



“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
kortrighthillsng@gmail.com www.khng.ca

Our Boundaries
North – Downey and Niska Rd from Hanlon to Niska Bridge - 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 2025 issue  **Visit us on the Web: www.khng.ca**



CARNIVAL
EGGGSTRAVAGANZA
 PRESENTED BY KHNG

SATURDAY APRIL 12, 2025
12PM TO 2PM

KORTRIGHT HILLS PUBLIC SCHOOL GYM
23 PTARMIGAN DR.

GAMES, CRAFTS AND COMMUNITY VENDORS

Bean bag toss, Ring toss, Tattoo station, Spin the Wheel, Guessing Game, Table bowling, Water Bottle Flip, Mini Basket Ball, Popcorn and more.

Bring canned food or personal hygiene item and/or make a donation and receive ballot for a chance to win 1 of 3 Prize Baskets.

Prizes for all!

Tickets redeemable for prizes at the prize table.

Want to be part of our event, contact Leone by email at kortrighthillsng@gmail.com

THANK YOU TO OUR COMMUNITY VENDORS AND SPONSORS:



Red Cross Courses Available

Stay Safe Course by Red Cross

The Stay Safe Course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.



Date: Sunday April 13, 2025
Time: 9am-3pm
Location: Kortright Hills Community Room
 23 Ptarmigan Dr. Guelph, ON
Cost: \$68, includes course manual, certification card (youth to bring in bag lunch, snack and water bottle)
Age: Participants must be 9 years old or have completed grade 3

COURSE CONTENT

- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
- Basic first aid skills



Red Cross Instructor:
 Sarah O'Brien - bodyandmindfirstaid@gmail.com
Register using our google form link or Scan QR Code
<https://forms.gle/cryBxgB29NakMfyf6>



Babysitting Course by Red Cross

The Babysitting Course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.



Date: Sunday May 25, 2025
Time: 9am-4pm
Location: Kortright Hills Community Room
 23 Ptarmigan Dr. Guelph, ON
Cost: \$68, includes course manual, certification card (youth to bring in bag lunch, snack and water bottle)
Age: Participants must be 11 years old or have completed grade 5

COURSE CONTENT

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviors
- Information on children's developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behavior's
- First aid skills
- The business of babysitting



Red Cross Instructor:
 Sarah O'Brien - bodyandmindfirstaid@gmail.com
Register using our google form link or Scan QR Code:
<https://forms.gle/cryBxgB29NakMfyf6>





Welcome!

Thank You!

Stay Informed:

If you are new to the Neighbourhood, we extend a warm welcome to you and your family!

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

To get email updates of our Neighbourhood events delivered to your inbox, please send your request to kortrighthillsng@gmail.com. Visit our Website, Facebook group or page to find information about KHNG upcoming events, programs and workshops.

Spring Info!



The Beavers Helping Out At Cobs Night

REGISTER TO ATTEND A SCOUTS CANADA STEM PROGRAMS NEAR YOU

Contact Larry, Group Commissioner
by email: Ishutsa@gmail.com

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

We are looking for volunteers, Join the Adventures

Watch for Stan and Sally!

Please be on the lookout for the Canadian geese Stan and Sally! They flocked back north to their usual hangout at the Downey Road's busy yellow flashing light cross walk. Be considerate of them - they may end up living at the crosswalk permanently if the craziness continues down south....



WE 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
- * 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

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



2024 KHNG executive committee & Ward 6 Councillors at Boonanza

Action Read Literacy Program

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 located in the community room on Mondays from 9am - 12pm**

HOW TO PARTICIPATE

- Clearly label items you're offering as "FREE" and put them at the curb after 5 p.m. on the Friday of a goods exchange weekend.
- Keep bikes, toys and gardening tools you're not exchanging away from the curb to prevent confusion.
- Advertise your item on both the KHNG and Before It Hits The Landfill Facebook page
- Remove unclaimed goods from your curb by 7 p.m. on Monday.

Starting April 2, all mattresses dropped off at the Waste Resource Innovation Centre or picked up from the curb will be collected with as much material as possible being recycled.

Mattresses can be dropped off at the Waste Resource Innovation Centre at 110 Dunlop Dr. for a \$25 fee, with or without a box spring.

