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Slavic Soul Party Saturday, September 12th At The Colonial



Fiery Balkan brass, irresistible beats, Roma (Gypsy) accordion wizardry, and virtuoso jazz chops make up Slavic Soul Party. On Saturday, September 12th at 7 p.m., the nine musicians that represent Slavic Soul Party will be pumping out the sounds of New York life at The Colonial Theatre at 95 Main Street in Keene.

The band's Tuesday night residency in Brooklyn – running for over 20 years – has become a destination for music fans from around the world, famous for “delivering a great time” according to *The New York Times*. In two decades of touring North America, Europe, and beyond, Slavic Soul Party has performed everywhere from Serbian schoolyards to prison courtyards, Turkish palaces to Russian baths, dive bars to Carnegie Hall, from Amsterdam to Zacatecas and Austria to Zimbabwe.

For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.

Maple Hill Nursery & Greenhouses One-Stop Garden Center



Some of the team at Maple Hill Nursery & Greenhouses include (L to R): Sieglinde Joyce, Jami Macri, Francis Macri, Trajan Vannini, and Scot Cleverly.

Keene Lions Club Duck Race Wednesday, August 12th

The Keene Lions Club will host its 37th Annual Duck Race on Wednesday, August 12th in partnership with the City of Keene's Mr. Wilbur's Peanut Carnival. The event, held at the Keene Rec Center Pavilion on Washington Street, will run from 5:30 to 7 p.m., rain or shine, with family activities, hot dogs, and more. This year's race will be held virtually, with winners announced live at the pavilion following the fun and festivities.

Top prize for the Yellow Duck Race is \$5,000 cash. Additional cash prizes ranging from \$500 to \$1,000 will also be awarded.

Only 150 Purple Ducks will be sold at \$100 each, with a top prize of \$3,000 cash.

Yellow Ducks are \$5 each or five for \$20. Ducks can be purchased by completing an official entry form and mailing it with payment to the Keene Lions Club, P.O. Box 62, Keene, NH 03431, or by dropping it off at any Savings Bank of Walpole location.

Proceeds support the Keene Lions Foundation's mission, which focuses on eyesight, hearing, and juvenile diabetes causes.

For complete rules, regulations, and updates, visit www.keenelions.com.

Two Events At Gemmo Forest: Monadnock Grown Farm Tour, NOFA-NH Field Day

Gemmo Forest, along with Well-Seeded Gardens, is opening its gates for two opportunities to explore permaculture practices and regenerative growing, connect with the land, and more. These events offer something for everyone, whether they're curious about growing more food at home or looking to deepen an understanding of ecological land stewardship.

“The best way to understand permaculture is to experience it,” says Lauren Hubele, founder of Gemmo Forest and Well-Seeded Gardens.

On Saturday, August 15th from noon to 5 p.m., a Monadnock Grown Farm Tour will take place at 180 Hurricane Road in Keene. Parking is available at Mill Hollow Works and along Hurricane Road. For \$10 per vehicle, visitors can explore participating farms, meet local growers, learn how food is produced, and purchase locally made products. Register at <https://www.gemmoforest.com/event/monadnock-grown-farm-tour>.

NOFA-NH Field Day will be held on Tuesday, August 18th from 4 to 6 p.m. This free educational event invites participants to explore how regenerative growing practices can be applied at any scale – from a backyard garden to a forest farm. Guests will tour both properties while learning about permanent no-till garden beds, polyculture, companion



Lauren Hubele of Gemmo Forest and Well-Seeded Gardens enjoys showing people the benefits of permaculture.

planting, feathered edges that create wildlife habitat while producing medicinal trees and shrubs, urban micro-farming, and more. Register at <https://www.gemmoforest.com/event/nofa-field-day>.

By Lori Catozzi Cook

When planning a flower garden, selecting fill-in plants, adding shrubbery or trees, or making a property aesthetically pleasing with hardscapes, you'll need expert advice on location, design, soil preparation, and plant choices. Locally, seek out that advice at Maple Hill Nursery & Greenhouses at 197 West Swanzy Road, Route 10, in Swanzy.

Maple Hill is family-owned and operated, with knowledgeable staff who are passionate about flora and dedicated to providing their customers with the highest-quality plant material and customer service around. And this has certainly been achieved as the community came together for the last six years to award Maple Hill the “Gold” for Best Of Monadnock Readers' Choice

Awards under the category of “Garden Center/Nursery.”

“Maple Hill Nursery has everything you can ever need for your home or business,” says Charles Oropallo. “We got a pear tree and a peach tree for the CharlesWorks parking areas. Jami was a tremendous help. I highly recommend the knowledgeable folks there.”

Francis (Fran) Macri started a small garden center, landscape, and design business that expanded over the last 42 years to include six acres of nursery stock – annuals, perennials, trees, shrubs, and vines; three greenhouses; and all supplies needed for planting – bark mulch, compost, grass seed, soils, fertilizers, garden hoses, tools, and more.

MAPLE HILL, page 4

Electric Earth Concerts: String Sextets By Brahms Saturday, August 15th

Electric Earth Concerts (EEC) will offer “Joy of Sextets,” on Saturday, August 15th at 7 p.m. at the Jaffrey Center Meetinghouse, on Blackberry Lane in Jaffrey Center. The two String Sextets of Johannes Brahms, Opus 18 & 36, will be performed together. The Catalyst Quartet will be joined by Jonathan Bagg, viola and Natasha Brofsky, cello.

The Grammy Award-winning Catalyst Quartet was founded by the internationally acclaimed Sphinx Organization in 2010. The ensemble believes in the unity that can be achieved through

music and imagines their programs and projects with this in mind, redefining and reimagining the classical music experience.

Bagg has performed hundreds of concerts in the U.S. and around the world as violist with the Ciompi String Quartet, including in Germany/Vienna, and China. He is Professor of the Practice at Duke University, where he has directed the chamber music program, taught viola, and performed extensively for many years.

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Presented by The Keene Lions Club/Keene Lions Foundation, Inc.

