

COLE'S PAINTING

15 Years Experience
Versatile & Reliable
Free Estimates

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Phone: (613) 476-8013

Remember: "It's a small world -
until you try to paint it!"

THE MILFORD MIXED BAG

ART AND CRAFT MARKET

will be open weekends in May
3033 County Road 10 in Milford
(at Video Variables)

Featuring: pottery - knitting - books -
jams and soup mixes - woodworking -
art - wooden puzzles - bead work

Mother's Day - May 11, 2003

Local artisans who would like to sell their work at
The Milford Mixed Bag should contact

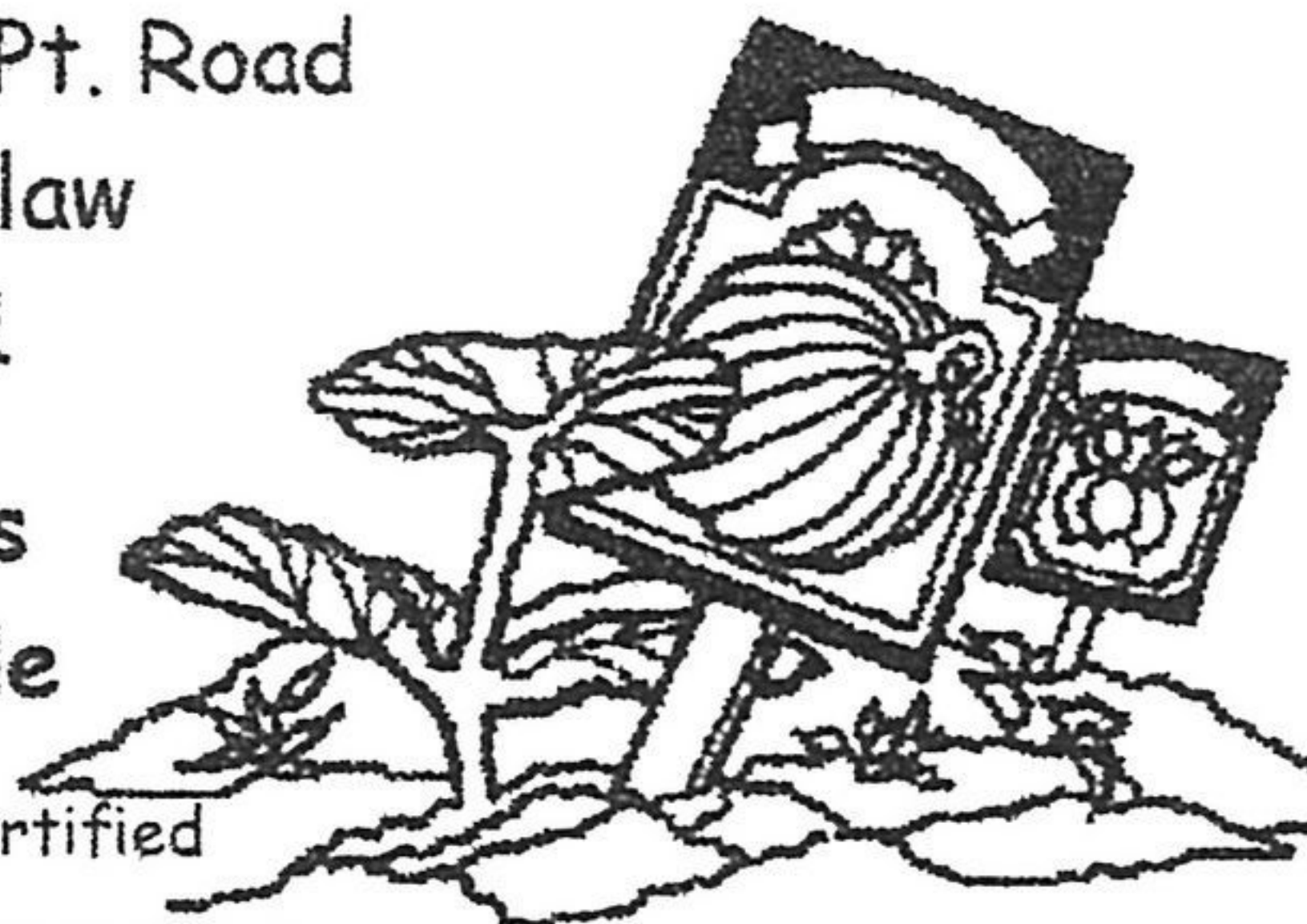
Lenie or Bruce
at 476-8891

Vicki's Veggies

Vegetables, herbs & seedlings
Heritage and unique varieties, hand
grown and cared for using organic*
and biodynamic* principles of
agriculture.

Roadside stand
81 Morrison Pt. Road
Call Vicki Emlaw
at 476-7241

Fresh greens
soon available



*non-certified

Nettle Soup

Despite its nasty sting, nettle is one of the most
delicious and nutritious foods being very high in
iron, calcium, potassium, manganese and vitamins
A, C & D.

I suggest using gloves to harvest.

- 2 cups of Stock (chicken or vegetable)
- 3 potatoes (boiled with the stock)
- 1 cup of washed nettle leaves.
- 1 med onion.
- 3 cloves of garlic.
- hot pepper to taste.
- a dash of Worcestershire sauce
- any herbs you wish.

Cook nettles in stock until wilted. Sauté the onion,
garlic, pepper and herbs in olive oil. Add every-
thing and blend, you can add milk or soya milk for
a creamy soup. Sieve it if you prefer it smooth.

- Recipe from Catherine Mathewson