The fee covers the cost to recycle it. Otherwise, mattresses can be picked up from the curb as part of the large item pickup program for \$60 plus tax. There is no size limit for the mattress to be recycled.

Beginning April 28th, The Waste Innovation Resource Centre on Dunlop will no longer be open on Monday's. Its operation is set to be reduced to six days a week - weekdays and Saturdays - down to five. - Information collected from Guelph Today

Starting March 31, yard waste at the curb will be collected on your grey cart collection.

Don't forget that it must be put in paper yard waste bags, or in containers clearly labelled "yard waste." Branches and brush can be bundled and tied with string or twine. (No plastic or meta, please!)

Consider leaving your leaves & grass clippings where they are until the weather gets warmer. This adds nutrients to the lawn & helps protect our native insects who hibernate & nest in leaves.



**** KHNG OFFICE IS OPEN ****
CONTACT OUR STAFF TO BOOK USE OF THE ROOM
EMAIL: kortrighthillsng@gmail.com



"creating a village in the city"

Spring Info Cont'd!



KHNS School Council 2024-2025 Information

Council Chairs: Ainsley Otten & Susan Sinclair

Treasurer: Jessica Piaseczny

Secretary: Julie Rowe

Meet & Greet: 6:15pm

Formal Meeting: 6:30 - 7:30pm

Location: School Library

Monday, April 14 6:30pm - 7:30pm

Monday, May 26 6:30pm - 7:30pm

Monday June 23 (Tentative) 6:30pm - 7:30pm



Cobs Bread Program



KHNG is pleased to continue "Cobs Bread Program" in 2025.

Feel free to pick up items for your family or a family you know in need. Some items that may be available are loaves of bread, pizza, croissants, pastries, baguettes and bagels. (when available).

Cobs end of day giving program connects with the local community by helping every left over items find a home. It makes Cobs a real part of the community and helps reduce waste.

Cobs items will be picked up and delivered to the KHNG Community Room 23 Ptarmigan Dr. (entrance is last door on right off of north parking lot) to be sorted.

Mark your calendars to attend the below Cob dates:

Sunday April 6th & 27th, 2025 - 6:45 to 7:30pm

Sunday May 4th & 25th - 6:45 to 7:30pm

Sunday June 1st, 22nd & 29th - 6:45 to 7:30pm

(Please note our closing time has changed and our doors close early if all items are picked up)

*** Please note dates above may change. Confirmed dates will be posted on our Facebook page and sent out via email. Connect with Leone by email kortrighthillsg@gmail.com if you have any questions ***

BRING YOUR OWN BAGS TO TAKE YOUR COBS ITEMS HOME

KHNG has a small food pantry of items for anyone who needs. When you are in the community room and see something from our pantry that you could use, please ask one of our volunteers to help you or if you can donate to our pantry, please bring & we can add to it.

KHNG Fictionary

KHNG is pleased to introduce "Fictionary".

Each newsletter we will provide you with some obscure words without providing the meaning.

Search google to learn the meaning of these new word.

Penumbra

Shibboleth

Machinations

Acrimony



KHNG GIGGLE CORNER....



The symbol for laundry



Stare at the blue dot and the duck will change color based on your mood.



Why aren't koalas actual bears?

They don't meet the koalafications.

Did you know?



There are more airplanes in the ocean than submarines in the sky?



Spring Info Cont'd!



Guelp Humane Society Programs

SUMMER CRITTER CAMP

Registration for 2025 Summer Critter Camp is NOW OPEN!

Join GHS this summer for...

- Animal-themed presentations
- Guest speakers
- Crafts, activities & games
- Animal interactions
- And more!

Summer Critter Camp is open to all youth in grades 1-3 and grades 4-6. Weeks alternate between these age groups.

Book Summer Critter Camp by scanning the QR Code or visiting guelphhumane.ca

For more info email programs@guelphhumane.ca

PA DAY CRITTER CAMP

April 4, 2025
June 6, 2025
June 27, 2025

Join GHS for PA Day Camp this Spring!

Don't miss out! Register today! Visit guelphhumane.ca or scan the QR code!

GUELPH HUMANE SOCIETY YOUTH APPRENTICESHIP PROGRAM

The Youth Apprenticeship Program guides participants with an in-depth look into shelter operations.

