

From: Her Desk Drawer

Watermelon Crab Cups

By combining the sweet taste of watermelon with the savoury flavour of a rich crab filling, these Watermelon Crab Cups create a wonderful taste sensation perfectly suited to a brunch or lunch. Born from the mind of Chef Harry, cookbook author and host of the popular PBS cooking show "Chef Harry & Friends", this simple recipe delivers on both taste and presentation. His more than 90 creations, covering every meal from breakfast to dinner can be found online at watermelon.org.

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| 6 to 8 | watermelon cups |
| 1/2 cup | mayonnaise |
| 1/2 cup | sweet pickle relish |
| 1 tsp | minced fresh dill |
| 1/2 cup | chopped celery |
| 1/2 cup | chopped scallions |
| 2 | hard boiled eggs, chopped or grated |
| 1 lb | cooked crabmeat, rinsed and picked over for shell |

Make the watermelon cups by cutting 3-inch tall and 3-inch wide cylinders of seedless watermelon. Hollow out the cylinders to form 'cups' reserving the watermelon from the centre for another use or to snack on while cooking. Once the cups are made, keep them on a paper towel until ready to fill and serve. The cups can be made ahead of



time and covered on a tray and refrigerated until ready. Make the filling by mixing together the mayonnaise, relish, dill, celery, scallions and eggs. Fold in the crab. Fill the watermelon cups and enjoy.

- News Canada

Ask The Chiropractor

What are the benefits of green tea?

As the Ancient Chinese proverb goes: "Better to be deprived of food for three days, than tea for one." The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression.

The secret in green tea lies in the fact that it is rich in antioxidants, particularly epigallocatechin gallate (EGCG). Besides inhibiting the growth of cancer cells, EGCG kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

Links are being made between the effects of drinking green tea and the "French Paradox". For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Canadians. The answer was found to lie in red wine, which contains resveratrol, a substance that limits the negative effects of smoking and a fatty diet. Researchers

have determined that EGCG is twice as powerful as resveratrol, which may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.



DR. KRISTA CARTER

The benefits of green tea are numerous. Here are just a few of the scientific findings:

- Improves high blood pressure and circulation
- Contains high levels of EGCG for cancer/disease prevention
- Powerful immune booster
- Lowers cholesterol
- Naturally stimulates metabolism for healthy, safe weight loss
- Gentle detoxifier and bowel regulator
- Improves diabetic and blood sugar conditions
- Prevents clotting, heart attacks and strokes
- Reduces inflammation, joint pain and stiffness from arthritis

- Promotes good digestion
 - Natural anti-depressant
 - Anti-aging properties - prevents and repairs wrinkles/skin conditions/ UV damage
 - Improves PMS and menopause
 - Prevents halitosis (bad breath) and body odors
 - Calms nausea, stomach upset and ulcers - excellent for morning sickness
 - Source of energy, stamina and strength for sports
- How much green tea should you drink? Given all the evidence, four or five cups of green tea per day is required to reap maximum health benefits.

Producing the perfect cup of green tea is a tricky process. If not handled properly, those same antioxidants that provide health benefits can ruin the flavour, making the tea taste "grassy". Here are some general guidelines:

- Use one tea bag, or 2-4 grams of tea per cup.
- Fill a kettle with cold water and bring to a boil.
- Allow boiled water to stand for up to three minutes.
- Pour the heated water over the tea bag or tea, and allow it to steep for up to three minutes. If using a tea bag, remove the bag.
- Allow the tea to cool for three more minutes and enjoy!

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Ferguson's Filly fails in final

BY BILL GAY

Windsor's John Ferguson saw his two-year-old filly, Caught My Eye, just come up short in the Ontario Sires Stakes \$130,000 Gold Final Trot Sunday. Caught My Eye was coming off a four-race winning streak, including an impressive three and three-quarters victory in an elimination trot the week

before. But Tymal Timeout, who also won her elimination race at the border oval, held on to win the big race in 158.2, just a neck ahead of Caught My Eye. Wayne Henry did the driving for Ferguson's filly, while the winning driver was veteran Bill O'Donnell. Tymal Timeout is owned by Ontario interests.

Ferguson and partners

had purchased Caught My Eye at last fall's Forest City Yearling Sale. The former Montreal Canadiens star is now special consultant to San Jose Sharks General Manager Doug Wilson.

Also Sunday, Keokee Silver, owned by Tony Piroski of Essex, won a \$5000 claiming pace for fillies and mares.

Hawk run at Holiday Beach

The Essex Region Conservation Authority (ERCA) will partner with Walker and Runners Around the County of Essex (WRACE) to host the Hawk Run at Holiday Beach Conservation Area on Sunday, August 20 at 9 a.m.

Participants can walk or run the five-kilometre route through this natural area, and all funds raised will be used to support habitat restoration and improve visitor facilities at the park.

Registration is \$15 per person, and if you are a WRACE member, you are entitled to a \$2 discount. Pre-register to ensure you get a fantastic 'Hawk Run' t-shirt at the event, and post-race refreshments will be available. Participants who pre-register before July 30, or have raised pledges of more than \$50 will have their park entrance fee waived.

"This event is a great opportunity to get people

out to Holiday Beach Conservation Area, which welcomes more than 60,000 visitors each year," reports Kevin Money, coordinator of conservation areas.

You can obtain registration forms for this great event at www.erca.org, at the Holiday Beach Conservation Area gatehouse, or at most local specialty running stores, or contact ERCA at 776-5209 ext. 346 and one will be mailed.



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