



LAKES

ON ELDRIDGE
NORTH

Volume 5, Issue 1

January 2006
Official Newsletter

LOEN Ladies Club

We invite all women of Lakes on Eldridge North to join the LOEN Ladies Club. We are currently 85+ members strong and growing. We would love to see new members join, get involved and bring together the community.

Check us out on the web! : www.loenladiesclub.com

Our latest events include:

Angels on LOEN

Angels on LOEN is a community service group within the LOEN Ladies Club. We are on call to provide short term assistance to our neighbors in need. You can call and ask for help or nominate someone you know. Do you have a newborn and would like some meals provided? Has a death or illness in the family forced you to leave town suddenly and you need help getting the paper, walking the dog, watering the plants? Could you use a meal when you return? If you're laid up and could use some help with carpool or picking up groceries, we would love to help. REMINDER: When nominating someone for Angels assistance, please provide their full name, street address and phone number so we can contact them promptly. Thank you! We'll take it from there! Contact angel coordinator Jeanne Markham at 713-291-9676.



Bridge

- Any interested players should contact Babs Clingo at (713-983-7345) or clinkle@sbcglobal.net

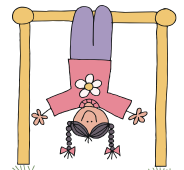
Bunko

- Meeting 01/10/05 7pm-9 pm. Hostess: Jamie Cornelius. RSVP to cornelius_JB@yahoo.com. Please Contact Julie Kerr: juliekerr@sbcglobal.net with any questions.

Children's Play Groups

Some of the Moms of LOEN have formed playgroups and regularly get together to support each other and let our children get to know each other through fun group activities. We would love to get know other parents in LOEN and their children. If you are interested in joining us, please email Joy Baker at joy_a_baker@yahoo.com. Below are some of the activities we have planned for the month of January:

January 5th – 3+ Game Day Playgroup
Jan 7th - Bayou City Farmers' Market Citrus Festival
January 11th – Toddler Playgroup
Jan 13th - Baby Playgroup
January 16th – 3+ Winter Fun Playgroup
Jan 27th - Baby Playgroup



Joy Baker: Playgroup Coordinator, joy_a_baker@yahoo.com
Jana Sloan: Baby playgroup leader (0 – 18 months), thesloans@houston.rr.com
Julie Kerr: Toddler playgroup leader (19 months to 2 years), juliekerr@sbcglobal.net
Char Herman: 3+ playgroup leader (3 to 5 year-old), scherman@flash.net

(Continued on Page 2)

Lakes on Eldridge North

IMPORTANT NUMBERS

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Peel, Inc.	advertising@PEELinc.com, 512-989-8905
Adver./Donna Sommer	dsommer@PEELinc.com, 832-237-4684

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month.. Submissions are subject to space limitations and editorial approval. Submit at www.peelinc.com.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.peelinc.com.

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Please contact Peel, Inc. Sales Office at 512-989-8905, advertising@PEELinc.com or Donna Sommer at 832-237-4684, dsommer@PEELinc.com for information on advertising.

Vanmor Properties, Inc. Contacts

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Administrative Assistant - Kim Stewart
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Phone - 281-493-0668 • Facsimile - 281-493-5654

LOEN Ladies Club - (Continued from Page 1)



LOEN Couples' Dinner Club

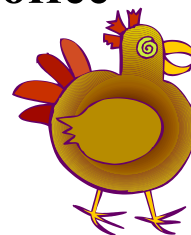
Join your neighbors and friends for an evening out..Join us on, January 21, 6:30 PM, location TBA. More info? Contact Becky at 713-856-6130, kvogel2263@aol.com

If you are interested in joining the group, call or email us.
Darla Kitchen - 832-243-9871 djkitchen@hotmail.com
Reagan Vickich - 713-896-8133 reaganvickich@hotmail.com
Becky Vogel - 713-856-6130 kvogel2263@aol.com

Chickless Hens Coffee

Are you "chickless"? Is your nest empty, or "nearly" empty? Join us Chickless Hens, January 17th, 10:30 AM - Bunco and a carry-in lunch at Sarah Mundy's house.

For more information or to RSVP, kvogel2263@aol.com (713-856-6130).



Book Club

Our next meeting is 01/09/06 at the home of Tricia Gordon. The book to be discussed is The World is Flat by John Friedman as a background book i.e. discuss a 1 or 2 chapters each month. Please contact Anne Glendinning with any questions 832-667-7298 oraglendinning@houston.rr.com



Ladies Club General Meeting

Open House

January 31, 7 PM

Recreation Center Club House

All LOEN Ladies Welcome!

Come for a visit, meet your neighbors and get involved in your community. We will have an overview of our organization, opportunities to get involved in social clubs, lots of great refreshments, and time to gab!

