



MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

This has certainly been an exciting week of cooking. Friends from Decatur, who have an enormous garden expressly so they can participate in Farmers Markets; surprised me with two bushel baskets of assorted vegetables and apples. They decided to take a fall vacation instead of participating in the few last markets of the year and since they know I love to cook they thought I would like the fruits of their labors. They sure were right and I thank them.

I started my cooking journey with a couple bunches of radishes; while not my favorite food, I recalled my Granny Lowry would make creamed radishes for Grandpa for his noon meal and he would eat them with a thick slice of homemade bread and butter. That was his entire noon meal; I couldn't imagine eating creamed radishes so I decided to find a recipe since I do not have many of Granny's recipes. I did recall Granny used bacon grease instead of butter so I substituted in the recipe. I liked it!

Second on my food journey was beets, while a bit woody I was able to make my Canadian beet soup, which I enjoyed for

lunch and also froze a couple containers for winter. I also cooked a few and pickled them in a sweet and sour herb mixture and froze them as well. They will be a bit mushy when I use them this winter but I won't really mind. I did not have enough green tomatoes to make tomato mince this year but I did have fried green tomatoes for an evening meal this week. While root vegetables really do not freeze well, I am the only one eating them so the consistency is not a problem. Later in the week I boiled turnips and potatoes together and mashed them with butter and onion. I have found that a large container of mashed anything thaws pretty well and when reheated retains the flavor and consistency. There were also a couple large parsnips in the basket so I also boiled and mashed them to use as a flavoring agent in winter cooking. I save small mushroom jars and this size jar is the perfect size to freeze items for soups and stews for winter. I also like baked parsnips and I will share my favorite parsnip recipe this week. Grandpa Ed loved carrot jam, which as a child I had

never heard of and when I did eat it I loved it. I have never found his recipe but I do recall it was made with brown sugar and no lemon or lime; Grandpa hated lemons and limes. This is the original recipe I use but I substitute brown sugar instead of white and I eliminate the lemon and lime and it really tastes like what I remember from sixty years ago.

The bottom of one the baskets contained a small bag of green beans, the last of the season and boy were they yummy when I simmered them with bacon. The other basket had lots of little baking pumpkins so my next project is to bake them and use the pulp for my version of pumpkin butter which is simply the recipe for pumpkin pie baked in a foil lined baking dish without crust. I know that is a bit more fattening than just stewing the pumpkin down with sugar but I like it that way.

The last fun with food I will have this week is making vegetable soup. I decided to save all the little pieces as I peeled, chopped and diced from the two baskets of veggies and ended up with enough for a whole pot of soup. I was curious to see how much food normally gets thrown away and was surprised. Old fashioned veggie soup is such a pleasure and Granny made it every year after fall harvest.

Thank you to friend Larry, who is as good a

cook as he is a tennis player. He took the potato soup we published a couple weeks ago and improved on it so amazingly that I told him it was worthy of a "haute cuisine" label. In his text he told me that he used frozen hash browns, onion stock, whole milk, cheddar, cream cheese, sour cream and to thicken he used powdered potato mix, (remove the dehydrated potatoes), and herbs as you wish. Wow! I will try to make it this way the next time... Thanks, Larry. Peanuts Fans Alert! Mark your calendar, this Sunday, October 24, PBS will air "It's the Great Pumpkin, Charlie Brown! Check your local listing for the time. I have watched this show every year since it first was aired in 1966 (I was 18) except for last year when it was not shown. I love the music which was performed by the Vince Guaraldi Sextet and I made sure my son watched it with me when he was two months old.

Happy Cooking!
Carrot Jam
Ingredients
 * 1 pound carrots, peeled and grated (about 4 cups)
 * 1 orange, juice and finely chopped zest
 * 1 lemon, juice and finely chopped zest
 * 1 lime, juice and finely chopped zest
 * 3 cups sugar
 * 1/2 teaspoon salt
Directions
 1. Have ready 4 half-pint jars with suitable lids,

if planning to process in a water bath. If not, any container(s) totalling 1 quart will do. Remove zest and then juice the fruits. There should be about 1 cup total juice.
 2. Heat all ingredients together over low heat until sugar has dissolved, 3 - 4 minutes. Raise heat to medium and cook, stirring often, until thick, about 30 minutes.
 3. Spoon jam into containers. If processing, leave 1/4 inch of headspace in the jars and process while hot. If refrigerating or freezing, cool to room temperature first.
 4. This jam will keep, refrigerated, for weeks, but for longer storage, freeze or process in a water bath.
 Note: Although the jam can be used immediately, the flavor improves after a few days. <https://www.recipe-tips.com/recipe-cards/t--2336/carrot-jam.asp>
Creamed Radishes
Ingredients
 * 2 bunches of radishes (about 2 cup after the leaves and roots are cut off)
 * water
 * 1 teaspoon salt
 * 2 tablespoons butter (Granny used bacon grease)
 * 2 tablespoons flour
 * 3/4 cup milk
Directions
 1. Wash the radishes and cut off the leaves and root, but do not pare off the red skin. Put radishes in a saucepan and cover with water. Add salt and

