



Hi, sorry I missed June's newsletter but it was a bit of a hectic month for us and we didn't all touch base so I couldn't get any information on the status of our kitchens. As we go into July we are progressing as usual. The Cobble Hill kitchen has picked up quite a few new members, and there are people looking into joining some of the other kitchens in September. Most of the kitchens are closing down for the summer, so if anyone is interested in joining we can try to accomodate you in the fall.

I am writing this on June 21, the first day of summer, I actually glanced at my watch a moment ago and found out it was 10:16 which is apparantly the official start of summer (how anyone can pinpoint this is beyond me). The weather today is perfect summer weather and time to start thinking of all those delicious summer fruits and vegetables. I had my first taste of watermelon last night, (although I don't know what country it came from), it did put me in a summer frame of mind.

Besides being refreshing watermelon is quite high in vitamins especially A & C and minerals such as cacium, magnesium, phosphorus and potassium. Beside eating it as a snack food you might want to try adding it to salads, fruit or vegetable. It also makes an excellent drink, being so full of water itself it doesn't take much to liquify it, try adding a bit of mineral water to a glass of watermelon juice for a light yet bubbly drink.

We don't have any fruit dalad recipes but we do have a recipe for a very light salad from one of our former groups The Clumsy Cooks. I like this salad but I've always thought that a bit of fruit might be nice in it, and the dressing has a bit of sweetness to it and would probably accompany fruit quite nicely. I don't think watermelon would work with this recipe but a little apple, peach, orange, pineapple or a firmer melon would probably taste great.

CLUMSY COOKS AWESOME SALAD

Serves 4

½ Cup Olive Oil

¼ Cup White Rice Vinegar

1 Cup Bean Sprouts

1 Cup Mushrooms, Sliced

2 Tbsp Soy Sauce	½ Cup Green Onions, Chopped
2 Tbsp Sugar	1 Pkg. Mr. Noodle Soup
1 Pkg. Mr. Noodle Seasoning	½ Head Lettuce
¼ Cup Sesame Seeds	½ Cup Pine Nuts, or Almonds
½ Cabbage, Shredded	

1. Toast nuts and broken up Mr. Noodles and sesame seeds in oven.
2. Toss them with cabbage, lettuce, bean sprouts, mushrooms, green onions.
3. Mix oil vinegar, soy, sugar, and soup seasoning.
4. Pour dressing over noodle mixture and toss well together.
5. Enjoy!!!