



“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 khng@bellnet.ca 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.

April 2015 issue

Visit us on the Web: www.khng.ca



**Kortright Hills
Neighbourhood Group
& 26th Guelph Scouting Group**



Clean - Green

Saturday, April 25, 2015 9:00 am – 11:00 am

Kortright Hills Community Room
(KHNG community room, side entrance of the school)

Join us for our 10th annual family clean up of our public green spaces & parks. Refreshments, gloves, maps and garbage bags will be provided. Help keep the community beautiful!!

FREE Volunteer Appreciation BBO offered at 12 noon by the City of Guelph at the Large Red Picnic Shelter River Side Park. Get your FREE lunch tickets from Leone (KHNG Representative) Saturday April 25th.



For more information contact Leone Schadenberg KHNG Neighbourhood Support Worker 519.837.0974 khng@bellnet.ca or www.khng.ca



**4th Annual
26th Scouting Group
Compost Fundraiser**



Saturday May 2, 2015 - 9 am to 2 pm
Kortright Hills Public School 23 Ptarmigan Dr.

Pre order by email to khng@bellnet.ca
(please email your name, address, phone number & number of bags you would like to order)

\$3.00 per cubic square bag

Order the good stuff now!!

Compost Fundraiser to raise money for the 26th Guelph Scouting Group Camps, Jamborees for Youth and Leaders.

Kortright Hills Neighbourhood Group

ATTENTION ALL GREEN THUMBS!!



BACK BY POPULAR DEMAND!!

**5TH ANNUAL KHNG COMMUNITY PLANT SWAP
SATURDAY MAY 23rd - 9 AM to 2 PM**

Drop off your labelled plants Wednesday May 20th between 5-7pm or Thursday May 21st between 3:30 and 5:30 pm or Saturday May 23rd by 8:30am, come back between 9am and 2pm to pick a new plant for your gardens.

KHNG Community Room (side entrance of KHPS)

FREE Door prize draws available

PLANT SWAPPING IS EASY, SAVES YOU TIME, MONEY & IS GREAT FOR THE ENVIRONMENT!

DONATE A PLANT - RECEIVE A PLANT!



Visit our website for up to date information of upcoming events at www.khng.ca

Charity fundraiser for La Leche League Canada and the Guelph Chapter

**Gently Used Children's and
Maternity Items
&
Parent-preneurs and
Unique Family Related Businesses
in Attendance at the...**

**La Leche League Canada—Guelph
Toys & Treasures Sale!**

Saturday May 23rd 2015

10 am - 2 pm

Kortright Hills Public School
23 Ptarmigan Drive, Guelph

For table bookings and
information contact Lydia
519-803-6693
dia130@hotmail.com

\$2 Adult Admission to Support LLLC



For more information email khng@bellnet.ca or call 519.993.5462 or visit www.khng.ca



Garden Fresh Box



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 Tuesday of each month
- ⇒ PICK-UP on the third Wednesday of the month between 5-7pm
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ LARGE Box \$20, SMALL Box \$15

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: khng@bellnet.ca

Order and Pick Up Dates:

Order & Pay By:	Pick-Up
Tues Apr 7th	Wed Apr 15th
Tues May 5th	Wed May 20th
Tues Jun 2nd	Wed Jun 17th



KHNG Presents KASP (Kortright After School Program) "Welcome to KASP"



Who: Students from *JK — Grade 6
 What: 13-week Recreational & Educational After School Program
 Where: Kortright Hills Community Room
 When: Mon, Tues, Wed & Thurs
 3:20 - 5:30pm - Mar 30 to Jun 25, 2015
 Cost: \$11 per day
 (cheques payable to Kortright Hills Neighbourhood Group)

Welcome to KASP!!

You have been invited to attend (KASP) Kortright After School Program! During each KASP session we continue to teach your children proper manners, provide a healthy snack and teaching your children safe food preparation, small educational science experiments, crafts and free play in the gym or outside weather permitting.

*JK and SK students will be escorted to the community room after school by a KASP staff member.