WEDNESDAY
AUGUST 12, 2026

Virtual Duck Race • KEENE REC CENTER PAVILION

5:30 PM - 7:00 PM Fun & Festivities

Hot Dogs • Family Fun

Virtual Yellow & Purple Duck Races

Winners announced LIVE, immediately after the Virtual Races

City of Keene Raffle Permit #RF-2026-015 • The Keene Lions Foundation is a 501(c)(3) Corporation

Thank You for Your Votes!

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PET OF THE WEEK
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Harley



Meet Harley, a fun-loving five-year-old, 50-pound mixed breed who is looking for a family that appreciates a smart, active dog with lots of personality. Harley loves keeping busy and shines when she has plenty of enrichment in her day. Whether she's sniffing her way through a walk, searching for scattered treats, or happily shredding a stuffed toy, she's in her element when she gets to use her brain and her nose.

Harley has had some great playdates with other dogs and seems to enjoy ones that match her energy. She also enjoys the daily walks she gets with volunteers, showing off her wonderful leash skills.

MHS would love for folks to come meet this smart, outgoing girl who is sure to steal your heart.

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.monadnockhumaneociety.org.

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Chicken Barbecue At Nelson Old Home Day August 8th

On Saturday, August 8th at noon, Nelson Old Home Day will take place on the lawn at Nelson Congregational Church at noon with a Chicken Barbecue with all the fixings. The cost is \$18 for a half chicken, corn, slaw, rolls, and a concert by the Nelson Town Band.

Insights On Ukraine: A Conversation With Ambassador Marie Yovanovitch

The Amos Fortune Forum 2026 free summer speaker series will feature Ambassador Marie Yovanovitch offering her insights on the Ukraine conflict on Friday, August 7th at 7 p.m. in the Jaffrey Center Meetinghouse.

The Russia-Ukraine conflict is the culmination of decades of tension, and Yovanovitch is uniquely positioned to share insights on the historical roots and current trajectory of the struggle. She will draw from foreign service experience in both countries, including her three years serving as U.S. Ambassador to Ukraine (2016-2019). Yovanovitch will answer attendee questions from the perspective of a career diplomat committed to the principles of non-partisan duty and integrity in service.

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The 57th Annual Kosher-Q • Sunday, August 9 at 11:30 a.m.
CAA's Kosher-Q brings people together to enjoy tasty, Kosher barbecued chicken, mouthwatering corn and watermelon, reconnect with old friends and make new ones. Whether attending for decades or for the first time, come experience one of our longest-running and most beloved traditions.
\$20 adults / \$10 children 12 and under
Shabbat Morning Service at Cathedral of the Pines
Saturday, August 22 at 10:00 a.m.

Join us for an inspiring Shabbat morning service at Cathedral of the Pines, 10 Hale Hill Rd., in Rindge, NH. Prayer, music, and the splendor of the natural world come together on this morning of celebration, reflection, and community.
We look forward to welcoming our neighbors from across the Monadnock region at these special events.

For more information: **603-352-6747**
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Read the MSN online: **www.shoppernews.com**

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MARCO POLO GARDEN

MYSTERY PHOTO

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$25 gift certificate to Marco Polo Garden on Main Street in Keene. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.



This photo was taken at the Dublin Pageant in 1934 that was held at Dark Pond. What well-known person was standing in the back of the group of children?



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The winner of last week's Mystery Photo Contest was Gary Luebke of Westmoreland. The Cheshire County summer camp at which this basket weaving class photo was taken was Camp Oahe.



Maple Hill Nursery & Greenhouses – One-Stop Garden Center

MAPLE HILL, Continued from page 1

"We have the largest supply of nursery stock and perennials in the Monadnock Region and continue to provide the same quality service that goes with our excellent product," says Fran. "We want to be your one-stop garden center."

Maple Hill also carries house plants, essential garden implements, terra cotta containers, decorative pots, wind spinners, and whimsical garden art.

"We will help you with every aspect of your landscaping needs as well, from adding seasonal or perennial color to your gardens such as trees, shrubs, and flowers, to hardscapes like patios, walkways, stairs, and decorative stone," he adds.

Fran takes pride in his staff – many of whom have worked with him for over 20 years. Besides his daughters, who grew up in the business, the staff has grown to a third generation to include grandsons Trajan and Jupiter Vannini.

This full-service garden center offers gardening consultants for plant care, gardening maintenance, and installation. And when it comes to property or curb appeal, their landscape designers have the experience to help their customers' ideas come to fruition.

A focus that has been brought to the forefront over the last couple of decades is the importance of planting pollinator gardens. Helping our little pollinators – bees, butterflies, hum-

mingbirds – enables plant reproduction, supports wildlife food webs, and helps to maintain clean air and soil. The professionals at Maple Hill can guide their customers on how to achieve this planting endeavor.

Besides the planting of pollinator gardens, many perennials, plants, trees, and shrubs can be planted leading into the fall. Maple Hill specializes in perennials and larger nursery stock, like trees and shrubs, that will add beauty to any home or property. Customers will find bulbs, grasses, and plenty of fill-in or replacement plants as well.

And, not to rush our existing season, but fall at Maple Hill means mums, mums, and more mums! A cascade of classic yellow, bold red, and deep purple can be found at Maple Hill toward the end of August. Then, in the winter season, staff will create wreaths, bows, and ropings for decor, and Christmas trees will be sold in two locations.

What started as a small garden center in 1984 has grown not only in size but also in stature as a place the community can lean on for the right answers to landscaping and gardening questions.

Maple Hill Nursery is open Mondays through Saturdays from 8:30 a.m. to 5:30 p.m. and Sundays from 8:30 a.m. to 5 p.m. Special orders are welcome.

For more details, call 603-357-2555 or visit www.maplehillnursery.com.

