



Million Dollar Quartet Now On Stage At The Players



The Million Dollar Quartet quartet in rehearsal at the Peterborough Players are, left to right, Travis Leland Murad as Elvis Presley, Sebastian Rohn as Jerry Lee Lewis, Jack Supan as Carl Perkins and Owen Harrison as Johnny Cash.

A Broadway hit musical inspired by a true story is scheduled to hit the Peterborough Players barn on Wednesday, July 15th. *Million Dollar Quartet* relives December 4, 1956 when four future rock n’ roll legends, Carl Perkins, Johnny Cash, Jerry Lee Lewis, and Elvis Presley, walked into an old auto parts store in Memphis that had been converted into a recording studio, Sun Records. Their producer, Sam Phillips, quickly discovered that what started as a casual drop-by turned into something magical, and tensions ran just as high as the harmonies. He called them the *Million Dollar Quartet*.

The cast features actor/musicians Travis Murad Leland as Elvis Presley, “the King”; Owen Harrison as Johnny Cash, “the Man in Black”; Jack Supan as Carl Perkins, “King of Rockabilly”; and Sebastian Rohn as Jerry Lee Lewis, “the Killer.” Supporting roles are Sarah Bishop as Dyanne (Elvis’ talented girlfriend); Tom Coiner as the Sun Records producer; Zachary Prall as the drummer, Fluke; and Jason Rivera as Brother Jay Perkins on the double bass. The show is filled with hit songs that defined an era: *Blue Suede Shoes*, *Great Balls of Fire*, *Walk the Line*, *Hound Dog*, *Folsom Prison Blues*, and more.

PLAYERS, page 13

NOFA-NH Farm Share Program Connects Granite Staters With Fresh, Local Food

By Deb Paul

The Northeast Organic Farming Association of New Hampshire’s (NOFA-NH) Farm Share Program is helping more Granite Staters access fresh, locally

grown food this season. Through partnerships with 25 farms across the state, the program is providing more than 400 residents with 115 discounted Community Supported Agriculture (CSA) shares.

FARM, page 6

Monadnock Food Co-op Hosts Community Information Session For Second Store In Jaffrey

The Monadnock Food Co-op will host an information session for its second store on Wednesday, July 22nd from 5 to 6 p.m. at the American Legion at 20 Webster Street in Jaffrey.

The co-op is scheduled to begin renovations in the former Rite Aid building at 14 Peterborough Road in Jaffrey by the spring of 2027. Renovations and planning will continue throughout the year, positioning the co-op to open in early 2028.

This session is designed to bring the community together, answer questions, share project updates, and hear from the public.

“We invite the community to come learn, share, and discuss plans for our co-op in Jaffrey. Opening a co-op is a community effort and we greatly value everyone’s input,” says Monadnock Food Co-op General Manager, Michael Faber.

CO-OP, page 6

Art In The Park Call For Exhibitors

The Monadnock Area Artists Association’s (MAAA) Art in the Park outdoor art show is now accepting artists applications for its 68th annual show to be held in Ashuelot River Park on West Street in Keene on Labor Day weekend, Saturday and Sunday, September 5th and 6th from 10 a.m. to 4 p.m. both days.

The requirements and application forms are available on the Monadnock Area Artists Association website: www.monadnockareaartists.org.

Media accepted for display include (1) water-media (watercolor, acrylic, gouache), (2) oil, (3) pastel and charcoal, (4) pen and ink, original printmaking and colored pencil, (5) sculpture, mixed media and

collage, and (6) photography/digital art. Judges will award cash prizes in these six categories.

Exhibitors are required to have their work on display both days from 10 a.m. to 4 p.m., rain or shine. Artists must be present at their booth during show hours. Exhibitors provide: tents, weights, display systems, and original artwork. No nudes due to the City of Keene regulations for Art in the Park.

The fee for MAAA members is \$100 and non-members is \$150. For artists interested in sharing a booth, fees are listed in the application. Complete the registration form and payment online. Note: fees are non-refundable. The deadline for applications is Saturday, August 15th.

Udderly Gutters Built Around A Simple Philosophy: Be Responsive



Chester Aho trains his staff around five principles the owners summarize as HEART.

By Mary Gamache

For Chester Aho, CEO of Udderly Gutters, good customer service starts with something simple: picking up when the phone rings and being responsive to the customer.

“Our mission has never been simply installing gutters,” Chester said. “Our mission is to provide every customer with an exceptional experience, answering the phone, communicating clearly, standing behind our work, and taking ownership when something doesn’t go as planned.”

Based in Jaffrey, the family-owned company has served the Monadnock region since 2012, offering seamless gutter installation, cleaning, gutter guards, repair, and ice dam removal for homeowners across New Hampshire, northern Massachusetts, and southeastern Vermont. During the winter months, the company also in-

stalls holiday lighting, a ‘tis the season add-on that’s grown into one of its more popular offerings among repeat customers.

That philosophy shapes their process at the company, and is implemented from day one by every member of the team. Staff at every level are trained around five principles the owners summarize as HEART: Honesty about what can and can’t be confirmed, Efficiency with scheduling, Accountability when a booking falls through, Responsiveness in following up, and being Teachable enough to keep improving communication with customers.

“No company is perfect,” Chester said. “Our values are more than just an acronym, it’s a promise to every person that interacts with our business.”

GUTTERS, page 7

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from THE MONADNOCK HUMANE SOCIETY

