



MEMORIES MUSINGS

By Cheri Sims
Cheri lives, writes and gardens in Charleston.

It looks like I will, once again, not be traveling to Quebec City and Nova Scotia this year. The borders are still not open to crossing and the new possible opening date has been pushed back past my travel plans. Not to worry, fresh foods are in season and the weeks I plan to travel I will simply cook myself into exhaustion and pig out on my versions of my favorite Canadian foods.

I visit the website "Novascotia.com" frequently for new and old, traditional recipes and one of my favorites is "Hodge Podge." While hodge podge can mean a combination of any number of things, here in Nova Scotia it means supper is on. This traditional local dish is a delightful way to incorporate fresh seasonal ingredients for a simple-to-make but delicious one-pot meal. This recipe combines beans, carrots and peas, but the beauty of the dish is its ability to adapt to what's fresh and seasonal". With the help of a couple friends and my container garden I have fresh beans, peas, carrots and potatoes and as I am writing this weeks' missive a pot of Hodge Podge is bubbling on the stove. I first tasted this delicious soup/stew at a B&B outside of Halifax, Nova Scotia and was lucky enough to be able to buy another bowl the next day, to take with us as we resumed our tour of the area. It was as delicious left over as it was freshly made and I recommend this highly when the vegetables are in season. I ate my bowl of Hodge Podge on a Nova Scotia backroad at the house where the TV series "Jesse Stone" (starring Tom Selleck) is filmed. Hubby crossed the bridge and sketched the house, grounds and bay while I was eating and later that

year he executed a lovely painting of the scene.

This is the time of year when split pea soup can be found on many area restaurant menus across Quebec and Nova Scotia and Northern Maine. According to sos-cuisine.com "Quebec-style split pea soup really is quite different from the varieties most areas might be familiar with. For one thing, it uses yellow peas. For another, it's much heartier than a typical pea soup, since it's made with lard and chunks of pork belly." I have tried my best to copy this delicious soup and have come close but still crave the real thing. Most published recipes use chicken broth and green peas but if you try it with the lard and yellow peas you will always make it that way. My second favorite veggie dish from our travels was the beet top soup I had many times as we would visit or drive through Tatamagouche and Antigonish, Nova Scotia, Canada. We attended the oldest continuing Antigonish Highland games outside of Scotland on numerous occasions and tried to eat at the same diner in order to have their beet top soup. I came pretty close making it at home only one time but I ate so much I did not want any more for quite awhile.

On all of our vacations I would spend every night sitting out on a balcony or deck watching whatever water scene we had selected for the night; a bay with activity on the docks or boardwalks or a river with wildlife; I would end my evening with a pastry and a "London Fog". While originally attributed to Vancouver, Canada this drink can be found all over Canada. Good coffee is not always easy to find in the back country or out of the way towns



but one can always find Earl Gray tea and you can make this yummy drink in your hotel room. Drink it hot or cold, just steep Earl Gray tea and add milk and vanilla syrup. Of course, in Quebec Province you have to use maple syrup and I always buy a bottle as soon as we cross the border so I can make it traditional Canadian style. I don't know if it is the "London Fog" or the daily activity but I always seem to sleep better up there.

I had planned a week in Quebec City and was quite looking forward to copious amounts of Poutine, which is French fries, curd cheese and Canadian Poutine gravy.; but here again I have seven packages of Poutine gravy in my cabinet, I just purchased five pounds of red potatoes and on my last trip to Arthur I stocked up on curd cheese so all I have to worry about is all the weight I will gain while eating and dreaming of walking around the 300-year-old walled city.

I will miss the smell of the old town which is a combination of the many street foods from crepes to smoked meat to the wonderful French bake goods, the many fra-

grant floral hanging baskets dotted all around the twenty block area, to the smell of the St Lawrence river and the lingering faint odor of horse poo. Yes, you read that right; Quebec City has the largest group of horse drawn carriages we have ever seen on our travels but the town is relentless in their street cleanliness. The street washing trucks are out every night between 2-4 a.m. and they even flush their street drains regularly.

I can not say enough about the French pastry in Canada and this is one thing I have never been able to master and believe me, I have tried. I absolutely love the French berry tarts but I just can't get the hang of making the glossy clear topping. You look at the rows and rows of the tarts in the bakery cases and it makes you appreciate the talent it takes to execute these delectable offerings. When it comes to desserts we have tried just about everything from their maple pie, sugar pie, napoleons, puddings and cakes and sucre la crème, which is a traditional light colored fudge from Quebec Province, but Hubby and I always seemed to choose something

can be freed and restored to a normal state. Chiropractic and massage are two effective ways to get your fascia moving again. Another great way to get your fascia healthy is movement. The more you move, the more your fascia is heated up and lymph fluid flows. Heated fascia stretches better. Movement moves lymph fluid and leads to healthy muscles and organs.