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Swing Jazz Jam & Show With Paul Klemperer At DubHub



Paul Klemperer
(Photo by Monica Laskey)

A Swing Jazz Jam and Show performed by the Paul Klemperer Band will take place at the DubHub/ Dublin Community Center, at 1123 Main Street in Dublin on Sunday, August 9th from 4 to 6 p.m. The focus will be on songs from the 1920s to 1940s that are favorites of swing and trad jazz musicians, but also are known to bluegrass, country and blues players. Audience members may feel inspired to get up and dance.

This show is by donation, so attendees should drop whatever they can for the band in the basket by the door. An RSVP would be helpful so that enough seating can be provided.

For more details, visit the DubHub website <https://www.dubhub-nh.org/calendar> or email info@dublincommunitycenter.org.

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10 MINUTES FROM KEENE

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Interested individuals please email mark.maynard@CCSSEF.org for more information.

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.

pop-up locations:		supported by:	
GILSUM.....	Time: 1:00 - 3:00 8/8		
GILSUM.....	Time: 1:00 - 3:00 9/12, 10/10, 640 New Hampshire 10 11/14, 12/12		
FITZWILLIAM.....	Time: 10-Noon 9/12, 11/14		
RICHMOND.....	Time: 10-Noon 8/8, 10/10, 12/12		

For more information, and to see the full list of participating organizations, scan the QR code, visit us on FB, or TheCommunityKitchen.org.

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HAPPY BIRTHDAY!

from **HANNAFORD'S SUPERMARKETS**

August 5, 2026
Sienna Bobbin, daughter of Jared & Jennifer Bobbin, Surry, 5
Sidney Wolf, son of Zachary and Molly Wolf, Peterborough, 5

August 7, 2026
Kamden Egan, son of Mike & Kaytlyn Egan, Keene, 9

Submit your Birthday Kids' entry online at:

ShopperNews.com/Community

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Sidney Wolf, Peterborough, 5
Sienna Bobbin, Surry, 5

Electric Earth Concerts: String Sextets By Brahms

CONCERT, Continued from page 1

Brofsky is cellist of the Naumburg Award-winning Peabody Trio, which has performed on leading chamber music series throughout the U.S., Canada, and the U.K. She has been on the faculty of The Juilliard School in New York City since 2012.

Brahms was a German composer, pianist, and conductor of the Romantic era, renowned for blending Classical traditions with Romantic lyricism. He was one of the first composers to write for pairs of violins, violas, and cellos, blazing the trail for Dvorák, Tchaikovsky, Korngold, and Schoenberg. His two sextets are early works, composed in 1860 and 1865 respectively. Brahms wrote to his publisher that the second was in 'the same joyful vein' as the first.

Check out Brahms' music at https://www.youtube.com/results?search_query=brahms.

General admission is \$30, payable online (www.electricearthconcerts.org), or via cash or check at the door. In EEC's effort to bring music to young audiences, this season EEC will admit kids and their parents to its concerts for free.



The Catalyst Quartet, (L to R) Paul Laraia, viola; Karlos Rodriguez, cello; Abi Fayette, violin; and Karla Denehew Perez, violin.

For more details, contact joan.electricearth@gmail.com or call 603-499-6216.



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Camping Adventures

I have wonderful memories of going on family camping trips each summer growing up. And I'm sure my sons will have some memories to share with the next generation. Observing nature, hiking adventures, cooking outside, and sitting around a campfire at night – these are ways for families to make discoveries, really get in touch with their surroundings, get a sense of freedom this summer, and share time.

Monadnock Family
with Lori Catozzi Cook



Nature Discoveries
Curious about what is living in the pond or river near your site? Why not make a water watcher? You'll need an empty milk carton, plastic wrap, and tape or a rubber band. Cut off the top quarter of the carton. On the bottom of the carton, and cut an opening for your viewing window. Place plastic wrap over the viewing window and up the sides of the carton. Using tape or a rubber band, secure the plastic in place. Sit quietly next to the water and put your viewing window down into the water to observe life. What do you see? Perhaps water bugs, little minnows, or tadpoles? Share your findings back at camp.

I love finding animal tracks and trying to figure out the what, how, and why of it all. Collect natural foods that animals and birds might be enticed by – berries, grass seeds, nuts from nearby trees, and flower seeds. Prepare a space near the outskirts of your site by brushing the area with a branch, broom, or whatever is available so that there are no other tracks and items in that place. Put your collection in a pile and check back the next day to see if there are any animal tracks around the collection. Sketch the tracks on paper. What animals do you think made the tracks? Are there any items missing or gnawed on?

Hiking Snacks
We can't head out hiking without, number one – water, and number two – snacks! Easy snacks are needed for

daytime adventures in the woods. When it comes to snacks on your camping trip, put those at the top of your list to prepare at home. Banana chips are easy to make. You'll need two very ripe (no bruises) bananas that you can cut into thin rounds. Spray a cookie sheet and lay the banana rounds on the sheet. Bake at 150 degrees for two hours with the oven door slightly open. Turn each round over with a fork and bake another two hours. They'll be hard when they are done. Store them in a plastic bag for your trip.

Who doesn't love gorp (aka trail mix)? This healthy snack can be made of anything from nuts (any kind, and usually the base for trail mix), to dried fruits (pineapple, cranberries, raisins, coconut chips), to savory add-ins like Wasabi peas and sesame sticks, a little crunch with pretzels and granola, and you can even add a touch of sweetness with mini M&Ms, peanut butter chips, and yogurt covered raisins. Making your own trail mix is the best, and it's tailored to your taste! When preparing for the trip at home, lay out all the ingredients, and everybody takes their own labeled bag to create their own gorp.

Camp Games
An easy game to gather and play while camping is a nature knowledge game. One person collects items (acorn, pine needle, leaves, twigs, shells, berries, etc.) and lays them out with a number listed next to each. All others are given paper to list what each item is (it's a bonus if they know what type of berry, leaf, etc.). Compare your answers and perhaps learn a thing or two!

Bird, Fish, or Beast is a fun game to play with a group, small or large. One person is "it," and the rest form a circle around him or her. "It" points to a player and says either "bird," "fish," or "beast." That person must answer with a name of whatever that type of creature is (i.e., bird can be duck, fish can be trout, beast can be bear). If the player is correct, he becomes "it." Note: The same answer that has been given before is an incorrect answer.

