



**Kortright Hills**  
-Your Neighbourhood Group

“creating a village in the city”

**Please Contact Us**

We are located in the community room at  
**Kortright Hills Public School**  
23 Parmigan Drive Guelph, ON NIC 1B5  
519.993.5264 [khng@bellnet.ca](mailto: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.

**July 2016 issue**

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

**KHNG Presents**

**“SUMMER CHILL Night”**

Join us behind Kortright Hills P.S.  
to receive a “Summer Chill Treat” on us!!

(Come rain or shine!! Rain venue KHNG community room)

Limited summer treats available, come early!!

**Wednesday**

**August 10, 2016**

**6:00 pm to 8:00 pm**

⇒ Face Painting by Makin' Faces

⇒ Door Prizes

⇒ Summer Carnival Games

⇒ And much more....

Volunteers needed for this event  
High School Students can earn volunteers hours,  
contact [khng@bellnet.ca](mailto:khng@bellnet.ca) today!!



**KHNG  
OFFERS  
NEW 2016**



**Week #1**

**August 15 - 19 - “Build It”**

**Week#2**

**August 22 - 26 - “ Mostly Messy”**

**Monday to Friday 9am to 4pm**

**Ages 4 - 12 years**

**Kortright Hills Community Room**  
Early drop off 8:30am & late pick up 5pm  
available

Register now spots still available for both weeks.

Please email [khng@bellnet.ca](mailto:khng@bellnet.ca) to have a registration form emailed to you.

**Limited Spaces Will Be Available!!**



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



# Garden Fresh Box



"creating a village in the city"

- 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](mailto:khng@bellnet.ca)**



### Order and Pick Up Dates:

#### Order & Pay By:

Tues July 8th  
 Tues Aug 5th  
 Tues Sept 9th

#### Pick-Up

Wed July 20th  
 Wed Aug 17th  
 Wed Sept 21st



Visit  
[www.khng.ca](http://www.khng.ca)

Official KHNG website Check it out!!

Register and become a member

#### **Our website offers:**

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

Current programs available

**Become a member, register now!!**

**Join KHNG on Facebook**



[facebook.com/KortrightHillsNeighbourhoodGroup/](https://facebook.com/KortrightHillsNeighbourhoodGroup/)

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

Follow us on Twitter  @KhngHills

### **KHNG Presents KASP** (Kortright After School Program)



#### **"16 Weeks Of Movie Magic!!"**

Who: Students from \*JK – Grade 6  
 What: 16-week Recreational & Educational After School Program  
 Where: Kortright Hills Community Room  
 When: Mon, Tues, Wed & Thurs  
 3:20 - 5:30pm - Sept 6 - Dec 22, 2016  
 Cost: \$12 per day (cheques payable to Kortright Hills Neighbourhood Group)

#### **Welcome to KASP!**

Lights, camera, action and roll in the "Movie Magic" for the new Fall Season of KASP. Crafts, games, costumes and improv theatre fun, plus our feature attraction; rotating movie day's once a week. Kid friendly choices from classics to cartoons. During each 2 hour session a healthy snack will be provided and off the couch 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!** Email if you are able to volunteer in the program for any or all of the sessions.

For more information or to register, please email Leone [khng@bellnet.ca](mailto:khng@bellnet.ca)



**Limited Spaces Available, Register Today!!**



"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 GNCS. 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](mailto:khng@bellnet.ca). Also watch for our new A-frame signs telling you that new information is posted on our website.

# Summer 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 Wendy Spicer for more information: [spisss@rogers.com](mailto:spisss@rogers.com). **NOTE: NO Meetings in July or August & Next Meeting Sept 12th**



**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 2016/2017 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**

The above scouting programs meet at Kortright Hills Public School. Contact 26th Guelph Registrar Leone 519.821.6948 or email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca) for further information.



