



To the top of Canada

The man who rode to the top of Canada on a bicycle presented a motivational speech to Limehouse Public School students recently. Chris Robertson of Hamilton spoke about his incredible bike journey from the south of Canada to the north—about 6,520 kilometres. His mission was to help build a stronger Canada and he asked the students to answer "What will you do to make Canada a better country than when you found it?" His multimedia presentation was well received by the students and Tara Bishop (left) and Vickie Strachan (right) got a new view from the top of Robertson's shoulders.

Photo submitted

Venture into the unknown: avocados

I was asked recently to write about avocados. Apparently most of you have seen them in the store, but you don't know how to handle them and what to do with them.

Avocados should be purchased when they are green (not black), firm and without any blemishes. Once they are black and really soft, they are over-ripe and would need to be used immediately for something like guacamole (where they are going to get all mushed up).

When you bring the avocados home, leave them out at room temperature and let them reach peak ripeness (probably two to four days). When you are ready to use them, peel the skin away from the flesh like you would peel an orange. Then using a paring knife, cut the flesh all the way around until you hit the pit. Then insert your thumb between the two flesh halves at the top and split it open. You will now have two halves and a pit. Set the pit aside, do not throw it out yet.

Now you are ready to proceed with the avocado. You can stuff each half with something like crab salad for a nice summer lunch, you can chop up the avocado and use it in salad. You can make guacamole by mashing the avocado with a fork, add the dried guacamole mix that you find in the grocery store for a quick snack. I used to make homemade baby food for both of my kids and avocado was one of Alex's favourites. I just mashed the avocado and put it in ice cube trays until frozen, then pop the cubes into a plastic freezer bag until needed. You can serve slices of avocado on a vegetable platter with dip. Or make it into salad dressing—like in the recipe (inset right).

What's cookin'?

Lori and Gerry Kentner



Make a popular and quick supper with nacho chips, guacamole, cheese sauce, chunks of tomato and a nice salad. The kids love that, especially on Friday nights!

If you want to use up some avocados that are ripe, then put the peeled avocado in a freezer bag with the pit and it won't go brown. Then it is ready for you to use on another occasion.

Have fun and keep cooking!

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Avocado dressing

Ingredients

- 1 1/2 lbs chopped avocado pulp
- 3/4 cup olive oil
- 3/4 cup fresh lime juice
- 3/4 cup green onions, chopped
- 1 tbsp salt
- hot pepper sauce to taste
- black pepper to taste
- sugar to taste

Method

Combine ingredients and blend in food processor until smooth. Chill until ready to use.

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