View the

Lakes on Eldridge North
Community Newsletter each month
on-line at www.PEELinc.com

LAKE S

ON ELDRIDGE NORTH

Congratulations! We have made it through another holiday season. Quiet mornings and calmer evenings are now replacing the hustle and bustle which accompany that time of year.

The Lakes on Eldridge Communities have been a big part of my success over the past nine years and I sincerely value your business. As we start the new year, I hope you will take a moment to relax and enjoy this time... and will call me with any of your real estate questions.

Happy New Year!

Ann Knoche

Heritage Texas Properties

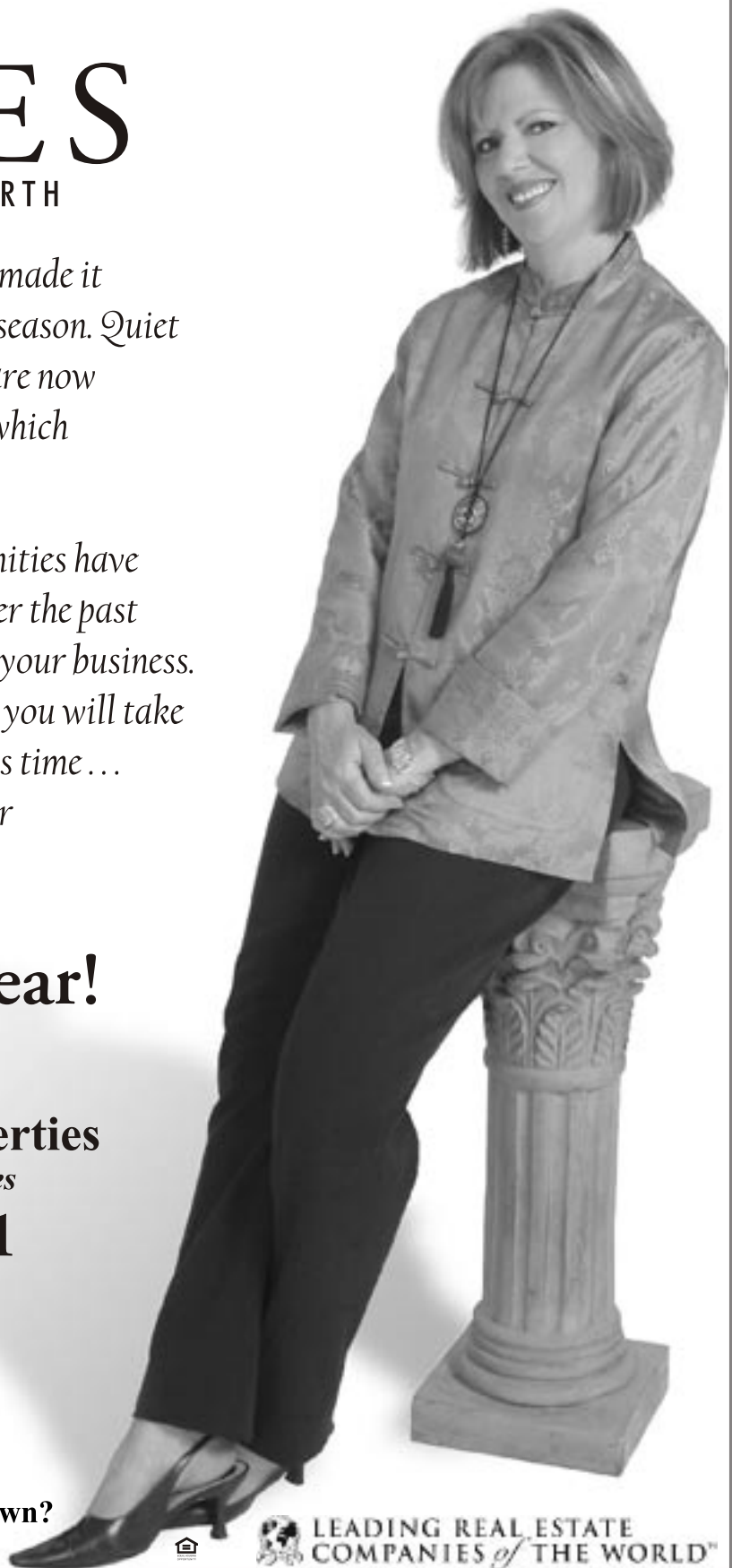
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Thyme Out for Gardening: Herbs, Part III



Happy New Year! We're continuing our herb gardening series with a closer look at individual herbs that can be grown in our area, also known as my "Top 20 List." We'll talk about 10 herbs this month, and 10 next month. I've listed the herbs in alphabetical order to avoid any appearance of favoritism – I like to maintain harmony in the herb garden!

And please remember that this list is not exhaustive, merely the culinary herbs that I have had the most experience with. There are many other wonderful herbs for cooking and crafting that will grow on the Gulf Coast – consult a good herb book, visit a garden center, and enjoy trying something new.

