

# Dorothy's Kitchen Korner

It's hard to believe October is here and Thanksgiving is just two weeks away. I can't believe that summer is gone and the leaves are starting to turn, and before writing another column the trees will be void of leaves. Where has the year gone?



What's even worse is we are just about 12 weeks away from Christmas. It weather patterns repeat themselves this winter, it also means we are less than 15 weeks away from another winter with significant snow storms and everyone complaining about the efforts of shoveling.

A friend called leaving a voice mail for me to call her back as soon as possible. Thinking something tragic happened I called back as soon as I could, only to find out she was in a panic wondering what to do with all the green tomatoes, she had picked to get ahead of Jack Frost.

She mentioned she had already made several batches of green tomato chow, and had enough to give as Christmas gifts to family and friends, but she wondered what she could do to use up some more of her abundant crop.

I scurried around and came up with a great recipe for "Green Tomato Mincemeat". With the high cost of meat right now, about 50% more than this time last year, green tomato mincemeat is great way to get the texture, smell and flavour, and still be able to serve to those to refuse to eat meat. I'll share it with you in case you have a surplus of green tomatoes:

## Green Tomato Mincemeat

Makes about 6 X 500 ml jars Green Tomato Mincemeat is a savvy and delicious way to use green tomatoes at the end of the harvest season: excellent for gift giving during the holidays.

### INGREDIENTS:

- 8 cups (2000 ml) cored, quartered green tomatoes
- 4 cups (1000 ml) cored, finely chopped apples
- 2 cups (500 ml) raisins
- 1 cup (250 ml) dried currants
- ½ cup (125 ml) mixed candied fruit
- ¼ cup (50 ml) candied orange peel
- ¼ cup (50 ml) candied ginger
- 2 tsp (10 ml) ground cinnamon
- 1 tsp (5 ml) allspice
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) ground cloves
- ½ tsp (2 ml) mace
- 1 cup (250 ml) lightly packed brown sugar
- 1½ cups (375 ml) granulated sugar
- 1 cup (250 ml) apple juice
- cup (75 ml) apple cider vinegar
- ¼ cup (60 ml) lemon juice
- ½ cup (125 ml) brandy, optional

In a large stainless steel saucepan, combine all ingredients except brandy; stir constantly. Bring to a boil over medium-high heat, then reduce heat, boiling gently, stirring frequently for 1½ hours until mixture thickens. Stir in brandy, if using, and remove from heat.

Ladle hot mincemeat into hot sterilized 500 ml (Pint jars). Be sure to tap the jar, or thump on the counter to remove any air pockets. Seal with sterilized lids. Let sit until total cool. Tighten lids again before storing away for later use. One jar will make one large pie.

If you have a favourite family recipe, please send by October 15th, so I can use in the November issue. If you are dropping off recipes to the store, please note we have moved to 94 Esplanade and are located three doors away from Murphy's Fish & Chips or send to:

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## Notes from our Provincial Capital

### Debert Fire Brigade receives \$20,000

Once again I am proud of our Liberal Government as we support local fire departments through the Emergency Services Provider Fund. This funding is available through application to fire departments across the province, as well as First Responders, Ground Search and Rescue Teams and Hazmat Organizations. Each applicant is eligible to apply for funding up to \$20 000 once every three years and we recently announced approval of applications from 47 Emergency Service Providers to a total of \$500 000.

I was very proud to join Fire Chief Wade Jennings and members of the Debert Fire Brigade to announce they were the recipients of \$20 000 from this fund. Organizations are eligible to receive up to 50% of eligible costs for the purchase of new equipment. The present equipment owned by the Debert Fire Brigade for use in extracting passengers from a motor vehicle needed to be upgraded. With metal materials now used in many vehicles, these tools needed to be replaced. A telescopic ram, spreader and cutter will be purchased with the funds our Government has been able to provide to the Debert Fire Brigade. As fire members told me they hope they never have to use these tools, but in order

## News from our Municipal Council - District 10

### Still on the issue of flooding

Any of you that have been reading this column over the past 7 years will have read many of my rants about the Dept of Fisheries and the need for stream bed remediation (DREDGING is not an acceptable word on our rivers to prevent flooding). Well anybody who has driven by the Great Village River over the past few weeks will realize we have finally been successful.

