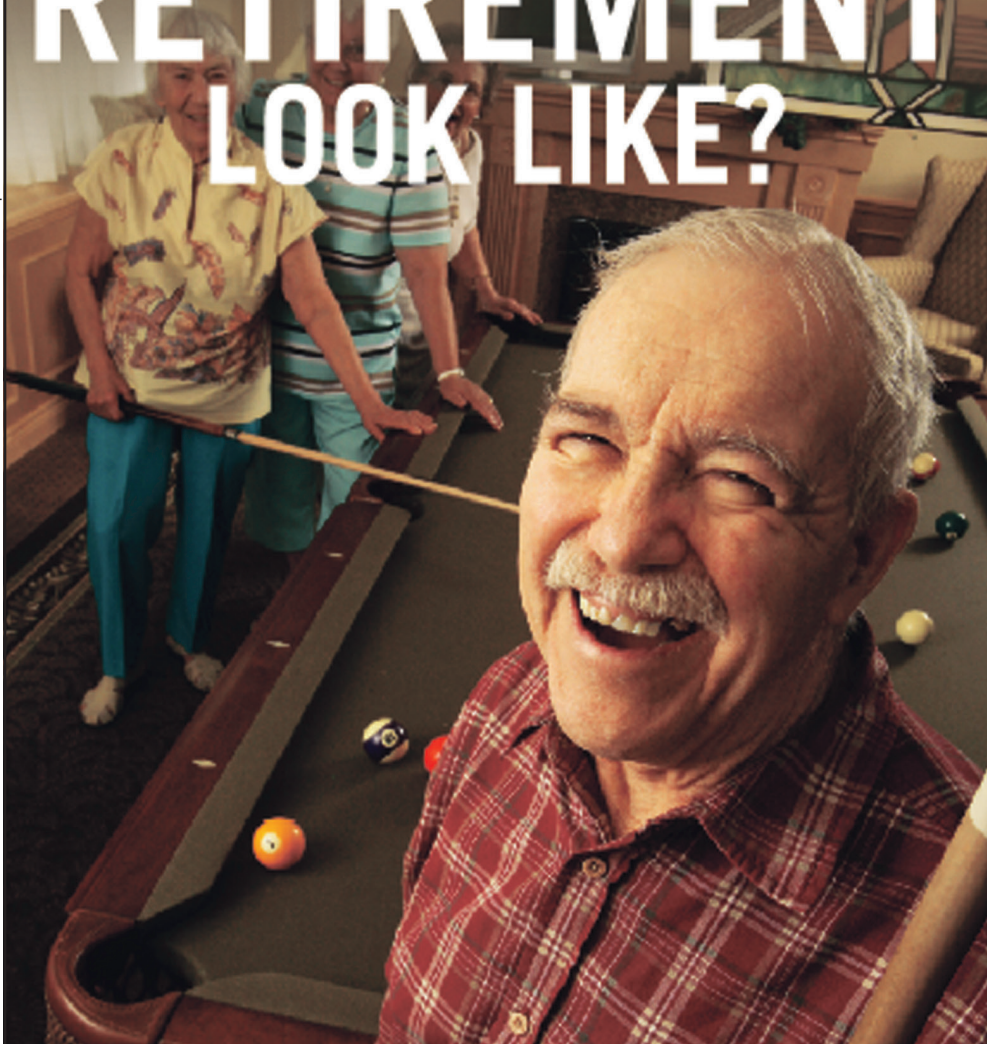


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## What's Cookin': Using fresh herbs

*Gerry is writing today...*

Fresh herbs just make your food taste like summer. I love this time of year when I can pop out onto the deck by the back door or onto the front porch and snip some fresh sprigs to brighten up my recipes. Besides using herbs in your recipes, they also make great garnishes.

Somehow in the winter I tend to skip fresh herbs often, for all I need is a sprig or two and I don't want to buy a full container of each kind— its expensive and they don't last long.

We also have pansies and nastursiums which are edible, as well as work to dress up your presentations. The most commonly asked question is how can I use the herbs more and what goes with what?

**Dill:** use as a garnish for any seafood, chop in a tartar sauce, chop in a mustard sauce for salmon or add to green beans with a dash of sugar

**Thyme:** loves mushrooms, whether sautéed alone or combined in a soup; marries well with chicken of any kind, either roasted or ground chicken for burgers; chop in a simple vinaigrette over greens with Dijon + olive oil + fresh lemon juice + salt + pepper, or add to French onion soup

**Basil:** truly one of my favorite herbs! Chop up and add to fresh ripe tomatoes drizzled with olive oil + salt +

**Lori Gysel & Gerry Kentner**



pepper, add to bruschetta, delicious in seafood provencale, make a pesto with basil + garlic + pine nuts + parmesan + olive oil

**Parsley:** used mainly as a garnish, either whole or chopped and sprinkled on top of any dish, great chopped and added to green salads, brings a freshness to almost any entrée or salad

**Tarragon:** Lori's least favorite herb! Can be added to hollandaise sauce which then turns it into a béarnaise sauce— perfect over beef, excellent addition to chicken salad.

**Cilantro:** a staple in Mexican, Thai, Indian cooking— an aromatic herb which most people either love or hate! Try adding to guacamole, fresh salsa, stir fries, almost any Indian sauce.

**Chives:** a great garnish, fabulous in place of onion in any soups or salads for a milder onion flavour, add to salad dressings, excellent with eggs in an omelette, add to cheese scones!

Have fun and keep cooking!

*Email questions and comments to [whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)*

### Avocado Salsa

#### Ingredients

- 2 avocados (ripe)
- 2 limes, juiced
- 1/4 cup chopped fresh coriander
- 1/2 tsp cumin
- 1 tsp Tabasco sauce
- 1 medium garlic clove, minced small
- 1/2 tsp mayonnaise
- 1 plum tomato, interior flesh removed, exterior minced fine
- 1/4 cup finely minced red onion
- salt and pepper



#### Method

1. Remove the flesh from the avocados and mash in a bowl. Leave the avocado seeds in with the mash until ready to serve, it will help prevent it from browning.
2. Mix in the rest of the ingredients. Taste. Add more Tabasco or garlic if you like it with a little more zip. Add salt and pepper to taste.
3. Serve with tortilla chips.



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## VBS @ GCF

### PRE-REGISTRATION DATES:

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July 18-21, 9:30am - 4pm

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**For kids in Grades 1-5**

**Cost is \$15/child**

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