**LIL EXPLORERS PROGRAM:** This program is for the older crowd (toddler and preschooler) & gives kids a chance to explore through play. Enjoy music time, parachute time, alphabet play, crafts, adventures and more! Each week we have a theme, a craft, circle time and alternate story and sensory play. With all of our programs siblings of any age are welcome to join us. Guelph Moms and Co love to create educational, fun and interactive programs that really get the kids involved. Check out [www.guelphmomsandco.com](http://www.guelphmomsandco.com) for more information. Please contact us if you would like to come out for a free class! **NOTE: CANCELLED FOR SUMMER**

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

## 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 (Summer Chill Night, NEW KHNG Summer Camp, Youth Nights and other events in 2016 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 [khng@bellnet.ca](mailto: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 July 21, 2016      Thursday August 18, 2016  
Thursday September 15, 2016

- \* Garden Fresh Box Pick Up - Wed July 20th, Aug 17th and Sept 21st, 2016
- \* Summer Chill Night - Wed Aug 10th behind KHPS
- \* KHNG Summer Camp - Aug 15-19 & 22-26, 2016 in the community room
- \* KHNG Youth Nights - July 15, Aug 12 & 26 2016 outside if weather permits.

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!



# Martial Arts - Ninjutsu

(Takamatsu Ryu-ha)

Mon. 6-8pm

FREE for ALL AGES

\*offered in partnership with EnergizeGuelph - a Healthy Living Project.  
Healthy snacks provided

Tytlar P.S. Gym

Wear loose, comfortable clothing.

Children under 8 should sign up with an adult caregiver.

Questions?: Sensei Arthur Kerrey [soulphyr@gmail.com](mailto:soulphyr@gmail.com) 519-942-7539

## More martial arts?

In addition to the Energize Guelph Martial Arts Mondays, check out our other programs. Sensei Arthur Kerrey also hosts a \$5/PWYC Thursday in the Sacred Heart School gym. 6-7:30. Drop in anytime. All ages. And our special after school Kids & Youth martial arts program.

Fridays during the school year, 3:30 to 5:30 Kortright Hills School gym.

This Community based initiative is \$12 per session & includes free play, warm up, martial arts, games & a healthy snack for 2 hours of supervised awesomeness. Sign up now for September! Takamatsu Ryu-Ha is also available for workshops for classrooms, schools & corporate team building.



# FREE SUMMER FUN

## Movies in the Square

FRIDAYS, 9 P.M.

Bring your own lawn chair

Rain or shine

In the case of inclement weather, screenings will move inside to the City Hall Galleria

July 8

MINIONS

July 22

BIG HERO 6

August 5

THE AVENGERS

August 19

HOW TO TRAIN YOUR DRAGON



[guelph.ca/marketsquare](http://guelph.ca/marketsquare)



"creating a village in the city"



Kortright Hills resident since 1989

COLDWELL BANKER

NEUMANN REAL ESTATE BROKERAGE

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 or email at [linda@cbn.on.ca](mailto: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

# ISpy Guelph

How well do you know Guelph?



Question #3

Question: What name was given to this recycled creature from the Speed?

Clue: Look for this creature who has long been extinct. It's made up of things that were once thrown away, and picked up by those who want our planet to stay

Want to play ISpy Guelph?  
Learn more here: [guelph.ca/ISpy](http://guelph.ca/ISpy)



# ISpy Guelph

Using the pictures and clues below, try to discover the answer to all 10 mystery questions. Once you find them, return your completed card to the Main Library during the month of August for a prize!



Question #1

Question: This park runs along which river?  
Clue: This park has exactly 2 soccer fields, here you can stop for a picnic meal. Located near the new skate park, pick up the trail because here ISpy starts. Need a good clue without going back? Look for the information plaque.

answers: \_\_\_\_\_



Question #4

Question: How many metallic flowers do you count?  
Clue: Here you can sit with an icy treat, and watch a good paddle while you eat. Found behind the place for High Tea, make sure you count before you flee!

answers: \_\_\_\_\_



Question #2

Question: How many bricks from the left does Hillside Festival lay?  
Clue: To discover this spot go to where you can play and find where song and dance may be on display. Located along the Speed, you often see ducks here waiting to feed. Hint: this park is named after a royal Guelph tagline.

answers: \_\_\_\_\_



Question #5

Question: What kind of tree once stood in place of this structure?  
Clue: This wooden structure is the only one of its kind and it will help you get across when you're in a bind. Pedestrians use this crossing the most, don't forget to check each post!

answers: \_\_\_\_\_



Question #3

Question: What name was given to this recycled creature from the Speed?

