



# Good Earth Natural Food Store

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## Easter can be fun and healthy too!

Easter baskets don't have to be full of chocolate eggs and marshmallow peeps. Children can be just as happy with other fun things to do besides eating. Here are some great ideas that will fill your Easter basket without all the extra fat and sugar.

What child doesn't love to blow bubbles? Grab a couple of bottles of bubbles for this year's Easter basket. The kids will have a blast with them and with a little luck it will be warm enough outside to keep them busy and running around chasing bubbles for quite some time.

Here are some bubble mix recipes Mix the recipes the day before using for best results:

### Basic Bubbles

- 2 tblsp dish soap
- 1 cup water

### Magic Bubbles

- 1 tblsp glycerin
- 2 tblsp dish soap
- 9 oz water

### Color Bubbles

(Color Bubbles can be a bit messy. Be sure to use paint that can wash out. You can add a little water if the mix is too thick.)

- 1 cup liquid tempa paints
- 2 tblsp dish detergent
- 1 tblsp liquid starch

### Sidewalk Chalk

This is the perfect time to draw on the sidewalk with the weather warming up. Plus we get enough rain in the spring that your driveway or sidewalk won't be decorated for too long.

### Homemade Playdough

Cooked Playdough

- 3 cups flour
- 1.5 cups salt
- 6 tsp cream of tarter
- 3 tbsp oil
- 3 cups water

1. Dissolve salt in the water.
2. Pour all ingredients into a large pot.
3. Stir constantly over medium heat until a ball forms by pulling away from the sides.
4. Knead the dough mixture until the texture matches playdough (1-2 minutes).

Store in plastic container. Should last for at least 3 months.

NOTE: If you add vanilla extract to homemade playdough, it helps preserve the dough, prevent mold, and makes it smell nice.

For lasting projects try this clay:

### Cornstarch Clay

- 1/3 cup cornstarch
- 1/4 cup white glue

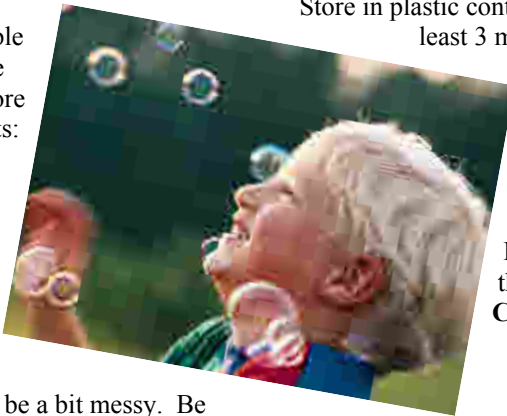
Mix completely. Add extra corn starch or glue to get a workable consistency.

Store in plastic baggie. Should last for months with no mold.

\* Projects can be air dried.

\* Try rolling out very thinly, then leave over night. In the morning use punchies to create designs before it is completely dry.

\* Dries like china.



## How you can cope with rising food costs

For many people, rising food costs are creating a significant household hardship. Unfortunately, staples like bread, milk, cereal, meat, poultry, and eggs are hardest hit.

But by stocking up on some basic staples and seasonal produce, you can serve your family meals that are delicious, healthful, and frugal.



**Stock up on staples!** Not only are basic, natural foods inexpensive, they're versatile, if you get a little creative. Take rice, for example: flavor it with with basil and garlic and serve with any fresh, spring vegetable. Or cook leftover rice with pepper, chives carrots, peas, eggs and soy sauce for quick and easy fried rice. Use it as the basis of a casserole, seasoned generously with marjoram, or gently with a more pungent spice like cilantro or cayenne for a Mexican style dish.. Make rice burgers by combining the cooked rice with shredded cheese, an egg, and some garlic.

Experiment with other grains (like millet, quinoa, and barley), and take a similar approach with beans. Make a big batch of a favorite bean and use it to make casseroles, soups and stews, stir-fries, veggie burgers and loaves. Toss on salads and blend to make dips and spreads. If you can't use all

the beans within a few days, simply freeze any extra in serving size containers. A simply stir fry made with

seasonal produce and a favorite, inexpensive grain is easily transformed into a special dish with a variety of spices. Serve it seasoned with Thai seasonings like corian-

der and cloves, or with chili powder, garlic, oregano and cumin for a Mexican dish

### **Rely on local, seasonal produce.**

Stop in regularly to Good Earth to see what fresh produce we have to offer. You may also want to make regular trips to the farmer's market to find out what is in season. You may even want to can or freeze some for use later.

### **Look for more frugal substitutions.**

Replacing soda and other expensive drinks with homemade iced tea, for example, is an easy way to save and provide better nourishment. Vary the tea as well as the sweetener, if desired. Good Earth carries many different kinds of tea to be served either hot or cold. Garnish it with fresh fruits. Don't be afraid to try developing your own custom blends- like mixing variety of teas, or mix tea with lemonade or juice.

