



“creating a village in the city”

**Please Contact Us**

We are located in the community room at  
**Kortright Hills Public School**  
 23 Ptarmigan Drive Guelph, ON N1C 1B5  
 519.993.5264 [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) [www.khng.ca](http://www.khng.ca)

**Our Boundaries**

- North** – Downey and Niska Rd from Hanlon to Waterfowl Park - North to Stone Road
- East** – Hanlon Expressway;
- West** – City Limits;
- South West** – City Limits to Downey Rd;
- South East** – Teal Dr. from Downey to Hanlon.

**October 2019 issue**

**Visit us on the Web: [www.khng.ca](http://www.khng.ca)**

**KHNG NEXT EVENTS, MARK YOUR CALENDARS!!**

**BOOOnanza!**

When tombs awake and witches take flight  
 We'll gather in the safety of light  
 Don your costume, old or new  
 And come prepared to party too!

**Saturday October 26<sup>th</sup>, 2019**  
 Kortright Hills Public School Gym, 1-4pm

Join KHNG for an afternoon of family fun activities, dress up in your costume, make a craft, watch Connection Dance Collective demonstration @ 2:30pm, try out a unique escape room, pick and paint an Crock A Doodle item and much more!

**Volunteers needed email:**  
[kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

**THANK YOU TO OUR MANY SPONSORS:**

**UPCOMING YOUTH NIGHTS!**

**LEVEL UP LEARNING CENTERS** & Kortright Hills -Your Neighbourhood Group

Presents  
**Youth Night 2.0 Teapot Derby**  
 7-9pm  
 Kortright Hills P.S. Gym  
 Oct 18, 2019

We challenge you to create your own Tea party themed remote control car to defeat our obstacle course.

Each entry will be judged on creativity, completion of the course and time. And in true Steampunk fashion bribery (i.e. compliments, candies, high fives) will be accepted by the judges (NO real money).

Snacks will be provided and parents are welcome to join in on the fun as well as ask about our classes. There will also be a 50/50 draw to help keep programs running at KHNG.

@CHALK WITH CA PRESENTS

**INTRO TO CHALK COUTURE**

JOIN ME AT KORTRIGHT HILLS PS COMMUNITY ROOM ON NOVEMBER 29 @ 7-9PM. COME GET CREATIVE AND DECORATE A 5X7 ART BOARD WITH MY TRANSFERS & VARIOUS COLOURS OF CHALKOLOGY PASTE

THIS IS A FREE EVENT & A GREAT CHANCE TO MAKE A GIFT FOR SOMEONE SPECIAL AGE 8+

PLEASE REGISTER AT [KORTRIGHTHILLSNG@GMAIL.COM](mailto:kortrighthillsng@gmail.com) AS SPACES ARE LIMITED

Click here to register:  
<https://forms.gle/XKQad5peDjDTinFvG>

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For more information email [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) or call 519.993.5462 or visit [www.khng.ca](http://www.khng.ca)



**26<sup>th</sup> Guelph Scouts  
8<sup>th</sup> Annual**



**Free Admission**  
Kortright Hills Public School  
23 Ptarmigan Drive, Guelph

**Saturday, November 16<sup>th</sup> 10am - 3pm**

Featuring over 50 vendors with a stunning array of fabulous gift ideas for everyone on your list!

**SILENT AUCTION \* REFRESHMENTS \* BAKED GOODS  
FREE Colouring and Crafts for kids & MORE ...**

Check out our Facebook page:  
<https://www.facebook.com/26thguelphannualscoutbazaar/>



**Kortright Hills**  
-Your Neighbourhood Group

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**FALL  
BACK**

**Sunday  
November 3, 2019**



**Fall** Into **Bird Feeding**

Blue Jay



**Wild Birds Unlimited**  
951 Gordon St (@ Kortright)   
[guelph.wbu.com](http://guelph.wbu.com) 519-821-2473

Shop Online ..... **FREE** \* Store Pickup  
or Shipping  
[mywbu.com/guelph](http://mywbu.com/guelph) \*more details online



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*Welcome!*

If you are new to the Neighbourhood, we extend a warm welcome to you and your family! Please consider joining us for our regular monthly meetings to help plan social & recreational events.