With guest speaker presentations, hands-on learning opportunities and animal interactions, youth in the program will develop leadership, teamwork and collaboration skills while gaining an extensive knowledge of animal welfare.

Spring 2025 Dates:
Wednesdays starting on April 10th from 4:30-6:00pm
Thursdays starting on April 10th from 4:30-6:00pm

Scan our QR code or visit guelphhumane.ca and register today!

Make a habit of reaching out to people,

just because they crossed your mind

MAY THE 4TH HAPPY STAR WARS DAY FROM THE DARK SIDE

KHPS Dates to Remember 2024/2025

Mark your calendars, below are the student days off of school for both boards.

Upper Grand District School Board

H-Statutory Holiday P-Professional Activity Day
B-Board Designated Holiday E-Exam Day



Elementary Calendar:

Apr 4(P), 18, 21(H)
May 19(H)
Jun 6(P), 27(P)

Secondary Calendar:

Apr 4(P), 18, 21(H)
May 19(H)
Jun 19-25(E), 26, 27(P)

Wellington District Catholic School Board

H-Statutory Holiday P-Professional Activity Day
B-Board Designated Holiday E-Exam Day



Elementary Calendar:

Apr 4(P), 18, 21(H)
May 19(H)
Jun 6(P), 27(P)

Secondary Calendar:

Apr 4(P), 18, 21(H)
May 19(H)
Jun 19-25(E), 26, 27(P)

Advertise In Our Newsletter

Published Jan, Apr, Jul & Oct 2025

Sponsorship Suggested Rate Scale:

Full page ad, graphics, logo & border \$100 in Newsletter & \$50 on Website

1/2 page ad, graphics, logo & border \$50 in Newsletter & \$25 on Website

1/4 page ad, graphics, logo, border \$25 in Newsletter & \$15 on Website

Business card, graphic, logo & border \$15 in Newsletter & \$10 on Website

Small ad, max 15 words, No graphics, FREE

Newsletter advertising helps fund KHNG events

Advertise in our next newsletter July 2025!!

City Bus Pilot Program

Guelph is introducing two pilot programs to provide free rides for seniors and youth on specific days, with a onetime purchase of a \$5 registered OnYourWay fare card. These programs will run until December 31, 2025.

Youth up to 12 years old were already free, but now we're expanding it to include 13 to 17 years old to help high school students. It'll be free after 5pm weekdays, free all times on weekends and free all times every day for the months of July and August!

Seniors will be free all times every Thursday!

Youth ages 13-17 can ride for free every weekday after 5 p.m., and on weekends and holidays



Seniors can ride for free every Thursday





Share Community News In The KHNG Newsletter:
 KHNG sends an electronic newsletter, four times a year, next issue is July 2025. Want to advertise your business? Want to share your favourite recipe? Write an article of interest? Or are you a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn). Send your information by E-mail to: kortrighthillsng@gmail.com. This is a great way for Kortright Hills Neighbours to come together by sharing thoughts, talents & services with our community neighbours.

Kortright Hills Community News!



Saucy B's Pizzeria Opening Soon at the Downey Plaza

Kortright residents are surprised to find out that Pizza La Villa ceased its operations at the Downey Plaza.

They were a staple in the community and will be missed. Moving forward, Saucy B's Pizzeria is taking over the location and Bonnie, its new owner, hopes to fill the void with her saucy creations.

Stay tune to for the grand opening date!



Community Crime Report

Just before 5 a.m. on Wednesday March 19, a resident who recently moved to Tanager Drive had their green 2024 Toyota Tundra stolen from their driveway. Thieves broken into the window and opened the dashboard in order to operate the computer panel. While the officers were investigating the theft, they learned the truck had been located abandoned near Highway 401 in Mississauga. Without the fob, the truck shuts down after a certain amount of kilometres. The entire Kortright community expresses sympathy to the new residents and wishes speedy recovery in getting the truck returned back to Guelph.

Summer Camp with Life Gears



Summer Camp

Guelph
Ages 7 to 11

July 7 to 11	July 14 to 18	July 21 to 25
Young Engineers	Chem Friends	Nature Lovers
July 28 to Aug. 1	Aug. 5 to 8*	Aug. 11 to 15
Magic STEM	Crafts and Games	STEAM Team

9:00am to 4:00pm

KHNG Community Room 23 Ptarmigan Dr.