Poppy



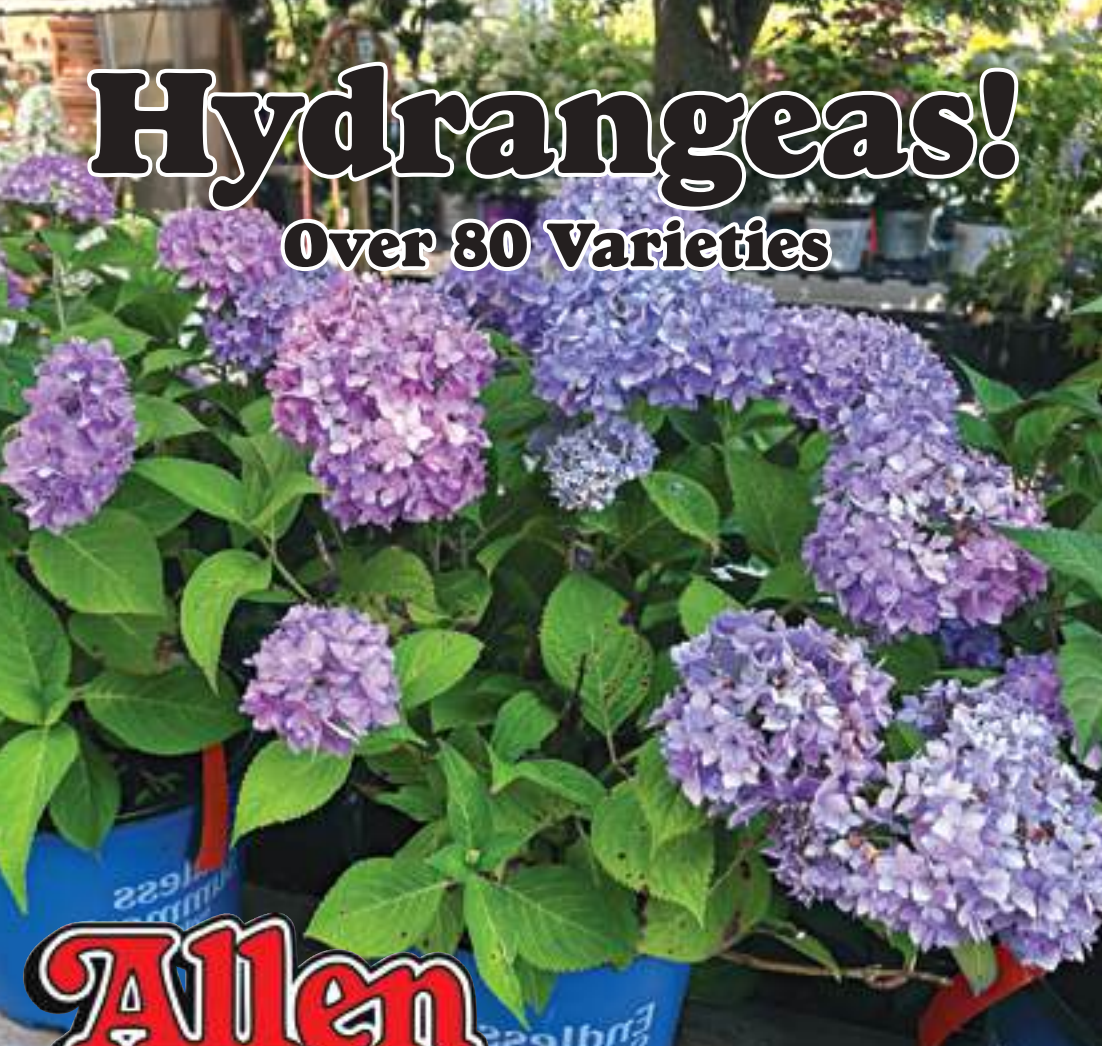
Poppy is a spunky, playful girl with a whole lot of personality! She loves interactive play, enjoys staying busy with toys and enrichment, and isn't afraid to let you know exactly what she's thinking. She's incredibly smart and will thrive with an adopter who can keep both her mind and body active. Poppy has a little "catitude" and is looking for someone who appreciates a cat with a big personality. She'll do best with an adopter who respects her boundaries, and is ready to love an energetic, entertaining companion who keeps life interesting.

Poppy is considered a medical adoption and will need to remain on a prescription diet for life to help manage her allergies. She should establish care with a veterinarian after adoption to monitor her skin, but she's currently feeling great and enjoying life. Because of her special diet, Poppy will need to be the only cat in the home. She has done well with dogs and can live with respectful children over the age of five.

The Adoption Center is located at 101 West Swanzey Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumanesociety.org.

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Kirtan With Shubalananda Saraswati At Aloha In Keene



Aloha on Court Street in Keene will welcome back Shubalananda Saraswati for an afternoon of Kirtan on Saturday, July 18th, from 3 to 4:30 p.m.

Kirtan is a devotional practice combining music, chanting, and dance. The timing is family friendly, and light refreshments will be available. The event is donation based.

For more details or to register, visit vagaroo.com/alohakeene or call 603-762-3129.

Shubalananda Saraswati, at left

Community Kitchen Pop-Up Pantry In Richmond

The Community Kitchen will host a Pop-Up Pantry on Saturday, July 18th, from 9:00 to 11:00 a.m. at Veterans Hall, 150 Old Homestead Highway, Richmond.

Eligible households are invited to attend and receive a variety of fresh and shelf-stable food items at no cost. On-site enrollment will be available. The event will proceed rain or shine.

For more details, call 603-352-3200, visit thecommunitykitchen.org, or see the ad on page 3.

Kiwanis Golf Tournament Set For Friday, August 7th In Keene

On Friday, August 7th, the Kiwanis Club of Keene will host its annual golf tournament at the Brettwood Golf Course (North course), with the proceeds to benefit local children.

Now in its 11th year, this year's event will feature raffle prizes, a silent auction, hole-in-one contests, a golf gift bag, a \$10,000 progressive putting contest, skill prizes, first and second-place team awards, and a BBQ dinner. Golfers can also compete to win a set of irons, a golf wardrobe, and a car.

"We are looking to finalize our golfers and teams," says Scot Ward, co-chair of the Golf Tournament Committee. "We also have availability for hole and golf cart sponsors." Brettwood Golf Course is located at 40 East Surry Road in Keene. For more details, or to register, visit keenekiwanisgolf.org.

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The Community Kitchen pop-up pantry
The Community Kitchen will host its annual Pop-up Pantry events this summer at select locations. Eligible households are invited to attend and receive a variety of fresh and shelf-stable food items at no cost. Events will be held rain or shine, and on-site enrollment will be available. If you have any questions, please call (603) 352-3200.
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(Prepared by the Historical Society of Cheshire County)



This early 20th century photo was taken in what Cheshire County community?

The winner of last week's Mystery Photo Contest was Peter Edson of Keene. The large textile mill was located in Ashuelot.



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Dance Features "Loose Change" Saturday

Monadnock Tri-State Dance Club will hold a dance on Saturday, July 18th from 7 to 10 p.m. at EMM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Loose Change. There will be free refreshments, a 50/50 raffle, and all are welcome. Admission is \$12.

For more details, call Barbara at 603-392-0447.

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Aardvarks, Monkeys And Talking Dogs: Lessons From A Career In Children’s Media

The Amos Fortune Forum 2026 summer speaker series will feature Carol Greenwald, Emmy Award Winning Children’s TV producer on Friday, July 17th at 7 p.m. Greenwald will reflect on the transformative power of media in childrens’ lives as she shares stories about developing *Arthur*, *Curious George*, and *Martha Speaks*, highlighting both the creative process and the educational underpinnings of each project.

She will also offer her perspective on how children’s media has changed over the past 40 years from the era of analog television to the current digital age, and why it is more important than ever to continue supporting PBS Kids as a free and educational alternative to commercial children’s media.

Greenwald worked at GBH/Boston for over 40 years, where she produced some of the best-loved children’s shows on television.

A recording of each event will be available on YouTube shortly after the presentation. More program details are available at www.amosfortune.org.

The Amos Fortune Forum was started in the summer of 1946 by several Jaffrey Center residents who recognized that there were many interesting,

distinguished speakers in the Monadnock region and beyond who could speak on issues of public interest and importance.

For over 80 years, the forum has been providing a platform for speakers to educate, enlighten and inspire the intellectual lives of thousands of curious and engaged Monadnock area citizens. The lectures are free to the public.

Holistic Approach To PMS At Keene Public Library

The Keene Public Library will host a 90-minute workshop on a holistic approach to premenstrual syndrome on Saturday, July 18th, from 10:30 a.m. to noon in the Miller-Vincent Room at 60 Winter Street.

Premenstrual syndrome affects many women between puberty and menopause, yet is often misunderstood or addressed in isolation from other aspects of women’s health. The workshop takes a whole-person approach to understanding PMS, exploring how hormonal shifts influence appetite, sleep, stress levels, and emotional well-being throughout the monthly cycle. Participants will learn to identify personal triggers that may contribute to symptoms, drawing on both current scientific understanding and holistic principles.