*Thank You!*

A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the GNSC. Your support for our neighbourhood is greatly appreciated!

*Stay Informed:*

To get email updates of our neighbourhood events delivered to your inbox, please send your request to [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). Visit our website, facebook group or page telling you of upcoming events, programs and workshops.

# Fall Programs!



## REGISTER TO ATTEND A SCOUTS CANADA PROGRAM

Programs are STEM based

To join contact Nikki by email:

[26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca)

### Action Read Early Literacy Program:

Join us for **FREE** literacy and numeracy programs! Enjoy story-time, number and language games, songs, rhymes, word play, puzzles, crafts and nutritious snacks. Gain ideas, tips and resources for early literacy activities at home. Caring and nurturing staff, qualified in Early Childhood Education.

Programs operate on a 'first come, first serve' basis in locations throughout Guelph. They are open to parents or caregivers with children aged newborn to 6 years. Register at the program site.

For more information, or to check if a site is full, please call 519-836-2759. **KHNG site is Thursdays - 9:00 am to 11:00 am.**

## WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

### Mark your calendars to attend KHNG upcoming Events:

#### Garden Fresh Box Pick Up Dates:

October 16, 2019

November 20, 2019

December 18, 2019

**Website:** [www.gardenfreshbox.ca](http://www.gardenfreshbox.ca)

**Online Store:** [www.gardenfreshbox.ca/store](http://www.gardenfreshbox.ca/store)

#### KHNG & Life Gears Academy PD Day Camps

**November 1st** - "STEM Team"

**November 29th** - "Building & Design"

#### Registration link:

<https://docs.google.com/forms/d/e/1FAIpQLSdsRUB1BF9iHln3b1ywUg0DDMGOx5YH7Ffg29ngoF60sU2F4A/viewform>

#### PD Day Camp Information Page:

<https://www.lifegears.org/camps/20192020-pd-day>

#### KHNG Event

**Boonanza** - Saturday October 26, 2019

**Youth Night "Tea Pot Derby"** - Friday October 18, 2019

**26th Scout Group Craft Bazaar** - Saturday November 16, 2019

**Youth Night "Chalk Couture Workshop"** - Friday November 29, 2019 (in the community room - registration is required to attend this youth night - register here: <https://forms.gle/XKQad5peDJDtinFx6>)

Visit KHNG website for up to date events: [www.khng.ca](http://www.khng.ca) and consider getting involved with **YOUR Neighbourhood Group** Join us the 3rd Thursday of each month at 7:00 pm in the Community Room!

## WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

Can you help us continue to deliver social and recreational programs for our community? In the coming months we are seeking your assistance with:

- \* Planning of upcoming events (Youth Nights, Boonanza & other events in 2019/2020 etc.)
- \* Becoming a leader with 26th Scout Group
- \* Volunteering with KHNG

If these or similar opportunities are of interest to you, contact us today at [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

Your help is needed – call or e-mail us today!!





KHNG AND  
LIFE GEARS

# PD DAY CAMPS

SEPT. 27  
-BUGS AND ANIMALS  
NOV. 1  
-STEM TEAM  
NOV. 29  
- BUILDING AND DESIGN



Location: Kortright Hills Public School (23 Ptarmigan Dr)  
Time: 9am - 4pm (8am - 5pm extended care)  
Age: 4-12  
Cost: \$45/camper (extended care for an extra \$10)  
Registration:  
[www.lifegears.org/camps/201920](http://www.lifegears.org/camps/201920)  
20-pd-day  
or email [admin@lifegears.org](mailto:admin@lifegears.org)



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@CHALK WITH CA PRESENTS

## INTRO TO CHALK COUTURE

JOIN ME AT KORTRIGHT HILLS PS COMMUNITY ROOM ON OCT 27 10-12AM & 1:30-3:30PM

COME GET CREATIVE AND DECORATE A SURFACE WITH MY TRANSFERS & VARIOUS COLOURS OF CHALKOLOGY PASTE.

BASE PRICE IS \$10 AND THEN ATTENDEES HAVE THE CHOICE TO CHOOSE FROM A VARIETY OF SURFACES TO DECORATE AND TAKE HOME FOR AN ADDITIONAL FEE.

