

Hello Everyone :)

FUN FOR ALL AGES – AND IT'S FREE!



“How to Make a Survival Bracelet”

Kirkham's staff member Jimmy Rollins will teach you how to tie the popular knot that allows you to carry your survival rope in a cool bracelet, belt and more!

LEARN HOW TO TIE:

- Bracelets • Belts
- Easy way to make a Key Chain!

Free Instructional Materials Will Be Available.

**WEDNESDAY, APRIL 25TH
7:00 P.M.**

**SPECIAL PRICING ON ALL
PARACORD BULK YARDAGE,
BUCKLES, HANKS, AND
FINISHED BRACELETS
all day Wednesday!**

Kirkham's®
outdoor products

3125 South State | Salt Lake City | 801.486.4161
kirkhams.com | M-F 9:30-9 | Sat 9:30-7 | Sun 11-6

(I did this last year and really like the salsa!! So sign-up if you need some.)

Dear Family Canners,

If you are interested in signing up for Salsa at the Lindon Cannery, the following information should be read and understood.

By registering for Salsa through one of the links below, you are indicating that you have read and understand the following stipulations:

I agree to work at the Lindon Cannery for a 2.5 hour shift. Please do not schedule a shift that you aren't available to stay for the entire time. ONE SHIFT PER PERSON.

I AM able to purchase up to the Limit of: 6 cases **Salsa: \$15.00 – 12 pint jars/case**

I UNDERSTAND that I will have to come back on Monday, June 11th or Tuesday, June 12th between 9am - 4pm to pick up and pay for my order. After those dates, there is no guarantee that my order will be available to me.

·**IMPORTANT:** When you are registering for a shift, pay attention to the time (COLUMN) and worker # (ROW) where you are scheduling. Even if you get an error that tells you that someone else has scheduled this shift, return to the main page (Click to redraw) to verify whether your name is listed at the Time and Worker # you tried to schedule.Do not schedule a 2nd shift before verifying whether or not your name is listed. Sometimes the error displays but you still get scheduled.

·Please DO NOT expect to receive a reminder of the day and time you schedule your shift. You are responsible to write this information down.

Reminders, if sent, are a courtesy and not an excuse to miss your shift.

·You should arrive 15 minutes early so your shift can begin on time.

·A shift is full if there are no boxes that say “Available” on the signup table. Empty boxes are places that are not being scheduled on a particular shift.

·You cannot go back to verify what you entered without UNDOing and rescheduling your shift. Please write down your UNDO code (case sensitive).

The links will become active on Thursday, April 19th @ 7:00 a.m. (I made sure to indicate MDT this time, so it will open when it says...sorry!) Please use one of the links below to schedule a shift if you want to purchase Salsa.

To schedule a shift for Tuesday, June 5th, please click on the link below.

http://www2.mysignup.com/cgi-bin/view.cgi?datafile=family_canning_salsa_tue_jun_5

To schedule a shift for Wednesday, June 6th, please click on the link below.

http://www2.mysignup.com/cgi-bin/view.cgi?datafile=family_canning_salsa_wed_jun_6

To schedule a shift for Thursday, June 7th, please click on the link below.

http://www2.mysignup.com/cgi-bin/view.cgi?datafile=family_canning_salsa_thu_jun_7

The link for Friday, June 8th, will open only when/if the first 3 days are completely full. You will need to keep this email to have the link to check back and see if we open it.

http://www2.mysignup.com/cgi-bin/view.cgi?datafile=family_canning_salsa_fri_jun_8

How to Turn a Pallet into a Garden

by Fern on March 25, 2011

in [Flowers Galore](#), [How To](#), [Popular](#)



Good news and bad news. I had planned to film a short video showing you how to make a pallet garden, but the weather didn't cooperate. I was stapling the landscape fabric onto the pallet when it started drizzling and got really windy. That's the bad news. But I know I promised a tutorial today, so I took photos and have kept my word to share how to make the pallet garden. I

tried to be as detailed as possible. That's the good news. 😊

So keep reading my pallet loving friends, instructions on how to make your own [pallet garden](#) are just a few lines away...