Registration is required. For more details, contact Amy Kraemer at akraemer@keenenh.gov or 603-352-0157.

How The Constitution Helps Us To Disagree

The Peterborough Town Library at 2 Concord Street will host speaker Meg Mott for a free presentation, How the Constitution Helps Us to Disagree, on Saturday, July 18th at 10:30 a.m.

This presentation gives participants a chance to find new ways to think about contentious issues using the basic principles of the Constitution: freedom of speech and due process. Instead of carving out one’s (predictable) position in the culture wars, Mott will examine arguments from the viewpoint of progressives, conservatives, and libertarians. By the end of the discussion, participants will have a greater understanding of how the Constitution can help us to foster political friendships.

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Cheshire Medical Center Partnership With New England College Strengthens Rural Nursing Workforce Pipeline

Cheshire Medical Center, a member of Dartmouth Health, is celebrating the success of a partnership with New England College (NEC) designed to address healthcare workforce shortages while creating new opportunities for aspiring nurses.

This partnership is a way to strengthen the rural healthcare workforce by creating a direct pathway from the classroom to a clinical setting. The first cohort of students began clinical placements at Cheshire in May of 2024, working as LNAs while earning credits towards their Bachelor of Science in Nursing degrees.

Many of those same students are staying with Cheshire and the Dartmouth Health system after graduation, including: Grace Bannon – Cheshire Medical Center, medical-surgical; Sarah Blum – Cheshire Medical Center, medical-surgical; Ariel Chapman – Cheshire Medical Center, medical-surgical; Abigail Curless – Dartmouth Hitchcock Medical Center, oncology; Amy Donnelly – Cheshire Medical Center, intensive care; and Ryan Hornblower, MS, MA, NRP – Cheshire Medical Center, post-anesthesia care unit.

“We have been very impressed with the caliber of students and their ability to contribute to our workforce during their coop periods,” said Anne Tyrol, MHA, MSN, RN, CENP, FACHE, chief nursing officer of Cheshire. “The opportunity for co-op students to embed themselves within the culture of their home units has created consistency and a wonderful opportunity for students to really understand how they can contribute from day one.”

Monadnock Food Co-op Hosts Community Information Session For Second Store In Jaffrey

CO-OP, Continued from page 1

The new store will expand on Monadnock Food Co-op’s current offerings, featuring fresh, local, and organic produce, meat, and specialty cheeses. Much like the Keene location, the grocery department in Jaffrey will include a complete selection of pantry

In the back row (L to R): Grace Bannon, Abigail Curless, Amy Donnelly, Ryan Hornblower, and Maddie Habeshian. In the front row (L to R): Sarah Blum, Ariel Chapman and Alyssa Dunbar-Molina.

staples, bulk items, beer and wine, wellness, and more. There will be a large cafe with housemade sandwiches, sides, salads, baked goods, and grab-n-go options for quick, healthy meals – tailored to meet the needs of the Jaffrey community.

For more details, visit www.monadnockfood.coop/jaffrey-location.

NOFA-NH Farm Share Program Connects Granite Staters With Fresh, Local Food

FARM, Continued from page 1

The initiative supports community members with limited incomes by reducing the cost of certified organic and sustainably grown farm shares. Participating farms distribute shares through traditional CSA pickups, farm stands, farm stores, and farmers markets, making it easier for families to access fresh produce throughout the growing season. Shares range from seven to more than 26 weeks, and more

than half of the recipients are children, families, and seniors.

The Farm Share Program uses a three-way partnership model: NOFA-NH covers 50 percent of each farm share, recipients pay 25 percent, and participating farms donate the remaining 25 percent. This shared-cost structure allows families to access high-quality, nutrient-dense foods at a fraction of the usual price while supporting local farms.

This year’s program includes a diverse mix of small and mid-sized farms, including the Cornucopia Project in Peterborough (cornucopiaproject.org/farm-store/csa). The program is funded through a coalition of New Hampshire organizations, including the New Hampshire Children’s Health Foundation, New Hampshire Charitable Foundation, Monadnock Food Co-op, Mascoma Bank, and a number of local businesses and food hubs.

“We believe that everyone should have access to local, organic, ecologically grown, nutrient-dense foods, regardless of income,” says Program Executive Director Julie Davenson. “NOFA-NH’s Farm Share Program illustrates the strength and impact of New Hampshire’s organic farming community. Through intentional collaboration and support, individuals, farms, businesses, foundations, and non-profits are working together to improve food access for our neighbors in need across the Granite State.”

For more details, visit www.nhfoodalliance.org/spotlight/nofa-nh-farm-share-program.

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- July 18, 2026

Lia Diniz Reamer, daughter of Jeremy & Kariny Reamer, Fitzwilliam, 5
- July 19, 2026

Brooklyn Laura Goddard, daughter of Reuben & Kristy Goddard, Rindge, 10

Submit your Birthday Kids' entry online at:

ShopperNews.com/Community

Udderly Gutters Built Around A Simple Philosophy: Be Responsive

GUTTERS, Continued from page 1

"We hold each other to a high standard, and we don't stop until we make it right for our customers, every time."

That approach extends to the work itself. Rather than ordering pre-cut gutter sections, Udderly Gutters fabricates seamless aluminum gutters on-site using a specialized machine that forms each length to the exact dimensions of a customer's home, cutting down on the leak-prone seams found in sectional gutter systems. It's a detail Chester says reflects the same mindset behind the company's customer care: doing the extra step correctly the first time, rather than taking a shortcut and hoping it holds up.

For co-founder and CMO Ashley Aho, that mindset is also what sets the company apart from larger, out-of-area contractors working in the region.

"A lot of companies treat a phone call like a lead to close," Ashley said. "We treat it like a neighbor calling for help. We always pick up, we always follow through, and we try to show up in this community as a friend first and a contractor second."

"Whether it's how we cut a piece of gutter or how we follow up with a homeowner," Chester said, "it comes down to the same thing, doing right by the people whose homes we're working on."

As the fall approaches, the Udderly Gutters team is hard at work preparing to clean and weatherproof homes for the winter. Additionally, last year they introduced a Holiday Lights Service where the team comes and sets up outdoor lights for the holiday season so homeowners don't have to. "You're only one call away from having the best-looking house on the block this winter, and not having to get up on that ladder you've got hanging in the garage," Chester said.

Area residents have certainly seen their trucks or signs as they're driving around town. That bright blue and yellow Udderly Gutters branding is seemingly everywhere in New Hampshire. In talking to Chester and Ashley, it's clear that they're not afraid to be the most well-known brand in the area.

"We take pride not only in our work, but in being a partner for our customers," Chester said. "We're not recommending services or projects to fill our bottom-line, we're working together with homeowners to make the best decision for them. We've even introduced new financing options to better serve our clients and help them knock necessary projects off their ever-growing to-do lists."

For more details, visit udderlygutters.com or call 833-550-7981.

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One Small Bag, One Big Impact: A Call For Plastic-Free Checkout In NH

It's rare these days to find an issue that brings people from both sides of the political aisle together. But, I recently discovered one. I was chatting with an acquaintance about what I'm doing in my retirement. We disagreed about my climate and clean energy activism. The conversation then shifted to my work on plastic pollution, and suddenly, we were on the same page.