We have actually been able to get approval from Dept of Fisheries and environment to complete this much needed work and I hope it is just the beginning. This project has made it abundantly clear this work is necessary. A clear example of this is in some places crews removed five feet of rock and gravel from the stream bed and had not reached the river bottom. This should clearly indicate over time this gravel would have washed downstream and been deposited as the river leveled out, thus raising the stream bed and causing it to overflow its banks. The land outside of the river is mud and soil, not gravel.

These rivers have been neglected for years, it appears or appeared as though no level of government wanted to run the risk of being, offside, so to speak, with the Department's of Environment and Fisheries, nobody wanted to or were willing to take ownership of this problem and it continued escalate to the point where it endangers communities like Great Village.

I do not want to suggest the Municipality has taken ownership of this problem, but I would suggest Council and staff have taken

## News from our Municipal Council - District 9

### Extended Producer Responsibility

Council recently had a presentation on a proposed program set forward by the Province of Nova Scotia called the "Extended Producer Responsibility" (EPR) program. Many Provinces throughout Canada already have an EPR program in place with less than favorable result's in most cases.

EPR is supposed to increase waste diversion rates at no cost to municipalities. It could target a range of materials including packaging and mattresses. Nova Scotia made a commitment to other provinces six years ago to launch an EPR program by the end of 2015. The province has also signed an agreement with New Brunswick to harmonize regulations.

On the face this all looks great! Who wouldn't want to divert more waste from our Balefill Facility? At first glance it seems as though the cost of diverting such items as packaging would be covered in most part by large corporations. The fast food industry and large chain stores for example would be bearing a large majority of the cost for packaging items such as hamburger wrappers, coffee cups, french fry containers, etc.

Other provinces such as British Columbia, Saskatchewan and Ontario, upon introducing an EPR program, found it expensive, complex and burdensome to a small business. These businesses must pay fees to cover recycling costs and keep detailed account

to be prepared to respond whenever the call may come, they will be more efficient with the use of this upgraded equipment.

As a government we need to ensure that our First Responders have the equipment they need to do their job safely and to respond to the community as quickly and efficiently as possible. Other fire brigades in Colchester North have been the recipients of funding from this investment in the past.

I want to thank the brigade members, auxiliary members and volunteers who work hard to raise funds to match those provided by the province. I also want to thank members in our communities in Colchester North who support fundraising events with their local fire brigades. It is always reassuring to go to bed at night knowing that the fire brigade that may respond in the case of an emergency is well trained and well equipped to protect us in time of need. Many times firemen put themselves in harm's way and for that we say Thanks.

Karen Casey, MLA, Colchester North



Karen Casey

a leadership role. Clearly this is not/was not something we, as a municipality, have the resources to do on our own. As I said in an earlier column, I am so grateful for the support of Council and for the support we received from the Province, this project has been a great example of the two levels of government working together.

This has proven this work is necessary and can be completed in a manner that is satisfactory to Fisheries officials. Hopefully this is an indication of things to come. There are many communities and homes in Colchester that are threatened. These will not all be solved over night, but I look forward to working together as we move to other important projects.

Still on the issue of flooding, I am sure I mentioned in a previous column, I have been elected to the Board of Directors of The Federation of Canadian Municipalities. I attended my first meeting September 9-12. One of the Standing Committees I have been appointed to is Environmental Issues and Sustainable Development. Two issues of interest from that particular committee meeting. First, the FCM is actively working with the Federal Government to provide a program for public insurance for those currently living in identified flood plains and who's homes are or could become uninsurable due to increased flood risk due to cli-

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of products they sell and their weight. I have no issue placing a tax on large corporations who are responsible for producing most of the waste we see along our highways on a daily bases.

I do, however, take issue with creating more red tape and increasing taxes for our local small business community by creating a cumbersome program like EPR. As most residents already know we are very fortunate to have a state of the art Balefill Facility in Kemptown with a very successful recycling program.

The province as a whole is already ahead of the rest of the nation when it comes to recycling. Nova Scotian's generated 380 kilograms of solid waste per capita in 2014. That compares with a 2012 national average of 743 kilos.

The Department of Environment has decided to pull back and take a second look before introducing their EPR program this fall. With promises made and agreements signed I have doubt we will end up with some sort of EPR program in Nova Scotia in the near future. Let's hope the end result isn't something that negatively affects our business community and our already existing successful programs.

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Doug MacInnes

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