

SUMMER 2023

Penn

journal of everyday life



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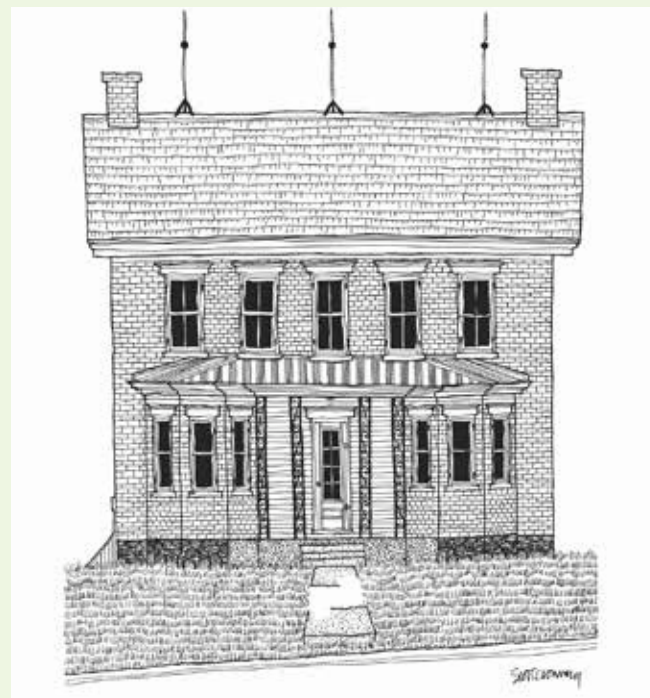
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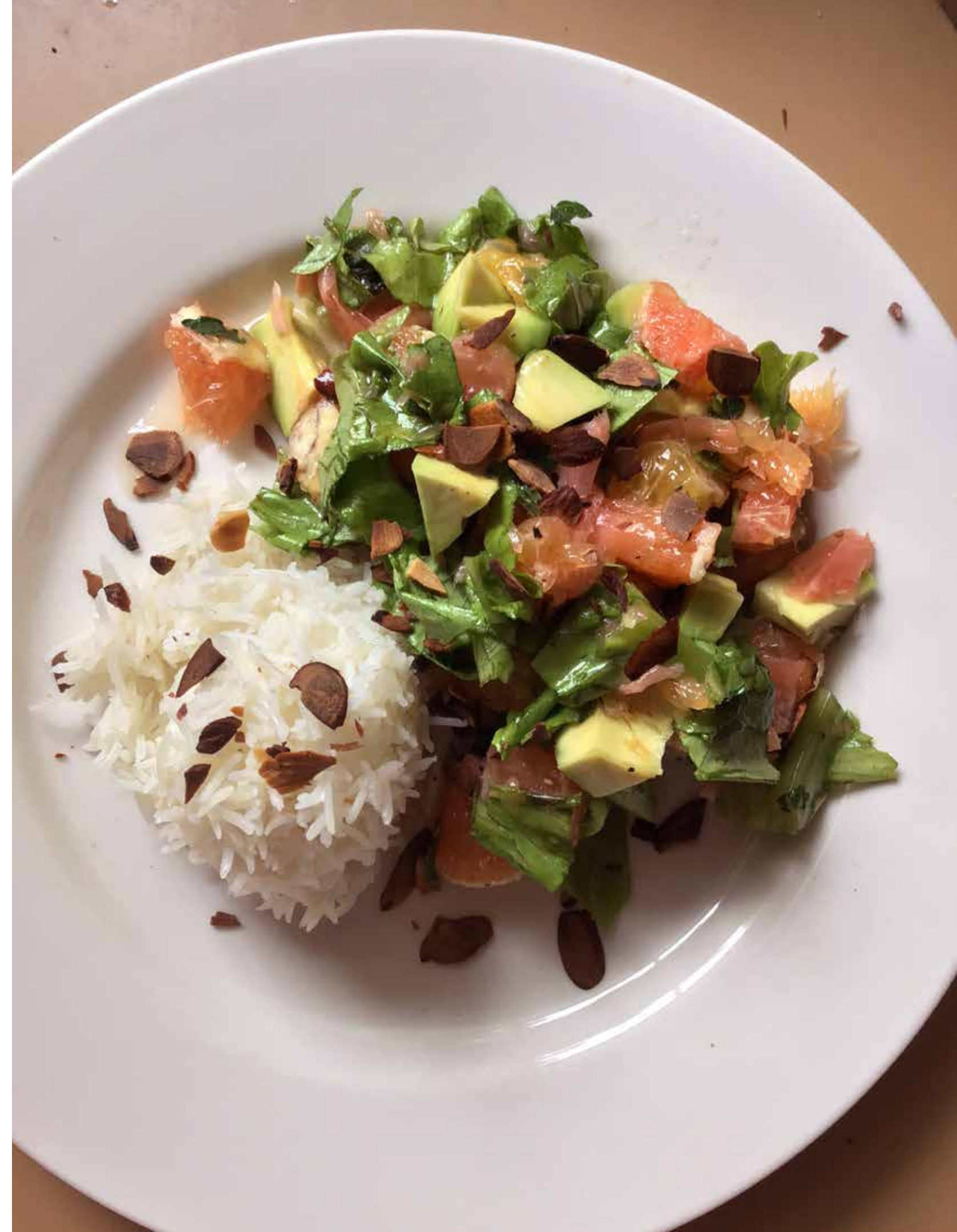