The fifth rule of radical longevity is activating cellular regeneration. This rule has been the focus of much of my research over the last two years. Cellular regeneration occurs in all of us naturally, but if we can speed up this regeneration to the level

chocolate. For twenty years I would purchase the same "boule au rhum" (rum ball) from "Patisserie Richard" until they went out of business and then sitting on my deck above the St Lawrence River was not the same. This delectable dessert was a rum ball with cocoa and rumcemeat and I have probably tried to make it thirty times here at home and just can't get the ingredients right. Hubby was happy with French chocolate anything from anywhere but he favored a dark chocolate filled eclair from any of the many bakeries dotting the city.

In Maine everybody seems to have a rhubarb patch and even some of the small town restaurants grow it out back of their buildings, so we were told by an owner. Strawberry-rhubarb pie, cobbler and tarts are plentiful in season all over Maine, Vermont and New Hampshire and New Brunswick so on many trips I would indulge in a rhubarb dessert many days in a row. The Maine Organic Farmers and Gardner's organization has a great web site and some delicious recipes <https://www.mofga.org/resources/recipes/rhubarb/>.

I have found a pretty good substitute for the eastern and northern strawberry-rhubarb pie recipes at "Yoders" in Arthur and have driven up there three weeks in a row to buy whole pies. Keep in mind that you must order the strawberry-rhubarb by Friday for Saturday pickup. So far I am delivering pieces to four different friends while saving some for myself. The Maine Pie Company makes theirs with a crumble topping and Yoders' does too.

Strawberry/Rhubarb sauce is very popular up north and one can find it at specialty shops as ice cream topping and pound cake topping. I have found it to be better than strawberry shortcake. Enjoy the bounty of the garden!

Hodge Podge
Hodge Podge, A Nova Scotia classic.
Ingredients
* 1 cup green beans, ends

- trimmed
- * 1 cup yellow beans, ends trimmed
- * 1 cup fresh peas, shelled
- * 10 baby carrots, halved
- * 4 potatoes, cut into chunks
- * 1/2 cup of butter
- * 1/2 cup of heavy cream
- * 1/2 cup whole milk

Directions
1. Place beans, peas, carrots and milk to a medium-sized pot. Season with salt and pepper and then bring to a boil.

2. After it reaches a boil, reduce the heat to a low simmer, checking often.

3. Add the potatoes, butter and cream. Simmer for about 45 minutes or until the potatoes are cooked through.

4. Taste and then season with more salt and pepper, if desired.

Strawberry/Rhubarb Sauce

- Ingredients**
- * 2-1/2 cups chopped fresh or frozen rhubarb (1-inch pieces)
 - * 1 cup water
 - * 1/2 cup sugar
 - * 2 tablespoons grated lemon zest
 - * 1/4 teaspoon salt
 - * 1 cup sliced fresh or frozen unsweetened strawberries
 - * 2 tablespoons lemon juice
 - * 1/4 teaspoon ground cinnamon
 - * 3 to 4 drops red food coloring, optional
- Directions**

In a saucepan, combine rhubarb, water, sugar, lemon zest and salt; bring to a boil. Reduce heat. Cook, uncovered, over medium heat until rhubarb is soft, about 10-15 minutes. Remove from the heat and let stand for 5 minutes. Stir in strawberries, lemon juice and cinnamon. If desired, add food coloring. Cool. Serve over cake.

Writer's Note: If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out. <https://www.tasteofhome.com/recipes/strawberry-rhubarb-sauce/>

REAL LIFE WELLNESS

By Dr. Bill Hemmer
More Radical Longevity

Last week, I started a discussion of a great book I just finished reading called Radical Longevity. This book gives a blueprint of how to live a healthy happy life until the very end. Of course, being in my late 50's, this is becoming ever more important to me.

The first three rules are, Immunity is everything, take on your toxic overload and

stop eating AGE's. I went into detail on these three rules last week. Those first three rules can be summed up very easily by saying, eat real food, get your rest and cook your food mindfully.

The fourth rule in this book is to free up your fascia for youthful movement. Your fascia covers every muscle, organ and tissue of your body. Fascia is the white covering

you see over top of muscles like a turkey leg. There have been tons of research done on the effect fascia has on your health and it is becoming more important after every study is completed.

Fascia is all connected. It weaves and webs around all of your muscles and organs. When it is a normal state, it moves and slides to allow lymph fluid to bath your muscles and organs and keep them healthy. But when your fascia becomes stuck or scarred, it doesn't move properly, and your lymph fluid can't bathe your muscles and organs properly. This sets up an environment for sickness and disease to occur.