Parent/Student Volunteers Needed!!

Please email if you are able to volunteer in the program for any or all of the sessions.

To Register

Email Leone at khng@bellnet.ca for a registration form.

Limited Spaces Available, Register Today!!



Visit
www.khng.ca

Official KHNG website Check it out!!

Register and become a member

Our website offers:

- Current events
- Discussion forum
- Minutes of our meetings
- Monthly calendar
- Quarterly newsletters
- Current programs available

Become a member, register now!!

Join KHNG on Facebook



facebook.com/groups/KortrightHillsNG

and join the group. It's a great place to share ideas, photos and link with other neighbours

Follow us on Twitter



@KhngHills

Charity fundraiser for La Leche League Canada and the Guelph Chapter

Gently used toys, children's clothing, maternity items, mama-owned and child-related businesses at the...

La Leche League - Guelph Toys and Treasures Sale



Sat, May 23th, 2015

Kortright Hills Public School
23 Ptarmigan Dr, Guelph, ON
10 am - 2 pm
Adult Admission \$2!

To book a table or for more information call
Lydia (519) 803-6693
dia130@hotmail.com



La Leche League Canada

To encourage, promote and provide mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

Charitable Registration Number 11900 3812 RR0002



"creating a village in the city"

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 City of Guelph. Your support for our neighbourhood is greatly appreciated!

Stay Informed:

To get email updates of our neighbourhood events delivered right to your inbox, please send your request to khng@bellnet.ca. Also watch for our new A-frame signs telling you that new information is posted on our website.

Spring Programs!



PHOTO CLUB: Welcomes new members who are interested in digital photography to meet in the community room at Kortright Hills PS the **first Monday of each month at 7:00pm**.

Contact Gregg Parsons for more information: 519.824.6107.

SCOUTS: Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** is the group for you. Registration is available in all sections for the 2014/2015 scouting year

Beavers ages 5-7 meet Mondays 6:30-7:30
 Cubs ages 8-10 meet Wednesdays 6:30-8:00
 Scouts ages 11-14 meet Tuesdays 7:00-8:45
 Venturer ages 14-17 meet Mondays 7:00-8:45



It starts with Scouts.

The above scouting programs meet at Kortright Hills Public School.
 Contact 26th Guelph Registrar Leone 519.821.6948 or email www.26thguelph@scouter.ca for further information.



Recently Published: When is a 'Flower' not a Flower? and other intriguing questions about plants

By Larry & Carol Peterson

This unique full-colour book takes common observations of plants and presents scientific explanations for them that the non-specialist can understand. Using a question- and- answer format, 140 questions are posed, and each is followed by an answer illustrated with beautiful images. A total of 450 images are included. As well as the general public, gardeners, horticulturalists, teachers, and students will enjoy this book.



Published by Volumes Publishing Ltd.

**Books will be available for purchase at the Plant Swap,
 Saturday May 23
 Price: \$25 (includes tax) Cash or cheque**

Larry Peterson
 8 Mollison Court
 Guelph, Ontario (lpeterso@uoguelph.ca)

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 (Earth Day, Plant Swap/Community Garage Sale, KHNG Annual BBQ etc.)
- * Becoming a leader with our Scout Group
- * Volunteering with KHNG



If these or similar opportunities are of interest to you, contact us today at khng@bellnet.ca
 Your help is needed – call or e-mail us today!!

Mark your calendars to attend KHNG upcoming Events:

KHNG Monthly meeting/social:
 Thursday April 16, 2015 Thursday May 21, 2015
 Thursday June 18, 2015

- * Garden Fresh Box Pick Up - Wed Apr 15, May 20, Jun 17, 2015
- * KHNG Youth Nights - Fri Apr 17, May 1, 15, 29, Jun 12, 2015 multi sport drop in night Kortright Hills Public School Gym
 - * KHNG Earth Day - Saturday April 25th
 - * 26th Guelph Compost Fundraiser - Saturday May 2nd
 - * Plant Swap/Community Garage Sale - Saturday May 23rd

Visit KHNG website for up to date events: www.khng.ca
 Consider getting involved with YOUR Neighbourhood Group Join us the 3rd Thursday of each month at 7:00 pm in the Community Room!