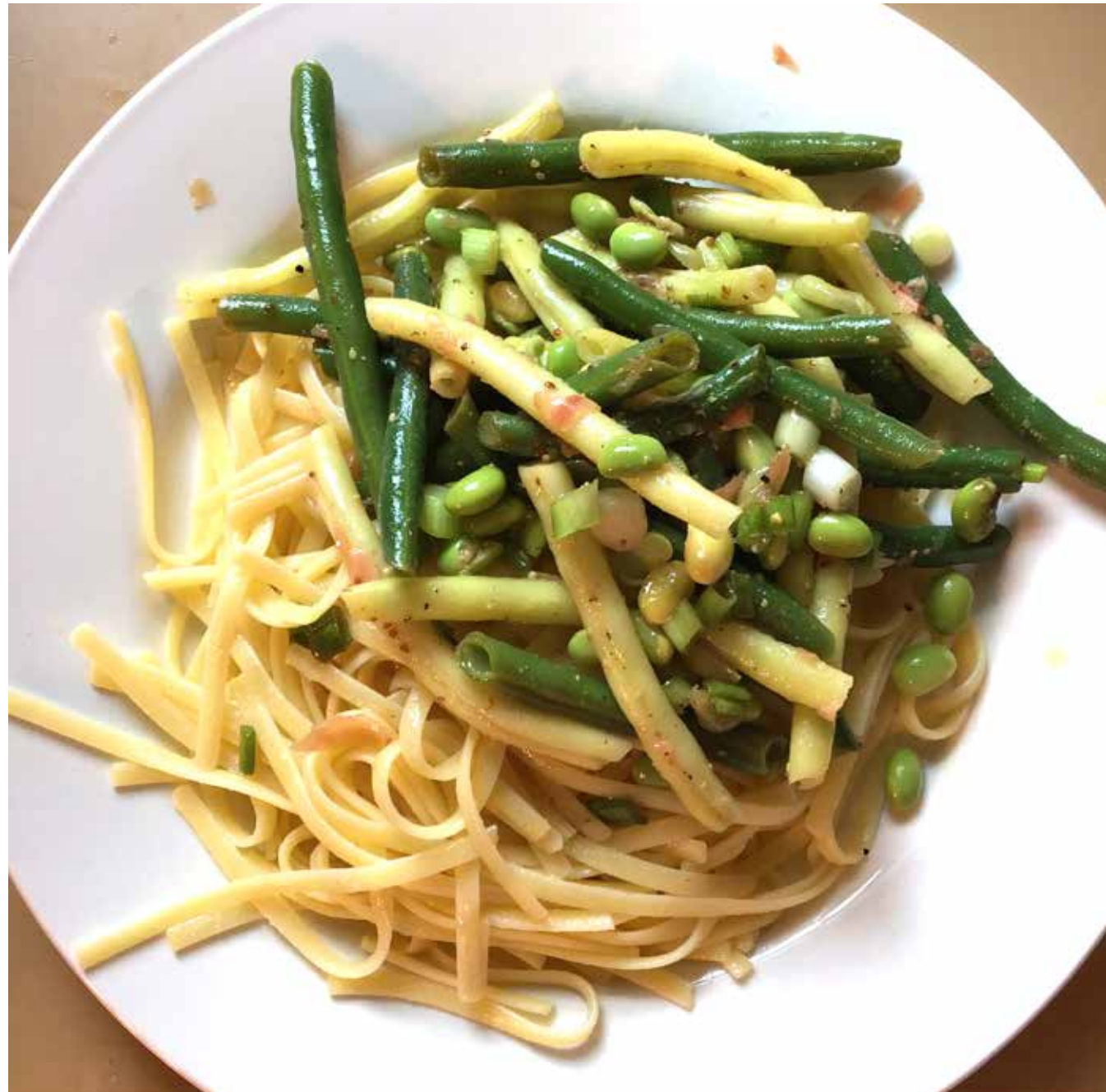
Salads in the summer are not only a refreshing and delicious way to stay cool during hot weather, but are also packed with essential nutrients, vitamins, and minerals.