Like my friend and me, people across the political spectrum feel the same way about trash: We don't want it in our rivers, forests, or along our roads. New Hampshire is a beautiful state, and outdoor recreation contributed \$3.9 billion to our economy in 2023.¹ We treasure our mountains, lakes, and trails. We don't want them littered with garbage, we deplore new landfills carved into pristine areas, and we aren't thrilled about having solid waste trucked in from out of state.

Another point of agreement is the ubiquitous plastic grocery bag. After food waste and paper, plastic makes up the largest share of our trash.² Many New Hampshire residents support plastic-free checkouts at grocery stores, pharmacies, and big-box retailers. Supermarkets have reasons to get on board. Giving away endless plastic bags costs them money – savings they could pass on to us, especially when food prices are already straining family budgets. Towns and cities would benefit as well. If more of us used sturdy reusable bags, municipalities could save on hauling costs and ease pressure on local taxes. And the facilities that sort our recyclables – called material recovery facilities or MRFs – are eager to see plastic

New Hampshire law requires that the Supervisors of the Checklist verify the checklist every year. Any person on the checklist who has not voted in the past five years must re-register to remain on the checklist, unless the voter registered after the last state general election. The supervisors are sending notice letters to these voters at the address the voter provided when registering.

The Supervisors of the checklist for the town of Stoddard will hold 2 sessions for the following: Re-registering voters who have not voted since April 1, 2021. Accepting applications for new voter registration. Accepting requests for the correction of the checklist. To make changes to political party affiliation, Names, or Addresses.

Both sessions will be held at Stoddard Town Office (Gould House) at 1450 Route 123, Stoddard, NH. Session 1 will be held on Sunday, July 19th, 2026 from 1-3 p.m. Session 2 will be held on Sunday, August 16th, 2026 from 1-3 p.m.

Applicants for registration who possess proof of identity, age, citizenship, and domicile should bring that proof when registering to vote.

For more information on how to register to vote visit the NH SOS website:
<https://www.sos.nh.gov/elections/register-vote>
or the supervisors page on the town website:
<https://www.stoddardnh.org/supervisors-voter-checklist>.

To check party affiliation visit:
<https://app.sos.nh.gov/viphome>.

Voters can also email us directly with any questions at Checklist@stoddardnh.org.

bags go. Those bags tangle in their machinery, slowing operations and driving up costs for everyone.

Doctors and health insurers are also sounding the alarm: We need less plastic in our lives. More than 16,000 chemicals are used to make plastics, and most have never been tested for long-term health effects.³ Our children and grandchildren are especially at risk because their bodies are smaller and still developing. Plastics never go away; they keep breaking down into smaller and smaller particles, which have been found in every human organ. Researchers are concerned that this constant exposure to microplastics may be contributing to declining fertility rates.



with Patricia Beffa-Negrini

Most of us use about one plastic bag a day, roughly 365 plastic bags a year. The fossil fuels used to make just 14 of those bags could power a car for one mile.⁴ Multiply this by the 400 million plastic bags used in New Hampshire each year,⁵ and the impact is massive – the energy equivalent of driving more than 28 million miles, or five trips to the moon and back. Truly astronomical!

Our neighbors have already taken action. Every state near New Hampshire has stopped giving away plastic bags at checkout. In Vermont, when businesses stopped offering plastic bags, their use dropped by 91 percent, and more than 70 percent of Vermonters surveyed supported the change.⁶ My 99-year-old father-in-law in Connecticut has no trouble remembering his reusable totes when he shops – he simply doesn't want to pay 10 cents for a paper bag.

Some of us try to do the right thing by returning plastic film to the grocery store for recycling. It sounds good, but only about 10 percent of plastic bags in the US are actually recycled.⁷ Paper bags aren't a perfect solution either, once you factor in their environmental footprint.⁸ The best option is also the simplest: bring reusable bags and skip both plastic and paper whenever you can.

Plastic bags may seem small and harmless, but taken together they tell a much bigger story – about our health, our economy, and the New Hampshire we want to leave for the next generation. We can make a simple switch to reusable bags. We can talk with our friends and neighbors about why plastic-free checkout matters. And we can urge our elected officials to move New Hampshire in the same direction as surrounding states.

If you're ready to see less plastic and more protection for our beautiful state, please add your name to this petition: bit.ly/noPLASTICbags. Your support can help make a real difference in New Hampshire's future.

1. wildlife.nh.gov/sites/g/files/ehbemt746/files/documents/nhgf-biennialreport.pdf
2. des.nh.gov/sites/g/files/ehbemt341/files/documents/r-wmd-25-02.pdf
3. nature.com/articles/s41586-025-09184-8
4. sprep.org/attachments/Publications/FactSheet/plasticbags.pdf
5. environmentamerica.org/center/resources/plastic-bag-bans-work/
6. uvm.edu/gund/news/vermont-plastic-bag-use-dropped-91-following-ban-researchers-find
7. epa.gov/facts-and-figures-about-materials-waste-and-recycling/frequent-questions-regarding-epas-facts-and
8. nytimes.com/2025/03/24/climate/shopping-bags-paper-plastic-grocery-totes.html

Patricia Beffa-Negrini, Ph.D. is a retired Registered Dietitian/Nutritionist who lives in Nelson and serves as a board member of the Monadnock Sustainability Hub, a New Hampshire non-profit that aims to cut emissions in our region and thus address climate pollution. She is also a member of the NH Network's Plastics Working Group at 10towns.org. Her email is nelsoncommunitypower@gmail.com.



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Lessons Learned From Summer

Summer offers so many learning opportunities that are different from the way kids learn during the school year. In school, lessons are formalized with lesson plans, quizzes, homework, and grades. Summer teaches through experiences with insects, thunderstorms, and all the fun summer outside experiences. The learning that happens is organic and tends to stick with us more than the memorization required for many school lessons.

sparks discussion about animal tracks; a trip to the lake inspires conversation about the turtles, frogs, and fish observed. Evenings outside lead to some observation of constellations and lighting bugs. Learning from the real world offers a different perspective than the learning kids get from text books.

Summer sparks creativity. The unstructured time we enjoy during the summer months may start with kids announcing the experience of boredom. Boredom often leads to creativity as kids learn how to entertain themselves. Sidewalk chalk can transform a driveway into an obstacle course. A cardboard box can become a race car or spaceship. A few chairs and a blanket can create a fun fort. Kids can invent new games, write their own stories, and stretch their imaginations in ways that the more packed schedules during the school year may not allow.

Summer also reminds adults to tap into their inner child. The ordinary moments are often the most memorable. Have a seed spitting contest when enjoying pieces of watermelon on the porch. Stand in line with your kids when the ice cream truck comes by and choose an old favorite treat. Do a cannonball into the deep end of the pool. Summer is a time to enjoy the ordinary moments with a sense of joy and wonder.

When they look back, kids won't recall if the towels were matching or if the lawn needed mowing before company arrived. They are far more likely to remember how mom joined the water balloon fight or that dad took them fishing.

One of the biggest lessons summer teaches is gratitude, whether you are grateful for the cool breeze on a hot day, the fresh produce that livens your meals, or sunshine after a rainy afternoon. Summer reminds us that happiness can come in simple moments and without big fanfare. It doesn't require grand adventure or expensive vacations. Happiness is in the little moments and summer is chock full of those moments shared with loved ones.

