several benches along the way to stop and enjoy the peacefulness of the Big Bog. Hiking the longest boardwalk in the United States sends you into a world that was once unreachable to visitors during the summer months. Step onto the boardwalk and view rare plants and wildlife found only in the bog. At the halfway point rest on the benches and enjoy both the view and the refreshing breeze that blows through the bog. An open area runs east and west here and is the remains of a judicial ditch dredged in an effort to drain the Big Bog in the early 1900s. This attempt to open the land for farming and provide access to islands of timber was never successful.

Information from www.dnr.state.mn.us/state_parks. Visit the website for more information, pictures, hours and fees.



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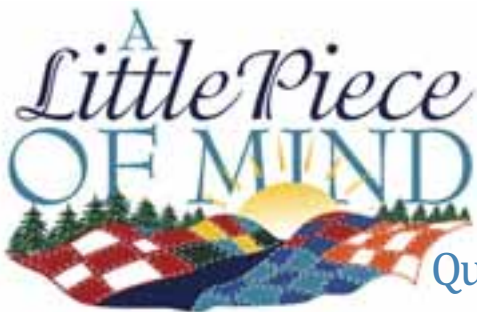
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This month in Minnesota History

January 1, 1878: On an unusually balmy day, the steamer Aunt Betsy carries a load of passengers from St. Paul to Fort Snelling. Crowds line the Jackson Street landing, the bluffs, and the Wabasha Street Bridge to watch, and the passengers carry palm-leaf fans to stave off the heat.

February 16, 1864: The Waseca County Horse Thief Detectives are organized in Wilton. One of several such settler-colonist groups, it continued to hold social meetings after 1880 and, when horse-thieving became a thing of the past, it focused its energies on tracing stolen cars..

From The Minnesota Book of Days (Minnesota Historical Society Press)



Presidents' Day Monday, February 20th



GIRLFRIEND WISDOM



Are you as Happy as your Dog?

Inspirational Author Alan Cohen has written a book we should all consider: "Are You As Happy As Your Dog?" He found it a worthwhile question and studied his dog Munchie to learn some life lessons from his furry friend. Munchie was happy - all the time. He lived in a state of delight and discovery. I know every time I left my house, upon my return, my little Coco jumped for joy that I had returned - it might have been 20 minutes, or 3 days - always the same. Tail wagging, happy jumping with sweet little whimpering noises. Our little friends do live in a state of Delight and Discovery. Now that is a worthy goal! It is a new year, a fresh start for goals to enjoy more happiness in our lives. **GIRLFRIEND WISDOM:** Let us seriously consider the question and find a few changes in our behaviors by asking: **Am I As Happy As My Dog?**

Joy & Blessings,



Girlfriend Wisdom is written and illustrated by Jody Houghton®.
 Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com



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Pieces From My Heart

by Jan Keller

No Regrets

"I like the way you get things done—start to finish," a friend wrote to me many years ago.

I've kept the letter. I've read and reread it many times—especially when I'm falling behind and nothing seems to be getting done. Nevertheless, I realized this person really had hit upon the essence of the way I try to live my life. If there's something needing to be done, I make every attempt to try to immediately do it.

Some say I'm organized. When they do, I laugh to myself. The truth is I'm forgetful. Very forgetful! If I don't immediately take care of something, all too often it will slip off into some obscure oblivion, only to be forever forgotten.

Frequently I lie in bed at night only to suddenly hop up and out from under the warm covers. Maybe my abrupt action is because I remembered I forgot to turn down the thermostat or start the dishwasher. Maybe I remembered some item I forgot to add to my shopping list. Maybe I remembered I forgot to get a card in the mail for somebody's birthday or to extend a wish for better health.

Knowing me as I do, I know if I don't hop right up and complete the task, it will either bug me and keep me awake, or I'll drift off and never remember it again. I'm so bad about forgetting that it's not enough that I get up and 'start' by getting the card ready to mail. Oh no! Even if it's 3 a.m., I feel compelled to 'finish' by putting on my coat so I can take the card to the mailbox. Then, when I go back to bed, I can rest assured and put the entire matter out of my mind.