Enjoy your camping trips this summer!



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	Close	Week's Change		Close	Week's Change
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Becton Dickinson (C.R. Bard)	165.62	9.26	Merck (Hubbard Farms)	130.20	(0.87)
Toronto Dominion Bank (TD Bank)	119.92	0.14	Deluxe (NEBS)	25.87	(0.15)
PC Connection	83.72	2.49	Teleflex (Jaffrey)	136.71	4.61
Bank Of America (Fleet)	61.95	(0.10)	Timken (MPB Corp.)	137.55	(3.75)
Corning Inc.	138.25	(8.40)	M&T Bank Corp. (People's United)	246.29	(3.31)
Ametek, Inc. (Precitech)	241.71	4.71	Dover Corp. (Markem)	204.62	(9.56)
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	58.01	(0.42)	Wheat (cents per bushel)	638.00	(41.00)
Gold (\$ per ounce)	4,105.50	49.90	Corn (cents per bushel)	463.75	(23.50)
Platinum (\$ per ounce)	1,650.68	57.94	Soybeans (cents per bushel)	1,188.25	(64.25)
			Cattle (cents per pound)	227.00	4.42
			Crude (\$ per barrel)	84.68	(5.49)

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Monadnock Community Hospital To Host Free Health Insurance Basics Seminar August 27th

Monadnock Community Hospital (MCH) will host Your Guide to Health Insurance Basics, a free Health & Wellness Seminar on Thursday, August 27th at 5:30 p.m. in the Bond Wellness Center Conference Room. The event is open to the public and is part of MCH's ongoing Health & Wellness Seminar Series.

Health insurance can be difficult to navigate, especially when unfamiliar terminology, medical bills, and coverage details become part of everyday healthcare decisions. This educational seminar is designed to help community members better understand how health insurance works and build confidence navigating the healthcare system.

The evening will feature three presenters with expertise in healthcare compliance, billing, and insurance administration. Karen Aucella, Lisa McInnis, CPC-A, and Molly Rajaniemi, MBA, CHC, will explain common health insurance terms such as copays, coinsurance, deductibles, out-of-pocket costs, and prior authorization. Attendees will also learn how to read medical bills, better understand insurance coverage details, and find reliable resources

for common health insurance questions.

"Understanding health insurance can make healthcare feel less overwhelming," said Molly Rajaniemi, MBA, CHC, Coordinator for Patient Experience, Performance Improvement, & ADA/Interpreters at Monadnock Community Hospital. "Our goal is to provide clear, straightforward information that helps people better understand common insurance terminology and feel more confident navigating their healthcare experience."

Whether attendees are selecting coverage for the first time, reviewing an existing health plan, helping a loved one understand their insurance, or simply looking to better understand the healthcare system, the seminar will provide clear explanations, real-life examples, and practical guidance. No prior knowledge is required, and participants are encouraged to bring their questions.

The seminar is free and open to all community members. Space is limited, and registration is encouraged. Tickets can be reserved by visiting health-ins-2026.eventbrite.com.



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I write today to invite you and your landscape to a very big party. You heard me correctly. In the craziness of world events, it's easy to lose sight of the potential, positive impact just one change in your home landscape can have, particularly when combined with many others making the same change – choosing to plant a native plant. Forgive me if you know of them already, but introducing www.HomegrownNationalPark.org.

Woods and Gardens
with Michele Chalice

Homegrown National Park (HGNP) is a not for profit organization mobilizing a movement, taking up the challenge of restoring relationships between plants and animals throughout our nation that have evolved together over millions of years. They offer graphics, videos, classes, resources, programs, and stories illustrating how people and their landscapes can join over 50,000 other people and their landscapes choosing to plant native plants, rebuilding the relationships that support hummingbirds, butterflies, and the millions of insects that form the food web that we all rely on for survival.

I offer this invitation because I needed to update my HGNP listing the other day. This reminded me how easy and important the project is. I realized that I want to contact all of my clients to register their landscapes too! It's free for goodness sake. Then I started looking around their impressive biodiversity map of over 50,000 landscapes. The Monadnock Region is not yet very well represented. Our green dots (registered sites) are pretty sparse. Our current 408 registered landscapes do beat Vermont's 330. But Massachusetts has 1,926 registered landscapes. Hmm...

And so, I am in the midst of organizing collaborators to hold a month-long, Monadnock Homegrown National Park Challenge next spring. The goal? I bet we could add 500 newly-registered Monadnock landscapes without breaking a sweat. This effort will show and increase the connections between plants and animals that live with our homes and families. The result will be an amazing increase in the diversity and number of native plants. This increases the survival and thriving opportunities for the pollinators and birds we love. Increased native plant diversity can also remove lawn square footage, decreasing mowing, fertilizing, and poisoning activities. Plant diversity can increase the health of everyone and everything that lives here. I believe that this amazingly easy, low hanging fruit, costing zero dollars action, can result in many more smiles and neighborly connections. So watch for more developments in this

– another of my latest projects.
Can't wait? You can join this party without me! You can join 50K other people by planting and caring for at least one native plant in your landscape. See the link below to Get On The Map. Fair warning: the creative urge once you begin this adventure can be strong. Go to the National Wildlife Federation's Keystone Plants by Ecoregion link (see below). The map will show you that ours is the Northern Forests ecoregion. Big surprise, right? Another click brings you to a list of the keystone plants, the most valuable native plants because, well, you know my penchant for two-fers, three-fers, multiple benefits for a single action. These are my suggestions of plants to choose from. Or, you can simply visit <https://fassetfarm-nursery.com> in Jaffrey. Why you can even decide to create a National Wildlife Federation Certified Wildlife Habitat or a Certified Backyard Habitat with the Audubon society at home like that at my tiny demonstration yard. You can even call me to walk through your landscape and explore options.
In a world full of complex challenges, this is a simple action that will mean everything to a butterfly momma looking to find the only, single, particular native plant that her baby caterpillar can eat. You can be their hero.