\$220/week or \$50/day

(subsidies and extended care available)

Website: www.lifegears.org

Email: admin@lifegears.org **Text/Call:** 5197663030

KHNG Book Club, Games Night & STEAM Youth Night Program

Kortright Hills - Your Neighbourhood Group
 "creating a village in the city"

NOW STARTING:
BOOK CLUB

Join us biweekly for fun books and crafts!

3:30-5:00 pm
 Thursdays
 Jan 16th - Jun 19th

23 Ptarmigan Dr.
 In the KHNG Community Room
 All ages!
 Donations welcome :)

Kortright Hills - Your Neighbourhood Group
 "creating a village in the city"

Game Nights!

Biweekly starting Jan 23rd until Jun 12th!

Thursdays from 5:30-7:30 pm
 23 PTARMIGAN DR.
 ALL AGES!

Join us for nights of fun games and prizes!

This is a free event and all supplies will be provided!
 Donations are welcome :)

Kortright Hills - Your Neighbourhood Group
 "creating a village in the city"

IN THE COMMUNITY ROOM
 23 PTARMIGAN DR.
 AGES 6+ WELCOME!

S.T.E.A.M
YOUTH NIGHT
JANUARY 17TH - JUNE 20TH
FRIDAY'S AT 6:30-8:30 PM

REGISTER NOW!

THIS IS A FREE EVENT AND ALL SUPPLIES ARE PROVIDED

JOIN US TO LEARN ABOUT S.T.E.A.M.,
 HAVE FUN AND MAKE NEW FRIENDS!

\$5/YOUTH DONATIONS FOR FUTURE PROGRAMS APPRECIATED

Kortright Hills Community News Cont'd!



Kortright Hills Community Photos Captured!

Horses still have to follow 30km speed limit on Ptarmigan Road



What to do with the windfall of snow we received earlier this year? Make a colourful igloo! Kortright Hills resident Sara and her kids created this igloo which took 3-4 weeks. The igloo resided in front of the family's house on Waxwing Crescent. No permit was required to build the igloo!



**KHNG
CROCHET
CLUB**



Kortright Hills Neighbourhood Group Crochet Club is offering more dates!

New to crochet, Intermediate, Advanced or a pro!
Ages 14+ welcome to join this FREE program.

The hopes of the crochet club is to share projects, perfect our craft, pattern sharing, providing advise, learning new stitches, conversation and contributing items to help our community.

Bring your crochet project, start a new project and join us!

KHNG Community Room
23 Ptarmigan Dr.
10am to 12pm

Register for any or all of the below dates:

April 12th and 26th
May 10th and 24th
June 7th and 21st

To register, click the below link:
<https://forms.gle/VMY4dUHeQCMa2w9u5>

Donations are welcome to help support this club!

KHNG Crochet Club - Projects



Ta Da!

Crocheting is a bit like being a magician...

...you mumble to yourself and waggle a stick around and no one else as a clue how you did it!



WHEN YOU REALIZED YOU ARE OLD

I am pull-down maps years old



**WHEN YOU REALIZE
SUMMER IS COMING**



AND YOUR WINTER BODY HAS GOTTEN OUT OF CONTROL

Hard to believe I once had a phone attached to a wall.



When it rang, I'd pick it up without knowing who was calling. Amazing I'm still alive

Kortright Hills Community News Cont'd!



Spotlight on Kortright Hills' Resident - Sarah Ashfield - Nurse Practitioner

What is your education background? I have a PhD in Nursing from the University of Western Ontario, fun fact. I went back to school when Aubrey started kindergarten and graduated in 2024 with my PhD. My area of research expertise is vaccine hesitancy, vaccine decision making, digital health literacy, and vaccine communication. I am currently doing a post-doctorate at Western in the Faculty of Health Sciences. This position allows me to get more practice conducting research under supervision of an expert, I am researching the ethics of vaccine hesitancy.

I also have a Masters of Science in Nursing and certificate as a primary health care nurse practitioner from York University. I have practiced as a Nurse Practitioner for the past 16 years. I love working with people of all ages to reach their best health. I especially find it rewarding to provide gender affirming care, provide treatment for ADHD, and counselling people about vaccines.