MARK YOUR
CALENDARS
TO ATTEND



**KHNG 6TH ANNUAL
"SUMMER BBQ BLAST"
SATURDAY JUNE 20, 2015**

12 PM - 2 PM

**KORTRIGHT HILLS PUBLIC SCHOOL
23 PTARMIGAN DR.**

- BBQ LUNCH
- REFRESHMENTS
- FACE PAINTING BY *MAKIN FACES*
- CRAFTS
- CARNIVAL GAMES
- DOG SHOW
- AND MUCH MORE!!



PLEASE COME RAIN OR SHINE!
(RAIN VENUE KHPS GYM)

**JOIN US FOR AN AFTERNOON OF FUN WITH YOUR
FAMILIES, FRIENDS AND NEIGHBOURS**

VISIT OUR WEBSITE WWW.KHNG.CA
(SMALL FEE FOR ALL FOOD AND BEVERAGES)

Kortright Area



Spring is a great time for clearing out unwanted stuff from your house!

One person's junk is another's treasure!

Kortright Hills Neighbourhood Group is promoting a neighbourhood wide sale

**Saturday May 23rd
starting at 8:00AM**

Please hold a garage sale on your own driveway or visit your neighbours and discover new treasures!

We will be advertising this event for you!!

Start collecting your clutter today and join us!



Kortright Hills resident
since 1989



Independently owned and operated

“Buying my first home was a daunting task, but Linda made it *simple* and *easy*. ”

-Claire Braden

“Without her we would not be in the home we *love* so much today! ”

-Amelia Morris & Clarke Mattany

**Get my advice on how to get your home market ready.
For a professional complimentary Market Evaluation call
Linda today at [519-760-0008](tel:519-760-0008) or email at linda@cbn.on.ca**

LINDA MAIN | Sales Representative

Discover the benefits of using your neighbourhood realtor

Office: 519.821.3600 | Cell: 519.760.0008 | @LindaTMain



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



KHNG YOUTH NIGHTS!!

FREE Multi-Activity Nights

Youth: 8+ Years Old 7:00 pm - 9:00 pm

Kortright Hills Public School Gym

Fri Apr 17th; May 1st, 15th and 29th; Jun 12th, 2015

All welcome, bring your friends & family for a night of fun.

BRING IDEAS FOR PROGRAMS IN YOUR COMMUNITY.

Healthy snacks provided!!

For more info:

KHNG@bellnet.ca or www.khng.ca



Two for Two is What You Do!

Brushing your teeth two times a day for two minutes each time helps prevent cavities.

If you don't have dental insurance and can't afford care, we have free dental services for your children at Public Health. At our dental clinics, we provide free cleanings for children. We can help children with cavities and other urgent problems get the treatment they need.

For more information about our dental services, call our Dental Line at 1-800-265-7293 ext. 2661 or visit www.wdgpulichealth.ca



**Ready to
Feel and Look Better?**

call now

Increase your energy

Improve your immune system

Learn how to eat to look and feel great

Naturally



Are you ready to reclaim your health naturally?
**Call us for a free 30 minute getting acquainted chat today to see
 how we can help.**
Caruso Clinic, Guelph Ontario, 519.827.9237
www.heathercaruso.com

Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

KHNG sends an electronic newsletter out four times a year, next issue July 2015. 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 khng@bellnet.ca. 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!!



Community Volunteers Needed!!

Volunteers Needed for "KASP" Program

Kortright After School Program need volunteers to assist with this program. KASP runs Mon, Tues, Wed and Thurs, 3:20 to 5:30 pm, students JK to Gr. 6. This would be a perfect opportunity for stay-at-home parents, grandparents and/or high school/university students to give back to the community.