RESOURCES:
<https://www.nwf.org/keystoneplants>
Northern Forests - Ecoregion 5 Keystone Native Plants: <https://tinyurl.com/3aukbwp5>
Get On the Map! <https://homegrownnationalpark.org/map-landing/>
National Wildlife Federation Planting Resources: <https://tinyurl.com/mren7drw>
Homegrown National Park Native Planting Resources: <https://homegrownnationalpark.org/directory/>
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@healthyhomehabitats.com

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August

August is another busy month in the garden. Broccoli is forming its heads and will need to be put into the freezer. It's important to cut them on a slant. Most broccoli will put out side shoots for quite a while after the first head is picked, so you don't want water to pool on the main stem in the rain. Again, I like to freeze them in bite-sized pieces on a cookie sheet. That way they are all ready to go into soups or stews in the winter.

Basil, thyme, oregano, mint, rosemary, sage, dill, and edible flowers can be dried. I love my dehydrator (it's a Magic Mill), and I can set the time and

temperature. If you don't have a dehydrator, you can dry herbs in the oven set at the lowest temperature with the door slightly open.

By the middle of August, tomato flowers are not going to have enough time to turn into ripe fruits, so I generally cut them off. This encourages the plants to put their energy into ripening the ones that are already there.

It's also time to make the spaghetti sauce. I will often order a box of tomatoes from a local farm the day before to add to the ones that I am growing in the garden. I start early in the day by covering the bottom of two big pots

with olive oil. Then I add onions and red peppers and stir fry them until they are soft (about 20 minutes). I have a "Squeeze-Strainer" device which allows me to put sliced tomatoes in the top and gives me the pulp in one direction and the skins and seeds in another. If you don't have one of those, you can boil some water and immerse the tomatoes in it for 30 to 40 seconds. If you then put them in cold water to cool down, the skins should peel off nicely. I add these to the pots. Then, I like to add a little bit of grated beets and carrots. Not so much that it takes away the acidity of the sauce, but it adds a bit of color and sweetness. After this, the fresh garlic, basil, oregano, and thyme go in. This is all done on a low burner which needs to be almost constantly stirred. It takes about four hours to cook down to where it stands up on the spoon. I will often bring a stool next to the stove and bring the book that I am reading to help pass the time. Once it is thick, I like to add a couple cans of tomato paste to each pot to really thicken it up. Then it is ready to can.

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**Green
Monadnock**
with Celeste Longacre

I have a steamer canner. This allows me to heat up only a couple of inches of water to perform the task. Regular water bath canners work just as well, but they take a lot of time to heat up the water. Once the water is boiling, it is ready for the jars.

Adding one teaspoon of salt to quarts and one-half teaspoon of salt to pints, I ladle the sauce into the jars using a metal funnel. Be sure to leave an inch of head space (air) at the top. One of the most important tricks to this job is wiping off the top of the jars before putting on the lids. It's easy to get a bit of sauce on the rim of the jars, but they won't seal if there is anything there. Add the screw bands and pop them in the water.

It takes quarts about 45 minutes and pints 35 minutes to process. Once they are done, remove them slowly and place on trivets or towels to cool down. Do not put them in a draft. They are so hot that a quick cool down can crack the jar.

Later in the day or the next day, remove the screw bands, label, date, and put into storage. During the winter, you will be so glad that you did. I like to stir fry onion and hamburger, add the sauce, heat it up, and then put it in the refrigerator overnight. I once had a family over for that particular lunch and the nine-year-old daughter said, "This is good." Then she said, "This is really good." Then told me that it was

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QUESTIONS: Please call (603) 352-5739 Sponsored by The City of Keene
Limit: 10 gal. per household per collection.

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable (Smoke Detectors, Vapes & E-Cigarettes), danger. If you think it's hazardous, bring it up.

WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up, Toiletries & Medications.

OTHER INFORMATION: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.

ALSO: Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it's FREE!

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the best meal she ever ate!
Celeste and Bob Longacre have been living sustainably for almost 50 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.

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Summer/Fall 2026 Household Hazardous Waste Collection Schedule

Sat. 8/8/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland	Wed. 8/12/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland	Sat. 8/22/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland	Sat. 9/12/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland	Wed. 9/16/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland	Sat. 9/26/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland	Sat. 10/10/26 Acworth Chesterfield Dublin Gilsum Greenfield Hancock Harrisville Keene Marlborough Marlow Nelson Peterborough Stoddard Sullivan Surry Swanzy Walpole Westmoreland
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All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center, 55 Old Summit Road, Keene from 8 - 1 pm

North Ward Environmental Services at the following rates - *Less than 10 gallons - \$125 • more than 10 gallons, less than 20 gallons - \$280*
more than 20 gallons, less than 50 gallons - \$600 (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

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Dear Friends

Good friendships are quintessential. One of my oldest and dearest friends from Arizona visited me this week. What a blessing! Right from the hug at “hello,” I felt her incredible authentic-

Diane is more than a friend, she is someone I have worked side-by-side with around a healing table for many years. We share frequencies of energy common to this experience. It is an energetic phenomenon unique to healers perhaps, and also to dear friends. We have heart-to-heart connections woven with rich experiences of learning and sharing deeply. And, I believe, lifetimes of joy shared.

is what I hold in my heart: that I love the beautiful soul and person you are, Diane, and if I could at any time or future time give to you this experience of rebirth I am on.

Today it is raining, and will rain now long enough for the heavens to gently kiss the earth and saturate the ground with the life-giving water that all plants and animals need. It rains slowly enough for the water to be taken in. Water falls, descending on the leaves where it pools and then drops in splashes to the ground. If I could only be as gentle with myself – take in the love from all around me as the earth, plants, and animals take in the rain. What is my hurry after all? I could linger longer and live better. I can love more.