Even though I like to get things done, a lot of good intentions slip by and never get tended to. I'm keenly aware of this every year as I take my old calendar off of the wall and prepare to put up its new replacement. All of those clean square little boxes seem to represent only the best hopes and dreams for the future.

As long as the year lies ahead there are no postponed or cancelled plans. Not a single day is set aside for illness. Disappointment isn't included in the plan. No grief is scheduled. Filling those blank spaces is the optimism for all that's hoped for and might be achieved in the approaching but yet unknown future.

It's when I look back and review the spent year recorded in the old calendar's graphic filled-in, scratched out, and written over block format that I realize how short I am of living my life to its fullest.

The following excerpt from a Christmas letter caused me to realize I'm not the only one with regrets. I'm sharing it because of its wonderful challenge for the New Year.

Holiday time for our family seems to lend itself to conversation of past and present friends and of "good times." Nostalgia seems to surface, as do regrets —of letters not written, phone calls not made, and not enough time spent with family and friends.

This Christmas we agreed it's time to send out our best wishes and love to all of our friends and family. And so—we wish you all a wonderful New Year filled with prosperity, good health, and most of all—NO REGRETS!

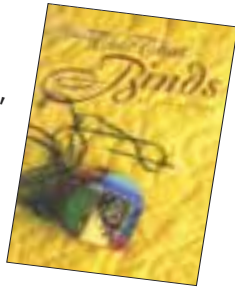


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KISSed Quilts

by Marlene Oddie

Do you AnglePlay®?

Many years ago I became aware of a template method of patchwork piecing called AnglePlay®. Margaret Miller designed the method and developed templates that give you perfect points when you sew two half rectangle triangles into a rectangle. Many of us have done this with squares, but a rectangle? That can be very tricky with the weird angles at the corners.

Some years ago you may remember that I was in the McCall's Quilt Design Star challenge. The year before, Julie Luoma was also in the same challenge and I admired her designs. She wrote me during my season and affirmed my work.

A few years go by and I got to meet Julie at a local quilt show where she and her husband were in their Off the Wall Quilt booth. They had purchased the AnglePlay® system from Margaret and were now making the templates themselves and promoting the system. It took some time to realize all the connections from our past but, when Julie wanted a pattern tester last year, I decided to get out the templates I had never used and test her pattern—Urban Lights (see pic). I learned a lot but, most importantly, I gained confidence in a new shape to use when designing quilts!

During this pandemic, Julie put her thinking cap on and started creating a bigger online presence—including offering AnglePlay® teacher certification through several online sessions. I jumped at this chance to go through the certification process from my own home!


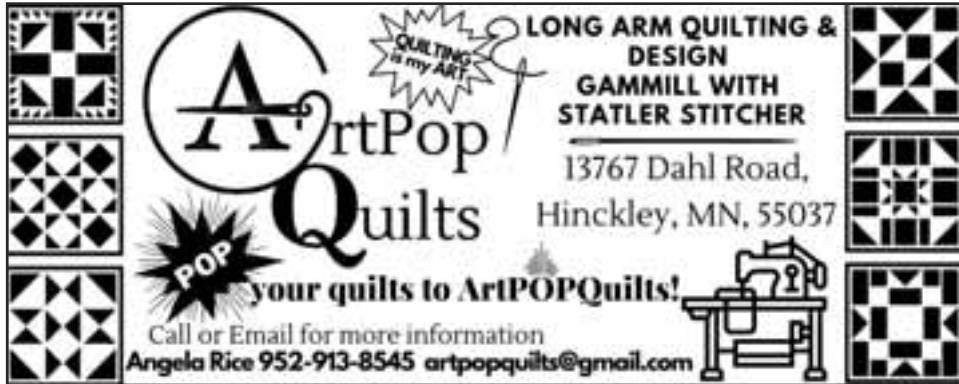
With that process under my belt, I've been developing new designs and class options to offer online. Interested? Let me know! You can find AnglePlay® instructors at <http://www.offthewallquilt.com>. Watch for several new patterns and class offerings coming out in 2021.