Basil: Basil is a must-have member of any herb garden for the flavor it brings to tomato dishes and classic pesto. For the best flavor in sauces, add basil during the last few minutes; extended cooking will diminish the flavor. Basil varieties range in color from green to purple and come in many different sizes, scents and flavors. Basil is a sun-loving, warm weather annual that can be grown easily from seed from April through late October. Basils grow rapidly and do well in flower beds or in pots – just keep them well watered. Once they start growing, basils begin to flower and go to seed very quickly. To keep the foliage growing a little longer,

prune the plants regularly. Eventually, you won't be able to prevent the blooms, and as the leaves lose some of their flavor once the plant starts blooming, let the bees and butterflies feed on the older plants and sow seeds for new plants every couple of weeks. Established basil plants sometimes survive a mild winter – either prune them back in the spring to see if they produce new growth, or pull them up to make way for new seedlings.

Bay Laurel: Also known as Sweet Bay, the true culinary bay is identified by its Latin name, *Laurus nobilis*. Please don't confuse it with other landscape plants with similar common names. The culinary bay laurel grows fairly well along the Gulf Coast as long as it is in a location that is well drained, sunny yet protected from the intense afternoon sun, and protected from winter winds. With protection, bay laurel is hardy to about 15 degrees and slowly grows into an attractive evergreen shrub or small tree. It can also be grown in containers. Bay leaves can be used fresh or dried to flavor soups, stews, and sauces. Scale insects can be a problem on bay laurel. If an infestation develops, swab the leaves with alcohol if the plant is small, otherwise try a soybean oil spray as discussed in the January gardening notes below.

Chives: Spiky, almost grass like foliage, a clumping growth form and attractive flowers make chives a nice addition to any garden. Chives are in the *Allium* family along with garlic and onions, but the

(Continued on Page 5)

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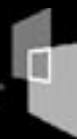


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Thyme Out for Gardening - (Continued from Page 4)

flavor of chives is found mainly in the leaves. Chives are divided into two groups: the onion chives and the garlic chives. Onion chives have thin, hollow, tubular leaves with round pink-purple flowers and a mild flavor. Garlic chives have flat leaves, a white flower, and a strong flavor. Chives grow well in sun to partial shade and in organically rich, moist soil. Chive foliage often dies back in the winter and begins growing again as the weather warms up. Divide the clumps every few years to keep them growing well. The tops of chives should be cut back regularly; use them fresh to flavor herb butters, vinegars, dressings, and marinades as their flavor may be lost with extended cooking. Society Garlic, a popular landscape plant, is not a chive but has garlic-scented leaves that can be used in the same way as chives.

Cilantro: Cilantro, or coriander, is a leafy annual that is grown for both its seeds and leaves. The leaves are light green and resemble those of flat leaf parsley. The leaves are used to flavor salsa, guacamole, and beans – add them late in the cooking process as the flavor fades with extended cooking. The cilantro plant has delicate, airy flowers that eventually develop round, brown seeds. These seeds can be collected and dried to either season dishes or grow new plants. On the Gulf Coast, cilantro grows best in the cooler weather of fall, winter, and early spring and as long it is planted in a sunny location, it's not too picky about soil or watering. As with basil, cilantro can develop flowers and go to seed rather quickly so it's a good idea to

start seeds every few weeks to have a steady supply of leaves to use in your cooking. Gulf Coast gardeners should think of cilantro as sharing an annual growth cycle with basil – as the weather warms up in the spring and the cilantro starts to fade, it's time to plant the basil. When the first cold snap has stopped the basil, usually around mid-November, plant your cilantro.

Dill: Just about everyone knows about dill because it flavors pickles. But did you know that the fresh or dried foliage and the dried seeds are used in a variety of dishes including salads, dressings, fish, vegetables, and breads? Dill has attractive fernlike foliage and yellow umbrella shaped flower heads and prefers to be planted in a sunny location during the cool weather of early fall. Dill will overwinter and start to produce flowers and seeds as the weather warms up in the spring. Dill can be grown during the summer by planting seeds every few weeks in an area that receives morning sun and afternoon shade – harvest the plants before they go to seed. Don't be surprised if you find green and black striped caterpillars munching on your dill – it's a larval food for the black swallowtail butterfly. I always try to plant extra dill so that there is some for the butterflies and some for us!