We start with the basic salad ingredients, preferring a variety of lettuce types. Then we experiment with taste-popping additions. This salad, which the recipe terms an Asian

salad, has fresh chunks of citrus and ripe avocado. Scallions, fresh mint leaves and pickled ginger give it some zing. We served it here with basmati rice and lightly toasted sliced almonds.

One of our favorite dips for vegetables is made with spinach and a package of Knorr Garden Vegetable Soup. We use Greek yogurt and just a little mayonnaise





for flavor, but otherwise follow the package adding chopped water chestnuts for crunch. Sometimes, instead of chips we use cucumber slices. Deviled eggs are a staple.

We are big fans of edamame. We love to steam a frozen pack of beans in the pods, salt them and then pop out the beans. In this

recipe, we found three beans (green beans, wax beans from the farm stand and frozen edamame) were combined with chopped scallions and pickled ginger. We eat it as the vegetable component of dinner or over pasta for a cold lunch with a tangy dressing. Not your grandma's three-bean salad.





Our taco salad started with small corn tortillas placed in oven-proof bowls and baked until toasty. Then on top of them we made a salad with lettuce, cheese, fresh zucchini. Sides of hummus and salsa rounded out the dish.







Day Trip: *Kraemer Mill*



The Kraemer Mill is a prominent yarn manufacturing company located in Nazareth, Pennsylvania. The company has a long and rich history that spans over a century, and it has earned a reputation for producing high-quality yarns that are used by knitters, weavers, and textile manufacturers all over the world.

Founded in 1887 by Christian Kraemer, the Kraemer Mill started as a small woolen mill in the heart of Nazareth. Over the years, the company expanded and





modernized, eventually becoming a leader in the production of specialty yarns for both commercial and home use. Today, the Kraemer Mill remains family-owned and operated, with a commitment to quality and sustainability. The company uses only the finest raw materials in their yarns, including merino wool, alpaca, cotton, and silk. They are also dedicated to reducing their environmental impact by using eco-friendly dyes and minimizing waste in their manufacturing process.

Ralph Lauren, who has always been known for his classic American style, was





tasked in 2014 with designing the official team wear for the U.S. Olympic team. He met with the Kraemer family, who showed him their impressive collection of yarns, from soft and fuzzy wool to shiny silk blends. Ralph Lauren was particularly drawn to their merino wool, which was soft and durable, perfect for the Olympic team wear he had designed.

The Kraemer team worked tirelessly to produce the yarn in the exact colors and

thicknesses that Ralph Lauren had specified. They knew that this was a great opportunity to be a part of something truly special.

Finally, the yarn was ready, and Ralph Lauren's team used it to create the iconic red, white, and blue sweaters and hats worn by the U.S. Olympic team in the 2014 Winter Olympics in Sochi, Russia.

On this page, we chose four colors of Kraemer's Perfection Tapas yarn to knit a scarf in linen stitch. It's a lovely yarn to knit.



