

Kale Salad

Serves 8-10

Ingredients

- 1 head kale, stems removed, leaves washed and slivered
- 2 ripe pears, cored and sliced
- 2 Granny Smith apples, cored and sliced
- 1/2 cup dried cranberries
- 1 cup crumbled feta cheese
- 1/2 cup toasted pecans
- 1 batch citrus vinaigrette (below)

Method

1. In a large serving bowl, combine kale, cranberries and dressing (add slowly, you may not need all the dressing). Allow to sit for 10 minutes.

2. Add remaining ingredients. Serve.

Citrus Vinaigrette

Ingredients

- 1 shallot, minced fine
- 1 red finger chili, seeded and minced fine (optional)
- 2 tbsp rice vinegar
- zest of 2 large navel oranges
- juice of 2 large navel oranges
- 1 tbsp Dijon mustard
- 1/2 cup canola oil
- salt and pepper

Method

In a small bowl combine shallot, chili (optional), vinegar, citrus juice, zest and mustard. Slowly whisk in oil. Season with salt and pepper.

What's Cookin': Tips to growing kale

This is my new favorite salad, and kale is my new favorite vegetable. I have discovered that if slivered up thin, it not only is excellent raw, in salads, but can be sautéed and used in almost any recipe that you would use spinach—and I use spinach all the time!

A handful thrown in with your mashed potatoes is great, mix a couple of handfuls in with your stir fry, enjoy with your morning eggs, serve on top of baked potatoes, etc, etc.

Kale is another one of those dark leafy green plants that we should eat a lot more of than we do.

We have planted kale in our garden for the first time this year so that we can enjoy it regularly. So, although I am not a gardener (that is my husband's job—I just cook it), I am going to give you the quick and dirty version of how to get some kale growing.

If you haven't started already—start now! Kale doesn't like the super hot weather, but it doesn't mind the cold and is frost tolerant, so get it in the ground pronto! Plant it in full sun, in soil that has been enriched with com-

Lori Gysel & Gerry Kentner



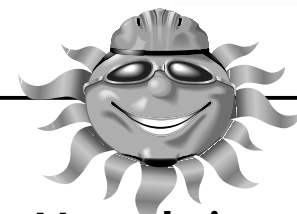
post or well-rotted manure. Plant about one quarter to one half inch deep, about one inch apart, in rows that are 18-30 inches apart.

Plant more than you need, because kale freezes well—just wash, slice it up and Ziploc, then into the freezer it goes. Great for sautéing or soups all winter.

You can harvest leaves of kale anytime throughout the growing season or wait and harvest the whole plant later. Apparently it tastes sweeter after the first frost in the fall, but I don't know for sure because I've never tried until this year and you can be sure that I will be eating it long before then!

Have fun and keep cooking!

Email questions and comments to whatscooking@theifp.ca



It's a no-brainer...

WEAR A HELMET!

Sports injuries are preventable, and wearing a helmet can help, especially when in-line skating, biking or climbing.



NOXIOUS WEEDS

**Notice to Property Owners:
Destroy Noxious Weeds**

NOTICE IS HEREBY GIVEN to all persons in possession of land, in accordance with The Weed Control Act R.S.O. 1990, c. W.5., that unless weeds seeds and noxious weeds growing on their lands within the Town of Halton Hills are destroyed by the date of **June 1, 2012** and throughout the season, the Town of Halton Hills may enter upon the said lands and have weeds destroyed, charging the costs against the land in taxes as set out in The Weed Control Act. The Town earnestly solicits co-operation of all property owners.

The purpose of the Weed Control Act is to reduce the impact of noxious weeds on land used for agricultural or horticultural purposes.

The Weed Control Act does not apply to noxious weeds or weed seeds on lands that are far enough away from any land used for agricultural purposes that they do not interfere with that use.

Please note that dandelions, burdock and goldenrod are not considered noxious weeds with the Town of Halton Hills under The Weed Control Act; therefore, complaints concerning these weeds, or any anonymous complaints cannot be accepted.

For the information of all property owners, the following are designated as noxious weeds in the Town of Halton Hills:

Common Barberry	Poison Hemlock
Canada Thistle	Poison Ivy
Dodder	Proso Millet
European Buckthorn	Ragweed
Wild Carrot	Yellow Rocket
Goat's Beard	Russian Thistle
Bull Thistle	Scotch Thistle
Colt's Foot	Sow Thistle
Johnson Grass	Cypress Spurge
Knapweed	Leafy Spurge
Milkweed	Tuberous Vetching
Nodding Thistle	Chess
Giant Hogweed	

Any concerns or inquiries should be directed to: Kelly Withers, Community Standards Coordinator 905 873-2601 ext. 2330

Dated at the Town of Halton Hills this 5th of April 2012.

Suzanne Jones, Town Clerk

1 Halton Hills Dr.,
Halton Hills, ON L7G 5G2
Tel.: 905-873-2600
Fax: 905-873-2347

Get your tickets for Acton Rotary Citizen of the Year dinner

Acton Rotary 2012 Citizen of the Year dinner, honouring Julie Conroy, will be held on Friday, May 11, at Blue Springs Golf Club, 13448 Dublin Line, Acton.

Cocktails at 6:30 p.m. and dinner at 7:15 p.m. Tickets \$40 each or \$75/ couple available at Prosperity One (Acton), Halton Hills Furniture or call Bob MacKinnon, 519-853-0350.

HIDE HOUSE



**49 Eastern Av., Acton
519-853-1031**

**Monday - Sunday
10am - 6pm**

It's Worth The Drive To Acton

How important are volunteers to the CNIB? Critical. Please join us.

The Canadian National Institute for the Blind provides services to more than 90,000 children, working adults and seniors. We thank our 20,000 volunteers in every corner of Canada who enable us to go wherever and whenever we're needed.



Contact your local CNIB District Centre. (905) 275-5332

The Canadian National Institute for the Blind

CARRIERS NEEDED



ACTON
Norman Ave
Acton Blvd

GEORGETOWN
Guelph st
Rosset Valley Crt
Daniela Court
Palomino Trail
Rexway Dr

ALSO NEEDED:
ADULT CARRIERS

If interested, please call CIRCULATION 905-873-0301



The families of Sam Arnold & Brad Henderson are thrilled to announce their engagement.

The wedding is to take place October 20, 2012.

We are so happy for both of you.

Love Mom & Chris