

# Dorothy's Kitchen Korner

## Hot and dry – Now it's Pickling Time

Farmers, especially those with field crops, are lamenting the lack of rain during July. Whether it's a sign of things to come or just one of those summers when we have had very little rain it's not good for those to make their living from the land.

A lack of moisture and extremely high heat puts plants under stress providing a much lower yield. Those crops, which are normally harvested early, came and went so fast it was over before we knew it. The consistent high heat over an extended period of time caused the crops to be ready to harvest too fast causing a glut on the market and lower prices.

Sure we live in one of the best parts of Nova Scotia, and this summer's weather has proved that. However, I can't count the number of days, while listening to CBC Radio, Halifax, announcers were talking about how cool it was; heavy rains, thunder showers and anything about the weather which we had not faced.

Having said all that, I'm amazed how fast summer has come and gone. Within the next three weeks parents will be scurrying to get new clothes and supplies for students to head back to school. Within five weeks of this writing, school buses will be plying our roadways and school bells will be tolling.

Late August, once the berry season is over, it's traditional for a switch-over to pickling instead of jams and marmalades. Late August and early September brings us cooler nights and far less humidity. Actually it's my favourite time of year, as I find days and nights with high humidity most uncomfortable.

I really enjoy pickled beets, and will soon be doing up a few batches. Not complicated enough to use as a recipe here. I simply cook the beets, remove the outer skin, and cut to desired sizes (4 cups). Then I make up a mixture of 1 ½ cups white vinegar, 1 cup brown sugar, a dash of salt and pepper, and occasionally add a few cloves (10-12). Bring mixture to a boil until well mixed. Add sliced beets to hot sterilized jars, then fill with fluid. Using sterilized lids and caps, seal. Let stand overnight. Be sure to retighten lids once cool (overnight). You should have two 16 oz jars.

With the normally high volume of green tomatoes, for this month I have chosen a recipe for Green Tomato Chow Chow. A fair amount of work, but enjoyable. Start today, finish tomorrow. Here goes.



### Green Tomato Chow Chow

- 7 ½ lb (30) medium green tomatoes – thinly sliced
- ½ cabbage – finely chopped • 6 large onions – thinly sliced
- 2/3 cup coarse salt • 3 cups white vinegar
- 2 cups brown sugar
- ½ lemon – thinly sliced • ½ cup whole mixed pickling spice
- 2 whole sweet red pepper

Sprinkle salt over alternate layers of tomatoes, cabbage and onions. Let stand in cool place overnight. Drain off brine. Rinse vegetable in cold water and drain well. Place in a large kettle adding vinegar, brown sugar and lemon. Stir until all mixed together. Tie spices and red pepper, loosely, in muslin or double layer of cheesecloth. Add the spice bag to the vegetables. Bring to a boil (stirring constantly). Reduce heat and simmer, uncovered, stirring frequently until it reaches desired consistency, about 45 – 60 minutes. Pour hot mixture into sterilized jars. Seal immediately. Place hot jars on cookie rack. Let cool, preferably overnight. Check and retighten each bottle. Store in a cool place. Enjoy. YIELD: 8 – 450 ML (16 oz) jars.

If you have a favourite family recipe and would like it published in the September issue, please send on or before August 15th. Please send to:

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### Notes from our National Capital

#### Volunteers and Big Ideas Make History

It is one of the privileges of being your representative in the House of Commons that I also get invited to a lot of wonderful celebrations in the riding. Recently I was present at Ottawa House in Parrsboro to announce a grant by the Atlantic Canada Opportunities Agency for the refurbishment of the building.

The Parrsborough Shore Historical Society, which operates the Ottawa House Museum, was thrilled to receive contributions from ACOA and from the Municipality of the County of Cumberland. The money will go to replace windows and upgrade electrical systems, among other things. It gives the venerable old home a new lease on life.

But it was also a chance for the many volunteers of Ottawa House to celebrate their accomplishments over the past decades. The longevity and success of the Ottawa House Museum is owed entirely to them. These tireless volunteers spend countless hours getting the museum ready for opening each year, promoting the

attraction—and the entire area—to the public, and so much more.

It is these volunteers who put together this project and made the applications to the County and ACOA. They keep making the case for the Ottawa House Museum, and it works.

Sir Charles Tupper, my predecessor as MP for Cumberland, would be pleased to see that the house he named as a summer retreat has not only been preserved but has become a source of tourism revenue in the area and a rallying point for the community. Sir Charles's portrait hangs above the Members' entrance to the House of Commons. I am reminded every day I exit through those doors, thousands of times in the last 28 years, of his contribution to Confederation, and the commitment of those volunteers.