Find a Pallet

The first thing you need to do is—obviously—find a pallet. I've had good luck finding them in dumpsters behind supermarkets. No need to be squeamish. It doesn't smell. At least, it doesn't smell *that* bad. 😊 Don't just take the first pallet you find. You're looking for one with all the boards in good condition, no nails sticking out, no rotting, etc. If you intend to put edibles in your pallet, be sure to find one that was [heat treated as opposed to fumigated](#) with pesticides.

Collect Your Supplies

For this project, you'll need the pallet you found, 2 large bags of potting soil, 16 six packs of annual flowers (one six pack per opening on the face of the pallet, and two six packs per opening on the top of the completed pallet garden), a small roll of landscape fabric, a staple gun, staples, and sand paper.

Get Your Pallet into Shape

Once you've dragged your pallet home, give it a once over. Are any of the boards a little loose? Is the wood chipping in places? Nail down any loose boards, and use sand paper to smooth down any rough spots.

Let the Stapling Begin!

Decide which side of the pallet will be the bottom when the pallet garden is completed and leaning against the wall. You are going to be covering the bottom, back, and sides with landscape fabric, leaving the spaces between the slats and the top uncovered (you'll be planting flowers in the uncovered spaces).

Lay the pallet face down. Roll the landscape fabric over the back. Cut two identically sized pieces that are long enough to go from the top edge of the back of the pallet and wrap all the way around the bottom, plus a few extra inches.



Hold the two pieces of landscape fabric together as if they were one piece of fabric. Fold over

the top edge by one inch and center it on the top board of the back of the pallet. **Staple the fabric into place near the top edge of the top board.** Smooth the fabric out to the left and right and pull it taut. Staple the fabric down on the top, right edge of the top board. Repeat on the left side. Fill in between those three staples with one staple every two inches along the top edge of the top board.

When the top of the landscape fabric is securely attached to the top, back board, smooth the fabric down, and **repeat the process along the bottom edge of the bottom board**, except don't fold the fabric under, leave a long flap on the bottom.

Pulling the fabric tautly along the bottom, fold the cut edge under, and **staple the fabric down along the front edge of the bottom.** Smooth the fabric out to the left and right and staple every two inches along the front edge of the bottom.

Now for the sides. Start near the bottom and fold the excess fabric inwards as if you were wrapping a present. Fold the cut edge of the fabric under and **staple it down near the front, bottom edge of the side facade.** Smooth the fabric out and place a staple every two inches along the front edge of the side of the pallet. The fabric should be taut but not in danger of tearing. Repeat on the other side of the pallet.



You should now have a pallet with landscape fabric wrapped around the sides, back, and bottom. **Place more staples along the spine of the back side of the pallet**, and anywhere else you think the fabric needs to be held down so that soil can't creep into places you don't want it to go.

Now for the Fun Part—Planting!

Bring the pallet close to wherever it's final spot will be and lay it down face up. You're going to plant it while it's laying flat on the ground.



First slide the plants into what will be the top. Plant everything very tightly, you should have to practically shoe horn the last plant into place. Now that you have capped the top, pour the entire first bag of potting soil on top of the pallet. Push the soil into the pallet between the slats and smooth it out so that the soil is level. Repeat with the second bag of potting soil.



Push potting soil into the bottom cavity, so that there is a trench directly below one of the bottom openings. Plant six plants in the trench, so that they are very tightly fitted into the opening. Repeat with the other bottom opening. Now push the potting soil up against those flowers you just planted, making a trench beneath one of the openings in the second row. Plant your flowers tightly in that opening. Repeat for all the remaining openings.



When you're done planting, you should have plants that are completely covering every opening (i.e. there shouldn't be any place for soil to fall out). There should also be soil firmly pushed into every part of the pallet where there aren't plants.