Ginger: Did you know that all ginger roots are edible? Some taste better than others, however, and that is why our discussion here is limited to the culinary gingers in the genus *Zingiber*. The culinary gingers may not be as attractive as their showy garden relatives, but

(Continued on Page 6)

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Thyme Out for Gardening - (Continued from Page 5)

they are easy to grow and can provide you with fresh ginger root whenever you need it for a recipe. A ginger root is actually a rhizome and is called a "hand." To start a ginger plant, purchase a firm, plump hand at the grocery store in the spring and place it flat on top of a 1 gallon pot of potting soil. Sprinkle a little soil on top of the hand of ginger, but don't completely cover. Water well, and place the pot in a shady location. Water as needed to maintain a moist, but not soggy soil. The hand will begin to produce new rhizomes and leaves within a few weeks. When the new plant begins to fill the pot, you can either transplant the ginger into a larger container, or into the garden. In the garden, plant it with some of the rhizome showing at the soil level in a partially shaded area. Morning sun with afternoon shade is the ideal situation. The soil should be moist and rich in organic matter. Fertilize and water regularly. The leaves of the ginger will die back in the winter, but the rhizomes will survive temperatures in the mid 20's. To harvest, simply dig into the rhizome of the ginger plant with a sharp knife, break off a piece, and wash it well to use in your favorite recipe. Clumps of ginger can be divided to maintain their size or location in the flower bed. To give you an idea of how hardy this culinary ginger is, I've had one large clump of ginger for six years now – it has moved across the country twice, spent two years in a container, and has been in the landscape in two houses.

Lavender: I know it will be difficult, but if you're determined to grow lavender on the Gulf Coast, please try not to get too attached to individual plants; chances are they won't be around very long. It must be the scent of this beloved herb that drives gardeners in our area to ridiculous lengths to try and grow it in our gardens. We design extreme raised beds, find the perfect well-drained, sunny spot, struggle with large containers, apply pea gravel mulch, protect the plants during the winter, and monitor our watering faithfully to no avail. We try new varieties that we heard someone else had good luck with. And we watch new plants grow and set bloom spikes in the hope that this might be the One That Lives. It's a heartbreaking endeavor; French lavenders, Spanish lavenders, and English lavenders all eventually succumb to our heat, cold, humidity, rain, and moist soils. The fern leaf lavender grows easily, but it just doesn't have that true lavender fragrance. I had one English lavender plant that lived 18 months, grew to 4 feet across and provided me with a large number of fragrant bloom spikes. Just when I thought it might be the One That Lives, and envisioned the potpourri and lavender shortbread I'd be able to make in the future, it slowly started dying, one branch at a time, until there was nothing left. But I'll keep trying – the Spanish and French lavenders are supposed to do well if I dig them up every winter...

Lemon Balm: Lemon balm is a citrus scented herb often known by

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LOEN RESIDENTS

Thyme Out for Gardening - (Continued from Page 6)

its Latin name, *Melissa officinalis*. Lemon balm is a hardy perennial herb, related to the mint family. While it is not as aggressive as mint, it is very easy to grow. Lemon balm looks its best when planted in light shade where its leaves will maintain a deep green color. In sunny locations, the leaves tend to be a light yellow-green. Lemon balm can handle most soil conditions, but grows best in moist, well-drained locations. Lemon balm also responds well to pinching and pruning to keep it tidy. Spider mites can be a problem on lemon balm, but pruning off the affected parts and regularly spraying the plant (especially the undersides of the leaves) with a hose helps to eliminate the pests. While it might die back during the winter, lemon balm quickly regains its form when the weather warms up. Several varieties of lemon balm are available in nurseries, including a variegated lemon balm and a lime balm. All varieties are flavorful in tea and salads, and make attractive garnishes.

Lemongrass: Lemongrass is a large tender perennial that grows in a clump and has grassy, lemon-scented foliage. This herb prefers sunny, well-drained locations and although the foliage will die back in the winter, the plant can tolerate temperatures down to about 10 degrees if it is well mulched and in a protected location. Once established, lemongrass can also tolerate dry conditions. Lemongrass can be used fresh or dried and is an essential ingredient in many Thai and Vietnamese dishes and in teas and salads. Be careful when harvesting as the leaf edges are sharp and can give you their version of a nasty

paper cut.

Lemon Verbena: Although Lemon verbena is a native of Peru, it has been a favorite herb in old southern gardens for many years. Its strong, sweet, lemon taste and fragrance makes it an essential flavoring for herb teas, punches, salad dressings, and desserts. The leaves dry well and keep their fragrance for a long time. Lemon verbena prefers a sunny location in the garden and isn't too particular about soil types. If possible, plant this herb in the back of your garden where its size (up to about 8 feet) and sprawling habit won't be a problem. Lemon verbena will drop its leaves in the winter and as long as the plant is well mulched and the temperatures don't drop below 25 degrees, it should leaf out very quickly as soon as the weather warms up. Lemon verbenas in my garden sometimes have a problem with spider mites. As with the lemon balm, I've found that pruning the affected plant parts and spraying the leaves with water helps to keep the pests under control.

January Gardening Notes: Even in the middle of winter as we know it on the Gulf Coast, there are plenty of gardening activities to keep you busy. If your flower beds need a little mulch, go ahead and add whatever you need to keep the right levels around your plants. The mulch around bedding plants/seasonal color should be about two inches thick, while perennials and shrubs can handle a three-inch layer. Trees benefit from a layer of mulch up to four inches thick. Remember not to pile your mulch up against your plants' stems and

(Continued on Page 7)

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Thyme Out for Gardening - (Continued from Page 7)

trunks – these “mulch volcanoes” give insects and diseases easy access into plant tissues.

