

**COMMUNITY NEWS**

**Citrus sale:** St. John's United Church's annual citrus sale is now on. Fresh Florida grapefruit, navel oranges and tangelos can be ordered in 20 and 40 lb boxes. Satisfaction guaranteed. Call Shelley Allison, 905-877-4110 or the church office, 905-877-2531 to place an order.

**Orange and grapefruit sale:** Limehouse Public School is offering fresh Florida oranges and grapefruits. This fresh product comes in small (\$20) and large (\$30) boxes and is delivered the first week of December. To order call 905-702-1395. Orders are due by Nov. 3.

**Curling spots:** Anyone interested in taking up curling this season at the North Halton Golf and Country Club is asked to call the club at 905-877-5236. The club offers many levels of play for all ages.

**Adult learning:** Need help with reading, writing, spelling, basic math or basic computers? Literacy North Halton can help. Call 905-873-2200 to register in its small group classes or for one-to-one tutoring. Confidential tutoring to adults provided.

**SAVIS Run/Walk:** SAVIS (Sexual Assault Violence Intervention Service) holds a 5K Run/Walk on Sunday, Oct. 27, at Bronte Creek Provincial Park; 9:30 a.m. registration, 10:30 a.m. start time. Call 905-825-3622 for registration and pledge forms.

*Solving a mystery*

**What's the difference between a fruit and a vegetable?**

**W**hat two vegetables are perennials? This was the trivial pursuit question that plagued me last weekend. Can you believe that I would have the luck to get this question instead of some horrid question about sports and I only know half of the answer!

Fairly quickly I got asparagus— but what could the other one be? I tortured myself by listing off every veggie that I could think of (much to the annoyance of my fellow players that would have liked to carry on with the game) to no avail. I had to give in.

What was the answer? Rhubarb. So there you have it. If you ever need to know two perennial vegetables— it's asparagus and rhubarb.

Now this brings on the ever-popular question— what is the difference between a fruit and a vegetable? One of our trivial pursuit players suggested that if it tastes good in a piecrust it must be a fruit. This sounded like a fabulous explanation to me, however, my husband, the horticulturalist, disagreed. And so then I was charged with the task of investigating the truth.

The Oxford dictionary claims, "a vegetable is a plant of which some part is used (raw or cooked) as food". This however, seems a little lacking in detail to me— with an explanation like this, why isn't a lemon a vegetable — isn't it part of a plant?

The same dictionary also claims that a fruit is "the seed-containing part of a

*What's cookin'*

Lori and Gerry Kentner



plant that is used as food". This seems a little clearer. But I'm still confused. Would pumpkin be a fruit and a vegetable at the same time because it is part of a plant and it contains seeds?

So, once again, we rely on my husband (he really does know his stuff—he has worked for a tree nursery for his entire working career), apparently the dictionary is correct, just not quite thorough enough for lay-persons like myself. According to him, a vegetable is any part of a plant used for food except the seed-containing part (as this is the fruit).

I feel much better with another cooking mystery unraveled.

Have fun and keep cooking!

[www.kentnertscatering.com](http://www.kentnertscatering.com)

**Spinach Soup**

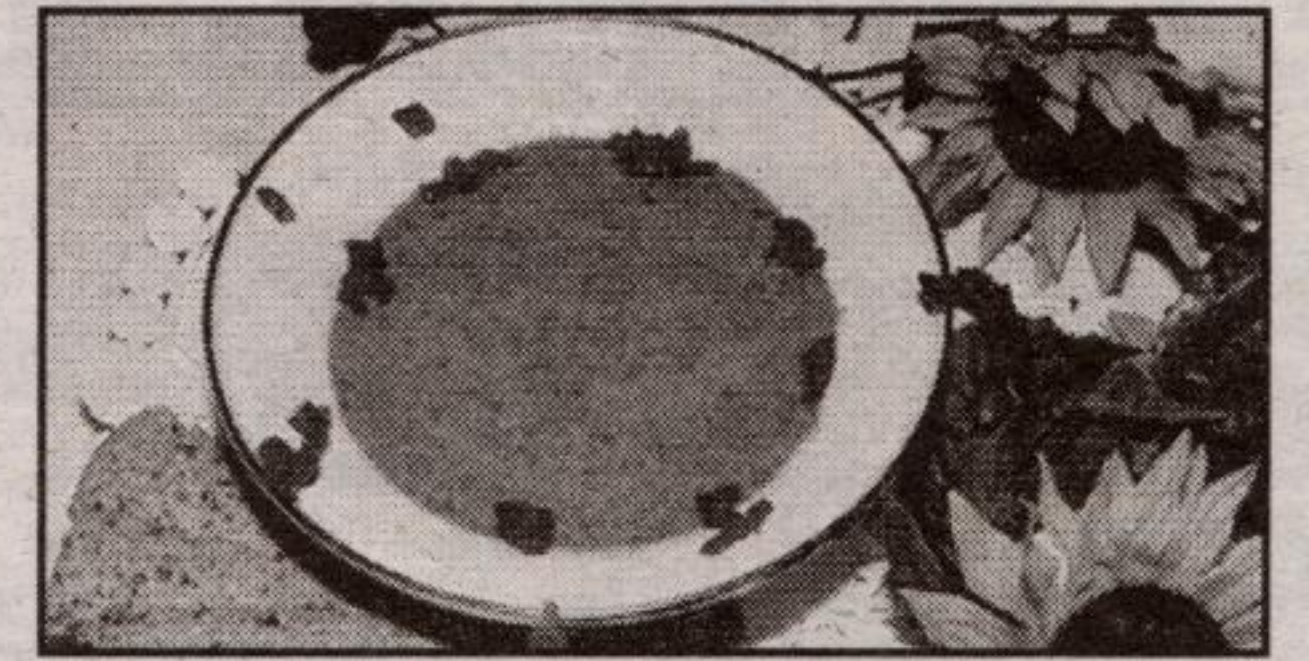
(serves four)