The great news is fascia

can be freed and restored to a normal state. Chiropractic and massage are two effective ways to get your fascia moving again. Another great way to get your fascia healthy is movement. The more you move, the more your fascia is heated up and lymph fluid flows. Heated fascia stretches better. Movement moves lymph fluid and leads to healthy muscles and organs.

The sixth rule is minding your minerals. Minerals are extremely important for longevity. Minerals control and enhance almost every biological function in the body. What most people don't understand is that no mineral

we had in our 20's, wouldn't that be awesome?

Specific supplements have been shown to speed up your cellular regeneration. Certain Omega 6 fats, Vitamins C, D and resveratrol have all been shown to speed your cells ability to regenerate. Another huge part of this regeneration is making sure you are drinking enough water. I know I beat this horse often, but it is so important for so many reasons.

stands alone in the body. They are found in pairs or groups. So, taking calcium without magnesium and phosphorus and Vitamin D doesn't help your bone density, it actually makes it worse. Minerals have been totally simplified in healthcare. So much so, that only one mineral is recommended most of the time. This throws the body out of balance and leads to low energy, high blood pressure, brain fog and many other problems. Next week, I will finish this discussion with the final rule in the book. I will dedicate an entire article to this subject because it is that important. Stay tuned to see what it is!

Power industry faces clean-energy reckoning with Illinois Legislature

By Dennis Grubaugh
A battle continues over energy regulation proposals that failed to muster the

power needed to make it through the Illinois Legislature this summer.

Neither the utility in-

dustry nor clean-power advocates are happy with the present state of talks that fell apart on the last day of the spring session. The unprecedented effort to rework energy policy in Illinois is viewed as critical to the survival of power plants throughout the state, as well as the direction of renewable energy programs.

Left pending are proposals that have the potential to zap the pocketbooks of both consumers and utilities.

The last time policy saw such massive change was in the mid-1990s when customers became interested in shopping for their own electric supply. By 1997, Illinois had approved electric deregulation that kept utilities as regulated delivery companies but allowed them to operate on the free market, which those companies said has done a lot to keep costs reasonable for consumers in the years since. Patrick Evans, presi-

dent of the Illinois Energy Association, said the Land of Lincoln has one of the largest electric power industries of any state, representing a large investment.

"We support about one out of every 20 jobs in the state and actually pay about \$3.7 billion in taxes and do about \$4.6 billion in infrastructure spending here," Evans said during an appearance in July. Evans stresses that his association is "neutral" on the bill because his association has members on both sides of it.

The association was formed in 1994 to represent member companies before the Illinois General Assembly and the U.S. Congress. Downstate members include Ameren Illinois and Illinois American Water Co.

Illinois' path to the talks that failed this spring began about 2.5 years ago when environmental groups got together with several non-for-profits from the Chicago area to

create the Clean Jobs Coalition. Together, they created a bill, the Clean Jobs Energy Act.

It became one of three separate bills aimed at addressing the energy industry's future in Illinois, with the others coming from the Governor's Office and the affected unions, but differences over funding, jobs, clean energy goals and the fate of the nuclear fleet caused things to fall apart on the last day of the session, May 31.

The energy industry has incentive to negotiate: Its basic ratemaking framework will soon expire — for electric utilities at the end of 2022 and for gas utilities at the end of 2023.

The industry says its nuclear plant fleet, which produces cleaner power, is uneconomic in its current state.

After the nuclear disaster in Fukushima, Japan, in 2011, the capital costs of nuclear plants started going up dramatically to ad-

dress safety concerns.

As a result, the state's largest competitive generator of power, Exelon, has several facilities in northern Illinois that now lose money on a daily basis.

In combination with that, federal law began giving "priority dispatch" to renewable energy sources, which include the windfarms that began taking hold in northern Illinois in recent years. About a third of the time, Exelon, in places like the Quad Cities, is paying windfarms to get access to its own transmission lines.

"Our industry couldn't wait much longer to discuss the policy initiatives that had to be resolved," Evans said, "because we were going to have major power plant closures, not only in Northern Illinois but Central and Southern Illinois as well."

A crisis point came in 2020 when Exelon Generation announced it plans to

2021 CLIFF KAUFFMAN MEMORIAL TRACTOR DRIVE

Please join us in Arthur on Monday, September 6th for a 30-mile tractor drive in honor of Cliff. If you can't join the drive, we will have lunch tickets available to be purchased separately.

All proceeds will be going to the Down Syndrome Diagnosis Network and Central IL Down Syndrome Organization to help support kids with Down syndrome.

For more information, please check out the event on Facebook or email us at cliffkauffmantractordrive@gmail.com.

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