The Province of Nova Scotia has acquired another of Sir



Bill Casey

### Notes from our Provincial Capital

#### Groups receive outdoor recreational facility grants

Outdoor recreational facilities like trails, playgrounds and sports fields provide opportunities for Nova Scotians of all ages to be active and to have fun in their own communities. The Liberal Government in Nova Scotia supports a healthy, active lifestyle, and continues to invest in communities across the province.

Most recently, \$1.8 million has been provided to upgrade facilities in 65 communities, and many of those are in rural Nova Scotia. In fact, \$250 000 of that investment comes to the Fundy Region, which includes Colchester County. These grants help community groups, Municipalities and other not-for-profit organizations develop facilities to increase public participation in sport and physical recreation. Some examples include renovations to buildings, developing and/or maintaining walking trails and building and upgrading fields for sport and recreation.

Recipients in Colchester County include: West Colchester United Arena - new Zamboni; Tatamagouche and Area Trails Association - trail improvements; Brookfield Elementary School - Natural Playground;

Camp Evangeline - new playground; Victoria Park - playground upgrades and Fundy Trail Snowmobile Club - clubhouse expansion.

These grants are available through the Recreation Facility Development Program...a provincial program available from the Department of Communities, Culture and Heritage.

I want to congratulate those communities that will benefit from our Government's investment and thank the many volunteers and not-for-profit organizations who recognized a need in their community and who worked hard to prepare a successful



Karen Casey

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### News from our Municipal Council - District 9

#### I am guilty as well

Hope everyone is having a great summer! Summer brings with it beach weather. I know I am preaching mostly to the converted, but I feel I must speak for a moment on beaches and the respect for the beaches, other users and most importantly adjacent landowners.

The beaches, the shoreline of the Minas Basin, are one of West Colchester's greatest assets. Without question it brings many people to our communities and our region. Clearly this will and has caused some conflict with cottagers as well as local residents!

Please ensure and remind all your friends, associates and co workers to make sure they respect others; respect other people's private property and most importantly respect the beach! DO NOT LEAVE YOUR TRASH ON THE BEACH!!!

I would like to speak on the issue of Tidal Power. I can remember forty years ago attending meetings of the West Colchester

Rural Development Association. I think it was former Councillor Max McLellan who first brought up the idea of Tidal Power. At that time, we thought Economy Point was a great location. I know I was excited about it, even though it seemed to be pie in the sky. Many of us talked about all the great economic benefits.

Well, a tremendous amount of water has gone under the bridge, or, in this case, in and out of the Bay of Fundy over the past forty years. Clearly, given the move to clean green energy and the call for the reduction of Green House Gas Councillor McLellan (if it was indeed Max) was well ahead of his time in promoting this source of green energy production,

So here we are and it is close to reality. It is still exciting. There will surely be some significant economic spin-off. A tremendous



Tom Taggart

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Due to summer vacation, Doug MacInnes column is not available this month. It will return next month.

## NSPE 70<sup>TH</sup> "Celebrate Local"

### Continued from page 1

**Wednesday August 24** - The Rear Wheel Drive Demolition Derby will begin at 7pm with the Fiddle Fest to follow at 8pm in the Industrial Building! Please note: Celebrate Local Vendor Fair starts Thursday.

**Thursday August 25** - The Celebrate Local Vendor Fair will open at 10am to 8pm in the Industrial Building. There will be Live Harness Horse Racing on the track and a Learn-to-Bet

Night. Only \$2.00! Come take a chance and pick your favorite horse. A Nova Scotia Music Week Showcase featuring Alana Yorke, Three Sheet, and The Town Heroes starts at 9pm at the Grandstand Patio!

**Friday August 26** - The Celebrate Local Vendor Fair continues (10am to 8pm) in the Industrial Building. The Front Wheel Drive Demolition Derby starts at 7pm. Stay tuned for a big announcement on a good ol'

country concert!

Saturday August 27 - The Celebrate Local Vendor Fair continues (10am to 8pm) in the Industrial Building. The highly anticipated Truck Pulls are BACK!

**ALLWEEK** - Come out to see 4H, Forever Memories Equestrian Centre, the Farm Equipment Museum, Hinchey's Midway & Carnival, Festival Vendors, the Flower & Vegetable Show, Rug-Hooking, Photography, Fine Crafts and Home Baking in Industrial

Building! Check website for specific times for Goat, Sheep, Beef, Dairy, Draft Horse, Light Horse, Ox Pull, Tug of War, Rodeo, and MBRA Pole Bending & Barrel Racing shows happening throughout the week.

Please see website for entry forms for all of the above to enter any of the shows: [www.nspe.ca](http://www.nspe.ca) [@nspe\\_truro](http://www.facebook.ca/OfficialNSPE) on twitter and Instagram

Please note: information is accurate as of date of print. Check website for final times and locations. See you at the Ex!

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