Caring For your Pallet

Now, I'm going to tell you what you *should* do, and I what I always end up doing (which is what you should *not* do). You should leave the pallet flat on the ground for a couple of weeks (watering when needed), so that the roots can start to grow in and hold all the plants in place. I can never wait though, so I always tip the pallet upright a few days after planting. Some soil does fall out, but it seems to be okay. But I think it would be better if you left it to settle and only tipped it upright after a few weeks. Do as I say, not as I do.



Water your pallet regularly, they dry out quickly. Pay special attention to the bottom two openings, they seem to be the driest. Fertilize with water soluble fertilizer added to your watering can (follow package instructions for amount and frequency).

Here's a picture of a garden pallet with feet! Love it!!



Outdoor Window Washer

3 Tbsp. liquid dishwashing soap

1 Tbsp. anti-spotting agent (Jet Dry)

Put soap and anti-spotting agent into a spray bottle attachment for your garden hose. Spray upper windows and let them dry. This is for cleaning the higher windows on your house that you can't reach except with a ladder.



How do you keep your celery fresher longer?

Wrap it in aluminum foil. Wash it, place it on a paper towel and wrap it in foil, it will keep for two or three weeks. It is amazing.



Berries are delicious, but they're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides.

Well, with fresh berries just starting to hit farmers markets, we can tell you how to keep them fresh! Here's a tip I'm sharing on how to prevent them from getting there in the first place:

Wash them with vinegar.

When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted you can't taste the vinegar,) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft. So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them.



Planting Green Onions To Use In The House

A bag of green onion sets cost \$1.49 for 80. A bunch of green onions in the store costs over \$1.00. Once they start growing you can harvest several batches of green onions and save a lot of money!



Just put a few onion sets one inch apart in the bottom of your pot.



Cover with soil, water and set in a sunny window. In a week you will have a great bunch of green onions to start enjoying! -Tawra



- Carmen
- [May 2, 2011 at 12:31 pm · Reply](#)
- Did you know you can replant the root ends when you cut them off to use the tops? They will then regrow into new onions, thereby giving you a never-ending supply!



- Grizzly Bear Mom
- [May 2, 2011 at 2:09 pm · Reply](#)
- Can you just cut off the tips, leave them to grow, and use the tips like herbs without needing to replant?



- Naryagirl
- [May 3, 2011 at 12:08 pm · Reply](#)
- Yes, you can just leave them in the ground. We regularly plant our onions and just clip the tops for fresh use, like chives on potatoes, etc. Just don't cut to the ground. You can do this with garlic too. Then just harvest your bulbs at the end of the season.



Haley

- [May 3, 2011 at 2:47 pm · Reply](#)
- I have three glasses of water (sitting in a pretty planter) in my kitchen window with bulbs that I had from my garden last year. I had used the top then dropped the bulbs into the water. I put more water in the glasses weekly and have a never ending supply of green onions. When needed I just snip one off near the bulb. Pretty to look at too, especially during the winter when nothing is green outside.