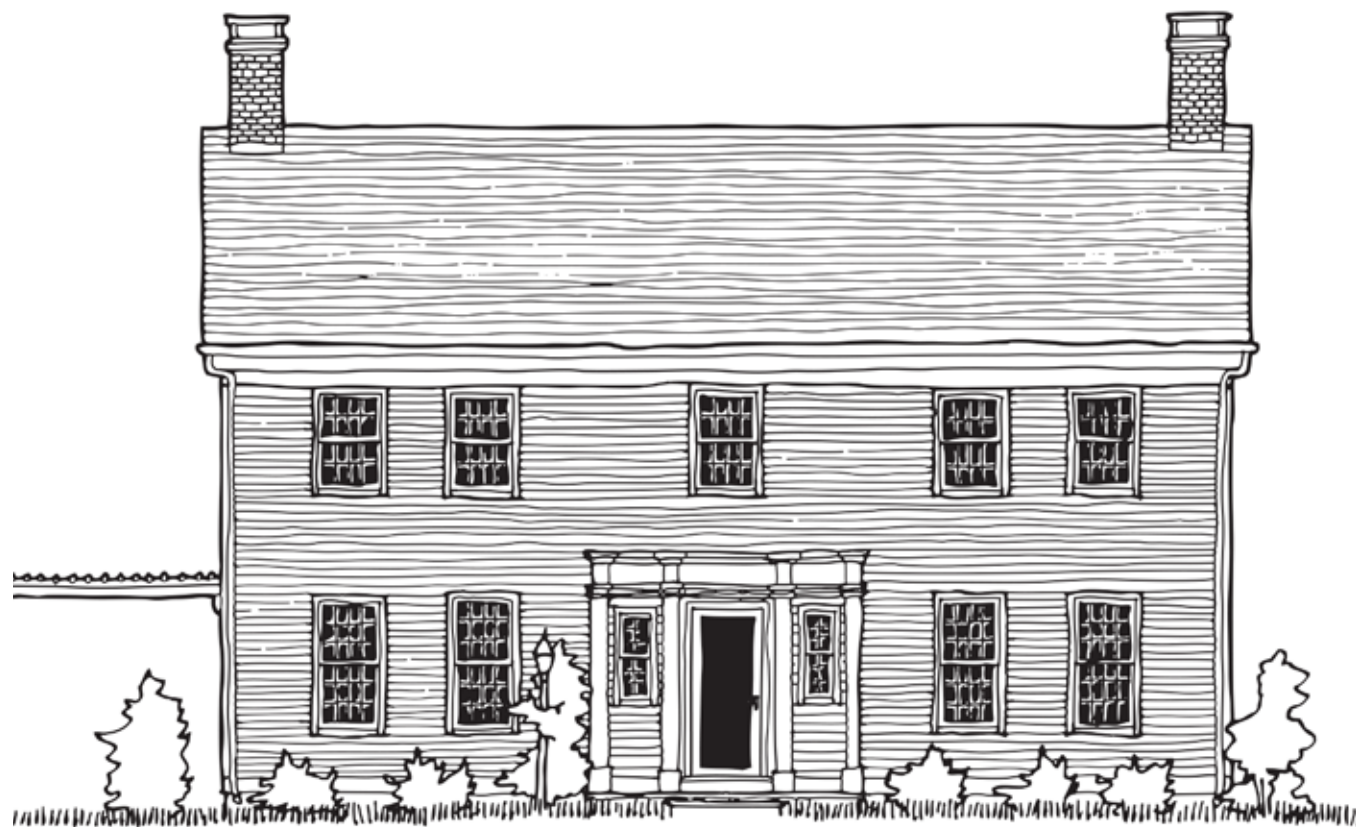


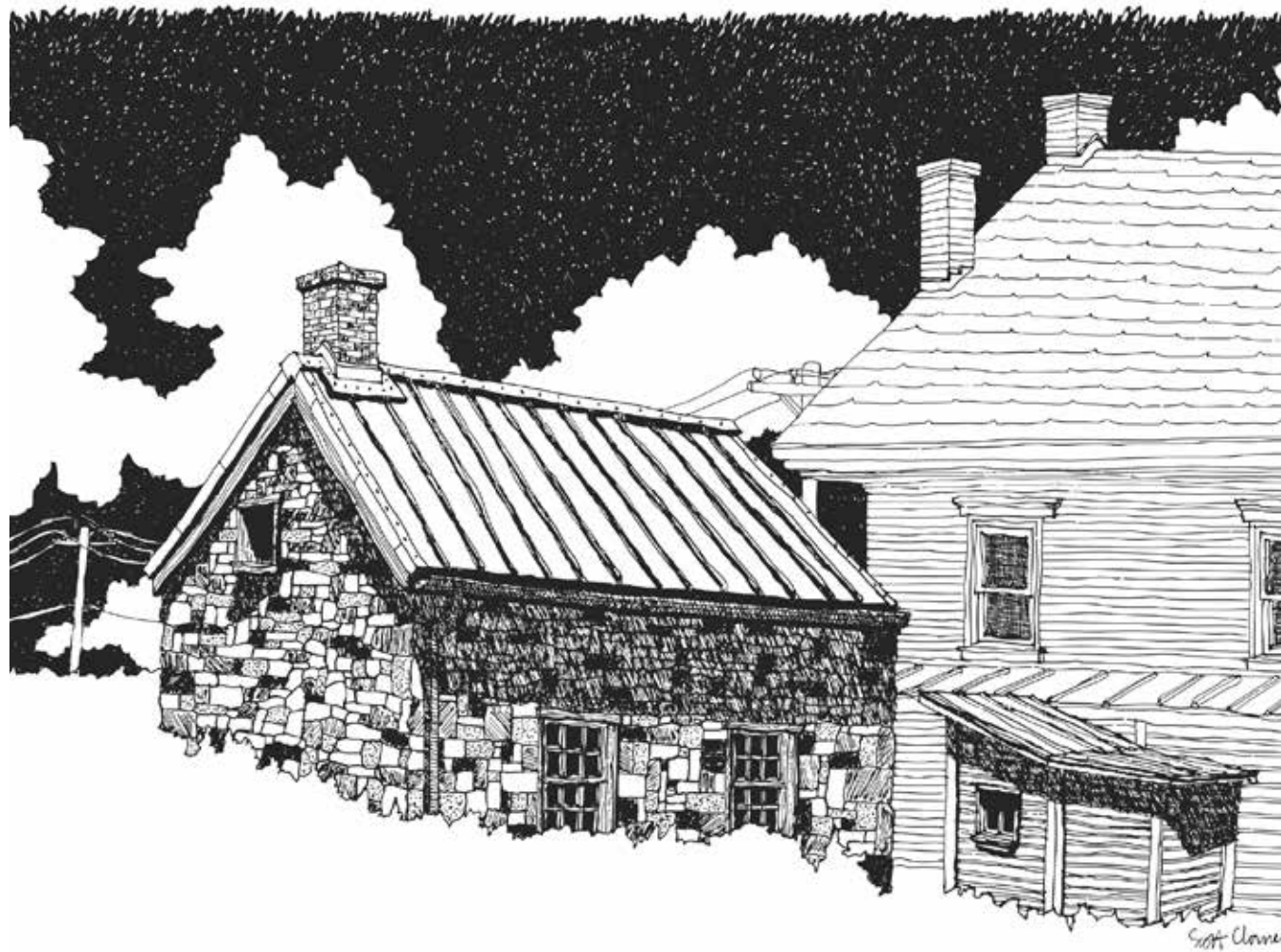
Art: *Scott Clowney*

A very special artist who grew up in Gettysburg and whose family has a long and active history in Adams County did the drawings of our favorite houses. We first learned about Scott Clowney when we purchased two of his architectural drawings of historic houses at the Annual Art Auction to benefit the Land Conservancy of Adams County. Since then,

we have commissioned drawings of our house in Center Mills, the summer kitchen, and our descendants' houses in Shaftsbury, Vermont and Saylorsburg, Pennsylvania.

Scott is a joy to work with and we have derived great pleasure from his art. He is an architecture enthusiast. Currently, he serves as the exhibitions and public programs director at the Washington Chapter, American Institute of Architects. In this role, he is responsible



