

Mary's Medley

August 2006
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AUGUST 2006~~~

Eighth month of the Gregorian calendar
Beginning on Tuesday and has 31 days

August 12-Chicken Bar-B-Que at the
Brethren Home Community, New
Oxford, PA (good food, quilt auction,
great music, crafts & fellowship)

Birthstone: Peridot
Flower: Gladiolus

**Summer's lease hath all too short a
date.** *William Shakespeare, Sonnet 18*

Happy Birthday Pam, Melissa, Cindy,
and Don!

TEA of the MONTH

MANGO MIST. This is a wonderful
refreshing black Ceylon tea flavored
with mango. It is delicious hot but oh
how good it is **iced!** There is not much
to say about it that I haven't already
mentioned except that it is one of my
best sellers. You will not be sorry if you
add this pleasant tea to your collection
and indulge yourself with a tall cool
glass of this tasty summer flavor.

Questions for Mary

Just a reminder, I will begin answering
one question per newsletter in
September. Submit your question via
e-mail at the home-page of
anearlyelegance.com. See July's
newsletter for further information.
Please keep your inquiries relevant.

In the Kitchen

A colleague of mine, living now in South
Carolina, recently sent this recipe to
me. I think it is worth trying on a hot
summer evening. You will have little
cooking to do especially if using
leftovers or preparing extra rice at
another mealtime.

"Chicken & Rice Wraps"

Yield: 6 servings (12 wraps)

1 tbsp. cooking oil
3 cups cooked brown rice
1 cup bottled peanut sauce plus extra
for dipping
3 cups cubed, grilled chicken breast
OR approx. 16-18 oz. of ready-to-use
grilled chicken strips
1 ½ cups peeled & diced mango
1 cup red bell pepper julienne
Salt & pepper if desired
12 whole leaves of Bibb or Boston or
Romaine or Iceberg Lettuce

Saute rice in the oil heated to a medium
temperature. Grill chicken.

In a large bowl, toss the sauted rice,
grilled chicken, mango and pepper with
the peanut sauce until well coated.
Season to taste with salt and pepper.

Spoon rice and chicken mixture into the
center of the lettuce leaves and roll-up,
tucking in each end.

Arrange and serve on a platter with the
extra peanut sauce for dipping.

Thank you to the USA Rice Federation
for the basic recipe.

RICE; An Economic Boost in Early U.S. History

Have you ever thought about agriculture in the development of our country? Yes, you say, and that cotton, wheat, and corn pop into your mind first. Great! Did you know that **rice** actually was one of the first crops that aided in the establishment of farms and plantations in the south, contributed to the economy, and health of its citizens?

Guess what? **Rice** still contributes to the economy of the U.S. and provides health benefits not only to our nation's people but worldwide, also.

A storm-battered sailing vessel from Madagascar found a friendly group at the Charles Town port (Charleston, SC) in 1685. As a thank you for care and repair to the ship, the captain gave one of planter colonists a sack of "Golden Seede Rice" named for its color.

Rice liked the southern climate. It thrived until it became one of the major agricultural commodities at the time of the Revolutionary War.

The Carolina variety of **rice** was of such high quality that it became the world's standard.

After the Gold Rush, American Civil War, severe weather events, and the machines of the late Victorian era arrived, **rice** moved west like many Americans. All of this assisted in the establishment of today's major **rice** production states and regions; Arkansas, Louisiana, Mississippi, Missouri, Texas, and Sacramento Valley, California. Today, Southern Florida is developing **rice** fields.

From an unusual start in the Carolinas, **rice** is still a major **boost to the U.S. economy**.

A Rice FYI: **Rice** is a perennial plant. One seed can produce one plant, producing 3,000 grains of **rice** per year. A **rice** plant can live for 20 years if treated and cultivated properly.

Rice Nutrition Facts: **Rice** is sodium, cholesterol, and gluten free. **Rice** is a complex carbohydrate, has only a trace

of fat, and is a non-allergenic. **Rice** is easy to digest.

NOTE: There is approximately 100 calories in ½ cup of white **OR** brown **rice**.

I encourage you to visit the USA Rice Federation website, usarice.com, to learn more about incorporating rice into your diet. Thanks again to the USA Rice Federation for providing much of the previous information.

~tea~

County Fairs

Oh what a joy, so dear to my heart! The memories! The fun! The work! The food! The aromas (and smells)! The boys (did I say that?)!

It is August and it is county fair time. Everywhere, anytime you will find one nearby. Please go. Don't delay. You will never have an experience like this anywhere else.

The fresh flowers and vegetables. Did you see that huge squash? The aromas of the hay and the smell of the barns. The preparation for the livestock shows. The beautiful animals, so well groomed and cared for by their young owners, no doubt 4-H'ers or FFA members.

We would work all spring and summer preparing our projects for the thrill of the fair. The biggest flower, the best of show, the well-made wool garment, the evening gown, everything had to be perfect. Competition. We farm children grew-up on it.

Our handwriting samples from school were posted for all to see. All those perfect OOOO's were OH so hard to make.

Then there was the Miss America Pageant Saturday night, the last night of the fair. The appliance dealers would have walls of color televisions. We'd get all of our work done. Head to the pavilion that had all the TV's, watch the pageant and root for Miss Pennsylvania.

Ah, the good old days of summer!