If interested please contact Leone khng@bellnet.ca

26th Guelph Scouting Group

Do you enjoy the outdoors? Do you love to work with children aged 5 to 17? Become a volunteer leader at the 26th Guelph Scouting Group. For further details contact

www.26thguelph@scouter.ca

26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

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

Register now & take advantage of our new discounted rate. The 26th Guelph Scouting Group meets at the Kortright Hills Public School gym.

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 7:00-8:30

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Venturers ages 14-17 meet Mondays 7:00-9:00

For more details contact Paul 519-821-6948 or

www.26thguelph@scouter.ca



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.

Convert Your VHS to DVD

VHS to DVD conversion service. I'll convert your old VHS, mini DVC tapes and 8 mm tapes to a DVD. Only \$10/tape (up to 2 hours) or \$15/tape including chapters, titles and transitions. One quarter the price of larks! I'm earning money to go to a Me to We take action camp this summer. Contact 519-823-8185 or ridpath@golden.net.

Makin' Faces Face Painting/Infinite Body Arts!!

Makin' Faces Face Painting/Infinite Body Arts Face Painting & body art plus henna, jagua, glitter, belly painting & airbrush tattoos. With an awards winning & insured Crew of specialty artists we can accommodate events of all sizes from birthday parties to festivals. 519-942-7539 infinitebodyarts@gmail.com or makinfaces@gmail.com



Local Home Daycare

Before and After School Spots Available this Fall!

I will have two open spots for before and after school care for Kortright Hills students this fall.

Please contact: Janet Kubik 519 546-6881 or jkubik@rogers.com

LLLC Mom-to-Mom Sale.

La Leche League Guelph Toys 'n Treasures Mom-to-Mom Sale. Saturday May 23, 2015 10-2pm. Gently Used Children's and Maternity Items & Parent-preneurs and Unique Family Related Businesses. \$2 admission to support LLLC, FREE admission with a contribution to the bake sale table (please list ingredients). Tables are \$35, or \$30 if you bring your own table. \$50 for business tables, or \$45 if you bring your own table. Raffle and Bake Sale tables too! To book your table contact Lydia



Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-993-5264



“creating a village in the city”

Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue July 2015. 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 khng@bellnet.ca. 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



that may interest others in the Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.837.0974 or e-mail: khng@bellnet.ca

Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-837-0974

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2015

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 April 2015!!	

Wonderful Variety of Nature Gifts for the Birds



Give The Best!

Our bird feeding products are designed by experts.

We provide trusted local advice on how to attract our local birds.



Introduce...
someone to bird feeding with our Flying Start™ Combo.

Solutions...
Protect your bird seed bounty from squirrels with our Eliminator™ bird feeder.



Also beautiful nature gifts for people who care for the birds:

- Bird Baths
- Decorative Garden Items
- Wind Chimes
- Jewelry
- Books & Binoculars

No-Mess
bird seed blend attracts all the birds with NO MESS.



Wild Birds Unlimited™
951 Gordon St (@Kortright)
Guelph, Ontario
519-821-2473
guelph.wbu.com



SUMMER SAFETY TIPS:



SUN SAFETY

- Apply sunscreen that is SPF 15 or more 20 minutes before you go outside
- Wear clothes that cover your skin such as hats, shoes, long pants, and long sleeved shirts
- Protect your eyes with sunglasses that are UVA and UVB rated
- Stay in the shade

HEAT WAVES

- Drop into a cool store, restaurant or Theatre every so often
- Stay hydrated by drinking enough water and avoiding caffeine and alcoholic beverages
- If you do not have air conditioning, try sitting in front of a fan
- Take cool showers to help lower your body temperature

THUNDERSTORMS/LIGHTNING

- Go inside or remain in your vehicle
- Inside buildings, stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity
- Stay inside your vehicle; you may get a shock if you step outside
- Lightning victims do not carry an electrical charge, are safe to touch, and need urgent medical attention



"creating a village in the city"

GUELPH
POLICE
SERVICE
PRIDE
SERVICE
TRUST

COLOUR
ME!!

Seasonal Safety Tips

April - The nice weather will be starting and there will be an increased number of cyclists on city roadways. Please share the roadway and take note of cyclists around you.