Speaking of insects, scale has been a problem for gardeners all over town, on a wide variety of plants. As a mostly organic gardener, I usually tolerate some insect infestations and allow the beneficial insects to keep the “bad guys” in check. The beneficial insects haven’t been able to keep the scale on my citrus and palmettos under control this year and if you’re having the same problem on your plants, January is the perfect time for some careful applications of a dormant oil.

Dormant oil is a heavy horticultural oil, mixed with water and applied during cool weather, used to smother insect pests such as scale, whiteflies, and mealy bugs. A lighter weight summer oil is used for the same purposes during warmer weather. Dormant and summer oils for garden use have traditionally been petroleum based, and while they’re relatively mild as far as garden chemicals go, they do have the potential to cause leaf burn on plants and skin irritation on the person doing the spraying. The good news for organic gardeners is that soybean oil is very effective at reducing insect populations and is easier on plant and human tissues. To use as a dormant oil, mix 7 to 10 tablespoons of soybean oil per gallon of water and spray on affected plants. Be sure to cover all surfaces: leaves, stems and trunks. In warmer weather, use 4 to 7 tablespoons of soybean oil per gallon of water. As all oil sprays, including the plant-based ones,

can harm your beneficial insects along with the true pests, please use them only when it’s absolutely necessary, and spray only the affected plants; trying to spray your entire garden as a preventative measure will eventually damage the health of your yard and increase your dependency on sprays and other pesticide treatments.

Watch your soil moisture levels this month as your garden needs water even during cooler weather. Because most of our plants have entered dormancy, our natural winter rainfall is usually enough to keep your garden plants sufficiently hydrated. Your container plants will still need regular watering. If we have a dry spell, or if we have extremely cold or windy weather, your garden plants will need additional watering. Be careful that you don’t water too much – soggy conditions coupled with cooler temperatures can kill some plants, including hibiscus and roses. Continue to watch the thermometer and be prepared to cover or bring in tender plants if more freezing temperatures threaten.

Maintain your cool season bedding plants by deadheading, weeding, and monthly side-dressings of fertilizer. January is another great month to plant shrubs and trees. If you’re interested in planting some fruit trees, don’t miss the Harris County Master Gardener Fruit Sale and Symposium on January 28, 2006. The symposium starts at 8:00 a.m. and the sale starts at 9:00 a.m. You’ll learn all you need to know about growing fruit and will be able to buy the best plant varieties for

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Lakes on Eldridge North

Thyme Out for Gardening - (Continued from Page 6)

our area. If you're a tomato, pepper, and herb gardener (or want to be), then put Saturday, February 25, 2006 on your calendar for the Harris Master Gardener Tomato and Pepper Sale and Symposium. Many plant varieties sell out quickly at these sales so plan on arriving early for the best selections. For more information and a schedule for the sales and symposia, call the Master Gardeners at 281-855-5600.

Finally, please remember our feathered friends this month. I haven't seen a hummingbird in our yard since the end of November but it's not unusual for them to overwinter in our area. If you're still seeing them around your yard, keep your feeders clean and full so that they'll have a food source. A feeder full of black oil sunflower seeds will provide most of our songbirds with extra food for the winter; to attract some warblers and other fruit loving birds, try hanging a fruit and nut suet cake at your feeder. Specialty stores like Wild Birds Unlimited will have suet cakes that are formulated specifically for our climate. Until next month, happy gardening!

By Lisa M. Rawl, TMG & TMN; lmrjkk@earthlink.net; All rights reserved.

Birdfeeding Tips

Submitted by Cynthia Bates

With the exception of crows, most birds are a welcome sight to any gardener. After all, many birds eat bugs that devour plants in the garden. You can encourage birds to hang around by offering them three simple things: food, water and nesting sites in and around the garden.

So what do you feed birds? Often the average birdseed mix doesn't contain enough of the seeds many birds like (such as sunflower) but instead contain way too much of less desirable seeds, such as milo. Such seed mixes also tend to attract bully birds--grackles and starlings that will eat just about anything.

To give your birds a richer diet, try a specialty mix. Blends are available for cardinals, finches and woodpeckers, and though they may cost a little more, they contain a lot more ingredients these birds like. If specialty seed mixes seem like too much trouble, stick to plain old sunflower seeds. They're available in two types: gray strip and black oil sunflower seed is the most nutritious variety and is preferred overall by most birds.

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- Hand wash, disinfect floors

All Rooms

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- Remove cobwebs
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- Vacuum stairs
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Certification is more than a piece of paper. For example, to qualify for ACE certification, a personal trainer has to pass an intensive three hour, 150-question exam and written simulation that covers exercise science and programming knowledge, including anatomy, kinesiology, health screening, basic nutrition and instructional methods.

After checking certification, there are a few other things you should take into consideration when hiring a personal trainer. Many require asking direct questions.