REGISTER AS SPACE IS LIMITED  
[JCJIRELAND@SYMPATICO.CA](mailto:JCJIRELAND@SYMPATICO.CA)



Garden Fresh Box is a non-profit produce buying program that provides you with affordable fresh fruit and vegetables, while supporting local farmers!!

**EVERYONE IS WELCOME** to participate in the Garden Fresh Program

**How it works:**  
**ORDER by the first Friday of each month**  
 ⇒ PICK-UP on the third Wednesday of the month between 5-6pm  
 ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit  
 ⇒ LARGE Box \$20, SMALL Box \$15

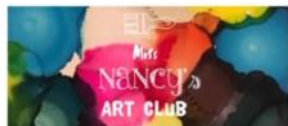
**Order and Pick Up Dates:**

Order & Pay By:	Pick-Up
Fri Oct 4th	Wed Oct 16th
Fri Nov 8th	Wed Nov 20th
Fri Dec 6th	Wed Dec 18th

**WEBSITE:** <http://www.guelphchc.ca/pages/healthy-living/food-health/garden-fresh-box>

**KHNG is your local host site order your Garden Fresh Box Today!!**  
**email: [kortrightillsng@gmail.com](mailto:kortrightillsng@gmail.com)**





## Monday's



Miss Nancy is excited to return to KHNG for her 4th session to inspire creativity in your kids. With over 5 years experience teaching various types of art, she is looking forward to introducing fun lessons that encourage your children to use their own creativity, while experimenting with different mediums such as water colours, acrylics, chalk pastels, collage, clay, and much more.

She will explore abstract art, illustration, cartoons, and encourage your kids to just simply enjoy the process and have fun!

To view some of Miss Nancy's work visit her Facebook <https://m.facebook.com/Canvashousearts/> or Instagram: <https://www.instagram.com/nancythepainter/>

Nancy welcomes any parents with questions to email her directly at [nancythepainter@hotmail.com](mailto:nancythepainter@hotmail.com)

**Limited spaces available!**

**To Register Email: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)**

## Tuesday's STEM Club!



Join Life Gears Academy for hands on projects and crafts that explore Science and Engineering with a focus on nature and the environment. A majority of this program will be held outside learning about the environment around us and what we can do to make a difference. For more information of what Life Gears has to offer visit their website:

[www.lifegears.org](http://www.lifegears.org)



**Food & Life Skills Club**  
Oct 30th - Dec 18th, 2019  
Kortright Hills Neighbourhood Group  
Community room 23 Ptarmigan Dr. Guelph  
Wednesdays 3:20 - 5:30 pm

We will be learning how to read flyers, to create a budget, follow recipes and prepare foods that can be prepared without an oven or stove. What a neat way for your children to practise their reading, math, and life skills.

Cost : \$136.00  
To Register: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)



## ESCAPE ROOM CLUB

THURSDAYS 3:20 - 5:30 PM  
OCT 31st to DEC 19th, 2019

Kortright Hills Neighbourhood Group  
Community Room 23 Ptarmigan Dr. Guelph

COST: \$136

We will learn all about puzzles and riddles. How to create and design Escape Rooms. Best of all how to run them for maximum fun.

To register email:  
[kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)



## FRIDAY MIX IT UP CLUB!

November 1 - December 20, 2019  
(NO Club Fri Nov 1st & 29th, 2019 PD Day)

Time: 3:30 - 5:30 pm  
Ages: 6 to 12 years  
Cost: \$102

**KHNG Community Room 23 Ptarmigan Dr. Guelph**

Join us Friday's for a variety of activities from board games, puzzles, mazes, arts, Science and crafts while making friends and learning!

To register email:  
[kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

Limited space available,  
register today!



## KEEP CALM & JOIN KHNG CLUBS!

## Want to Advertise in KHNG Quarterly Newsletter:

**KHNG** sends an electronic newsletter out four times a year, next issue January 2020. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbors, write an article of interest or if you are a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbors helping neighbours.



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## Kortright Hills Classifieds!!