bring to a boil using high heat. Reduce heat and simmer until tender (about 25 minutes), then drain.
 2. In the meantime, in another pan, using medium heat, melt butter; then stir in the flour. Gradually, add the milk while stirring constantly. Continue stirring until the white sauce thickens. Gently stir in the cooked radishes. Remove from heat and serve. <https://ahundredyearsago.com/2018/06/03/creamed-radishes-recipe/>
Paula Deen Baked Parsnips
Ingredients
 * 2 lbs cut into 3-inch strips parsnips
 * 4 sprigs fresh thyme
 * 2 tablespoons olive oil
 * to taste salt
 * to taste black pepper
 * 1/4 bunch chopped fresh parsley
Directions
 * Preheat oven to 425°. In a large bowl, add parsnips, thyme sprigs, olive oil, salt and pepper to taste, toss together and scatter in a single layer onto 2 sheet trays.
 * Bake for 10 minutes, turn parsnips to ensure even browning on all sides. Place back in oven for another 10 minutes, or until slightly tender. When finished sprinkle with chopped parsley and adjust seasoning. <https://www.pauladeen.com/recipe/parsnip-fries/>

LIVE BLOOD CELL ANALYSIS

What is Live Blood Cell Analysis?

Live Blood Cell Analysis (LBCA) involves magnifying a single drop of blood, taken from a fingertip prick, to a magnification of 1,500 times and takes approximately 45 minutes and is recorded on a DVD. The live blood is then viewed under a microscope with a darkfield condenser which illuminates various components in the bloodstream, such as the state of red and white blood cells, undesirable bacteria and fungal forms.

Although Live Blood Cell Microscopy was invented over 80 years ago, only recently, due to the expansion of technology, has the client been able to become involved by observing the immediate test results on a monitor with their analyst.

Why do I need to keep my blood healthy?

Your bloodstream is like a river. It is responsible for transporting oxygen, nutrients, and other live-giving agents to and from the cells throughout your body to maintain optimal health; it is often referred to as the "River of Life". The blood is also a medium for detoxification; it delivers cellular waste to the liver and kidneys for elimination from the body. Unhealthy blood can resemble a swamp; this can cause your cells to become malnourished, injured, and/or they can turn into harmful free radicals.

A swampy terrain can be a certain indication of latent or undiagnosed problems and could lead to a degenerative disease.

In addition harmful bacteria and microorganisms can feed off these toxins, increasing your risk of disease.

It is crucial to maintain a healthy terrain to help ensure optimal health.

Who benefits from Live Blood Cell Analysis?

Anyone who is willing to make the effort to make some change in their life for the better, whether you are ill already, would like to prevent disease or you are simply wanting to feel your best.

In addition to the live blood... I will be adding a ph balance test and oxygen level test

Live Blood Dates
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If you would like to have an appointment, please call us at 217-578-3722.

REAL LIFE WELLNESS

By Dr. Bill Hemmer
 Your Best Life Meter

The older I get, the more I research I do to keep my patients and myself living our best life ever. The definition of my best life is my ability to handle my daily stress with joy, grace and ease, so I can stay healthy, productive and relevant.

The problem has always been how to measure your best life in a way that can be tracked and quantified so an action plan can be put in place to increase your ability to achieve your best life and then keep your life in that zone.

My latest attempt to do that is called my Best Life Meter. Imagine a meter that has a needle in the middle of the dial, which means it is perfectly in balance. When the needle is centered, you are living your Best Life.

This meter has two ends. On one end of the meter is inflammation.

When the meter is leaning towards this end, you experience pain, disability and lack of function. On the other end of the meter is your Immune response. When the meter is leaning too far to this end, you get sick, have allergies, diseases and have a poor quality of life.

Your Best Life Meter is in constant motion between those two ends with your best life being the perfect balance in the middle of the dial. Because we all need to have some inflammation to heal and repair our tissues and glands. And we all also need our Immune system to remain strong and be on the lookout for invaders that might be lurking to make us sick.

My current thinking is the best way to keep the needle in the middle and not allow your best life to suffer is using the Triangle of Health as the preferred tool to keep things in balance. The Triangle of Health is your Mental,

Chemical and Physical parts of your daily lifestyle. You need to pay attention to all three areas equally. Think of the Triangle of Health as the balance point for your Best Life Meter.

If your Triangle of Health is working correctly, your Best Life Meter is balanced, and you can live your healthy, happy productive life. If any of the three sides of the triangle are out of balance, then your Best Life Meter will go out of balance. So, all you really need to do is understand that your Chemical, Physical and Mental health are your keys to your best life ever and focus on them to live the life you deserve.

Each of us deals with different problems. Some Mental problems are best dealt with professionally. The same thing holds true with Physical and Chemical problems. But for the most part, once you educate yourself in each area, the vast number of issues can be dealt with on your own. You just need to find someone who will be willing to provide you with the specific information you need to make an informed decision.

Providing this information is my life's work.

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