Now is a great time to build those joyful moments – enjoy a picnic, another bike ride, another afternoon at the lake. Summer lessons are in the memories created and relationships strengthened. And when the season does shift, the lessons stay with us long after the season has ended.

Sheri Lapointe is a licensed Clinical Mental Health Counselor. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.



One main lesson learned in summer is patience. We have to wait for the tomatoes to ripen on the vine. When fishing, children learn to sit quietly and wait to feel that tug indicating a fish may have taken the bait. Watching butterflies or hummingbirds move from flower to flower encourages us to slow down and observe. With so much of our lives moving at lightning speeds, summer provides a reminder that sometimes the best moments can't be rushed.

Another lesson learned in summer is resilience. Outdoors, we learn that things don't always go as planned. An unexpected rainfall interrupts an activity, the chain slips off midway through a bicycle ride, the ice cream falls from the cone, and the mosquitos start biting. We learn to adjust and accept. We may have to stop and do a repair on the bike. We may run for cover when the rain starts or get unexpectedly soaked. We may need to get another ice cream to replace the one lost to the pavement. One year, I was taking a walk through the woods and accidentally stumbled upon a mud pit. I ended up knee deep in the muck and almost lost my shoes. These unanticipated setbacks teach us that disappointment isn't the end of the story, but the beginning of a new one. We learn to handle these events and gain fun stories to remember.

Summer teaches responsibility. It's an easy lesson to learn how quickly skipping watering the plants causes them to droop. The tasks required during summer – mowing, gardening, and summer jobs – teach skills. Taking on these tasks helps kids to recognize that their contributions are important. Even free time activities like berry picking become useful when the end result leads to something to eat with the family.

Activities during summer excursions encourage curiosity in the natural world. A walk through the woods

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New England’s Berry Season Has Begun!

Health experts are cautioning us on the high sugar content of many fruits. It seems even fructose can cause blood sugar spikes! But berries score low on the glycemic index. Their fiber slows the release of their sugars. In fact, the Harvard T.H. Chan School of Public Health states that “Berries are among the top sources of vitamins, minerals, and disease-fighting nutrients, and they can help reduce the risk of many age-related conditions...” They note that “eating foods high in anthocyanins (berries) can help people keep weight off; that berry consumption can reduce the risk of heart attack while boosting learning and memory.”

And I bet you already know that here in the Monadnock Region, many different kinds of berries grow almost by accident! They’re drought tolerant plants that are both deer and rabbit resistant – for good reason, thorns! They’re all “pollinator powerhouse” plants as well, meaning that they’re incredibly important as ecologically-specific for moth and butterfly egg laying and their caterpillars’ nutritional needs called “hosting” plants. Can you hear the, at least, “five-fer” berry benefits ringing in my busy brain? Let’s look at these native berry plants for you to grow and harvest right in your own landscape.

An Extended, Highbush Blueberry Harvest
Did you know that you can pick blueberries in your home garden for up to two months by planting a combination of varieties? It took me a hot minute to get this right. I’ve finally added a “Duke” (early) and a “Jersey” (mid-late) to my current, two, late-fruiting, who-knows-what-cultivar highbush blueberry shrubs. Their plethora of berries provide the highest levels of anthocyanins which also support brain health and reduce inflammation in our bodies. See the NH Extension resource link below to create your own happy and extended blueberry harvest. Make sure that you plant them in full sun with lots of space around each for picking. And remember, they make a great, if a bit gangly, hedge that can reduce your lawn area. There’s also a lowbush variety.

Red Raspberry, Rubus idaeus
This is the most famous red berry, second only to strawberries, that most of us love. How can they be native to our ecoregion as well? They are another



Michele Chalice is ready to enjoy local berries.

berry with nutrients that protect our skin and help to stabilize our blood sugar. They are high in both soluble and insoluble fiber. They produce larger berries with richer soil, adequate moisture, and full sun, protected from our harshest, northwest winter winds. But in a pinch, they, like the rest of the berries, can survive and still produce adequate berries with less abundant resources.

Woods and Gardens

with Michele Chalice



Black Raspberries, Rubus occidentalis
Ah, the lovely, tiny jewels of purple bliss. Black raspberries’ crazy canes appear seemingly out of nowhere. They go every which way, are three to four feet tall, sparse, and slowly take over a hopefully less-used area of your yard where they can spread. They’ll tolerate afternoon’s last intense rays of sunlight, but only in partly shady, sometimes forested, areas. Their berries are ripe as we speak. They are packed with anthocyanins, which not only create their incredibly black color but also improve cognitive functioning. Their tiny seeds contain important fatty acids and antioxidants that protect our bodies from stress damage and free radicals. Their intense flavor reminds me of other processed, fruit-flavored candies that are definitely not real.

Thorny Blackberries, Rubus allegheniensis
Here is where I reach my limit. Yes, this is another important pollinator powerhouse plant. But their spiked canes sprout up from the ground like evil spawn from shady depths we will not speak of. Yes, the berries are lovely. But even being a source of the elusive vitamin K is not enough to make me brave their long, arched canes with sharp talons.
How great is it that we have so many native berry options that offer such wonderful flavors with so many health benefits? Berry picking does require long sleeves and time to notice details in our natural world while picking through the summer. But come on, think of more fresh berries at home. Enjoy!

<https://hsph.harvard.edu/news/fresh-berries-are-among-the-healthiest-foods-you-can-eat/>
<https://extension.unh.edu/resource/blueberry-varieties-new-hampshire-fact-sheet>
<https://www.verywellhealth.com/raspberries-12012212>

Michele Chalice, owner of @HealthHomeHabitats, an environmental landscape consulting and education firm in Keene, NH, loves to talk with groups and new clients about how their home landscapes can shift to growing native plants and food – special places for their family, pollinators, and wildlife. 603-313-9153 or michele@healthhomehabitats.com



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Skye's Songs I.

For my column this month, I am sharing an excerpt of my recently published article: "Skye's Songs." The piece is inspired by my uncomfortable relationship with the Isle of Skye, my island namesake. It spans three different visits over the course of almost 50 years. This excerpt is from the most recent visit in 2024, in the company of three Aussie friends.

Hope you enjoy it! It was lots of fun to write, and also healing – as writing often can be.

Healing Perspectives

with Skye Stephenson



Three hours later, we are following a bottle green van with the words "The Misty Bottle" painted in bold white letters across the Skye Bridge. "Look, that van's welcoming you!" Stephanie says.

I muster a smile. I recently learned that the name Skye has nothing to do with what we perceive to be above our head, in the sky or heavens. It is of Norse origin, and probably means "misty."

The van pulls off the road in front of the Misty Bottle liquor store. Liana pulls in and parks. Inside, I search in the craft beer section for one brewed on Skye. I decide on a bottle of Gold Beer – named, according to the label, for a legend about a cave of gold that runs underground the length of Skye. I place the bottle into my purse. I do not plan to drink it, but it will be an offering.

We head now in the direction of the Fairy Pools, which are located behind the Black Cullin Hills in Glen Brittle. But first we stop for lunch at the posh Café Cùil in Carbost.

"What happened when you were here before?" Stephanie asks.