Busy Beekeeper Mom

- [May 3, 2011 at 9:58 pm · Reply](#)
- Ginger will also work well planted in buckets. We love ginger in Asian foods, tea, even candied etc, but it is too expensive to buy at the store. So we grow our own, from store bought pieces, just as you can with horseradish, and the onions that are topic of the day 😊
- If you missed buying sets, you can get plenty of green onions to grow for a window garden or buckets by buying a bag of the little round onions they sell for soups etc & plant them.
- As far as ginger, which is so high in the stores, now (spring) is a great time to find ginger that is getting live looking nub-sprouts on it in the stores, which means it is ready to grow. Might even be able to get a discount on it if you ask.
- Ginger is easy to grow too. It likes rich, light soil, like potting mix (easy!). Plant just below the surface, and keep moist. It loves dappled shade, and not get too hot, so it is great for a window that does not have full bright sun on it, or only gets north sunlight.
- Also pretty in a bucket under a tree. Does not compete well with tree roots – needs a well drained container.
- After about 6 months, or when it packs the planter, you can lift it, take what you want, and replant the leftover pieces spread out again with room for them to expand again, like iris bulbs.
- Or you can just poke around and harvest new tubers from it by snapping them off & leave the patch to grow. You can also use the long fragrant grass like tops, chopped like onion tops, but ginger-y.
- Bees will also work ginger flowers, and I always wondered what honey from hives placed in a commercial ginger plantation would taste like....
- I believe the delicate flowers are edible too. The plant has a refreshing ginger-y smell when brushed against. Nice, luxurious, easy herb to propagate. Looks a lot like lemongrass, which is also easy to grow once started. Take both up before any frost, or

you have to start over.



- Lorene Terwilliger
 - [April 19, 2012 at 12:19 pm · Reply](#)
 - Heard somewhere you can cut about an inch or less off of a celery stalk and put that root in water. I tried it and it grows wonderfully. A never ending celery for free!
-

Butterscotch Peanut Butter Mousse

Looking for a quick dessert to serve tonight? Or maybe just something quick to serve to surprise guests? This is a simple recipe that you could easily keep ingredients on hand to make and it only takes a few minutes to whip up. A creamy quick dessert to end any great meal!



Butterscotch Peanut Butter

Mousse

- 1/3 cup cream cheese, softened
- 3 tablespoons creamy peanut butter
- 1/2 cup heavy cream
- 1 cup water
- 1 box sugar-free butterscotch pudding

Mix cream cheese & peanut butter together until smooth. Add cream, water and dry pudding mix. Mix until smooth.

Makes 6 servings.

Linguini with Spring Vegetables...



Linguini with Spring Vegetables

Coarse salt and ground pepper

3/4 pound(s) linguine

1 pound(s) asparagus, tough ends removed, cut into 1-inch lengths

1 medium zucchini, halved lengthwise (quartered if large) and thinly sliced

4 ounce(s) sugar snap peas, stem ends trimmed, halved

1/2 cup(s) heavy cream

1 tablespoon(s) butter, cut into pieces

2 tablespoon(s) fresh tarragon leaves

In a large pot of boiling salted water, cook pasta 4 minutes short of al dente; add asparagus, zucchini, and snap peas. Cook until vegetables are crisp-tender, about 3 minutes. Reserve 1/2 cup pasta water; drain pasta mixture, and set aside.

In the same pot, bring cream and butter to a simmer. Toss in pasta mixture and enough pasta water to create a thin sauce (it will thicken as it stands). Season with salt and pepper, and top with tarragon.

One Pot Spaghetti



One Pot Spaghetti

- 1 lb ground beef
- 1 large onion, chopped
- 1.5 tsp garlic powder
- 1 8 oz can tomato sauce
- 1 6 oz can tomato paste
- 3 cups tomato juice
- 1 cup water
- 1 tsp salt
- 1-2 tsp sugar
- 2 tsp chili powder
- 1 tsp dried oregano
- 1 tsp dried basil
- freshly ground black pepper
- 7 oz uncooked spaghetti, broken in half
- grated Parmesan cheese

In a large dutch oven, brown hamburger with onion and garlic powder. Drain well and return to dutch oven. Stir in remaining ingredients except for the pasta and parmesan cheese. Bring to a boil. Cover, reduce heat, and simmer for 30 minutes, stirring often.

Add pasta, cover, and simmer, stirring often for about 10 minutes or until spaghetti is al dente.

Serve immediately, garnishing with grated Parmesan cheese.

Weekly Food Storage Deals:

More case lots sales . . . Yeah!!

<http://grocerysmarts.com/utah/lists/splashg84csg.php>

Have a wonderfully extraordinary foodstorage week!!



Ann