Clue: Look for this creature who has long been extinct. It's made up of things that were once thrown away, and picked up by those who want our planet to stay.

answers: \_\_\_\_\_



ISpy Guelph is a free, family fun, picture scavenger hunt that takes you on a Guelph adventure! Pick up an ISpy Card, follow the clues and answer questions to all 10 mystery items! All ISpy locations are outdoors, accessible, and bike and walk friendly! You can pick up an ISpy Card from any Guelph Public Library branch, the brochure racks at the Guelph Civic Museum, the brochure racks in City Hall or you can print one at: [guelph.ca/ispy](http://guelph.ca/ispy)

Once you have completed your ISpy card, return it to the Guelph Public Library, Main Library, during the month of August for a prize! Spread the word and good luck ISpy-ers!



## KHNG SUMMER YOUTH NIGHTS!!

**FREE** Multi-Activity Nights

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

Behind Hills Public

For more info or to volunteer email: [KHNG@bellnet.ca](mailto:KHNG@bellnet.ca) or [www.khng.ca](http://www.khng.ca)

Kortright School



**Friday July 15, 2016**  
**Friday August 12, 2016**  
**Friday August 26, 2016**



All welcome, bring your friends & family for a night of fun.  
Healthy snacks provided!!  
(youth nights will only run if we have enough volunteers)



Kids join Scouts for amazing experiences they can't find anywhere else. Scouts is the start of something great. Find out how to become a Scout today!

Register now for the 2016/2017 Scouting year.

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

Email: [26thguelph@w.scouter.ca](mailto:26thguelph@w.scouter.ca) to register or for more info.

**REGISTER ONLINE TODAY!** [Scouts.ca](http://Scouts.ca)  
1-888-855-3336



## 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 October 2016. 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](mailto: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](mailto: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

[26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.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 26<sup>th</sup> 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 email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca)



It starts with Scouts.

### 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](mailto:infinitebodyarts@gmail.com) or [makinfaces@gmail.com](mailto:makinfaces@gmail.com)



### 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). Contact [519-823-8185](tel:519-823-8185) or [DVDtransferGuelph@gmail.com](mailto:DVDtransferGuelph@gmail.com)

**KHNG  
OFFERS  
NEW 2016**



**Week#1 - August 15 - 19 - "Build It"**

**Week#2 - August 22 - 26 - "Mostly Messy"**

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Early drop off 8:30am & late pick up 5pm

Email [khng@bellnet.ca](mailto:khng@bellnet.ca) to have a registration package emailed

**Limited Spaces Available, Register Today!!**

(Forms can be dropped off at 23 Ptarmigan Dr. Monday—Friday between 3:30 and 5:30 pm)



### 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.

#### Contact KHNG:

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



“creating a village in the city”

**Want to Advertise in KHNG Quarterly Newsletter:**

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***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 519.993.5264 or e-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca)

**Contact KHNG:**

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

*Want to Advertise in KHNG Newsletter*

**KHNG Newsletters January, April, July and October 2016**

**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 October 2016!!**



**The Tidier,  
The Better!**

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951 Gordon St  
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Guelph, Ontario  
519-821-2473  
[guelph.wbu.com](http://guelph.wbu.com)

**visit  
Us!**

Under Your  
Feeders with  
Tidy Foods



Under Your  
Feeders  
without  
Tidy Foods



## SUMMER SAFETY TIPS:



A safe community starts with a safe home. Protect yourself and your family with these home safety tips from our investigative support services:

### COMMUNITY SAFETY

- Get to know your neighbours.
- Be aware of strangers.
- Leave keys and contact numbers with neighbours for when you are away.
- Keep up appearances of your homes; it will be less attractive to criminals.
- Call 911 if you see any suspicious activity around your neighbourhood. Example: people in your backyard, checking your cars, door-to-door salesman.

### ALARM SYSTEMS

- If you are installing an alarm system make sure to use a credible company, do your homework first. Ensure the alarm company has all the emergency contact/key holder information if you are away. Find out more about alarm systems.

### EXTERIOR LIGHTING

- Install more lights that cover more area all the way around the house. Motion sensors are a good ideas.

### LOCKS

- Ensure that there are deadbolts on all the doors to the residence. If there are sliding patio doors make sure that there are working locking mechanisms on them.