I place my fork down and wait to swallow a bit of black pudding. "It's really hard to put in words. It's more like a feeling in my gut. I've only experienced this one other place. That was in São Paulo, Brazil, when two babalawos conducted a healing ritual for my ancestors. I felt like some ghost hand was pressing me down, into the ground. And I collapsed on the floor and began to sob. Then it all passed in a flash when they chanted a prayer in Yoruba."

I pause to sip some ginger ale, no ice. "Baba A told me if you're not careful, the ancestors can take you some place from which you will never return. This

happened to one of his cousins, who connected to an ancestral spirit from the Middle Passage. She went crazy. I totally believed him."

"I get it," Stephanie says.

Liana manages to nab one of the last open parking spaces in the Fairy Pool lot.

Liana and Ness stride purposefully ahead as we make our way downhill. As Stephanie and I amble more slowly down the gravel path, we reminisce about our crystal healing teacher and also about the amazing temezcal (Mesoamerican sweat lodge) in Lake Chapala, Mexico we once shared.

By a clump of heather at the site entrance, I stop and pour out the bottle of Gold Beer onto the ground. I say, *In the spirit of light and love, please accept this humble offering and welcome us: fairies or whatever spirits happen to dwell here. Blessings be!*

Ever so softly, the river murmurs, perhaps a response.

When we reach the riverbank, I spot a rock that pulls me towards it like a magnet. Closer now, I realize the formation is made up of two stones. A smaller, dark gray-black stone has a hunched shape like someone in prayer. And a larger, almost cubic rock tilts slightly so a portion of it rests upon the back of the smaller stone. Where they meet, white lichen swirls like flowers.

I bend down and place my hand on the lower stone, the mother stone. I feel her energy moving through my hands and into my body, infusing me with a grounded vibrancy and a feeling of deep serenity. I sense she is welcoming me to this domain.

According to traditional Celtic lore, some stones – especially large boulders – serve as houses or dwellings for families of fairies. Maybe these paired stones were such a fairy home, a portal between the realms.

Stephanie snaps a photo of me. When I look at the picture later, I will notice an orb of glittering crystalline light on the face of the upper stone, near the crown—perhaps fairy presence?

Now we begin to walk along the gravel pathway that skirts the river...

(I will post the remainder of the piece in my next month's column.)

Here is the link to the full article: <https://syn-copationliteraryjournal.wordpress.com/creative-fiction-7/>

Skye Stephenson enjoys writing and researching about sacred stones and place. She lives in Keene. <https://skystephenson.com/>

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ENTERTAINMENT

and DINING

Wednesday, Jul. 15

ARTS, MUSIC & THEATER
Million Dollar Quartet 7:30pm. Peterborough Players Theatre, 55 Hadley Rd., Peterborough. Musical. Performances through July 26th. Saturday & Sundays at 4. **603-924-7585**. www.peterboroughplayers.org.

FAMILY FUN
Summer Reading Storytime 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Join for a fun story time about chickens in our Plant a Seed, Read, summer reading program. Richmond Public Library: **603-239-6164**.

Ashuelot Park Storytime 10:30-11:30am. Ashuelot River Park, West Street, Keene. Join librarians for some fun stories, songs and activities. Bring blankets or chairs, whatever makes story time more comfortable. Registration appreciated at **603-352-0157**. akraemer@keenenh.gov. www.KeenePublicLibrary.org/.

LECTURES & WORKSHOPS
A Conversation About Responding to Climate Change 7pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. League of Conservation Voters Leader Rob Werner speaks. Marge: **603-876-4027**. marge.shepardson@gmail.com.

MISCELLANEOUS
Teen & Adult Cosplay Night 6pm. Conant Public Library, 111 Main St., Winchester. Come for a manga and literary themed cosplay night. There will be games, crafts, and light refreshments, as well as a small prize for best costume. For ages 12+. **603-239-4331**.

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes from the time of arrival. For towns served and details about what to bring, visit <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call **603-352-5739**.

Thursday, Jul. 16

ARTS, MUSIC & THEATER
Informal Paper Craft 6-8pm. Chase's Mill, 801 Forest Road, Alstead. Thursdays in July & August. Each week offers instruction in a different paper art. Follow along or use the space and tools to do your own thing. Details at www.chasesmill.org.

Concert: Schubert & Farrenc 7pm. Park Theatre, Jaffrey. \$30. Students, kids and their parents may attend for free. **603-499-6216**. www.electricearthconcerts.org/.

FAMILY FUN
SwampBats vs. North Adams Steeplecats 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Chamber Night. 20+ local businesses and organizations will be tabling! Milla's Magic Treasures, Doug the Devil Stick Man. www.swampbats.com.

MISCELLANEOUS
Discussion Series: Laboring for the Common Good with Meg Mott 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Industry and Frugality are two virtues that focus on how we use our labor. Free.

Friday, Jul. 17

ARTS, MUSIC & THEATER
The Jesus is Lord Tour 6pm. Railroad Square, Keene. The Jesus is Lord Tour proclaims the gospel through prayer, praise and worship music and testimonies of Jesus Christ. Thomas Travers: **603-381-9077**. tom@jesusislordtour.com. www.jesusislordtour.com/.

Book Discussion: "Struck By Lightning" 6pm. Saint Bernard Catholic Church, 185 Main St., Keene. "Struck By Lightning" was written by Dr. Gloria Polo. Listen to her outstanding insights into sin, Confession, Mass, God's gift of Life, the enemy, and God's desire to be with us for eternity. No registration, limited seating. Books available after talk. Yves & Anne Marie Jacques: **413-397-3730**.

Using the Jazz Language 7-9pm. Dublin Community Center, 1123 Main St., Dublin. A Performance & Discussion with Saxophonist Paul Klemperer. **603-563-8080**. info@dublincommunitycenter.org.

LECTURES & WORKSHOPS
Amos Fortune Forum: Carol Greenwald 7pm. Jaffrey Center Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. Aardvarks, Monkeys and Talking Dogs: Lessons from a Career in Children's Media. Free, donations appreciated. www.amosfortune.com.

MISCELLANEOUS
Teen & Adult Craft Night: Paint by Number Masterpieces 6pm. Conant Public Library, 111 Main St., Winchester. Paint masterpieces by number. Limited supplies available, sign-up strongly recommended. For ages 12+. **603-239-4331**.

Saturday, Jul. 18

ARTS, MUSIC & THEATER
Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St., Dublin. Feature: jazz experts Paul Klemperer and Dan Fox, along with the participants of their Jazz Workshop. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org/calendar.

Monadnock Tri-State Dance Club 7-10pm. ELMM Community Center, 21 Durkee St., Winchester. Featuring 'Loose Change.' Everyone welcome. \$12. Refreshments available, 50/50 raffle. Barbara: **603-392-0447**.

Jazz Workshop 10am-1pm. Dublin Community Center, 1123 Main St., Dublin. Workshop taught by saxophonist Paul Klemperer and multi-instrumentalist Dan Fox from Berklee School of Music in Boston. **603-563-8080**. info@dublincommunitycenter.org.

FAIRS & SALES
Chesterfield Farmer's Market 9am-12pm. On the Green, Rte 63, off Rte 9. Bread, maple syrup, eggs, GF tarts, sammosas, flowers, & soap.