May - Make sure your car is in proper repair to start your holiday weekend. **Please don't drink and drive.** Kids, make sure you wear your bicycle helmet.

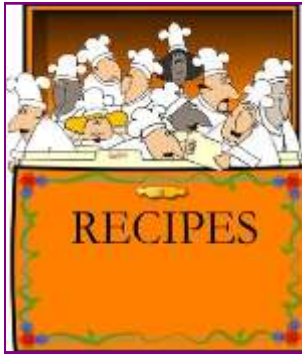
June - School's out... make sure you are aware of the increased pedestrian and bicycle traffic from youths on city streets and neighbourhoods.



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



Kortright Hills Recipe Corner!!



"creating a village in the city"

Strawberry Soup I

Ingredients:

2 pints strawberries
2 cups plain yogurt
1/2 cup orange juice
1/2 cup white sugar
1/2 cup water
1/8 teaspoon ground cardamom



Preparation:

In a blender, combine the strawberries, yogurt, orange juice, sugar, water and cardamom. Puree until well mixed. Chill and serve.

Romaine with Toasted Pecans and Pickled Strawberries

Ingredients:

1/2 cup white wine vinegar	1/2 teaspoon kosher salt
2 teaspoons honey	Freshly ground pepper
1 tablespoon white wine vinegar	2 tsps. Dijon mustard
6 tablespoons light olive oil	3 romaine lettuce hearts
1 cup pecan halves, toasted	
1 (16-oz) container fresh strawberries, quartered	
1 (4-oz) blue cheese wedge, crumbled (optional) *	



Directions:

Combine first 2 ingredients and 1 1/2 cups water in a large bowl; whisk in honey until salt is dissolved and honey is blended. Add strawberries; cover and let stand 1 hour.

Pour strawberry mixture through a wire-mesh strainer into a medium bowl; reserve 2 Tbsp. liquid. Transfer strawberries to a bowl. Season with kosher salt and freshly ground pepper to taste.

Whisk together 1 Tbsp. vinegar, Dijon mustard, and reserved 2 Tbsp. strawberry liquid in a bowl. Add oil in a slow, steady stream, whisking constantly until smooth.

Cut lettuce hearts in half crosswise, keeping top 6 inches of each and reserving ends for another use. Place lettuce tops on a serving platter. Top with strawberries, pecans, and, if desired, cheese; drizzle with vinegar mixture.

*1 (4-oz.) goat cheese log, crumbled, may be substituted.

California Smoothie

Ingredients:

7 large strawberries
1/3 cup orange juice
1 (8 ounce) container lemon yogurt



Directions:

Place strawberries in a plastic container and freeze for about an hours.

In a blender, combine frozen strawberries, yogurt and orange juice. Blend until smooth. Pour into a tall glass and serve.

Asparagus Appetizers

Ingredients:

20 thin slices sandwich bread, crusts removed	3/4 pound butter
4 ounces blue cheese, at room temperature	1 (8 ounce) package cream cheese, at room temperature
1 egg, beaten	20 fresh asparagus spears

Directions:

Trim crusts from bread, and flatten slightly with a rolling pin.

In a bowl, stir blue and cream cheeses together with the egg until well blended and creamy. Spread a thin layer of cheese mixture over each slice of bread. Roll one asparagus spear inside each, and fasten with a toothpick.

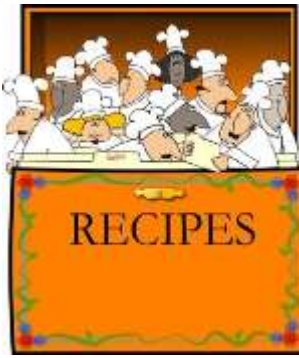
Melt butter in a small saucepan. Roll each asparagus wrap in butter to coat. Place on a baking sheet small enough to fit into the freezer, and freeze for one hour, or until butter hardens and wraps are somewhat firm. Remove pan from freezer, discard toothpicks, and cut each wrap in half crosswise. Store in a re-sealable plastic bag in the freezer until ready to use.

