

Dorothy's Kitchen Korner

Hodge Podge time

"Was it hot enough?"

Almost similar to last year, we were transferred from a cold, miserable, rainy June, to being thrown into the fire with extreme heat and high humidity. Yes we finally, we got a week of nice weather in early July to provide a preview of what was ahead.

The week of July 15th, it was like being in a bake oven. As bad as it seemed, we certainly did not experience the "heat dome" experienced by about 200-million friends to the south and parts of central Canada.

The weather didn't break here until Sunday afternoon, when it clouded over and a thunderstorm rolled in. Within a couple of hours, we must have received a couple of inches. I can't remember when it rained that hard.

As probably many of you know, I've been looking for a new lap dog, since early spring when my "Moe" got sick and that was the end. I thought I had struck it lucky when I learned someone needed to "re-home" a four year old Yorkie. We made a deal and I had him for a couple of days, but the previous owner missed him so much, he went back home.

I'm still looking for my new "four legged best friend".

Just before the heat wave arrived, we were able to convert four boxes into three batches of jam. Two strawberry and one strawberry-rhubarb. Actually Maurice did most of the work. When I commented, that is too much sugar, he decided to take over, as it was measured out accurately according to CERTO.

Of course, Maurice visited Truro Farmer's Market on Saturday and you guessed it, he came home with a bag of HODGE-PODGE ingredients. We have a good recipe, but I decided to see how it's made in other regions.

It's amazing the variations. Some included lots of garlic, shrimp and scallops. I did find one which seemed like a mid-winter one. Called Hodge Podge Chowder it used partial bags of frozen vegetables from the freezer. One to two cups of whatever you have: yellow, green beans; peas, broccoli, corn, spinach, etc. It suggested: 4 cups of beef broth; 28 oz can crushed tomatoes, plus garlic, salt and pepper to taste and grated parmesan cheese for sprinkling.

Here's the recipe we used this week. Sure was yummy. A great change.

Nova Scotia Hodge Podge

(Ingredients came in large bag, so we divided into two. Will make the second one within a few days. Determine size you want. Veggies about equal quantities of each.)

Green beans, cut into 1/3 or half.

Yellow beans, cut into 1/3 or half.

Peas in pod, snip ends, then cut to size include pods.

New potatoes, cut into 1.5" cubes

Fresh new baby carrots - cut to size

green onion with top, snipped to size.

Salt, pepper and parsley, to taste.

1/4 to 1/2 cup butter • 1.5+ tbsp flour • whole cream, milk.

In small amount of water simmer veggies in water with salt and pepper, until almost done. Do not drain. We combined butter and flour into frying pan, which we had just cooked burgers. (Extra oil and pieces of onions, added some zest). When thickened, we added cream and milk to make thinner sauce. Salt and pepper again to taste.

Pour creamy sauce over vegetables, and re-heat until thoroughly mixed. Add more cream or milk as desired. Serve and enjoy.

Surely someone has some great new BBQ, jam or pickle recipes. If you have a favourite family recipe and would like it published in the September issue, please send on or before August 15th. Send to:

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The Shoreline Journal

Notes from our Provincial Capital

Nova Scotia Has Fast Become a Tourism Hot Spot

As the MLA for Colchester North, and in my duties as a provincial cabinet minister, I have been incredibly fortunate to represent my constituents in the legislative assembly.

A recent article by CNN placed Nova Scotia on their list of most desirable places to visit this summer. We know our province is brimming with unique sights and attractions, scenic trails, plentiful historic sites, and incredible beauty from one corner to the other.

However, it is nice to be recognized for something we already know, and the province has worked hard to move Nova Scotia from a vacation haven to a prominent tourism destination. With our population at an all-time high at 966,858, our unemployment rate nearing the lowest rate on record at 6.6 per cent, and more Nova Scotians working full-time than ever before, it instills pride in all of us to say we are Nova Scotians.

Since 2013, tourism numbers have increased by about 500,000 visitors a year. In fact, last year was Nova Scotia's best tourism revenue year on record, with an estimated \$2.61 billion in revenue with an increase in visitors by air, and a 15 per cent growth in

tourists coming from overseas. Our tourism industry is on the move. The high tides of the Bay of Fundy, the historic grounds of Citadel Hill, or right here in our community at the Masstown Market, our province is continuing to show every corner of Nova Scotia has something appealing to offer to our visitors.