I have realized more than a few things this week: I need to cultivate my garden of dear friends more often because it nurtures and grows me beyond imagine. That life is too short to work all the time and too long to live without friends. That connections are so important and heart connections are golden. And, we never stop growing or changing. I think of the things like love and learning that I take with me when I die, I believe friendships are included.

Rose Carey is the founder of LifeLight Healing Center at 206 Washington Street, Keene. Sensitive to energy fields, she clears auras and home of unwanted darkness. 603-852-8300.

Healing Perspectives

with Rosie Carey



ity. Her hug said “hello” to parts of me that had not surfaced in a long time. Memories of myself from times long ago awakened me to living in a new/old way. It was as if my old me and my present me did an alchemical dance. I had accumulated shadows that were hiding my light. Call it aging, forgetting essence, or just growing dull, it is a disease of the soul.

So, while I feel as though Diane has brought me back to essence, I am empty to show the extent of my gratitude. I search my soul for what might be significant to her. What knowledge do I hold or what can I share of myself? In working with guidance, I always seem to know the right thing to say, but that does not come from personal wisdom, it is a universal gift. What does emerge

Super Summer Special At Aloha In Keene



Josephine Russell playing the gong during relaxation

Aloha on Court Street in Keene is offering a half-price introductory package for newcomers to the studio through the end of 2026. The 10-class package is \$80, regularly \$160, and the 20-class package is \$150, regularly \$300. Both packages are valid through December 31st, giving new students four to five months to use them.

“I tried yoga years ago – I would like to give it another try and stick with it this time,” is something Josephine Russell, Aloha’s founder, often hears. The summer special is designed with exactly those returning students in mind, as well as anyone curious about trying yoga for the first time.

Aloha offers a variety of classes and teachers, with sessions available daily. Packages must be purchased in person or by phone at 603-762-3129. Students may register for classes online.

Herbs For The Aura And Chakras Workshop

On Saturday, August 8th from 10 to 11:30 a.m. a free workshop, Herbs for the Aura and Chakras with Dr. Linda Kingsbury, will be held at Monadnock Food Co-op in Keene. Participants will learn about the

psychospiritual properties of herbs that benefit the ability to ground, focus the mind, calm emotions, strengthen boundaries, and support conscious living. RSVP at www.monadnockfood.coop/event.

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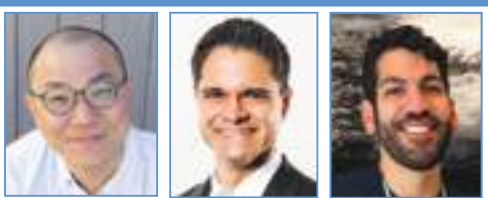


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Nelson Old Home Day

Saturday, August 8 • Noon

Nelson Congregational Church Lawn

\$18 for 1/2 chicken, corn, slaw, homemade rolls, and concert by the Nelson Town Band



Two Events To Experience Gemmo Forest

Monadnock Grown Farm Tour
Saturday, August 15, Noon–5pm
180 Hurricane Road, Keene

NOTE: Parking Available at Mill Hollow Works and along Hurricane Road For \$10 per vehicle, visitors can spend the afternoon exploring our region's farms, meeting local growers, learning how food is produced, and purchasing locally made products directly from the people who grow them. Register at: <https://www.gemmoforest.com/event/monadnock-grown-farm-tour>.

NOFA-NH Field Day
Tuesday, August 18, 4–6pm

"Using Permanent Beds and Polyculture Plantings in the Garden and the Forest Farm" is a free educational event where participants can explore how regenerative growing practices can be applied at any scale—from a backyard garden to a forest farm. Register at: <https://www.gemmoforest.com/event/nofa-field-day>.



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Thursday, August 13 • 7pm
First Church in Jaffrey • \$30
Students may attend for free.

JOY OF SEXTETS
(OPUS 18-36 BY JOHANNES BRAHMS)



Saturday, August 15 • 7pm
Jaffrey Center Meetinghouse • \$30
Blackberry Lane, Jaffrey
Students may attend for free.



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ENTERTAINMENT

and DINING

Wed., Aug. 5 FAIRS & SALES

First Church in Jaffrey 109th Fair 1–4pm. First Church in Jaffrey, 14 Laban Ainsworth Way, Jaffrey. Venues include antiques and collectibles, fine art – painting, prints, and photographs, "white elephants," vintage and craft jewelry, decorative linens, and the garden center. A Bakery Buffet tempts buyers with cakes, pies, cookies, breads, and dessert sauces. Pauline Brackett: www.firstchurchinjaffrey.org/.

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Richmond Public Library: 603-239-6164.

LECTURES & WORKSHOPS

Garden CSI: A Pest Management Workshop 5:30–7pm. Heberton Hall, Keene Public Library, 60 Winter St., Keene. Join this interactive workshop to investigate the world of pest and disease care in the garden. Leave with practical solutions, home remedies, and supplies to solve your own garden mysteries. Light refreshments will be provided. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

MISCELLANEOUS

Learn to Play American Mahjong 5:30–7:30pm. Keene Public Library, 60 Winter St., Keene. Four week class. This class is for beginners but experienced players are always welcome to come and play their own game. Registration is required for the beginner class. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

Coffee with the Classics Book Club 6pm. Conant Public Library, 111 Main St., Winchester. Discussion and refreshments as the talk is about "The Storied Life of A. J. Fikry" by Gabrielle Zevin. Books available to check-out at both Richmond and Conant Public Libraries. Richmond Public Library: 603-239-4331. www.conantlibrary.org.

Book Crush - A Romance Reader Group 6–7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St., Keene. Join for Book Crush, a non-traditional book club for romance readers. Every month will have a theme related to romance tropes, conventions, and subgenres. August's theme is Greek & Roman Retellings. Parker Goodreau: 603-352-0157. pgoodreau@keenenh.gov.

Thurs., Aug. 6

LECTURES & WORKSHOPS

Medicare Made Easy: Free Monthly "New to Medicare" Workshop 1–3pm. NH Care Collaborative, 105 Castle Street, Keene. The workshop is available both in person and virtually. Registration is required. Call 603-357-1922. www.servicelink.nh.gov.