To serve, preheat oven to 400 degrees F (205 degrees C).

Arrange frozen asparagus wraps on an ungreased baking sheet. Bake in the preheated oven for 25 minutes, or until lightly browned. Check occasionally, and turn if necessary, for even browning and to prevent burning. Enjoy!



Kortright Hills Recipe Corner!!



"creating a village in the city"

Lemony Steamed Fish

Ingredients:

6 (6 ounce) halibut fillets	1 tablespoon dried dill weed
1 tablespoon onion powder	2 teaspoons dried parsley
1/4 teaspoon paprika	1 pinch seasoned salt
1 pinch lemon pepper	1 pinch garlic powder
2 tablespoons lemon juice	

Directions:

Preheat oven to 375 degrees F (190 degrees C). Cut 6 foil squares large enough for each fillet. Center fillets on the foil squares and sprinkle each with dill weed, onion powder, parsley, paprika, seasoned salt, lemon pepper, and garlic powder. Sprinkle lemon juice over each fillet. Fold foil over fillets to make a pocket and fold the edges to seal. Place sealed packets on a baking sheet. Bake in the preheated oven until fish flakes easily with a fork, about 30 minutes.



Spinach Ziti

Ingredients:

8 oz. Ziti pasta
1 (14.5 oz.) can Italian-style stewed tomatoes
1/8 teaspoon crushed red pepper flakes
4 oz. fresh spinach, washed and chopped
2 oz. cream cheese
1/4 teaspoon ground nutmeg



Directions:

Bring a large pot filled with salted water to a boil. Add ziti and cook until tender but still firm, about 12 minutes.

Meanwhile, in a medium sized non-reactive pan, combine tomatoes and hot pepper flakes. Warm over medium-low heat, breaking up tomatoes if necessary.

Drain pasta and return to hot pan. Add spinach, cream cheese and nutmeg. Cook, stirring, over low heat until spinach wilts, 1-2 minutes. Pour tomato sauce over spinach ziti. Stir and toss gently to mix.

Grandma's Lemon Meringue Pie

Ingredients:

1 cup white sugar	2 tablespoons all-purpose flour
3 tablespoons cornstarch	1/4 teaspoon salt
1 1/2 cups water	2 lemons, juiced and zested
2 tablespoons butter	
4 egg yolks, beaten	
1 (9 inch) pie crust, baked	
4 egg whites	
6 tablespoons white sugar	



Directions:

Preheat oven to 350 degrees F (175 degrees C).
To Make Lemon Filling: In a medium saucepan, whisk together 1 cup sugar, flour, cornstarch, and salt. Stir in water, lemon juice and lemon zest. Cook over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in butter. Place egg yolks in a small bowl and gradually whisk in 1/2 cup of hot sugar mixture. Whisk egg yolk mixture back into remaining sugar mixture. Bring to a boil and continue to cook while stirring constantly until thick. Remove from heat. Pour filling into baked pastry shell.

To Make Meringue: In a large glass or metal bowl, whip egg whites until foamy. Add sugar gradually, and continue to whip until stiff peaks form. Spread meringue over pie, sealing the edges at the crust.

Bake in preheated oven for 10 minutes, or until meringue is golden brown.

Strawberry Muffins

Ingredients:

1/4 cup canola oil
1/2 cup milk
1 egg
1/2 teaspoon salt
2 teaspoons baking powder
1/2 cup white sugar
1 3/4 cups all-purpose flour
1 cup chopped strawberries



Directions:

Preheat oven to 375 degrees F (190 degrees C) oil an 8 cup muffin tin, or use paper liners.

In a small bowl, combine oil, milk, and egg. Beat lightly. In a large bowl, mix flour, salt, baking powder and sugar. Toss in chopped strawberries and stir to coat with flour. Pour in milk mixture and stir together.

Fill muffin cups. Bake at 375 degrees F (190 degrees C) for 25 minutes, or until the tops bounce back from the touch. Cool 10 minutes and remove from pans.