### REDUCE YOUR RISK WHILE ON VACATION

- Lock Your Doors!!
- Hire a House Sitter!!!
- Avoid Spreading the Word on the Web
- Put the lights on timers
- Pull the Plug on all appliances to save power and protect against power surges
- Turn Off The Water
- Secure Valuables - Consider Extra Security Such as Alarms



*"creating a village in the city"*

**GUELPH  
POLICE  
SERVICE  
PRIDE  
SERVICE  
TRUST**

**COLOUR  
ME!!**

## Seasonal Safety Tips

### July:

Make sure you buckle up and obey the rules of the road. Please remember to use fireworks responsibly this month

### August:

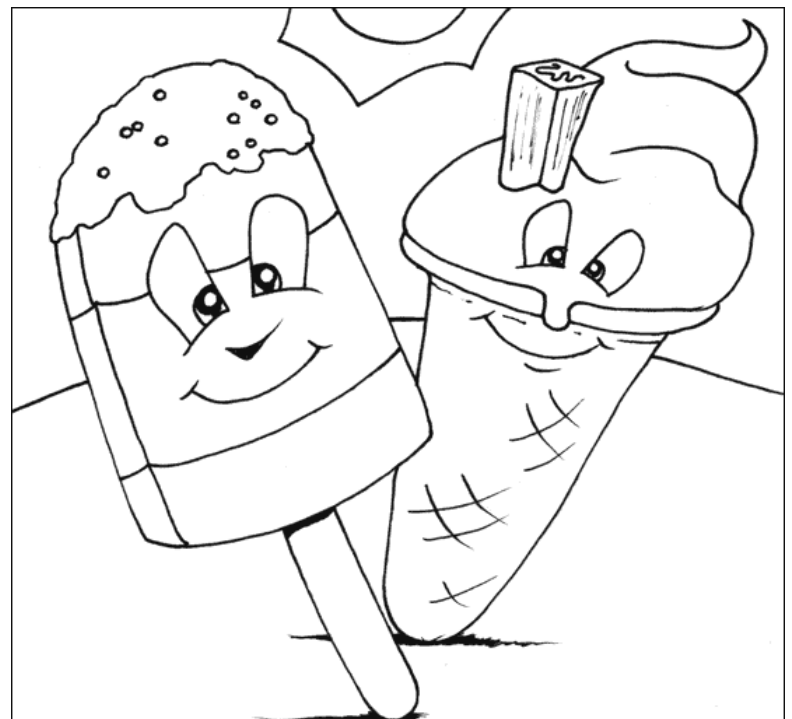
It's hot out there, make sure you lock your vehicles and homes at night to prevent thefts.

### September:

School's back in, may sure you stop for school buses and watch out for students walking to and from school.



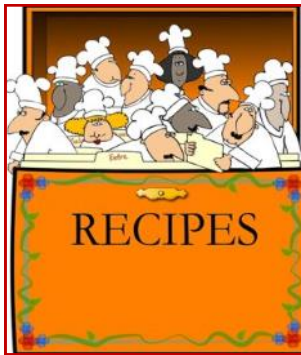
Other tips can be found on the Guelph Police Services website:  
<http://www.guelphpolice.com>





# Kortright Hills

## Recipe Corner!!



"creating a village in the city"

### Vintage Lemonade

#### Ingredients:

- 5 lemons
- 1 1/4 cups white sugar
- 1 1/4 quarts water



#### Directions:

Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside. Place the rinds in a bowl and sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons. Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds. Squeeze the lemons into another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes.

### Double Tomato Bruschetta

#### Ingredients:

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese



#### Directions:

Reheat the oven on broiler setting. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted.

### Feta Cheese with Basil Salad



#### Ingredients:

- 1/2 cup chopped walnuts
- 1 pint cherry tomatoes, halved
- 1 bunch fresh basil leaves, sliced
- 1 bunch green onions, sliced
- 1 avocado, peeled and diced
- 1 (6 ounce) package crumbled feta cheese with basil and sun-dried tomatoes
- 1/2 cup kalamata olives, pitted and chopped
- 1 red bell pepper, seeded and diced
- garlic salt to taste
- 1 tablespoon balsamic vinegar, or to taste
- 1 tablespoon extra-virgin olive oil, or to taste

#### Directions:

Place the walnuts in a small skillet over medium heat. Cook, stirring constantly, until golden brown.

In a bowl, gently mix the walnuts, tomatoes, basil, green onions, avocado, feta cheese with basil and sun-dried tomatoes, kalamata olives, and red bell pepper. Season with garlic salt, and drizzle with balsamic vinegar and extra-virgin olive oil. Allow to sit about 15 minutes, and toss again just before serving.

