



SPRING IS COMING

Yes, it is that time of year. As I write this it isn't March yet but the weather seems to be gradually improving although some people keep telling me we are going to have some of that white stuff before spring finally arrives. I haven't been walking about in Duncan lately but other people have told me that they have spotted some of our usual early spring flowers already in bloom. Daylight savings time is on the 11th so remember to set your clocks ahead.

We have a few more people to thank for donations. Belated thank-yous to the South Cowichan Rotary for their donation of \$2500 for the Christmas bake. Thank you also to Farm Credit Canada for their donation of \$250. We also received a donation of 200lbs. of ground beef from Pete Baldry of Modern Tools. We passed along 50lbs. to the House of Friendships Youth Group.

We welcomed some new members to our team in February. Liz will be doing a kitchen at Warmland, and Annie is doing volunteer work mostly with Gina in a fund raising capacity.

Since St. Patrick's Day is in March I usually like to use a recipe that contains a lot of green but I can't think of any new ones this year, so I decided that since the weather is still rainy and a bit chilly I would give you one more soup recipe. This is one that one of my groups did this month and enjoyed considerably. When we made it we couldn't decide which beans to use so we used cans of mixed beans (Unico Bean Medley & Yellow Label No-Name from Superstore). Whayever you use I hope you enjoy it.

MARVELOUS MINESTRONE

Serves 4

2 Tbsp. Oil

1 Tsp. Dried Basil

½ Medium Onion, finely
chopped
1 Clove Garlic
3 Cups Stock or Water
2 Medium Carrots, peeled and
Thickly sliced
1 Can of Tomatoes, with their
juice, chopped

½ Tsp. Sage
2 Small Zucchini, thinly sliced
1 14 oz. Can Beans (Kidney,
Pinto or Navy), rinsed and
drained
½ Cup Small Pasta (cooked)
Salt & Pepper, to taste
¼ Cup Grated Parmesan Cheese

1. In a large pot, heat the oil over medium heat. Add the onion and garlic and cook until the onion is lightly browned.
2. Add the stock or water, carrots, tomatoes, basil and sage. Bring to a simmer and cook, partially covered, for 15 minutes.
3. Add the zucchini, beans and pasta. Cook for 10 minutes longer. Season with salt and pepper.
4. Thin the soup out with water if it seems to thick and adjust the seasoning.
5. Sprinkle cooked soup with Parmesan.