### Kortright Hills Neighbourhood Opportunities

#### **KHNG Community Room**

Are you looking for a place to hold a community meeting, start a club, provide a workshop or have an idea for adult or children programs? Would you like to share your time/ideas with the neighbourhood. Call or email KHNG to find our more information or book the community room.

#### **KHNG Electronic Mailing List**

Join KHNG mailing list to receive newsletters/posters of recreational and social events within your neighbourhood. Tell your friends and neighbours, call or email Leone to add your email to our electronic list.

### *KHNG & Life Gear Camp Supplies Needed!*

#### **Wish List of Supplies Needed For Camps!**

Donations of toilet paper rolls cardboard (cereal boxes), skewers, Popsicle sticks, paper straws, newspapers, paper towel rolls (cardboard) and water bottles are needed for clubs, PD Day Camps and Summer Camps.

If you are able to donate any of the above items, we ask that you collect them and drop them off at the community room. Any help is appreciated!

Any donations can be dropped off at the KHNG Community room of Kortright Hills Public School Monday to Friday between 3:30 and 5:30 pm.



**KORTRIGHT HILLS  
NEIGHBOURHOOD GROUP  
PHONE NUMBER:  
519.993.5264**

### Kortright Hills Neighbourhood Clubs

#### **KHNG Clubs After School**

**Monday to Friday Oct 28 to Dec 20, 2019  
Ages 6 to 12 years - 3:30 to 5:30 pm**

#### **Monday - Miss Nancy's Art Club**

**Oct 28 to Dec 16/2019 - 8 weeks - \$136**

3:30 to 5:30 pm in the Community Room

Miss Nancy is excited to return to KHNG for her 4th session to inspire creativity in your kids. With over 5 years experience teaching various types of art, she is looking forward to introducing fun lessons that encourage your children to use their own creativity, while experimenting with different mediums such as water colours, acrylics, chalk pastels, collage, clay, and much more. She will explore abstract art, illustration, cartoons, and encourage your kids to just simply enjoy the process and have fun! To view some of Miss Nancy's work visit her Facebook <https://www.facebook.com/Canvashousearts/> or Instagram: <https://www.instagram.com/nancythepainter/>



#### **Tuesday - Life Gears Academy Club**

**Oct 29 to Dec 17/2019 - 8 weeks - \$136**

3:30 to 5:30 pm in the Community Room

Join Life Gears Academy for hands on projects and crafts that explore Science and Engineering with a focus on nature and the environment. A majority of this program will be held outside learning about the environment around us and what we can do to make a difference. For more information of what Life Gears has to offer visit their website: <https://sites.google.com/lifegears.org/lifegearsacademy>



#### **Wednesday - Food & Life Skills Club**

**Oct 30 to Dec 18/2019 - 8 weeks - \$136**

3:30 to 5:30 pm in the Community Room

We will be learning how to read flyers, to create a budget, follow recipes and prepare foods that can be prepared without an oven or stove. What a neat way for your children to practise their reading, math, and life skills.



#### **Thursday - Level Up - Escape Room Club**

**Oct 31 to Dec 19/2019 - 8 weeks - \$136**

3:30 to 5:30 pm in the Community Room

We will learn all about puzzles and riddles. How to create and design Escape Rooms. Best of all how to run them for maximum fun.



#### **Friday - Mix It Up Club with Life Gears Academy**

**Nov 1 to Dec 20/2019 - 6 weeks - \$102**

(NO Club Fri Nov 1 & Nov 29) 3:30 to 5:30 pm in the Community Room  
Join us Friday's for a variety of activities from boardgames, puzzles, mazes, arts, science and crafts while making friends and learning!