A checklist to help you hire the right personal trainer:

- Ask for references
Ask the trainer for the names and phone numbers of other clients with goals similar to yours. Call to see if they were pleased with their workouts, if the trainer was punctual and prepared, and if they felt their individual needs were addressed. The best personal trainer to hire is the one others give high marks to.
- Make sure the trainer has liability insurance and provides business policies in writing. Many personal trainers operate as independent contractors and are not employees of a fitness facility. You should find out if the trainer you want to hire carries professional liability insurance. A reputable personal trainer should also make sure you understand the cancellation policy and billing procedure. The best way to avoid confusion and to protect your rights is to have those policies in writing.
- Look for a trainer who is able to assist you with your special needs

A personal trainer should always have you fill out a health history questionnaire to determine your needs or limitations. If you have a medical condition or a past injury, a personal trainer should design a session that takes these into account. If you're under a doctor's care, a personal trainer should discuss any exercise concerns with your doctor, and should ask for a health screening or release from your doctor.

- Find out what the trainer charges
Rates vary, depending on the trainer's experience, and the length and location of the workout session. For example, a personal trainer who works in a fitness club will probably charge less per hour than one who works independently and needs to come to your home or office.
- Decide if this is someone you can work with
Some people like to exercise in the morning, some in the evening. Will the personal trainer you're talking to accommodate your schedule? What about the trainer's gender? Some people do better working with a trainer of the same sex; others prefer the opposite sex.

The personal trainer you select should motivate you by positive, not negative, reinforcement. Even more important, that trainer should be someone you like.

Ask yourself if you think you could get along well with the trainer. Ask yourself, too, if you think the trainer is genuinely interested in helping you.

The personal trainer who best measures up is the one to hire. Because that's the professional who will help you get the best results.



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Lakes on Eldridge North

Alpha is Coming!

Alpha? Alpha is for anyone interested in finding out more about the Christian faith—people investigating Christianity or Christians who want to discuss their questions. Adults and high school students of all ages are welcome. The Alpha course is being hosted by Messiah Lutheran Church on Tuesday evenings beginning January 10 for 11 consecutive weeks, 6:00-8:30 PM. The evenings begin with a supper provided by the church. Childcare is provided. All people are invited to participate in the Alpha course. Alpha offers a safe, non-judgmental environment to discuss questions of the faith. Register by calling the church office.

Messiah Lutheran Church is a grace place, a congregation of the Evangelical Lutheran Church in America (ELCA). Messiah is located at 11522 Telge Road, ½ mile north of Highway 290. Regular worship times are: 6 PM (5 PM starting in January, 2006) on Saturday evenings, a casual service of song and sacrament, and traditional worship at 8 and 10:30 AM on Sundays. The Education Hour is 9:15-10:15 AM on Sundays. For more information, 281-890-3013 or www.messiahlc.org. All people are welcome at Messiah.

Puppy Training 101

Teach your puppy manners and respect.

* Stop your puppy from nipping by covering your hand with peanut butter and letting it lick it off. This trains it to associate licking with the hand, not nipping. Never hit the dog's nose or mouth.

* Halt inappropriate chewing by stuffing toys with treats when you are away from home. This gives them something to do while you are gone and encourages them to chew on the toy instead of the furniture.

* Keep your pup from jumping by training it to sit instead. Hold treats above puppy's nose to force sit back. The sitting behavior earns the treat. The point of jumping is to gain access to the face for communication. Simply turn away if jumping occurs to avoid giving it face time. Turn back around and hold the treat above her nose.



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Lakes on Eldridge North

Seasons of Maple

As the days shorten and winter approaches, maple trees drop their multicolored foliage and beckon a walk in the brisk air. After shuffling through piles of crisp, dying leaves, you may want to enjoy seasonal flavors such as maple syrup and maple sugar. Let's go beyond the traditional pancake and waffle topping and learn more about this indigenous product.

Did you know?

It takes about 40 years to grow a maple tree large enough to tap (minimum 10 inches in diameter). It takes about 40 gallons of sap to make 1 gallon of maple syrup.

Historical roots begin with Native Americans

Across the northeastern United States and eastern Canada, hard maple trees have provided rich sap for food, trade, gifts, and festivals since long before European settlers arrived. According to one legend, as frozen winter began to thaw into spring, an Iroquois chief took aim and expertly threw his tomahawk into a maple tree. The next morning, he noticed the sap beginning to flow from the gash in the tree. The tribe collected the sap and boiled it with meat for their meal. As the watery liquid began to boil away, an aromatic sweet syrup remained as a delicious discovery. Another, more pragmatic theory is that Native Americans discovered the flavorful icicles of frozen maple sap ("sapsicles") that were created

with the end-of-winter thaw. In the early 1600s Native Americans showed North American explorers their techniques for capturing the sap, and from there, an industry of maple syrup, maple sugar, and all things maple began.