### Creamy Summer Squash Soup

#### Ingredients:

- 6 small yellow summer squash, trimmed and coarsely chopped
- 1 large zucchini, trimmed and coarsely chopped
- 2 cups vegetable stock
- 1 cup half-and-half cream
- 2 tablespoons chopped fresh tarragon
- 1 cup shredded Cheddar cheese
- ground white pepper to taste
- coarse sea salt to taste
- 2 tablespoons lemon juice, or more to taste
- 1 teaspoon chopped fresh tarragon



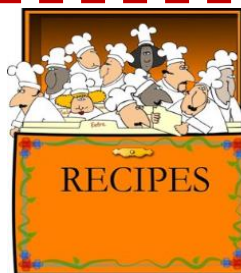
#### Directions:

Place the summer squash, zucchini, vegetable stock, half-and-half, and tarragon into a large soup pot; bring to a boil, reduce heat to a simmer, and cook until the vegetables are tender, about 10 minutes.

Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until nearly smooth, and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Sprinkle the Cheddar cheese into the hot soup, and allow to melt; stir until thoroughly mixed. Stir in the lemon juice, and top with a sprinkling of tarragon to serve.

# Kortright Hills Recipe Corner!!



## Suki's Spinach and Feta Pasta



### Ingredients:

1 (8 ounce) package penne pasta	2 tablespoons olive oil
1/2 cup chopped onion	1 clove garlic, minced
3 cups chopped tomatoes	1 cup sliced fresh mushrooms
2 cups spinach leaves, packed	salt and pepper to taste
1 pinch red pepper flakes	8 ounces feta cheese, crumbled

### Directions:

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water until al dente; drain.

Meanwhile, heat olive oil in a large skillet over medium-high heat; add onion and garlic, and cook until golden brown. Mix in tomatoes, mushrooms, and spinach. Season with salt, pepper, and red pepper flakes. Cook 2 minutes more, until tomatoes are heated through and spinach is wilted. Reduce heat to medium, stir in pasta and feta cheese, and cook until heated through.

## Green Bean and Mushroom Medley



### Ingredients:

1/2 pound fresh green beans, cut into 1-inch lengths  
2 carrots, cut into thick strips  
1/4 cup butter  
1 onion, sliced  
1/2 pound fresh mushrooms, sliced  
1 teaspoon salt  
1/2 teaspoon seasoned salt  
1/4 teaspoon garlic salt  
1/4 teaspoon white pepper

### Directions:

Place green beans and carrots in 1 inch of boiling water.

Cover, and cook until tender but still firm. Drain.

Melt butter in a large skillet over medium heat. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, salt, seasoned salt, garlic salt, and white pepper. Cover, and cook for 5 minutes over medium heat.

## Strawberry Trifle



### Ingredients:

1 (5 ounce) package instant vanilla pudding mix  
3 cups cold milk  
1 (9 inch) angel food cake, cut in cubes  
4 bananas, sliced  
1 (16 ounce) package frozen strawberries, thawed  
1 (12 ounce) container frozen whipped topping, thawed

### Directions:

Prepare pudding with milk according to package directions. In a trifle bowl or other glass serving dish, layer half the cake pieces, half the pudding, half the bananas, half the strawberries and half the whipped topping. Repeat layers. Cover and chill in refrigerator 4 hours before serving.

## Berry Crumb Bars

### Ingredients:

1 cup white sugar  
1 teaspoon baking powder  
3 cups all-purpose flour  
1 cup shortening  
1 egg  
1 pinch salt  
1 pinch ground cinnamon  
4 cups raspberries  
1/2 cup white sugar  
3 teaspoons cornstarch



### Directions:

Preheat oven to 375 degrees F (190 degrees C). Grease one 13x9 inch pan.

Combine 1 cup of the sugar, the flour, baking powder, salt, ground cinnamon, shortening, and egg. Dough will be crumbly. Pat half of the dough into the prepared pan.

Combine the remaining 1/2 cup sugar, the cornstarch and berries. Place mixture over dough in pan. Crumble the remaining dough over the tops of the berries.

Bake at 375 degrees F (190 degrees C) for 45 minutes or until the top is slightly brown.