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Acton/Georgetown, Friday, September 1, 2006 13

Community Calendar

Saturday, Sept. 2

Acton Trunk Sale: is held in the olde Hide House parking lot, Saturdays. Vendors can start setting up at 8 a.m. with open time for customers from 8:30 a.m. to 12:30 p.m. Volunteers are welcome.

Food bank raffle: The Georgetown Bread Basket will be having mini raffles at the Georgetown Farmers Market. These raffles are donations from the business community of Georgetown. All proceeds will go to the food bank.

Euchre: is held every Saturday night at the Hornby Co-operative Nursery School on Steeles Ave. at 7:30 p.m. Everyone is welcome.

Sunday, Sept. 3

Georgetown Runners: is a group of local runners who meet at Atlantis Athletics (232 Guelph St.) 8 a.m. Sundays as well as on Wednesdays at 4:30 p.m. at the Georgetown Dental Clinic (211 Guelph St.) for the club runs. Smaller groups meet at various other times and locations for social or training runs. Current members vary in fitness levels from the novice who is just beginning a new running/fitness program, to the more seasoned athlete who has been running for many years. All are welcome to join in the runs. Visit www.georgetownrunners.ca or call Jim Baidacoff, 905-702-1162.

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Food safety basics: Buy, store and clean promptly

(Gerry is writing today about food safety.)

How do you handle your groceries from the store?

Do you grocery shop and leave them in a car when temperatures can reach 50C in the summer? Make sure you buy your purchases and go directly home—no more stops along the way! And, any particularly perishable items should go in the car with you not in the trunk so that they can benefit from the air conditioning too!

When you arrive home if you unload and refrigerate all perishable items first, then continue with the unloading procedure, this will give your food the longest possible shelf life. Keep in mind when purchasing products, to check the best before dates in order to give yourself the most time to use it. Items may still be good and safe to use after these dates, but are at their guaranteed freshest before.

Do you rotate the stock in your fridge, freezer and cupboards? This should be done as food is put away, so as to use the oldest foods first.

When thawing food, thaw in the refrigerator only, not on the counter—this will take longer, but it is much safer. When you do thaw foods in the fridge, thaw them in a large container that will catch any drips. Then, just to be on the safe side, place that container on the bottom of the fridge so that there is no fresh food underneath it that may get dripped on.

When preparing food, watch for cross contamination. Use a cutting board and knife for vegetable prep and then for raw meat prep. Do not use that same board,

Lori
Gysel
&
Gerry
Kentner



knife or counter area again until it has been washed and sanitized.

Cross contamination occurs when you use any utensil for stirring raw meats and then the same utensil for serving cooked foods—WASH in between uses! The biggest culprit is your hands—wash them often and use soap and rub!

When preparing recipes, only remove perishable items from the fridge when you need them, do not leave them out on the counter as you work and once you are finished with them, put them immediately back into the fridge or oven.

When reheating leftovers, only take out of the fridge and reheat exactly what you will need. Keep the remainder cold in the fridge and you will extend the shelf life of the product. The less time food is in and out of a safe temperature, the longer it will last. Also, when reheating leftovers, such as soup be sure to bring them to a boil. It is not safe to just reheat them to lukewarm and then eat.

Thought for the day: the best things in life are not things.

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Mixed Fruit Crumble

Ingredients

- 6 cups mixed fresh fruit, cleaned, peeled and sliced
- 2/3 cup white sugar
- 1/4 cup flour
- 1/2 tsp cinnamon (optional)

Topping

- 1/2 cup cold butter, cut into cubes
- 3/4 cup flour
- 3/4 cup rolled oats
- 3/4 cup brown sugar
- 1/4 tsp salt

Method

Spray casserole dish with non-stick spray or grease with butter.

Mix sugar, fruit and cinnamon together, then add to washed, prepared fruit. Mix to combine.

Pour fruit into casserole.

Prepare topping by mixing flour, oats, sugar and salt, then blend in butter until it resembles coarse crumbs.

Sprinkle topping all over fruit in casserole. Bake in a 350F oven, uncovered for 45-60 minutes until topping is golden and crispy and filling is bubbling.

Cook's Note: The crumble recipe you see today is great for all berries and stone fruits. The recipe differs slightly when using apples. Apples don't usually require flour in the filling portion of the mixture. The combo of fruits that we used was strawberries and peaches. But you can use any combo of raspberries, strawberries, nectarines, apricots, peaches, blueberries, blackberries, cranberries or whatever you fancy!



Play Hockey with "The Funnel"



Well established and well organized men's pick-up hockey group is looking for new players for Thursday and Friday night hockey in Georgetown.

- Thursday night and Friday night spots available (Moldmasters Arena, Georgetown)
- Ages 18 – 80; all skill levels welcome; attitude is more important than ability
- Commitment required, but refunds given for games missed.
- Full time, and spares positions available (spares notified of openings by email 24 hrs in advance)
- Puck-hogs and hotheads neither welcome nor tolerated
- Spare goalies welcome

If interested, call Paul at 905 867-0944 for more details

REGISTER NOW

FOR THE

Acton Fall Fair 2006

Parade

September 16

12 noon

Start at McKenzie Smith Bennett School

This year's theme is:

COWS

Moo-ving In!

(No real cows please)

To Register & for more information
please call 519-853-0570

Organized by the Kinette Club of Acton

Sponsored by GIANT TIGER TIGRE GEANT