**To Register contact  
[kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)**

**Limited Spaces Available!  
Register Today!**

#### **Contact KHNG:**

Web: [www.khng.ca](http://www.khng.ca) Email: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)  
phone: 519-993-5264



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### Want to Advertise in KHNG Quarterly Newsletter:

**KHNG** sends an electronic newsletter out four times a year, next issue January 2020. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbours, write an article of interest or if you are a student looking to offer your services (i.e.: babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

## Kortright Hills Classifieds Continued!!



### Community Room Available!!

Do you have an idea for an:

**Event      Program**  
**Social     Workshop**

that may interest others in the Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.993.5264 or  
e-mail: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

### Contact KHNG:

[www.khng.ca](http://www.khng.ca) \* [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) \* 519-993-5264

### Want to Advertise in KHNG Newsletter

**KHNG Newsletters January, April, July and October 2020**

#### Sponsorship Suggested Rate Scale:

**Full page ad, graphics, logo and border**  
\$100.00 for Newsletter      \$50.00 for Website

**Half page ad, graphics, logo and border**  
\$50.00 for Newsletter      \$25.00 for Website

**Quarter page ad, graphics, logo and border**  
\$25.00 for Newsletter      \$15 for Website

**Business card size, graphic, logo and border**  
\$15.00 for Newsletter      \$10.00 for Website

**Small word ad, max 15 words, No graphics, FREE**  
Newsletter advertising helps fund KHNG events  
**Advertise in our next newsletter January 2020!!**

### 26th Guelph Scouting Group

#### Join The Adventure of 26th Guelph Scouting Group

Interested in joining  
BEAVERS, CUBS, SCOUTS, VENTURERS...

**Register now to attend** the 26<sup>th</sup> Guelph Scouting Group meets at the Kortright Hills Public School gym.

Beavers	ages 5-7	meet Mon 6:30-7:30
Cubs	ages 8-10	meet Wed. 7:00-8:30
Scouts	ages 11-14	meet Tues 7:00-8:45
Venturers	ages 14-17	meet Tues 7:00-9:00

For more details contact by email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca)



#### Attention:

We are looking for volunteers to help run our scouting programs: Beaver Scout, Cub Scout, Scouts, Venturer Scout



It starts with Scouts.

If interested please contact Nikki Group Commissioner 26th Scout Group  
[26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca)

## Get free dental care for children and youth

**Call 1-800-265-7293 ext. 2661**

We offer free dental services for eligible children and youth up to and including age 17. Children and youth may be eligible if the cost of care would be a financial hardship.

**Our services help prevent cavities.**

We can:

- Clean teeth
- Apply fluoride
- Coat teeth with sealants
- Show you how to brush



#### Preventive Dental Clinics

**Fergus** – 490 Charles Allan Way  
**Guelph** – 160 Chancellors Way  
**Orangeville** – 180 Broadway  
**Shelburne** – 167 Centre Street

Ask about other community locations near you.



## Winter Weather Tips:

### MONITOR THE WEATHER

- Pay close attention to changing weather conditions
- Listen to weather forecasts early in the day to determine if there is the potential for severe weather in your area
- Check road reports before setting out on a trip



### TRAVEL SAFELY

- Give your car a winter tune-up in mid autumn
- Install snow tires early to avoid being caught off guard by a late autumn snowstorm.
- Prepare an emergency kit for your car with items such as a flashlight, warm gel packs, a shovel, new batteries and a blanket

### DRIVE CAREFULLY

- Completely clear your car windows and mirrors of snow and ice before driving
- Take it slow: don't accelerate too quickly, avoid sharp turns at high speeds, and brake well in advance of where you want to stop
- Leave lot's of space between you and the car driving in front of you
- Beware of black ice
- Test your breaks: if you feel your brakes lock, or your car begin to slide, adjust by slowing down

### TAKE PRECAUTIONS

- If you must be outside during inclement weather, dress appropriately - wear a hat, gloves and dress in layers
- Beware of frostbite, which can occur in minutes and watch carefully for symptoms of hypothermia such as shivering, confusion and loss of muscular control



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**COLOUR ME!!**



**GUELPH  
POLICE SERVICE  
PRIDE SERVICE  
TRUST**

## Seasonal Safety Tips

### October:

This month is Halloween. Make sure your kids wear reflective costumes and please be aware of little goblins and ghouls trick or treating in neighbourhoods'.

### November:

As the weather starts to get colder, make sure your car is in good repair and remember that the frosty nights can leave black ice on the roadways for your morning drive to work.

### December:

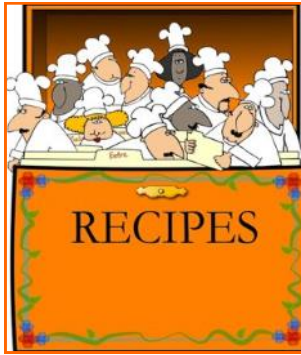
It's the festive season, please don't drink and drive. Make sure you have made arrangements for safe transportation home.

