

Our Kitchen Korner

Summer is over, produce aplenty



It's hard to believe summer is over and kids going back to school within 10 days. Here we are with produce aplenty from gardens; roadside stands, or the many produce shops. It is canning and preserving time for late fall and next winter. A great way to reduce the food bill and eat higher quality vegetables that you will find at the supermarket. The family pride that you grew it yourself, plus invested time to preserve or freeze is a bonus to family joy.

Before you know it October will be here and the leaves will be turning. Not to wish time away, but by October we will be about a month ahead of the USA election. (What a mess they have on their hands)

Some time ago, 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 • 1 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 September 17th, so I can use in the October issue. Regular mail should go to:

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

Notes from our Federal Capital Summer's over; back to Ottawa

As I prepare for my return to Ottawa as your Member of Parliament, I am thankful for the opportunities presented to create and/or renew connections I made over the summer, with folks from Stewiacke to Tatamagouche and over to Advocate. Collecting all my experiences, I believe it is necessary to find a more positive common ground, as Conservatives move toward forming a majority government.

August was a very busy month! I had an amazing tour with Adam and Carole Fisher, owners of the North Shore Construction and Quarry, where I was standing on the ocean floor of what was once tropical Cumberland-Colchester. There are tidal ripples in the stone, featuring ferns and trees that stood hundreds of millions of years ago!

Earlier in the day I had toured Jost Winery in Malagash, where I presented a scroll to Gina Haverstock, one of the key employees at Jost. Gina is the 2024 recipient of the prestigious Wine Growers of

Notes from our Provincial Capital Our Healthcare Commitment

It's been three years since our government was elected on a promise to fix healthcare. That is a commitment that we have not wavered on - even for one day. We knew fixing healthcare wouldn't be easy but we are facing the challenge head on. My motto quickly became more, faster.

I'm excited to share some of the progress we've made. We knew coming in we needed more doctors, nurses and healthcare professionals of all types. We were watching our population grow while recruitment lagged and retention wasn't a focus of past governments.

I'm proud that since September 2022 we have 226 more physicians - 65 family doctors and 161 specialists - working in the province. This is the net number, meaning this is over and above replacing those who have retired or left.

Notes from our Provincial Capital I've been out of circulation

Yes, I have been out of circulation since mid-August. I was fearful for the first time in 15 years, I would not do some ranting, raving or congratulations in this space Maurice has so generously provided for me, while I was Municipal Councillor for Colchester District 10 for twelve years and since then we continued the relationship when I moved on to become MLA for Colchester North.

Maurice convinced me he did not want to see my record - longest serving monthly contributor (never missed an issue) since he acquired the Journal in February 2008. He promised to be a good "ghost writer".

I have been off since August 15 recuperating at home from surgery for a shoulder replacement. I told Maurice, I'll be back in the Legislature not on opening day (September 5th) but on

Notes from our Provincial Capital Summer has been very busy

We have had a good summer, but it has been busy. I was pleased to see grants given to First Responders. They are a group of dedicated volunteers so important to communities across the province.

Individuals, we are fostering a greater sense of safety, community and well-being."

"This investment not only enhances first responders capabilities but also creates a stronger, more resilient Nova Scotia," said Truro-Bible Hill-Millbrook-Salmon River MLA Dave Ritcey. "By empowering first responders this investment is one way our provincial government is supporting first responders, helping build up Nova Scotia. Houston's leadership has so far provided a pilot program aimed at improving the mental health of Nova Scotia's first responders and public safety personnel, 2,000 new trunked radios by this fall, and the introduction of

Notes from our Municipal Council - District 10 Tourism Destination Development Strategy Meetings

The days are getting shorter and the air is getting cooler, I guess that means summer is winding down. My family and I have made the best of everyday this summer, getting out and about to community events. Meeting residents in Colchester County is always such a pleasure. There have been community days, bbqs, carnivals, food trucks, ribfest, Firefit, carshows, camps and so much more happening around Colchester this summer. We are so fortunate to live in such a active and vibrant county.

Join the folks who have been working on the STEP Tourism Destination Development Strategy September 11, 2024 at the Colchester-East Hants Public Library (754 Prince St, Truro, NS). There are two sessions; session 1: 2:30pm- 4:30pm and session 2: 5:30pm- 7:30pm. Anyone is welcome to attend to learn about we can work together to enhance Colchester County. Visit

Canada Karl Kaiser Canadian Winemaker Award. Please go to www.drstephenellismp.com and click 'My Newsletter', 'The Ellis Eyeopener', to view a photo feature.

I attended the groundbreaking ceremony at Bible Hill/Truro's Provincial Exhibition complex for the Nova Scotia Stampede outdoor rodeo to be held September 26 to 29.

Heartland Tour

I again rode my bike at the Heartland Tour, that this year expanded to include Amherst in its sites! The tour's goal is to encourage, inspire and support one's personal journey to maintaining, improving and/or restoring health. Congratulations to all the volunteers for organizing the event!

I visited Maggie's Place Family Resource Centre of Colchester



Dr. Stephen Ellis

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On top of that, we have 2,225 more registered nurses, licensed practical nurses and nurse practitioners in the system. Since January 2024, 65 paramedics and 11 emergency medical responders have joined our ranks and many more are in training.

We also need to keep our current hardworking and dedicated professionals. That's why we negotiated new agreements with higher pay for doctors, nurses and paramedics, as well as making retention a key priority in our Action for Health plan.

And we're seeing the benefit. Access to care is increasing across the province. Through pharmacy primary care clinics,

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Tim Houston

the 6th. I have an appointment with my surgeon on the 5th.

At the same time, I confided in Maurice during my recovery period, I am not sure which has been worse, the pain or the effects from the drugs and medications. However, they go hand-in-hand.

Even though under severe distress, I have missed not being able to go the office, visit constituents in communities across Colchester North. I am pleased to report constituents have been well served because Andrea has been doing a fine job, even with added responsibilities while keeping the office open daily.

I have been consulted and able to give my input on

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Tom Taggart

the Nova Scotia Guard, a new volunteer corps that will help communities respond to and recover from crises and disasters.

Earlier this summer I also had the pleasure to announce provincial grants that will provide support to community organizations, municipalities and facilities in Truro and Colchester. Grant recipients in our community include: Town of Truro (TAAC Revitalization Project)- \$150,000; TEPs on Arthur- \$50,000; Municipality of Colchester- over \$47,000; Cobequid Society for Athletic Excellence - over \$33,000; The Lotus Centre- over \$9,000 and Truro Development Corporation (Downtown Truro) - over \$300. For more information on these funding announcements, visit: Funding to

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Dave Ritcey

TCSTEPEVENTBRITE.COM to register. "Together, we aim to make Truro Colchester a great place to live and visit, and your participation in this process is a testament to our shared commitment to this goal." -Municipality of Colchester Facebook page August 14, 2024

Solar and Cozy Colchester is a program that has been running through the county office to help residents who want to invest in their property with solar panels, efficiency upgrades and a variety of other things to be a "greener" energy consumer. There are 4 upcoming presentations coming around Colchester county to tell you all about the program. For more information

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Victoria Lomond

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
October, 2024	September 17, 2024	September 25, 2024
November, 2024	October 22, 2024	October 30, 2024
December, 2024	November 19, 2024	November 27, 2024
January, 2025	December 9, 2024	December 17, 2024

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