Sometimes we may not understand in the moment how a connection made will impact our future. As we head into 2021, may your connections be meaningful and productive.

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA, at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Templates, patterns, kits and fabric are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts/>.

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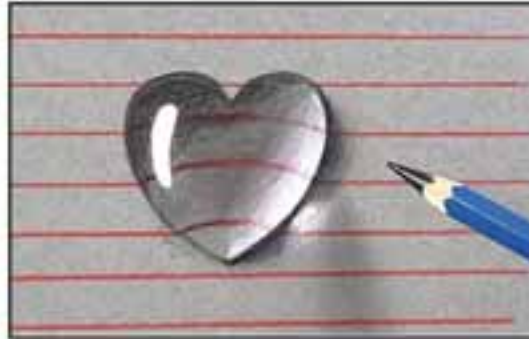
2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

Kathy J. Sotak

Why Write, Draw or Do Anything in Life?

I started painting my fingernails in the 6th grade. Not just any ordinary painting, you see. It was my canvas. With the tiniest of paintbrushes my mother dug up from her art set, I drew designs. This included polka dots, stripes, or sometimes "GO ORIOLES!" our school mascot. (Conveniently one letter per fingernail, plus the exclamation mark.)



On Sunday evenings, I'd grab my plastic bin of supplies. It was the first ritual I'd ever created. My heart was palpating to see what emerged. I worked at the dining room table, while something like Wheel of Fortune, Matlock or Murder She Wrote played on the tiny TV. By the time the 10 o'clock news came on, my nails were dry. It was complete.

The second part of the ritual was Monday morning. My classmates would run over to grab my fingers, wanting to see this week's creation. I'm not sure if they thought I was weird or cool. It didn't matter because it brought me joy.

I didn't do this to start an artist career. I did it because it stirred something inside of me.

What stirs you, inside of you? Sometimes I catch a glimpse. It may be your catchy earrings, your knitting or your gardening. It may be in your meticulous landscaping or your social media photography. I see it in your carpentry and your caregiving. I see it in your quilting and your cooking.

Kurt Vonnegut, an important voice in the 1960s+, later responded to a high schooler's letter by saying, "Starting right now, do art and do it for the rest of your lives." He challenged the kid who sent the letter to "Write a six-lined poem, about anything, but rhymed. Make it as good as you possibly can. But don't tell anyone what you're doing. Don't show it or recite it to anybody, OK? Tear it up into teeny-weeny pieces, and discard them into widely separated trash receptacles. You will find that you have already been gloriously rewarded for your poem. You have experienced becoming, learned a lot more about what's inside you, and you have made your soul grow."

Perhaps this is the pathway to happiness. This is why we choose to create art. It is why we create YouTube channels or TikTok videos. It is why we have obscure hobbies or collections.

On the surface, I may not understand your choice of expression. But on the inside, I see that your expression is your doorway to happiness.

This is why I write. I may not be a David Whyte or an Oscar Wilde. I may not be a Stephen King or a Jodi Picoult. That is not my goal. I write because words are my way to find deeper meaning in this turbulent human journey. As a bonus, I also connect with you.

How are you expressing your creative self? If you aren't sure - just pay attention to when your heart ignites.

Then do more of it. I dare you.

For more of Kathy's work go to www.2MinuteLift.com

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Winter Walk

by Nancy J. Nash

In many parts of the Northern hemisphere, winter seems to last a long, long time. We wonder what it will bring - heaps of snow, freezing rain, temperatures well below freezing?

Gone are the deep red roses that looked like brilliant balloons about to float away on a mellow day last summer. Gone are the green leaves of trees that glowed like lanterns when lit by the sun. The patchwork combinations of fall reds, oranges, and yellows have disappeared without a trace. Birdsong is sparse, as are the shouts and laughter of children.

One wintry day, I decided to walk around the hardware store parking lot for a little exercise. There were only a few vehicles scattered about, candidates for bringing home purchases of shovels and ice melt rather than lawn chairs or patio tables.