Another fun fact is that I teach in the Masters of Nursing- Nurse practitioner program at Western and Queens University. I have been teaching in the nurse practitioner program for the past 10 years.

Why did you choose nursing as your chosen career profession? I actually started nursing by accident, I really wanted to be a paramedic but there was a 2 year wait to get into the program so I applied to nursing! I guess that was a great choice.

How long have you been working at the Downey Road Medical Clinic? I have been working at the Guelph Family Health Team as a Nurse Practitioner since 2015 and at the Downey Family Medical site since 2019. Our community is so lucky to have this great team of medical professionals there.

Are the doctors at the medical clinic accepting new patients? Unfortunately, they are not taking on new patients but if you need a primary care provider there are a few things you can do. 1. Look at the Guelph FHT website, they often list providers that are taking on new patients. 2. Health care connect has a list of people who need a new primary care provider.

Like the doctors, the nurse practitioners are uniquely qualified to provide a full comprehensive range of healthcare services to patients.

Where are services that you commonly provide? Nurse Practitioners are uniquely qualified to provide a full range of health care services. We can diagnose and treat medical conditions, order diagnostics and laboratory test (the only tests we cannot order are nuclear medical tests), prescribe medications, manage chronic diseases and provide health counselling, complete forms and medical documentation, refer to specialists, and admit and discharge people from the hospital. Nurse practitioners work in all types of settings, primary care, hospitals, long term care homes, home care settings, outpatient surgical settings, and through virtual platforms.

How do you handle adult patients who are afraid of needles? Yes, sometimes people of all ages can be scared of needles. I often talk about the reasons behind why you need a needle and how it will help you be healthy. It may be to provide a vaccine or other medication, to draw blood to screen for health conditions, I also tell them that I give needles all of the time and I am pretty good at it. I try to distract them when they are getting their needle as well (ask about their hobbies, pets, or what they do for fun). I also have a few tricks on how to make it hurt less (such as using numbing cream or squeezing other parts of their arm). Usually it goes pretty well.

Some fun things about me. I love to take on big challenges and learn. This summer a friend and I have signed up for the Princess Margaret Ride to Conquer Cancer, we will ride 200 kilometers over 2 days on our bikes from Niagara on the Lake to Toronto. Whew, that will be a good challenge. I also started doing triathlons 2 years ago. This summer I am going to be doing a race in June here in Guelph and a longer race in July in Owen Sound.

Has anyone called you Nurse Ratched? No one has called me nurse Ratched, I hope that I am not that grumpy!! Hahahaha

Have you ever been uninventive and dressed up in your nursing scrubs for your Halloween costume? I have dressed up as a nurse for Halloween. I usually try to be more prepared.





Volunteer Appreciation Week

In Canada, Volunteer Appreciation Week is a time to recognize and celebrate the impact that volunteers have on communities and the nonprofit sector.

Here are some benefits of volunteering:

- * Increases Happiness and Life Satisfaction
- * Provides a Sense of Purpose
- * Develops New Skills
- * Enhances Existing Skills
- * Builds a Stronger Resume
- * Expands Your Network
- * Improves Job Prospects
- * Connects You to Your Community
- * Makes a Difference
- * Builds Stronger Communities
- * Promotes Social Responsibility
- * Teaches Empathy and Compassion



Students can start accumulating the required 40 hours of volunteering needed for their high school diploma in the summer before entering Grade 9. Tell them to get off their social media and volunteer for some of these great places!

- Kortright Hills Neighbourhood Group - Cobs in July and August plus Summer Chill in mid-August
- The Donkey Sanctuary - to volunteer at an event or community workdays, one must be a minimum of 10 years and work with a guardian
- The City of Guelph - Summer Day Camp volunteers
- Guelph Wellington Senior's Association
- Rib Fest via Guelph Rotary - August 22-24
- Fergus Scottish Festival - August 8 -10
- Guelph Salvation Army - Community & Family Services Volunteer Opportunities
- Life Gears Academy's summer camp email: admin@lifegears.org
- Guelph YMCA - Swim Lesson Volunteer Assistant
- Royal City Mission - Drop In & Meal Programs
- Friends of the Guelph Public Library
- Mission Thrift Store
- Hillside Festival - July 18-20
- Guelph Royals Baseball club



KHNG Community Volunteer Profile - Aubrey Ashfield

How long have you been volunteering at the Cobs?