Other tips can be found on the Guelph Police Services website: <http://www.guelphpolice.com>





# Kortright Hills Recipe Corner!!



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## Jamie's Cranberry Spinach Salad

### Ingredients:

1 tablespoon butter  
3/4 cup almonds, blanched and slivered  
1 pound spinach, rinsed and torn into bite-size pieces  
1 cup dried cranberries  
2 tablespoons toasted sesame seeds  
1 tablespoon poppy seeds  
1/2 cup white sugar  
2 teaspoons minced onion  
1/4 teaspoon paprika  
1/4 cup white wine vinegar  
1/4 cup cider vinegar  
1/2 cup vegetable oil



### Directions:

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving. In a large bowl, combine the spinach with the toasted almonds and cranberries.

## Pumpkin Pie Milkshake

### Ingredients:

5 scoops vanilla ice cream  
1/3 cup milk  
3 tablespoons pumpkin pie filling  
1 teaspoon brown sugar  
1/2 teaspoon pumpkin pie spice



### Directions:

Blend ice cream, milk, pumpkin pie filling, brown sugar, and pumpkin pie spice in a blender until smooth.

## Pumpkin Parfait

### Ingredients:

1 cup pumpkin puree  
1 (1 ounce) package instant sugar-free vanilla pudding mix  
1 teaspoon pumpkin pie spice  
1 cup evaporated skim milk  
1 cup skim milk



### Directions:

In a mixing bowl, combine the pumpkin puree, vanilla pudding mix, pumpkin pie spice, evaporated milk and skim milk. Blend together until smooth; place in parfait glasses and chill until set.

## Mouth-Watering Stuffed Mushrooms

### Ingredients:

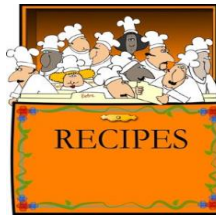
12 whole fresh mushrooms	1 tablespoon vegetable oil
1 tablespoon minced garlic	1 (8 ounce) package cream cheese, softened
1/4 cup grated Parmesan cheese	1/4 teaspoon ground black pepper
1/4 teaspoon onion powder	1/4 teaspoon ground cayenne pepper



### Directions:

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp Paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool. When garlic and mushroom mixture is no longer hot, stir ice cream, cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

# Kortright Hills Recipe Corner!!



## Chef John's Italian Meatballs

### Ingredients:

- 1/3 cup plain bread crumbs
- 1/2 cup milk
- 2 tablespoons olive oil
- 1 onion, diced
- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 1/4 bunch fresh parsley, chopped
- 3 cloves garlic, crushed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1 teaspoon dried Italian herb seasoning
- 2 tablespoons grated Parmesan cheese



### Directions:

Cover a baking sheet with foil and spray lightly with cooking spray.

Soak bread crumbs in milk in a small bowl for 20 minutes.

Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes.

Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about one hour. Preheat an oven to 425 degrees F (220 degrees C).

Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

## Pumpkin Gingerbread



### Ingredients:

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs
- 2/3 cup water
- 1 (15 ounce) can pumpkin puree
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1/2 teaspoon baking powder

### Directions:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.

In a large mixing, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and clove.

In medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.

Bake in preheated oven until toothpick comes out clean, about 1 hour.

## Slow Cooker Mashed Potatoes

### Ingredients:

- 5 pounds red potatoes, cut into chunks
- 3 cubes chicken bouillon
- 1 (8 ounce) package cream cheese, softened
- salt and pepper to taste
- 1 tablespoon minced garlic, or to taste
- 1 (8 ounce) container sour cream
- 1/2 cup butter

### Directions:

In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon until potatoes are tender but firm, about 15 minutes. Drain, reserving water. In a bowl, mash potatoes with sour cream and cream cheese, adding reserved water as needed to attain desired consistency. Transfer the potato mixture to a slow cooker, cover, and cook on Low for 2 to 3 hours. Just before serving, stir in butter and season with salt and pepper to taste.