At the edge of the lot, I noticed the silence. It seemed like a presence that had emptied the air of sound.

A snow-covered field bordered the rim of pavement, and close by, a cluster of straw-colored weeds tumbled over each other. Where had these slender stalks come from? What was the point of their existence? Did anyone else even know they were there? They seemed stranded in space, held in the cold emptiness of the universe as the earth turned toward night.

I found myself musing: why should there be anything at all in our cosmos? "Nothingness" would seem to make more sense than the incredibly intricate creation of which we are a part. Yet here they were, against all odds, meadow grasses silently bending in arcs as shadows lengthened.

Winter can appear empty—and yet there is life in seemingly lifeless weeds. There is beauty in the lacy outlines of leafless trees against the twilight sky. Take time to notice. Take time to wonder. As stars emerge like tiny silver buttons scattered across the dark velvet of night, contemplate what lies beyond human eyesight.

The longing for meaning exists deep in our hearts in all seasons. The stillness of winter days can nudge us to tend to this desire, showing us how to stir the embers for a renewed spiritual journey. May this longing start us on the path to walking with our Maker every remaining day of our lives.



© 2022 Nancy J. Nash. Nancy has a B.A. in English composition from Mount Holyoke College and an M.F.A. in Writing for Children from Simmons College, with two books listed on Amazon.com (Mama's Books: An Oregon Trail Story and Little Rooster's Christmas Eve.

Duluth

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happy new year

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Writing From Life

by Jeanette Lukowski

New Year's Ideas

It's that time again! New Year's Resolutions. We hear about them almost everywhere we turn: make a resolution to lose weight, make a plan to start exercising, make a goal to renovate the house, make a plan to start a garden.

Doesn't it always sound great? Until we face the check-in on those plans in about February. For some, it's a great report! For others, it's just another reason to beat ourselves up, because "I failed to" do whatever had seemed like a good idea in that last week of December or first week of January.

What if we take the pressure off ourselves? What if we were to simply change the language we use? Rather than referring to something as a Resolution, why not call it an idea? Or even a project? As in, "I have this idea for a project I would like to explore. Remember that section of the garden that didn't bloom so well last year? What if I try planting some new flowers in that area?" Or "I'm thinking it might be fun to join my children/grandchildren this next spring when they go to hike [insert location here]—so walking around the block every time the weather is good will help increase my stamina!"

Without making the goal too strict (like walking three miles every day, rain or shine) or too vast (like creating an entire new garden in the part of the yard where the swing set has sat unused for five years), we can turn the task into a routine—a routine which conveniently begins with baby-steps.

At about this time last year, I heard about a Quilting Journal. As a writer, I was intrigued by the idea. A quick internet search presented me with information about quilting journals I could purchase—and the information meant to be recorded for posterity in those keepers-of-notes-and-swatches.

It seemed like too much work, so I closed out of the internet search and headed to the refrigerator. Yep, one could say I'm an emotional eater.

The idea of the quilting journal lingered, though. I realized I have lots of different notebooks (I can't help myself from purchasing a new one when it's on sale or has a cute cover). Why not just use one of them?

By about March, the quilting journal had simply become a habitual part of starting—or finishing—a quilt project. On some pages, there are notes from quilt guild meetings; on other pages, quick sketches or measurements of a quilt project I saw, heard about, or had an idea about on my own. There is even one page with a taped-on page of graph paper, documenting the details about a quilt I had sketched out to capture the design.

I have enjoyed recording each project when completed. I think I'll continue it this new year. Maybe I can even add something new, like a log of new quilt shops I visit! One a month?

© Jeanette Lukowski 2023. Jeanette is a mother, grandmother, teacher, and author who lives in Mankato, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com



Valentine Note

by Barbara Kalkis

The Best Day and Way to Say "I Love You"!

There are lots of ways and days to say, "I love you!" Birthdays, anniversaries, airport greetings and farewells, mornings off-to-work or off-to-school, hospital visits. The words can be lighthearted, serious, expressed with deep emotion at any event on any day. But how often do we say it?