Over the centuries, maple has become an important symbol of the history, people and culture of North Americans, and Canada officially adopted the maple leaf flag in the 1960s. Now, in the 21st century, we still enjoy the same kinds of maple treats that those early natives and settlers created.

Maple syrup contains nutrients Pure maple syrup contains minerals such as calcium, potassium, manganese, magnesium, phosphorus, and iron. It also contains small amounts of vitamins, including riboflavin (B2), pantothenic acid (B5), pyridoxine (B6), niacin, B1, biotin, and folic acid.

The main type of sugar in pure maple syrup is sucrose. Like any sweet treat, enjoy maple recipes in moderation, and be sure to brush your teeth after eating.

Recipes

If your favorite recipes contain white sugar and you want to experiment with new flavors, use 3/4 cup maple syrup to replace 1 cup

(Continued on Page 16)



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Seasons of Maple - (Continued from Page 15)

sugar. Also, for baked goods, be sure to reduce the amount of any other liquids; for example, if a bread recipe calls for 1 cup of sugar and 1 cup of milk, use 3/4 cup of maple syrup in place of the sugar, and remove 3 tablespoons of liquid from the cup of milk.

According to the Farmers' Almanac, the Full Sap Moon of March will announce the end of winter. The season will turn to spring, and the full moon will signal the time to begin tapping maple trees for another, flavorful harvest. In the meantime, you might want to try these recipes.

Maple-Teriyaki Glazed Salmon

- 1/2 cup tamari or low-sodium soy sauce
- 1/4 cup maple syrup
- 2 Tbs. apple cider vinegar or orange juice
- 2 Tbs. dry white wine
- 2 minced garlic cloves
- 1/2 inch piece of fresh ginger, peeled and minced
(or 1/8 tsp. ground ginger) or to taste
- 4 salmon fillets

Mix together all ingredients except salmon. Pour just enough of the marinade to cover the bottom of an oven-proof baking dish. Place salmon in baking dish, and pour remaining marinade over it. Cover with foil and place in the refrigerator to marinate (30 minutes to 1 hour).

Preheat oven to 375F. Place baking dish in oven and bake 12 to 15 minutes or until salmon flakes easily with a fork. If necessary, spoon some of the marinade over the top of the fish while baking to form a glaze.

Maple Cranberry Sauce

- 1 cup water
- 1 cup brown sugar
- 1 (12 ounce) package fresh cranberries, rinsed
- 1 navel orange or 2 satsuma (seedless mandarin) oranges
- 1/4 cup maple syrup
- 1/2 tsp. ground nutmeg
- 1/2 tsp. cinnamon, or to taste

In a shallow pan over high heat, stir sugar into water and bring to a boil. Stir in cranberries and boil 10 minutes, stirring occasionally. (Cranberries may "pop.")

While cranberries are cooking, peel, section, and chop the orange. Optional: grate the orange peel before chopping for additional orange zest.

Reduce heat to low. Stir in remaining ingredients and simmer 5 minutes.

Remove from heat. Let cool slightly, and adjust maple syrup and spices to taste. Serve warm over roasted meat immediately, or chill in the refrigerator and serve as a side dish.

Maple and Pear Breakfast Cake

- 2 cups white flour
- 1 cup rolled oats
- 1/3 cup sugar
- 2 tsp. baking powder

- 1 tsp. cinnamon
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup (1 stick) unsalted butter, cut into pieces
- 1 (8 oz.) container plain or vanilla yogurt
- 2 Tbs. maple syrup
- 2 ripe pears, peeled, cored, and diced
- 1/2 cup coarsely chopped walnuts (op

Preheat oven to 375F. Combine dry ingredients in a medium bowl. Cut in butter with a pastry blender or two knives until the pastry is coarse and the butter is the size of peas. Stir in the remaining ingredients. Turn out mixture onto a lightly floured surface and knead briefly. (Dough will remain sticky.)

Pat the dough into a lightly oiled, round or square (9-inch) baking dish. Bake for 20 minutes or until golden brown. Remove from oven, and while still warm, spread Maple-Pear Butter Topping (recipe follows) on top. Serve immediately.

Maple-Pear Butter Topping

- 1 large ripe pear, peeled, cored, and mashed
- 1/4 cup (1/2 stick) butter, softened
- 1/4 cup maple syrup

In a small saucepan, simmer together the pear, butter, and maple syrup. When the mixture thickens, remove from heat but keep warm. To serve, spread over Maple and Pear Breakfast Cake.