**Ingredients**

- 4 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 1 cup cream
- 1 bag spinach cleaned, stems removed
- 1 boullion cube (chicken flavour)
- 1 1/2 tsp sherry
- 1 small onion stuck with two cloves of garlic
- salt and pepper to taste
- 1 tsp nutmeg

**Method**

1. Place butter, flour, 1 cup of milk and spinach in a food processor. Process for a very quick period of time,



just enough for all ingredients to be combined and spinach pureed.

2. Put in a pot with the rest of the milk, cream and boullion cube. Cook over low heat until creamy.

3. Add sherry and onion. Simmer on low for 15 minutes.

4. Remove onion and season with nutmeg, salt and pepper.

5. Serve.

Note: this can be made ahead and reheated, however, it burns very easily. Reheat on the lowest heat and watch carefully.

**KIA OF BRAMPTON**  
**2002 BLOWOUT SALE**

**2002 Rio** 4 door, 5 speed, 1.5 litre  
**\$10,595** cash purchase  
or **\$165/month for 48 months** ✓  
OR CHOOSE 0% PURCHASE FINANCING

**2002 Spectra** auto, air, power windows & locks, power mirrors, CD player, cruise  
**\$15,995** cash  
or **\$212/month for 48 months** ✓  
OR CHOOSE 0% PURCHASE FINANCING

**2002 Sportage 4X4** 5 speed, air, power windows & locks, security alarm  
**\$20,095** cash purchase  
or **\$229/month for 48 months** ✓  
OR CHOOSE 0% PURCHASE FINANCING

**2002 Sedona LX** 5 speed, auto transmission, power windows, power locks, dual air  
**\$22,895** cash purchase  
or **\$259/month for 48 months** ✓  
OR CHOOSE 0% PURCHASE FINANCING

5 yr/100,000 km comprehensive warranty  
5 yr/100,000 km roadside assistance  
5 yr/100,000 km powertrain warranty

**KIA**

**It's about time everyone had a well-made car!**

\*All payments based on 48 - 60 month leases and require down payments as follows: Rio \$0/Spectra \$1,250/Sportage \$2,500/Sedona \$4,250, plus freight, FDI, Admin fee & all applicable taxes. \*\*0% financing available up to 36 mos OAC, 1.9% avail up to 48 months, 2.9% up to 60 mos. \*\*Advertised cash purchase price may not be combined with any other offer. See Kia of Brampton for details.

**KIA of Brampton**  
9 Canam Crescent  
in the Brampton Auto Mall

Phone the KIA Hotline  
**905-457-8410**

Sandalwood Pkwy  
Van Kirk  
Canam Cres  
Canam Cres  
Bovaird Dr. (Hwy 7 West) Hwy 10

**Lose 40 Lbs by Christmas**

**FIRST TIME EVER OFFERED**  
LIMITED SPACE AVAILABLE

*"I can honestly say that I've conquered my weight problem and I've been able to keep it off. Thanks Herbal Magic for your support!"*  
**Debbie**

\*Based on full program. Excludes product.

**WE GUARANTEE YOU CAN LOSE ALL THE WEIGHT YOU NEED!**  
**CALL US NOW!**

**Herbal Magic**  
Systems International  
Weight Management and Nutrition Centres

October Special  
buy one program, get one **FREE**  
Bring a Friend!  
Join Now!

[www.herbalmagic.ca](http://www.herbalmagic.ca)

**130 Guelph St. 873-2476**

**Child Abuse Breaks Hearts**

Child abuse is a far-reaching problem that affects children of all ages, socioeconomic levels and ethnicities. It is every adult's responsibility to help stop child abuse by reporting suspected abuse or neglect. If you believe a child has been harmed, or is in danger of being harmed, call your local department of children and family services or your local police department. If you are a parent, do your best to provide a nurturing, loving home environment for your child. If you need help doing this, there are resources to help you - look online or in the phone book, or ask for assistance through your church or your child's school. If we all do our part to prevent child abuse, we'll get to the heart of the matter.