If the answer is "not enough", Valentine's Day is meant for you. This one single day of the entire year is about and specifically dedicated to love. Birthdays, anniversaries, and other events invite – but do not require – a proclamation of love. Valentine's Day is different. It nudges us to announce our love for someone—anyone—or any reason.

Consider it a make-up day for all the other days we forget to say thank you ... I appreciate all you do for me ... I never told you how much you mean to me ... thank you for helping me get a job ... my child is so happy to have you as a teacher... you are the best secretary/assistant/manager I've ever had ... your friendship means the world to me.

SOMETIMES WE NEED A REMINDER.

When I was teaching, one of my 8th grade students visited me every morning before she went to her "home" classroom. "Ellen" was a talented artist with a gift for design, color, and beauty. I let her use one chalkboard as her canvas to create her whimsical drawings because they exhilarated everyone who entered the classroom.

One morning in January, she came to my desk and shyly confided that her favorite day in elementary school was Valentine's Day. All the kids would write their name on a brown bag, decorate it, and hang it on the wall. On Valentine's Day, the children had to give everyone in their classroom a Valentine. No exceptions. She said she missed those days and the notes she received. Her wistfulness and longing not only touched me but signaled a need a teacher cannot fill.

I took the hint. That day, I told her class that we would have a Valentine's Day exchange. Everyone was to give a Valentine to every other classmate. My 7th grade homeroom students adopted the idea when they saw the bags go up on the wall. Soon the walls were covered with bags as word spread about the special event.

That Valentine's Day became a joyous celebration of cards with names and mystery senders. For one day, the sophistication of being 13 years old disappeared. It became a day of surprise and laughter.

Doesn't that make perfect sense? Don't we all wish to hear that we are special to someone? And isn't there true joy in being the person who gives that joy to someone else?

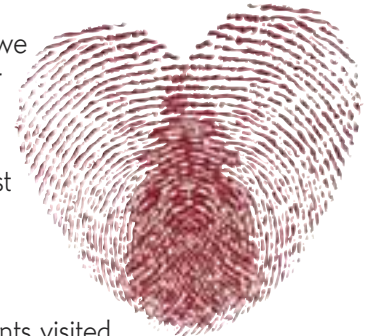
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It's easy to say, "I love you!" Saying it on Valentine's Day makes it extra special.

©Barbara Kalkis. Barbara is a long-time high-tech marketing and public relations consultant, but her first loves are teaching and writing. Her poetry book, *Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm*, was published in 2021. Contact her at Barbarakalkis01@gmail.com.



Country Register Recipe Exchange

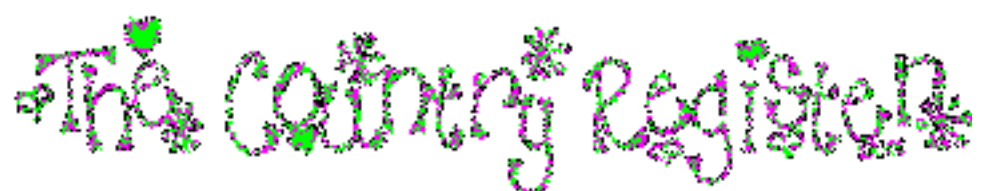
Tuscan Bean Soup

submitted by Patti Lee Bock of New Ulm, MN



- | | |
|--|---|
| 1 large onion - finely chopped | 2 cups canned or fresh chopped tomatoes |
| 2 cloves garlic - minced | 4 cups beef broth |
| 2 tbsp olive oil | 2 tsp dried oregano |
| 2 medium zucchini - chopped | 2 tsp dried basil |
| 1 large carrot - chopped | 1 cup elbow macaroni |
| 2 1/2 cups canned kidney beans - drained | |

Saute onion and garlic in oil over medium heat in a large saucepan for 5 minutes or until soft. Add carrot, zucchini, kidney beans, tomatoes, broth and seasoning. Cover and bring to a boil. Reduce heat and simmer for 30 minutes. Add macaroni. Cook for 12 minutes or until macaroni is tender but still firm.



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