RELIGIOUS

Bible Study - 2 Corinthians 10:30–11:30am. First Congregational Church of Swanze, 679 Old Homestead Hwy. The topic for the following 8 weeks is Second

Corinthians. New students of scripture are welcome. 603-352-6689. office@swanzeyucc.org. www.swanzeyucc.org.

Friday, Aug. 7

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/.

LECTURES & WORKSHOPS

Amos Fortune Forum: Marie Yovanovitch 7pm. Jaffrey Center Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. Insights on Ukraine: A Conversation with Ambassador Marie Yovanovitch. Free, donations appreciated. www.amosfortune.com.

MISCELLANEOUS

MAXT Night Market 5:30pm. Downtown Peterborough. Along with other fun activities, the highlight of this year's Master Plan engagement will be a Community Lantern Garden: an illuminated display of the community's vision of our future. All Master Plan activities are free and open to the public. www.maxtmakerspace.org/night-market.

Sat., Aug. 8

ARTS, MUSIC, THEATER

Cubism Workshop with Susan Wadsworth 1–4pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Led by artist and retired professor Susan Wadsworth, this workshop is designed to complement the solo exhibition by Fanny Hillsmith. The workshop is free and limited to 20 guests so register to attend. 603-532-6527. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Watercolor Workshop: Sunflowers with Olha Necheporenko 10:30am–1:30pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Everyone will be working from the same reference image, follow along step by step, even for beginners. Space to bring your own style into the painting. All materials included. 603-532-6527. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Randy Miller Live at the Co-op, 11am–1pm. Monadnock Food Co-op, Cypress St. **Jamfest 2026** 12–8pm. The Colonial Theatre, 95 Main St., Keene. A free music festival behind the theatre. 603-352-2033. www.thecolonial.org.

DINING PLEASURES

Nelson Old Home Day Celebration: Chicken Barbecue 12pm. Lawn of Nelson Congregational Church. \$18.

FAIRS & SALES

Hinsdale Farmers Market 9am–1pm. Downtown Hinsdale, Millstream Riverfront Park.

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

Outdoor Summer Concert

Sponsored by the Keene Pops Choir
with Musical Director Walt Sayre

&

Silent Auction

Sponsored by the First Baptist Church of Keene

Sunday, August 16th

First Baptist Church of Keene
105 Maple Avenue
Keene, NH

Concert Begins at 2:00 PM

Free Admission
Donations Appreciated

Silent Auction Opens at 1:30 PM

Auction Items Include: Handmade Quilts, Themed Baskets,
Jewelry, Vintage Items, Gift Cards, Homemade Treats
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This is an outdoor concert. In the case of inclement weather this event will be held on the following Sunday, August 23rd at the same time.

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Wed.–Sat. 7:30 am–8:00 pm

Keene Synagogue Kosher-Q This Sunday

On Sunday, August 9th at 11:30 a.m., Congregation Ahavas Achim in Keene will host its annual Kosher-Q. For 57 years, the synagogue's Kosher-Q has been a treasured summer tradition, bringing people together to enjoy great food, reconnect with friends, and welcome new faces. This event will be held rain or shine.

Whether readers have attended for decades or are joining the festivities

for the first time, they can experience one of the longest-running and most beloved traditions in the congregation's history.

Congregation Ahavas Achim is located at 84 Hastings Avenue.

For more details, call 603-352-6747, email office@keenesynagogue.org, or visit the website at www.keenesynagogue.org.

LECTURES & WORKSHOPS

Herbs for the Aura and Chakras with Dr Linda Kingsbury 10-11:30am. Monadnock Food Co-op, Cypress St. Explore auras and chakras. Learn about the psychospiritual properties of herbs that benefit our ability to ground, focus our mind, calm our emotions, strengthen boundaries, and support conscious living. RSVP at www.monadnockfood.coop/event.

MISCELLANEOUS

Red Cross Blood Drive 9am-2pm. Monadnock Covenant Church, 90 Base Hill Road, Keene. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.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.

All-ages Crafternoon: Sunpaper Prints 11am. Conant Public Library, 111 Main St., Winchester. Make unique pieces of art using the power of the sun and everyday objects. Also called Cyanotype, this is an easy and fun craft for all-ages. **603-239-4331**. www.conantlibrary.org.

Sunday, Aug. 9

ARTS, MUSIC, THEATER
Jazz-Swing Show Sunday 4-6pm. Dublin Community Center, 1123 Main St., Dublin. Paul Klemperer & Friends, favorite songs from the 1920s-1940s. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org.

DINING PLEASURES

The 57th Annual Kosher-Q 11:30am. Congregation Ahavas Achim, 84 Hastings Ave., Keene. Reservations not required. Rain or shine. **603-352-6747**. www.keenesynagogue.org.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Laura Knoy 11am. Peterborough Unitarian Universalist Church, 25 Main St. A New Chapter for a New Hampshire Icon. www.monadnocklyceum.org.

Tues., Aug. 11

MISCELLANEOUS

Red Cross Blood Drive 12-5pm. Alyson's Orchard, 57 Alyson's Lane, Walpole. **802-309-0742**. www.RedCross.org/NNE.

UPCOMING EVENTS AT THE JAFFREY CIVIC CENTER

FREE Cubism Workshop with Susan Wadsworth Inspired by the Fannie Hillsmith Exhibition
Saturday, August 8th 1:00 pm - 4:00 pm

Watercolor Workshop: Sunflowers with Olha Necheporenko
Saturday, August 8th 10:30 am - 1:30 pm

Making Your Mark: Taking the Next Step Class with Kate Shaffer
Saturdays, August 15th, 22nd, 29th 11:00 am - 1:00 pm

From the Water Pastel Class with Maryann Mullett
TUESDAY SESSION: 18th, 25th & Sept 1st 12:00 - 3:00 pm
THURSDAY SESSION: Aug 20th, 27th, Sept 3rd 12:00 - 3:00pm

jaffreyciviccenter.com
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Jamfest 2026, A Free Music Festival

Jamfest is an annual free music festival that, this year, will be held behind The Colonial Theatre on Main Street in Keene on Saturday, August 8th from noon to 8 p.m.

