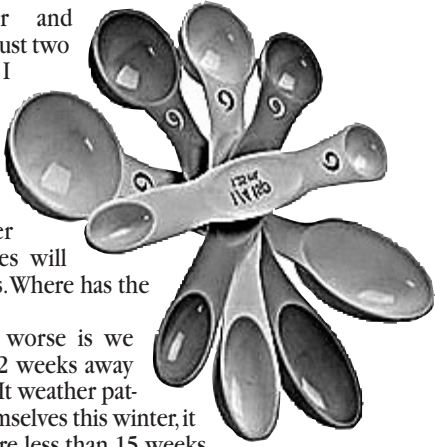


# Our Kitchen Korner

It's hard to believe October is near and Thanksgiving is just two weeks away. I can't believe 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. When I called back 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.

After doing a bit of research found a great old 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've had it before on numerous occasions and unless someone told you there was not an ounce of meat in it, you'd never know the difference. If someone decides to try their luck and make a batch, let me know, and I'll purchase some from you. I don't have the green tomatoes or time, but would like some.

Here goes 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. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

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### Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
November, 2020	October 20	October 28, 2020
December, 2020	November 17	November 28, 2020
January, 2021	December 17	December 23, 2020
February, 2021	January 19	January 27, 2021
March, 2021	February 16	February 24, 2021
April, 2021	March 23	March 31, 2021
May, 2021	April 20	April 28, 2021
June, 2021	May 18	May 26, 2021
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January 2022	December 14	December 22, 2021

### For more information contact us at:

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The Shoreline Journal

## Notes from our National Capital

### Poverty and food insecurity a reality

The season is changing and I'm working hard to help our communities weather the challenges we are facing at this unprecedented time.

In September, I was pleased to be able to announce funding for 13 amazing local organizations in Cumberland-Colchester that are helping to feed families and individuals in need at this difficult time. Poverty and food insecurity are, sadly, a reality in our region and we must do our best to make sure those in need keep food on the table.

Food banks and other food organizations have been facing increased demand for their services, while operating with fewer donations coming in and fewer volunteers getting out to work. That makes extra support necessary.

And this is why I visited the CumberlandYMCA, in Amherst On September 20, where I announced \$123,654 to improve food security in our region.

The funds will be distributed between the Chignecto-Central Regional Centre for Education, YMCA Association of Cumberland, Amherst Food Assistance Network Association, Colchester Community Support Society (Colchester Food Bank), Neighbours Helping Neighbours, Oxford & Area Food Bank Association, Parrsboro

## Notes from our Provincial Capital

### Many opportunities for "Along The Shore"

With the recent announcement regarding the UNESCO designation of a Geo Park, that includes much of Colchester North and with Tourism Nova Scotia's recent launch of Re-Discover Nova Scotia, I am truly excited about the opportunities for us "along the shore". The Geo Park designation highlights many natural attractions, including the Debert Archaeological sites, Economy River Falls, Thomas Cove and the Five Islands.

We know that many visitors have been and will continue to make this their destination. The new marketing campaign launch mid September by Tourism Nova Scotia adds to that excitement. Throughout the fall season this campaign continues to promote and extend the tourist season by focusing on many activities across the province.

As the Minister of Business responsible for Tourism Nova Scotia has stated, "this is a great time of year to visit a new part of the province and to support local businesses".

I am optimistic that these visits will include areas in Colchester North. The dramatic fall colors, the delicious food and the exciting adventures put our area front and centre for any visitors. We live in a part of the province that gets better with every season. There are many ways to enjoy our spectacular fall season.

## News from our Municipal Council - District 10

### We must invest in rural communities

Hello from West Colchester and Hurricane Teddy. Hope everyone has fared well.

I am sure everyone is anxiously awaiting news on the retirement of Dr Ewing and the future plans at our Medical Clinic. First I want to thank Dr Ewing for her exemplary service to our Community not only as our Doctor but as an active supporter and leader over the past, I believe 25 plus years.

As for the Medical Clinic, I can say I am extremely confident we will have continued medical care in our community. Much is currently being publicly discussed and most is factual, but I cannot comment until the I's are dotted and the T's crossed.

Now to Municipal Election! I am thrilled that I have been re-elected by acclimation. I hope that is an indication that at least some of our residents are satisfied with the work I do. With the comfort of being acclaimed, I can give my opinion or thoughts currently and in the future. Having spent the past twelve years as a member of our council and actively involved in local Government, both Provincially and Nationally over the past eight of those years, I believe qualifies me to speak to the value of Municipal Governance.

There is no doubt municipal / local government does not have the profile, prominence or financial status of the other two levels. However, we are without question the closest to the people, and often receive requests for help with issues that are provincial. As

& Area Food Bank Society, Pugwash Open Hamper Food Bank, Truro Salvation Army Family Services, Salvation Army Springhill Community Church, Springhill Community and Family Services, Truro Community and Family Services, and ElevateHER Mental Health Support Services Canada.

I would like to thank all of the individuals and organizations working so hard in our small communities to ensure their neighbours do not go hungry during this unprecedented crisis. And I was happy to be able to see firsthand the great work the CumberlandYMCA and their team have been doing to address food insecurity and build community.

During September, I also visited the Bennett Family Farm, in Southampton, Cumberland County, to discuss the effects of climate change on Nova Scotia's agriculture this summer. A late frost and then a summer-long drought caused many blueberry farmers, like the Bennetts, to have very poor yields this summer - with many losing 40-90% of their yields. I immediately contacted the provincial Minister of Agriculture to suggest emergency funds be made available to blueberry farmers, as has been done in the past for straw-



Lenore Zann

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With travel restrictions in place as a result of COVID-19, we must rely more than ever on visitors from within our province. The increased volume of traffic along the # 2 highway, the high volume of campers registered at the Five Islands Provincial Park, the huge number of daily visits to the Economy Falls, the walking tours at Thomas Cove, where the parking lot is full on a Sunday afternoon, and bass fishing at Saints Rest are a testament to the increased interest in our area.

Tourism revenues last year have attributed to 38% of the spending in Nova Scotia to Nova Scotians themselves travelling throughout the province.

The COVID-19 pandemic has had a widespread impact on the tourist industry, including local organizations and events. Just like you, I am very proud of our part of the province which we call "along the shore". Please encourage and welcome all visitors to the area and show them the friendly hospitality for which we are known and for which we are proud.

Karen Casey, MLA, Colchester North also serves as Deputy Premier and Minister of Finance



Karen Casey

an municipal elected we have a responsibility to be engaged and work with our MLA's and I feel I have a great relationship and have been fortunate to be able to work quietly on many projects with our MLA. With that support, and I have written about this before, I have been able to champion the new Cumberland / Colchester High speed internet agreement.

The agreement is the very best example of how Municipalities and the Province can cooperate and work as a team for the best for anyone and quite frankly, I believe my greatest accomplishment. Others I am proud of are the Base level of funding for Volunteer Fire Brigades that assisted financially, Brigades with small tax bases, thus allowing them to maintain a reasonable (average) tax base and still have the ability to purchase the equipment that is mandated today.

I am equally proud of being the councillor who shortly being first elected was advised of the eligibility threshold the Municipality was using when determining the property tax rebate for low income residents struggling to stay in their homes. I had that increased and ensured that it was indexed to what seniors received when they received their modest cost of living increases thus ensuring that little annual increase did not disqualify them.

Enough about the past, I really look forward to the future. I be-

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Tom Taggart

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