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene. Plants, cut flowers, produce, breads, pastries, jewelry, maple syrup, braided rugs, bird feeders and houses, alpaca fiber products, soaps, herbs, herbal body care, and more. www.keenefarmersmarket.com/.

Summer Fest 10am-4pm. Alyson's Orchard, 57 Alyson's Lane, Walpole. Live music, vendors, petting zoo, wagon rides, bounce house, Touch-a-Truck, Reptiles of New England, caricature artist, kid's activities, Walpole FD water-balloon fight. **603-756-9800**. www.alysonsorcharch.com.

FAMILY FUN
SwampBats vs. Vermont Mountaineers 6:30pm. Alumni Field, Arch St., Keene. Snack bar open with healthy menu. Community Day. Free Admission and entertainment for all. Bounce Above The Rest Inflatables, Tito's Taco Truck, All Things Maple Fried Dough, Milla's Magic Treasures, Amazing Grace Animal Sanctuary with a petting zoo, Fairy Hair by Jess, Luxury Box Photo Booth, The Roaming Railroad, Performance by The Colonial Theatre www.swampbats.com.

LECTURES & WORKSHOPS
Beekeeping Workshop with Charles Andros 1-4pm. 18 MacLean Rd., Alstead. Topics of discussion: taking off and extracting honey, wax processing, queen assessment and requeening, treatment of mites and foulbrood, and making propolis tincture. Registration required. **603-756-9056**. lindenamel@gmail.com.

MISCELLANEOUS
Kirtan With Shubalananda Saraswati 3-4:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Kirtan is a devotional practice combining music, chanting, and dance. The timing is family friendly, and light refreshments will be available. The event is donation based. **603-762-3129**. www.vagaro.com/alohakeene.

Wigs and Wiggles 4:30-5:30pm. Keene Public Library, 60 Winter St., Keene. With The Monarchs of Mayhem. Drag is a fun, sparkly, inclusive art form that is for everyone. It features outrageous costumes, make-up, and wigs. Registration is required and will be checked at the door. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Weekend of Healing with Angela Bertone 9am-12pm. The Village Church, 121 Cobble Hill Rd., Swanzey. Bertone integrates science-backed wellness principles with spiritual truths to enable individuals towards vibrant living. Second event from 2 - 5 and lastly on Sunday, July 19th from 10 - 1. Free and open to everyone. www.angelabertone.com.

Rolling Thunder NH3: Meet & Greet 10am-6pm. Area 52 Tattoo, 149 Emerald St., Keene. Tattoo & Road Rally Event. Food, games, music, and raffles.

The Community Kitchen pop-up pantry 10am-12pm. Veteran's Hall, 150 Old Homestead Hwy, Richmond. Eligible households are invited to attend and receive a variety of fresh and shelf-stable food items at no cost. Rain or shine, and on-site enrollment will be available. **603-352-3200**. www.thecommunitykitchen.org.

Drop-in Knitting Circle 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. Richmond Public Library: **603-239-6164**. library@richmondnh.us.

How the Constitution Helps Us to Disagree: Meg Mott 10:30am. Peterborough Town Library, Kelly Room, 2 Concord St., Peterborough. This presentation gives participants a chance to find new ways to think about contentious issues using the basic principles of the Constitution: freedom of speech and due process. **603-924-8040**. www.peterboroughtownlibrary.org.

Holistic Approach to PMS 10:30am-12pm. Keene Public Library, Miller-Vincent Room, 60 Winter St., Keene. This 90-minute workshop offers a holistic, whole-person approach to understanding PMS, looking beyond symptoms to explore the underlying patterns that influence menstrual health. Registration required. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Story Time 11am. Conant Public Library, 111 Main St., Winchester. Join at the library for an outdoor story time. This month's book will be "Micawber" by John Lithgow, followed by an activity. Weather permitting, it will be outside on the front lawn. Recommended for ages 3-8, but all ages welcome. **603-239-4331**. www.conantlibrary.org.

Menopause & Midlife Health: A Whole Body Approach to Feeling Like Yourself Again 11am-12pm. Monadnock Food Co-op, 34 Cypress St. Free wellness lecture with Dr Gene Clerkin. In this talk, Dr. Gene Clerkin of Monadnock Natural Health will share a different perspective, one rooted in over 30 years of working with women navigating these changes.

Sunday, Jul. 19

ARTS, MUSIC & THEATER
Jazz Workshop 10am-1pm. Dublin Community Center, 1123 Main St., Dublin. Workshop taught by saxophonist Paul Klemperer and multi-instrumentalist Dan Fox from Berklee School of Music in Boston. **603-563-8080**. info@dublincommunitycenter.org.

DINING PLEASURES
Taste Of Monadnock & Beyond: Food & Wine Festival 5-8pm. Woodbound Inn, Rindge. Benefits Shelter From The Storm, a transitional shelter for the homeless in Cheshire County. Tickets may be purchased at Woodbound Inn, Jaffrey Chamber, Shelter from the Storm or online at **603-532-8222**. www.shelterfromthestormnh.org.



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Community Paddle On The Contoocook River

Rindge Conservation Commission will host a free, family-friendly paddle on the Contoocook River on Sunday, July 19th at 1:30 p.m.

Paddlers will launch from the boat ramp on County Road at the edge of the Contoocook Marsh Conservation Complex, a stretch of wetlands and

protected woodland near the river’s headwaters. The quiet stretch of the Contoocook in Rindge is suitable for all skill levels of paddlers.

Canoes, kayaks, and paddleboards are welcome. Participants should bring a life jacket along with sunscreen, water, and bug spray.

Wigs And Wiggles At Keene Public Library

The Keene Public Library will host Wigs and Wiggles on Saturday, July 18th, from 11 a.m. to noon at 60 Winter Street.

The Monarchs of Mayhem will present a show combining storytime with drag performances and interactive play featuring music, dancing, and lip

syncing. The program is open to children up to 18 and their caregivers.

Registration is required and will be checked at the door. For more details, contact Amy Kraemer at akraemer@keenenh.gov or 603-352-0157.

“Sheep Dip” At Concert Series At Frost Free Library

The Friends of the Frost Free Library will present an outdoor concert with Sheep Dip on Tuesday, July 21st, at 6:30 p.m. at 28 Jaffrey Road, Marlborough. The

concert will be held weather permitting.

For more details, contact the Frost Free Library at 603-876-4479.

Million Dollar Quartet Now On Stage At The Players

PLAYERS, Continued from page 1

There will be a pre-show presentation Trivia Night on Friday, July 17th, at 6:30 p.m., and dramaturg Dr. Kathryn Moncrief will lead a talkback with the *Million Dollar Quartet* cast on Sunday, July 19th, following the matinee performance. These events are free to the public.

Million Dollar Quartet is on stage Wednesday, July 15th through Sunday, July 26th. Subscriptions and single tickets are on sale now by calling the box office at 603-924-7585 or visiting peterboroughplayers.org. The box office is open Monday through Friday from 10 a.m. until 4 p.m. The theater is located in a historic barn at 55 Hadley Road in Peterborough.

Sunday, Jul. 19

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Village Harmony 11am. Peterborough Unitarian Universalist Church, 25 Main St. Songs of the World: Voices in Harmony. www.monadnock-lyceum.org.