Since 2023

What is your favourite Cobs item? Blueberry Lemon Scone.

What is your favourite school subject?

Art (and least favourite is math)

The last good movie I saw (or the last good book I read was)...

I love reading so it would be Warriors by Erin Hunter.

Favourite pastime? My other favourite hobby is swimming, any kind. I take lessons at the Marlins and hope to be a competitive swimmer some day.

Cobs sell butter tarts. Raisins or no raisins in them?

I like raisins in the butter tarts.



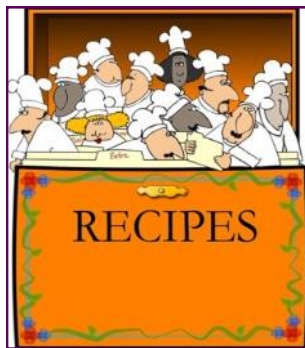
For those who obtain Cobs items, you may be assisted by Kortright Hills student Aubrey. We thank her for making a positive contribution to ensure that services provided by KHNG makes an impact not just to the neighbourhood but to others within Guelph.

Volunteer Community Rink

Thank you to the volunteers that created and maintained a community rink at Milson Park.



Kortright Hills Recipe Corner!!



"creating a village in the city"

MARRY ME POUTINE

INGREDIENTS:

- 4 large potatoes, cut into fries
- 1 cup cheese curds
- 2 tablespoons olive oil
- Salt to taste



For the sauce

- 1 tablespoon butter
- 1 clove garlic, minced
- 1/3 teaspoon thyme
- 1/4 teaspoon red pepper flakes
- 1 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 1/4 cup tomato paste
- Salt and pepper to taste

DIRECTIONS:

Preheat the oven to 425°F (220°C). Toss the potato fries with olive oil and salt, then spread them on a baking sheet. Bake for 30-35 minutes, flipping halfway through, until golden and crispy.

While the fries are baking, prepare the sauce. In a medium saucepan, melt the butter over medium heat. Add the minced garlic, thyme, and red pepper flakes, and sauté for about 1 minute until fragrant.

Stir in the tomato paste, then gradually add the heavy cream while whisking. Bring the mixture to a simmer and cook for about 5 minutes, stirring frequently, until slightly thickened.

Add the grated Parmesan cheese, and stir until melted and smooth. Season the sauce with salt and pepper to taste.

Once the fries are ready, remove them from the oven and transfer them to a serving platter. Sprinkle the cheese curds over the hot fries.

Pour the warm sauce over the fries and cheese curds, ensuring everything is evenly coated. Serve immediately

Taco Soup (crockpot)

INGREDIENTS:

- 2 lbs. ground beef
- 2 8oz packages of cream cheese
- 2 10oz cans rotel
- 3 tbs taco seasoning
- 4 C chicken broth



DIRECTIONS:

Brown the ground beef until fully cooked. While the meat is browning, place the cream cheese, rotel and taco seasoning in the crockpot. Drain and grease off the meat and add it to the crockpot. Stir to combine all of the ingredients. Pour in the chicken broth. Cook on low for 4 hours or on high for 2 hours.

Ham & Potato Soup (crockpot)

INGREDIENTS:

- 8 C russet potatoes cup up
- 16 oz cubed ham
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 C flour
- 1 1/2 C heavy cream



- 4 C chicken broth
- 1/2 C sour cream

DIRECTIONS:

Add potatoes, ham, salt, pepper and chicken broth to the crockpot and cook on high 4-5 hours Using a potato masher, mash about 1/3 of potatoes Add the flour, heavy cream and sour cream to crockpot and stir everything together. Cover and cook on high for an additional 15 minutes.