## Celebrate Easter with a lemon cake

This Easter why not treat your family to a homemade cake!

### Lemon Poppy Seed Cake

- 1 1/4 cups all purpose flour
- 2/3 cup sugar
- 1/2 cup cornstarch
- 1 tablespoon whole poppy seed
- 2 1/4 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons unsalted butter
- 1 cup skim milk
- 2 teaspoons lemon zest
- 1 1/2 teaspoons vanilla extract
- 1 large egg

Preheat oven to 350 degrees.

Grease and flour an 8-inch baking pan.

Combine first 6 ingredients in a bowl.

Using a fork, blend in butter until incorporated. Combine remaining ingredients in another bowl. Stir milk mixture into flour mixture until just blended. Pour batter into prepared pan. Bake 35 minutes, or until a tester comes out clean when inserted in center. Remove from pan and cool on a rack.

### Thinking “Out of the Box”

Here are some tips to making your own cakes:

- Use all ingredients at room temperature.
- Place the rack in the center of the oven.

- Preheat your oven; allow at least 10 minutes for the oven to come to proper heat level. You may want to test the temperature with an oven thermometer.

- Measure your flour and all other ingredients BEFORE you begin mixing, just to make sure you don't forget something when putting it all together.
- Use proper measuring tools! A cereal spoon is not a teaspoon, nor is a coffee cup a measuring cup.

- When measuring flour, use a spoon to scoop the flour into the measuring cup to avoid air pockets. Overfill, then use a knife or spatula to level it off. Don't shake or tap to level it, as this will once again compact the flour.

- When measuring milk, buttermilk, water, or other fluid ingredients, use a measuring cup designed for liquids, place the cup on a flat surface, and fill to the proper measure while you're at eye level.

- When your recipe calls for eggs, use large ones, and always beat them slightly with a fork before adding to other ingredients (unless the recipe calls for the eggs to be separated).

- Rely on a timer for mixing times, and avoid under- or over-mixing.

- When pouring the cake batter into the pan, be sure the pan is on a level surface, and use a spatula to spread the batter in the baking pan, including in the corners.

## Recipes from Frontier Natural foods- Find them in our spice section

### Creamy Risotto

1 tablespoon olive oil  
 1/3 cup sliced portobello mushrooms  
 1 cup arborio rice  
 2 cups low-sodium chicken broth  
 1 1/2 cups water  
 1 package Simply Organic Bearnaise Sauce Mix  
 2 tablespoons Parmesan cheese

#### Directions

In a large skillet, heat oil on medium-high. Add mushrooms and sauté for 2 to 3 minutes. Add rice. Cook for 5 minutes on medium-high, gently stirring rice so it won't stick or burn.

Pour chicken broth into skillet, 1/2 cup at a time, and reduce heat to a simmer. Cook for 18 to 20 minutes, adding chicken broth and then water as the rice cooks. For creamier risotto, stir throughout cooking time.

Prior to serving, mix in Simply Organic Bearnaise Mix and Parmesan cheese.

#### Chef Suggestions

Add diced chicken or tofu to make a meal.

### Angel-Hair Pasta with Herbed Chicken

If you don't have any chicken, you can substitute two 6-ounce cans or one 12-ounce can of drained, water-packed white tuna in this recipe.

#### Ingredients

1 teaspoon extra-virgin olive oil  
 2 tablespoons finely chopped onion

1 carrot, cut into small dice (1/2 cup)  
 3 boneless, skinless chicken breast halves (12 ounces), cut into 1/2-inch dice  
 1/2 teaspoon dried basil, crushed  
 1/2 teaspoon dried oregano, crushed  
 1/8 teaspoon dried thyme, crushed  
 1/8 teaspoon freshly ground black pepper  
 1 1/2 cups small broccoli florets  
 1 (12 ounces ) can evaporated skim milk  
 9 ounces fresh angel-hair pasta  
 3/4 cup freshly grated Parmesan cheese

Heat the olive oil in a large, nonstick skillet. Add the onion and carrot and cook them, stirring, over medium heat until the onion is soft but not brown, about 5 minutes. Add some water if it seems dry.

Add the chicken to the skillet and cook, stirring, just until it is no longer pink, about 4 minutes. Sprinkle with the basil, oregano, thyme, and pepper. Add the broccoli, cover, and steam for 5 minutes. Stir in the milk and warm it, but do not allow it to boil.

Meanwhile, cook the pasta in a large pot of boiling water until al dente; drain well. Stir the pasta into the sauce mixture, then add the cheese. Cover the pan until the sauce has thickened slightly, 3 to 5 minutes. Serve immediately.