The province is always looking for innovative ways to support our tourism industry. Tourism Nova Scotia recently teamed up with Food Network Canada to showcase our province's exceptional and unique culinary scene. A new show called Big Food Bucket List will be featuring much-talked-about local eateries in Nova Scotia, including our community's very own Sugar Moon Farm in Earlton. Just last summer, the province introduced the Tourism Revitalization of Icons Program. An investment of \$6 million is available to upgrading some of our province's most iconic tourism sites, including Peggys Cove, the Lunenburg waterfront, Bay of Fundy, the Cabot



Karen Casey

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News from our Municipal Council - District 10

Only Kempton can accept hazardous materials

Hello again from West Colchester, hope everyone is enjoying their summer. Council does not hold regular meetings in July so there is not a lot to report directly. We did hold a special council meeting on July 4th for second reading of the new hazardous waste bylaw. It was passed unanimously.

Nova Scotia Environment has approved an asbestos disposal site in Middle Stewiacke, however one of the conditions is that any Municipal approvals must be obtained prior to disposal. Given that asbestos is considered a hazardous material and our bylaw states hazardous materials can only be disposed of at our landfill site in Kempton. My personal point of view is I am absolutely opposed to any kind of privately owned waste disposal sites in Rural Colchester County. No rural community whether it be Middle Stewiacke or Bass River should be stigmatized as the community that contains a hazardous material site. With respect and understanding to the rural Community of Kempton, I am sure they are uneasy, however our Municipality operates a very large, 500+ acre solid waste facility, complete with oversight many monitoring wells and historic data to fall back on. I hope with 20 plus years staff and management at the site have a proven record of community con-

cern.

I would like to provide a couple of updates on other project. The Rural Broadband project is working its way thru system or processes. We have selected a service provider, signed a memorandum of understanding and moved it along. I personally am confident we will have a positive outcome. Contracts and legalities prevent any further information at this point.

As for the Cliffs of Fundy Geo Park, we meet weekly as we lead up to and prepare for the World Geo Park evaluation beginning on July 26. Doctor recruitment is also proceeding along quite well. Our committee meet and provided a facility tour with a second Doctor from New Zeland, who is interested in a rural practice.

I have been involved in other committee work and basic information gathering. For example I spent a 1/2 day with our Economic Development officer, and visited a research and production facility in Halifax in the process of expanding. They use organic material and feeding it to soldier fly larva to produce a very high quality protein that is in demand world wide.

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Tom Taggart

OP-ED

OP-ED - Seniors Continue to Have Positive Impact

By Leo Glavine.

When we talk about our aging population, discussion often turns to health including the need for home care and long-term care. What government is or should be doing and whether it is enough.

Our government has been investing millions of more dollars in home care and expanding access to caregiver benefits because Nova Scotians tell us they want to stay in their homes as long as possible. We also know long-term care will be required for some which is why we have increased funding for long-term care facilities across the province and cut the waitlist in half. The new investments include improvements or upgrades, replacing long-term care facilities and adding new beds. There is more work to do but we are continuing to work hard to improve health care services.

However, as Minister of Seniors, one of my objectives has been to change the way

people think about aging. I have met so many older Nova Scotians in communities across our province who are active, healthy and engaged. I have seen how they continue to contribute to our communities and our economy. With the demographic shift, comes even more opportunity to tap into this wealth of experience and expertise.

More than a quarter of our population is expected to be over the age of 65 by 2030. This should not be looked at as a burden, rather an opportunity. That has been the focus of SHIFT: Nova Scotia's Action Plan for an Aging Population which government launched in 2017. We recognize and value the contributions older Nova Scotians have made and know they have so much more to offer. Through SHIFT we are encouraging volunteerism, entrepreneurship, we are working to create age-friendly communities, expand community transit, increase funding for home repairs and home accommodations and expand home care.

We are embracing the experience and expertise our older Nova Scotians have to offer. They are community leaders, entrepreneurs, volunteers and mentors. They

are the backbone of our communities and have the experience and knowledge to continue making our workplaces and communities even stronger.

Did you know 44 per cent of older Nova Scotians volunteer and they often volunteer more hours than most other age groups? Also, 25 per cent of people aged 65-69 are still in the workforce and 25 per cent of them are self-employed entrepreneurs.

We have made considerable progress since the action plan was launched in 2017 including supporting senior entrepreneurs, retaining older workers, supporting more housing options, helping people stay healthy, improving accessibility and combating social isolation. We are tapping into all the benefits of an aging population provides.

So rather than focusing on the challenges that come with aging, I encourage all of us to celebrate those who have come before us and recognize and embrace all the knowledge and expertise they have. By doing so, we will create an even stronger, more vibrant province.

Leo Glavine is Nova Scotia's Minister of Seniors.

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