Olive Garden Chicken Gnocchi Soup

INGREDIENTS:

- 3-4 boneless skinless chicken breasts - cooked and diced
- 1/2 white onion - diced
- 1/2 cup shredded carrots
- 4 cups low sodium chicken broth
- 1 teaspoon thyme
- 2 cups half and half - see note

DIRECTIONS:

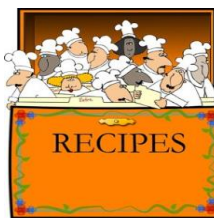
Heat olive oil in a large pot over medium heat. Add celery, onions, garlic, and carrots and saute for 2-3 minutes until onions are translucent. Add chicken, chicken broth, salt, pepper, and thyme, bring to a boil, then gently stir in gnocchi. Boil for 3-4 minutes longer before reducing heat to a simmer and cooking for 10 minutes. Stir in half and half and spinach and cook another 1-2 minutes until spinach is tender.

Taste, add salt and pepper if needed, and serve.

- 1 stalk of celery - chopped
- 2 teaspoons minced garlic
- 1 tablespoon olive oil
- salt and pepper - to taste
- 16 ounces potato gnocchi
- 1 cup fresh spinach - roughly chopped



Kortright Hills Recipe Corner!!



Old-Fashioned Strawberry Shortcake

INGREDIENTS:

- 1 quart strawberries, sliced
- 1 cup white sugar
- 2 cups all-purpose flour
- 2 tablespoons white sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/3 cup vegetable shortening
- 1 1/2 cups milk
- 2 tablespoons unsalted butter, softened
- 1 cup whipped cream



DIRECTIONS:

Combine strawberries and 1 cup sugar in a bowl; allow to stand while completing remaining steps, stirring occasionally to help juices form.

Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch round baking pan.

Combine flour, 2 tablespoons sugar, baking powder, and salt in a bowl; cut in shortening with 2 knives or pastry blender until the mixture resembles coarse crumbs. Stir milk into crumb mixture until just blended; pour into prepared baking pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes; cool in the pan for 10 minutes before removing shortcake.

Split shortcake into two layers. Spread bottom layer with 2 tablespoons softened butter; top with strawberries and juice. Place top layer over strawberries. Serve with whipped cream.

Brownies

INGREDIENTS:

- 1/2 cup butter
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour an 8-inch square pan.
2. Melt 1/2 cup butter in a large saucepan. Remove from heat, and stir in sugar, eggs, and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, flour, salt, and baking powder. Spread batter into prepared pan.
3. Bake in the preheated oven until top is dry and edges have started to pull away from the sides of the pan, about 25 to 30 minutes. Let cool briefly before frosting.

Sweet Potato Brownie

Ingredients:

- 1 cup sweet potato puree (3-4 small, sweet potatoes)
- 1/2 cup natural peanut butter
- 2 eggs
- 2/3 cup whole wheat flour
- 1 tsp baking powder
- 2/3 cup semi-sweet chocolate chips
- 1/3 cup maple syrup
- 1 tsp vanilla
- 1/2 cup cocoa powder
- 1/4 tsp salt

Directions:

Preheat oven to 350°F and line 8x8" baking dish with parchment paper.

Pierce sweet potatoes several times with knife and microwave 7-10mins on high until soft. Set aside and let cool to room temperature. Slice sweet potatoes in half and spoon flesh out. Blend in food processor or blender until smooth.

In a medium bowl, mix together sweet potato puree, peanut butter, maple syrup, eggs and vanilla until smooth.

In a separate bowl, combine flour, cocoa powder, baking powder and salt.

Add dry ingredients to wet ingredients, mix together until just combined.

Fold in chocolate chips.

Spoon batter into lined baking dish and smooth over with spatula until evenly spread.

Bake at 350°F for 20-25mins until a toothpick inserted in the centre comes out clean. Once cool, slice and serve.

Tips:

Use 1 cup of canned 100% pure pumpkin puree instead of cooked sweet potato if short on time. Add 1/2 cup of your favourite chopped raw nuts for additional protein, healthy fat and fibre.



Creamy Lemonade



Ingredients:

- 1 cup freshly squeezed lemon juice
- 1/2 (14 oz) can sweetened condensed milk
- 3 cups water, divided
- Ice

Directions:

Combine lemon juice, sweetened condensed milk, and 1 cup water in a blender. Blend until well combined.

Pour into a pitcher and add remaining 2 cups water. Stir.

Serve chilled and over ice.

Photos show how common baking mistakes can drastically change your brownies



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is
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