MISCELLANEOUS

Rindge Conservation: Community Paddle on the Contoocook River 1:30pm. Contoocook Marsh Conservation Complex parking lot, Country Rd., Rindge. Paddlers will launch from the boat ramp on County Road. Canoes, kayaks, and paddleboards are welcome. Participants should bring a life jacket along with sunscreen, water, and bug spray. Free. rindgeconcom@rindge.nh.gov.

Christmas in July 10am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. 10% off all maple products. **603-358-3321**. www.woodardssugarhouse.com.

Monday, Jul. 20

MISCELLANEOUS

Deadline to Register: Special Flower Arranging Workshop 12pm. Peterborough Town Library, Kelly Room, 2 Concord St., Peterborough. Local florist, Kathy Birkebak is having a special hands-on floral workshop, Random Acts of Flowers, on Wednesday, July 29 from 3:30pm - 5:00pm. **603-924-8040**. www.peterboroughtownlibrary.org.

Tuesday, Jul. 21

ARTS, MUSIC & THEATER

Elizabeth Richards Concert Series 6:30pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. Sheep Dip. Music on the lawn. Shine only. Frost Free Library: **603-876-4479**.

Cheshiremen Chorus: Weekly Meeting & Singing 6:30pm. United Church of Christ-Keene, 23 Central Square. All men welcome. Use Vernon St. entrance. Meets every Tuesday. **877-312-7467**. www.cheshiremen.org.

MISCELLANEOUS

This Book Club is my Alibi: A Mystery and Thrillers Book Club 4-5pm. Miller-Vincent Room, Keene Public Library, 60 Winter St., Keene. Join the newest book club, focused specifically on mysteries and thrillers. This month's pick will be *God of the Woods* by Liz Moore. Registration is appreciated. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Waking the Dead: Decomposition and the Display of Human Remains in Modern Museums 6:30pm. Putney Public Library, 55 Main St., Putney, VT. A topic spanning decades of museum work: the preservation and ethical obligations behind human remains. Free.

Wednesday, Jul. 22

ARTS, MUSIC & THEATER

Concert: Rowe & Sakash, Jazz Duo 7pm. Park Theatre, Jaffrey. \$30. **603-499-6216**. www.electricearthconcerts.org/.

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Cool, Quick Foods For Too-Hot Days

Hot weather is a given during summer months even in New Hampshire. While we’ve just weath-ered some pretty hot weather, the air is cooler and less humid as I write this week’s column a week in advance. There’s a saying that says something like “If you don’t like the weather, just wait awhile” – that’s one of life’s truisms. There’s also another saying that admonishes us, “If you don’t like the heat, get out of the kitchen.” This week’s Cooking Corner shares a few recipes to help you get out of the kitchen when the weather gets hot and you don’t want to use the oven for a meal. I hope these recipes will help you prepare some meals to serve cold or to get a meal on the table without too much heat from the kitchen!

Shrimp Pasta Salad with Lemon Dressing

Cold salads are especially comforting when the weather is hot. Most of this attractive salad can be prepared early in the morning when it’s cooler, then put together when dinnertime arrives. Use the suggested recipe for lemon cream dressing or your own favorite, homemade or bottled, if preferred. Makes six servings.

Ingredients:
1/2 lb. rotelle or other similar-shaped pasta
1 cup fresh shell peas, shelled or snow peas, halved if large
1 lb. cooked small to medium shelled shrimp
1/4 cup thinly sliced scallions or chopped chives
1/2 red bell pepper, thinly sliced
1/3 cup sliced black olives, optional
1 cup toasted croutons, your own or purchased
1/2 cup grated Parmesan cheese
6 cups mixed crisp, baby lettuce

Cook the pasta according to package directions. If using, add the snow peas, add them to pasta the last 30 seconds of cooking; if using fresh shell peas, no need to cook them. Rinse pasta with cold water, drain well, put pasta and peas into a large bowl and set aside. When ready to prepare salad, add shrimp, scallions, red peppers, and olives; toss to combine. Add about half the dressing, enough to coat, and stir lightly. Refrigerate for at least one hour or the day. Before serving, add croutons and cheese; toss lightly. If the salad seems dry, add more dressing. Place the salad on individual plates or a large platter, spread on top of the lettuce.

For Lemon Cream Dressing: In a blender, combine 1/2 cup heavy cream, 2 tablespoons lemon juice, 1/4 teaspoon salt and freshly ground pepper as desired. Pass any extra dressing at table.

Barbecued Alaskan Salmon

Making use of a barbecue grill during hot weather is a smart way to cook foods without heating up the kitchen. This simple salmon fits the bill perfectly.

Ingredients:
2 tablespoons olive or vegetable oil
2 tablespoons brown sugar
1 or 2 cloves garlic, minced
1 tablespoon lemon juice
2 teaspoons soy sauce
1/2 teaspoon pepper
4 salmon steaks (1-inch thick)

In small saucepan, combine all ingredients except salmon. Heat (or use bowl in a microwave) and stir until sugar is dissolved. Meanwhile, grill salmon, covered, over medium-hot heat for five minutes. Turn salmon; baste with sauce. Grill eight to 10 minutes longer, turning and basting frequently, or until salmon flakes easily with a fork. Makes four servings.

Cooking Corner

with Nancy Adams



Cold Beef Steak

This is a make-ahead marinated steak to rely on when the weather gets hot and you still want a meat and potatoes kind of meal. Cook it in the morning and chill the rest of the day; serve with potato salad or other favorite salad and garlic bread, if desired. Serves six to eight.

Ingredients:
1/2 cup olive oil
1 clove garlic, crushed
1/2 teaspoon coarsely ground black pepper
1/2 teaspoon dry mustard
1½ tablespoons blue cheese
2 teaspoons instant coffee
2 tablespoons dry vermouth, white wine, or water
4 lbs. New York strip or sirloin steak, 1¾ inch thick, well trimmed

In a small bowl, blend olive oil and all other ingredients except steak into a thick sauce. Rub well into steak and marinate at room temperature for at least three hours. Grill or broil 10 minutes on one side, turn with tongs and turn and grill or broil on other; repeat once more for a total cooking time of about 40 minutes for medium-rare. (If your steak isn’t quite this thick, reduce cooking time to about eight minutes for each turning, for about 30 minutes). Brush on marinade frequently while steak is cooking. When done, cool steak, then wrap in foil and refrigerate. To serve, slice across the grain in very thin slices, at a 30 degree angle.

Graham Cracker Milkshake

This recipe is from the *National Parks Cookbook: Dishes Inspired by America’s Great Outdoors* by Nina Elder and Melissa Knific, and published by National Geographic, Washington, D.C. The book, tied to America’s 250th birthday, contains 100 recipes inspired by 63 national Parks. This milkshake recipe is inspired by Arches National Park in Utah, and a favorite at local pop-in Milt’s Stop & Eat. Enjoyyour subs with this taste-treat.

Ingredients for each milkshake:
2 cups vanilla ice cream
1/2 cup graham cracker crumbs, plus more for topping
1 tablespoon milk
1/2 teaspoon sugar
1/2 teaspoon cinnamon
Toppings for serving: whipped cream, chocolate syrup, maraschino cherry
Combine all ingredients except toppings in a blender; process until smooth. Pour into a tall, chilled glass. Top with whipped cream, syrup, a cherry and more graham cracker crumbs.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine’s great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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