

# Get a taste of spring foods

Spring. Fiddleheads, asparagus, rhubarb—three foods that just shout the warm weather is here! Over the next three weeks, Gerry and I are going to give you a recipe for each of these fabulous foods for you to try.

Watch your grocery store closely for the fiddleheads, because once they arrive in the store, they are only in for a couple of weeks at most, then they are gone again—only to be found in the freezer section after that.

Spring also makes us think of spring cleaning. I am pleased to say though, that if you are truly overcome with an incredible desire to clean house, if you lay down on the couch with a cup of tea, the sensation does go away! Just teasing!

For years now I've not had time to truly do a great blast of spring cleaning all at once. But I have devised a plan for getting it done. One piece at a time. So, although you don't end up with the same feeling as having the whole house clean from top to bottom all at once, you do get it done. One day I cleaned out the boys' closets and clothes—switching up for the warmer season, put the winter boots, coats, mitts away, washed the hockey gear and retired it for the season.

Then the next time there was time, everything in the house got dusted and

## Lori Gysel & Gerry Kentner



polished properly—not just swiffered and I sorted, filed and discarded the stacks and stacks of magazines.

My next goal is the windows. If the sun ever does decide to come out, I'd like to see it.

And, along with the household cleaning, I'm spring cleaning me! I've attended a couple of talks lately on cleansing and detoxification. So, I've decided to do a five-day cleanse. There is a myriad of books written on the subject, but the general concept is that you give up grains, fats, red meat, sugar, dairy, alcohol and caffeine (basically all the good stuff).

You get to have lots of fresh fruit and veggies, egg whites, boneless skinless chicken and turkey, fish and I think that's about it. You also have to take some supplements, flaxseed and I think a spoon of olive oil each day while you are going through this

process.

I've heard about three-day, five-day, one-week and two-week cleanses. The five-day version sounded reasonably achievable to me. The goal is to give all your organs and bodily parts the opportunity to get cleaned up and function at full capacity. This is supposed to make you feel much better when it's over. It's also supposed to be an excellent way to start a new eating plan if you wish. They do warn you that along the way you may feel tired and irritable, as well as experiencing some other delightful side effects.

Now, don't everyone run out and start cleansing based on this little bit of information that I've given you here. If you really want to try it, you must either seek the help of a holistic nutritionist or dietician as well as do some research on your own—there are things to be careful of and to watch out for depending on your body and state of health.

I just wanted to give you the general idea of what it was all about. Now you'll know why I'm so grouchy if you bump into me on the street this week! I'll keep you posted next week how it all went.

Have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

# Rhubarb Torte

## Ingredients

- 1 3/4 cups all purpose flour
- 1 tsp baking powder
- 1/2 cup shortening
- 2 egg yolks
- 2 tbsps sugar
- 1/2 cup chopped pecans or walnuts



## Filling Ingredients

- 4 cups fresh or frozen rhubarb
- 2 cups sugar
- 2 egg yolks
- 1/4 cup white flour

## Meringue

- 4 egg whites
- 1/2 cup sugar
- 1 tsp pure vanilla extract

## Method

1. Combine first six ingredients with a fork until crumbly.
2. Press into a 9x13 inch pan.
3. Combine filling ingredients.
4. Pour filling over crust.
5. Bake in a 350 F degree oven for 50-60 minutes.
6. In a mixing bowl, beat egg whites until stiff. Gradually add sugar and vanilla, beating well. Spread over hot filling.
7. Return to oven for 10-15 minutes or until lightly browned.

**Cook's Note:** If you would like a strawberry rhubarb sauce to go over the torte, then combine 1 cup chopped rhubarb, 1 cup chopped strawberries, one half cup sugar and 1 tsp grated orange peel. Simmer 10-15 minutes until reduced slightly, then serve warm over the torte.

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## The Regional Municipality of Halton

### PUBLIC NOTICE

#### PROPOSED RECONSTRUCTION OF MAPLE AVENUE (REGIONAL ROAD 11) FROM TRAFALGAR ROAD (REGIONAL ROAD 3) TO MOUNTAINVIEW ROAD, TOWN OF HALTON HILLS (GEORGETOWN) PROJECT FILE: PR-2187B

The Planning and Public Works Committee for the Regional Municipality of Halton proposes at its meeting on **Wednesday, May 23, 2007 at 4:00 p.m.** to recommend to Regional Council at its meeting of **Wednesday, May 30, 2007** to pass a by-law for the reconstruction of Maple Avenue (Regional Road 11) between Trafalgar Road (Regional Road 3) and Mountainview Road in the Town of Halton Hills (Georgetown).

Construction drawings showing the proposed work may be reviewed at the Planning & Public Works Department, Halton Regional Centre, 1151 Bronte Road, Oakville.

For further information, or to arrange and appointment to review the drawings, please contact Mr. Joseph Choi, P. Eng., Manager, Design Services at extension 7610.

Toll free: 1-866-4HALTON (1-866-442-5866)

Email: [Joseph.Choi@halton.ca](mailto:Joseph.Choi@halton.ca)

Peter M Crockett, P. Eng.

Commissioner of Planning & Public Works



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