



5 Uses for Lemons in the Kitchen

1. A few drops of lemon juice in the food processor before grinding sticky fruits such as figs, raisins or dates will stop the food from sticking and make the blade easier to clean.
2. A few drops of lemon juice in the rinsing water will give luster to glassware.
3. After juice has been extracted, dip the rind in salt to clean tarnished copper or brass.
4. Wooden chopping boards can be kept fresh by rubbing half a lemon or lemon rind on the surface.
5. Add half a lemon and a teaspoon of rind to rice when cooking.

~ From the Home & Country, Official magazine of the New Zealand Federation of Women's Institutes.

6. Make Lemonade

This basic recipe from Fred Thompson's cookbook "Lemonade," starts with a simple syrup that can be made ahead and refrigerated up to a month. Having some on hand speeds up the process of making fresh lemonade.

OLD-FASHIONED LEMONADE

Start to finish: 3 hours (15 minutes active)

Makes 2 quarts

For the sugar syrup:

Grated zest of 2 lemons
2 cups sugar
2 cups water

For the lemonade:

2 cups freshly squeezed lemon juice
(about 12 lemons), with half of the
rinds reserved and roughly chopped
3 cups cold water

To make the sugar syrup, in a medium saucepan combine the zest, sugar and water. Bring to a boil over medium heat, stirring to dissolve the sugar. Remove from heat, cover and let steep for 15 minutes.

Transfer the syrup to a 2-quart pitcher. Let cool.

Add the lemon juice, chopped lemon rinds and cold water. Stir well to combine. Chill until very cold. Serve over ice.

(Recipe from Fred Thompson's "Lemonade," Harvard Common Press, 2002)



WINDERMERE WI

President Darlene Poirier and Vice President Sharran Back were clowning around when they presided over the opening ceremonies of the Windermere WI tribute to the upcoming 2010 Winter Olympic Games. From the lighting of the torch, and presentation of the mascot to the games, medals and extinguishing of the flame, the night was filled with energy and laughter!

