



HAPPY EASTER

I'm starting this newsletter on March 20th, the first day of spring and on my way into the office I was caught in a freezing mix of rain and snow so much for spring. I am not even going to guess when the actual spring weather will arrive just send out a fervent hope that it is soon, although I do have crocuses in my garden and I spotted several patches of skunk cabbage on the way in from Lake Cowichan so I guess the plant life isn't bothered by the weather.

We have received a cheque for \$2500 from the City of Duncan to put towards the creation of an outdoor oven for Centennial Park.

I finally have the stats from this past Christmas bake. Due to the small number of kitchens we had left in December we only baked 2328 pieces of goodies which included cookies, tarts, loaves, squares and two groups even made fudge this year, approx. 360 pieces. From April 2011 to March 2012 we cooked approximately 3700 meals; this included meals donated to community members and lunches served to members and occasional guests.

I am ignoring the weather and staying away from soup this month. Broccoli is one of my favorite spring vegetables and I managed to find a recipe that we haven't used yet, it is a favorite of most of our groups and I hope you enjoy it.

SUKIYAKI

Serves 4

1 ½ Lb Round Steak, Cut Into Strips	1 to 2 Cups Broccoli, cut into strips
2 Tbsp Butter	1 Cup Sliced Celery
½ To 1 Lb Fresh Mushrooms, Sliced	1 Tbsp Sugar
1 Large Onion, Sliced Thin	Salt and Pepper , to taste

Sukiyaki Sauce:

1/8 to 1 / 4 Cup Soya Sauce 2 Tsp Sugar

1/2 Cup Beef Bouillon or Oxo

1. Brown beef strips in butter.
2. Add vegetables, salt and pepper, sprinkle with sugar.
3. Pour sauce over; stir fry until vegetables are done.
4. Serve over rice.