The lineup on local bands that will be playing throughout the day include Parker McQueeney's Doomsday Device, Chill Sesh and Friends, Saguaro, Omoo Omoo, The Evocatives, and All Night Boogie Band.



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Share The Magic Of Cooking With Herbs

"When one really feels the response to the native earth, one feels also the obligation and the impulse to share it with the neighbor." – Liberty Hyde Bailey

Basic, modest culinary herbs have been used in cooking throughout the centuries. In this country, the early Shakers, knowledgeable in the use of herbs in cooking and in healing, contributed greatly to the popularity of cooking with herbs. Today culinary herbs include parsley, thyme, and bay, as well as tarragon, basil, dill, chives, rosemary, oregano, and mint. Try adding fresh herbs to favorite foods, include soups, dips, meat, poultry, fish, and fresh garden salads; taste as you go and don't be afraid to experiment. And be sure to share some of your favorite herbs and recipes with neighbors. While fresh herbs are preferable, to substitute dried herbs in cooking, the general rule is to use three times as much of a fresh herb as the dried.

Bee Kisses

Warm two cups of honey and mix with seven sprigs of thyme. Remove thyme sprigs when ready to use and spread honey on biscuits.

Fried Herbs

These savory, crunchy tidbits make a tasty appetizer or garnish for any meal. To make: wash and dry as many sprigs of fresh herbs as desired, using herbs such as parsley, scallions, sage, or (for a surprise) mint. In a shallow bowl, combine 1/4 cup flour, 1/4 teaspoon salt and a dash of cayenne pepper. Dust the herbs thoroughly with the flour mixture. Heat one-inch of oil in a medium skillet until it is about medium-high heat. Fry the herbs in oil in small batches until just crisp, about 45-60 seconds. The herbs should hold their shape and be lightly browned. Remove herbs with slotted spoon and drain on paper towels.

Basil & Tomato Salads

Basil is especially good paired with tomatoes. Experiment with your own freestyle combinations or try these suggestions.

Salad #1 – For a different taste sensation, prepare a platter of one-half of a thinly sliced, peeled cantaloupe and equal amount of sliced tomatoes, arranging them alternately. Drizzle on bottled mustardy vinaigrette and sprinkle with two to three teaspoons of minced basil.

Salad #2 – Alternate desired equal amounts of slices of tomatoes and mozzarella cheese on a platter. Sprinkle on two to three teaspoons of chopped basil. Drizzle with some olive oil and balsamic vinegar. Top with freshly grated black pepper, salt, and whole basil leaves for garnish.

Cooking Corner

with Nancy Adams

Garlic-Balsamic Ambrosia

Use this intensely flavored 'magic' condiment to season meats, vegetables, and sauces. Or use it to drizzle on antipasto. Refrigerate extra for up to three weeks.

Ingredients:

2 cups garlic cloves, peeled and left whole
4 tablespoons olive oil
1/2 cup balsamic vinegar (no substitutions)

Place garlic, oil, and balsamic vinegar in a heavy, non-reactive frying pan. Bring to a boil and let simmer gently for 25 to 30 minutes, watching until the vinegar and oil thicken and garlic becomes soft and sweet tasting. Alternately, place all ingredients in a covered casserole and bake in preheated 350 degree oven for 30 to 40 minutes. Makes two cups of seasoning sauce.

Dilly Baked Salmon

A delicious way to get dinner on the table quickly, along with an easily prepared salad. Recipe may also be used with cod or haddock. Serves four.

Ingredients:

1½ lbs. salmon fillet
1/2 teaspoon powdered mustard
2 teaspoons water
1/2 cup mayonnaise
3 teaspoons fresh dill weed
1 teaspoon fresh lemon juice
dash freshly ground black pepper

Arrange salmon in buttered baking dish. In a bowl, mix mustard and water; add mayonnaise. Stir well and add dill, lemon juice and pepper. Spread on fish. Bake at 350 degrees for 30 minutes, or until top is brown and fish flakes easily.

Greek Pasta Salad

A variety of herbs, feta cheese, pasta, and seafood flavor this quick salad.

Ingredients:

3/4 lb. fresh tomatoes, chopped
1 medium red pepper, chopped
1/4 lb. feta cheese, crumbled
1/3 cup olive oil
1/2 cup pitted, sliced black olives
1/4 cup lemon juice
2 tablespoons dry Vermouth or white wine
3 tablespoons fresh thyme, chopped
6 green onions, chopped
3 garlic cloves, minced
3/4 lb. linguine, cooked (or other pasta of choice)
3/4 lb. shrimp, cooked
salt and pepper to taste

In a large bowl, combine all ingredients except linguine and shrimp; set aside. Cook linguine according to package directions. Cool pasta slightly, then toss with the mixed ingredients and shrimp; season with salt and pepper. Serve at room temperature. Makes six servings.

Sage-Stuffed Chicken

This is one of my favorite ways to serve chicken. It's a nice company dish that seems fancy, but isn't complicated. Serve with rice and fresh green beans. Serves four.

Ingredients:

4 chicken breast halves, skinned and boned
8 thin slices prosciutto
8 thin slices Italian fontina or similar cheese
8 fresh sage leaves
salt and pepper

Slit each chicken breast in half horizontally; pound thin with a mallet. Divide and place the prosciutto, cheese, and sage leaves atop each of the eight pieces. Roll up and secure each with toothpicks or kitchen twine. Brush with a little olive oil and season with salt and pepper. Grill over moderate coals, 12 to 15 minutes, browning all sides, turning occasionally. Alternatively, dip each rolled breast in an egg/water mixture (one egg plus one tablespoon water), roll in bread crumbs, and bake in oiled ovenproof dish to hold eight roll-ups at 375-degree oven for 15 to 20 minutes.



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Case Number: 657-2026-TR-00004
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