

Makes 8 individual meat pie sized quiche

**Ingredients**

• 8 individual meat pie sized frozen tart shells

- 3 tbsp butter
- 2 leeks, white part only
- 1 pkg frozen chopped spinach, thawed and squeezed
- 1 cup shredded mozzarella cheese
- 1 cup shredded Swiss cheese
- 1/2 cup shredded parmesan cheese
- 3 eggs
- 1 cup 5% or 10% cream
- 1 cup milk
- 1 tsp dry mustard
- 1/2 tsp nutmeg (freshly grated if possible)
- 1/2 tsp salt
- 1/2 tsp pepper

**Method**

1. Wash leeks and slice. Sauté in butter for 10 minutes on low heat.
2. Add the drained spinach to the leeks.
3. Mix the three cheeses together.
4. Divide half the cheese mixture amongst the tart shells. Top with the vegetables. Top with the remaining half of the cheese mixture.
5. In a bowl, beat three eggs with all remaining ingredients. Pour into the tart shells.
6. Bake in a preheated 375 F degree oven, uncovered, for 45 minutes or until golden brown and set.

# What's Cookin': Strolling down Main St.

This morning it's my day off today (Friday this week). I drank tea while laying on the couch and watching *The Big Chill*— I love that movie!

Anyhow, then I was up and ready to go. My mission was to do all my errands and purchase all the ingredients for a nice dinner while on Main Street of Georgetown without going to the grocery store. Now you all know that I'm a fan of the grocery store — especially since my full-time employer happens to be the largest grocery retailer in Canada. However, I am also a longtime Georgetown girl and therefore concerned with the fate of the small local businesses.

Off I went on my mission. First stop, Ollie's to purchase a new pair of bike shoes (the kind that clip in). No problem. Next stop, TD Canada Trust for a bit of cash and a laugh with the girls.

Now the big question— can I get all the dinner ingredients without leaving Main Street? I needed a lemon, asparagus, cherry tomatoes, flour, yeast, onion, something interesting (but non-alcoholic) to drink and

**Lori Gysel & Gerry Kentner**



something to have as an appetizer.

Well, McMaster's solved all my produce issues and had these awesome pale gingerbeer drinks that we love.

Foodstuffs had the grocery items (and the new vegetable peeler that I forgot I needed) and the Mill St. Cheese Shop had these cool flavoured lemonade drinks and of course, some lovely prosciutto, cheese, olives and bread for the appetizer.

Mission accomplished!

There's nothing quite like putting on your running shoes and sauntering along the Main St. making your purchases— knowing that you're getting top quality products from local people.

So thanks Downtown merchants— can't wait for the Farmer's Market to start (June 9)!

Have fun and keep cooking!

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



## Books to scholarships

Ryann and Darcie Lewis stock up on summer reading at the Canadian Federation of University Women-Georgetown's 41st annual Used Book, Toy and DVD sale at Christ the King School recently. The proceeds from the event goes to fund scholarships for local students in Georgetown and Acton. For more information about these scholarships go to [www.cfuw-georgetown.ca](http://www.cfuw-georgetown.ca)

*Photo by Ron Stiel*

## Wednesday workshop to train residents to become suicide alert

Suicide alertness is for everyone. Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources in a three-hour training called SafeTALK.

The North Halton Distress Centre hosts the workshop on Wednesday, May 23, 7-10 p.m. in the the Georgetown police station community room.

Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoid-

ed— leaving people more alone and at greater risk. SafeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

SafeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth, teachers, law enforcement or anyone who wants to be a suicide alert helper.

Please e-mail Gail at [dcnhalton@bellnet.ca](mailto:dcnhalton@bellnet.ca) to secure your spot.



## CtK Sonar2Voice focuses on seal hunt

Lead singer Wes Will of the Cambridge-based band Something You Whisper performed for Christ the King Secondary School students during the second-annual Sonar2Voice marine biodiversity awareness concert. The focus of this year's event was the seal hunt on Canada's east coast and guest speakers from the Humane Society and the Federal Green Party discussed some of the issues with the students. Up-and-coming Canadian music artists Heather Janssen and Ariana Gillis also performed. Next year's Sonar2Voice theme will be sharks.

*Photo by Eamonn Maher*

## Attention Georgetown Zellers' Pharmacy Customers

*Although your records have gone to Wal-Mart you may still choose a different pharmacy.*

*Try us and experience the many reasons to make our pharmacy your pharmacy.*



*You only need to ask.*

*Dial 905 877-2711*

*For more information and to review our wide range of services, visit us at [www.youngspharmacy.com](http://www.youngspharmacy.com).*

**Guardian**

**Young's  
Pharmacy & Homecare**



*... More reasons to make our pharmacy your pharmacy!*

**[www.youngspharmacy.com](http://www.youngspharmacy.com)**