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Texas Events - January

1—BEAUMONT: McFaddin-Ward House Christmas Exhibit 409/832-2134

1—PORT ARTHUR: Winter Odyssey (Began Dec. 11.) 409/985-7822

1-7—GALVESTON: Moody Gardens Festival of Lights (Began Dec. 1.) www.moodygardens.org 800/582-4673

6—GROVES: First Friday in Groves Celebration Lincoln Avenue. www.grovescofc.com 800/876-3631

6-8—BAYTOWN: *The Complete Works of William Shakespeare (Abridged)* Baytown Little Theater. E-mail: ellenbradj@aol.com 281/424-7617

6-Feb. 19—VICTORIA: Exhibit: *Apron Strings: Ties to the Past* Nave Museum. www.vrma.viptx.net/museum 361/575-8227

7—PORT ARTHUR: Krewe of Neptune "12th Night" Mardi Gras Party Kicks off the Mardi Gras season with a parade of all krewe royalty in full costume. Includes dance and contests. Reservations required. Bob Bowers Civic Center. 409/962-9860

7-8—ROSENBERG: Fort Bend County Antique Fair Fort Bend County Fairgrounds. E-mail: www.cwgs.com 877/840-3829

12-15—VICTORIA: RV Show Victoria Community Center. 361/729-0031

13—HOUSTON: Gardere's Martin Luther King Jr. Oratory Competition Annual oratory competition celebrates the Martin Luther King Jr. Holiday. Elementary school-age students present five-minute speeches on a topic relevant to Dr. King's legacy. Antioch Missionary Baptist Church, 500 Clay St. www.gardere.com 713/867-3248

13-14—HOUSTON: Cynthia Hopkins' *Accidental Nostalgia* This operetta explores the pros and cons of memory loss. Performance contains brief female nudity. Begins at 8 p.m. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

13-15—PORT NECHES: Trade Days on the Avenue 409/722-4023

14—WEST COLUMBIA: Brazoria County Bluegrass Concert Begins at 7 p.m. American Legion Hall, 213 N. 14th St. www.westcolumbia.org 979/265-4757

15-Mar. 19—PORT ARTHUR: Pat Kyser Quilt Exhibition Museum of the Gulf Coast. www.museumofthegulfcoast.org 409/982-7000

16—PORT ARTHUR: MLK Brunch Bob Bowers Civic Center. 409/722-5314

17-29—HOUSTON: *Doctor Dolittle* The animals sing during this new musical based on the 1967 film. Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882

19—BRIDGE CITY: Taste of Bridge City B.C. Middle School, 300 Bower. E-mail: chamber@exp.net • www.cityofbridgecity.org 409/735-5671

20—VICTORIA: Country Opry Hours are 7:30 to 10 p.m. Victoria Community Center Annex. 361/552-9347

21—HOUSTON: Marc Andre Hamelin Hamelin is known for performing rarely played music of "neglected" composers such as Alkan, Busoni, Medtner and Szymanowski. Begins at 8 p.m. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA

21—LA PORTE: Hard Hat Tour Aboard the Battleship *Texas* Enter areas rarely seen by the public. Bring a flashlight or headlamp; wear old, comfortable clothes and rubber sole deck shoes. Reservations required. Battleship Texas State Historic Site. 281/479-2431

21—ORANGE: *Sing, Sing, Sing* Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535

21—PORT ARTHUR: 19th Annual Janis Joplin Birthday Bash Features a blues concert honoring Joplin's birthday. Includes the induction ceremony into the Gulf Coast Music Hall of Fame. Bob Bowers Civic Center. E-mail: triangleconcert@webtv.net 409/722-3699 or 409/985-5583

21, 24, 27, 29—HOUSTON: Donizetti's *Don Pasquale* Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

28—HOUSTON: Asian Festival Ring in the Year of the Dog with traditional lion and peacock dances, Chinese folk music, origami and martial arts demonstrations. Learn more about the Asian animal species that live at the zoo, including Siberian tigers, red-crowned cranes, Chinese alligators and more. Houston Zoo. www.houstonzoo.org

(Continued on Page 19)

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28—HOUSTON: Marvin Hamlisch & Monica Mancini The remarkable pianist/conductor/composer Hamlisch and Grammy-nominated vocalist Mancini perform. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA

28—VICTORIA: Victoria Symphony Presents The Bellamy Brothers Begins at 8 p.m. Victoria College Auditorium. www.victoriasymphony.com 361/576-4500

28, 31—HOUSTON: Puccini's Manon Lescaut Houston Grand Opera performs. Wortham Theater Center. 713/228-6737 or 800/626-7372

29—CLEAR LAKE AREA: Epicurean Evening Join in a "Taste of Space" at Space Center Houston and sample cuisine from dozens of area restaurants and clubs. 281/488-7676

29—ORANGE: Tap Dogs Rebooted Lutch Theater. www.lutch.org 409/745-5535 or 800/828-5535

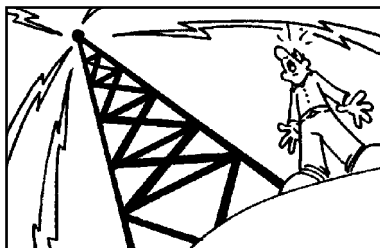
29—VICTORIA: St. Joseph High School Festival Victoria Community Center. 361/575-3456

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