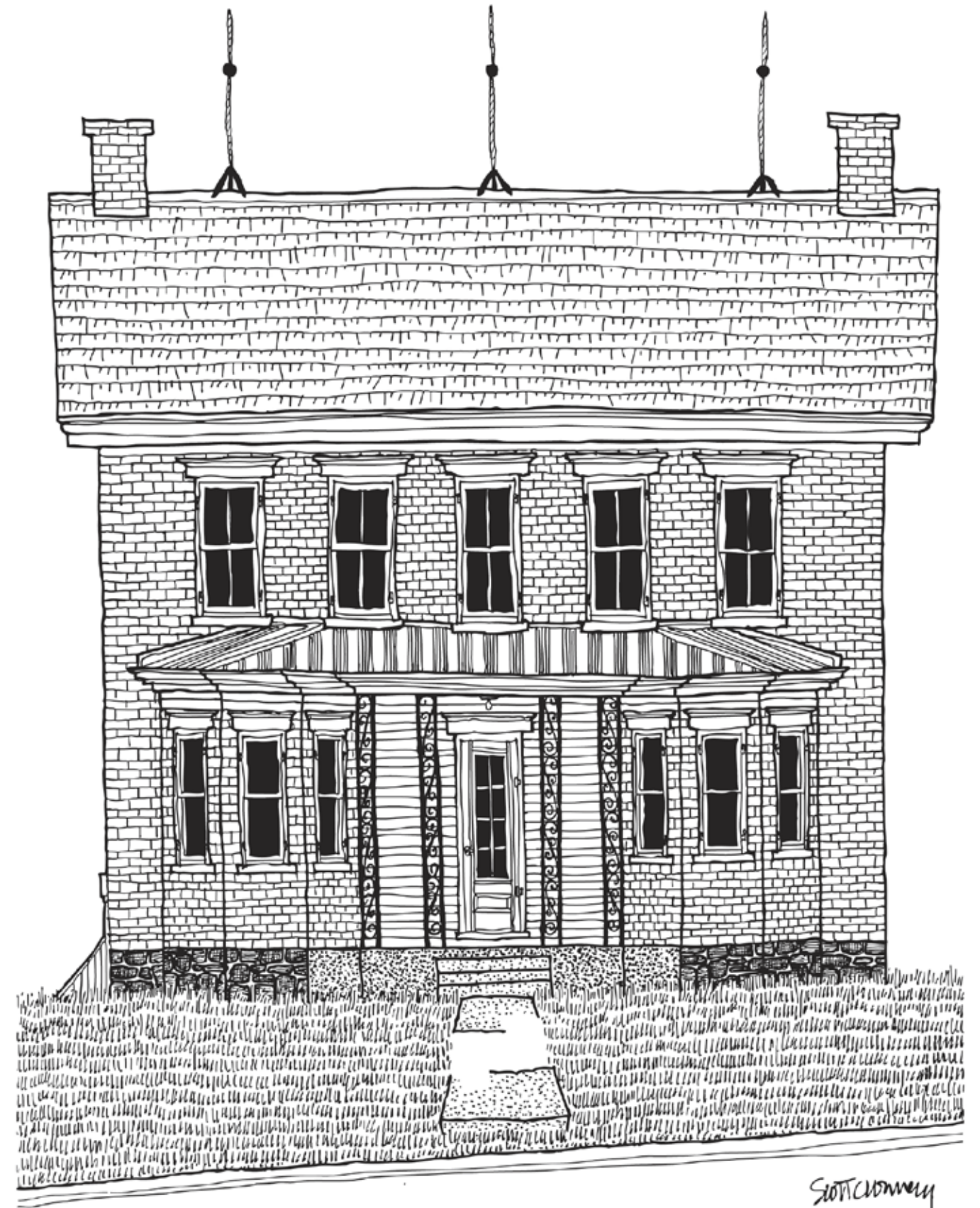


for developing and executing a range of exhibitions and public programs that explore the intersection of architecture, design, and culture. He works closely with a team of curators, designers, and educators to create engaging and informative exhibitions that appeal to a broad range of audiences.

Scott Clowney loves photography, to take regular hikes to interesting places (frequently architecturally centered) and

often returns to the Gettysburg area. But most dear to our publishing heart, Scott has authored and illustrated three informative coloring books that encourage playful connections to architecture: *Historic Buildings of Washington, D.C.* (2017); *Historic Buildings of Boston* (2018); and *Historic Buildings of New York City* (2019). His books are published by Commonwealth Editions, imprint of Applewood Books, Inc.

Proof





Harvest: *Squash & Peppers*

The Golden Egg Squash has been voted the best-tasting squash in Burpee's taste trials for 2 years in a row. It is a lovely plant, easy to grow, and produced beautiful squash. Burpee calls the Golden

Eggs a picture-perfect gourmet sensation with succulent flavor and texture. They are as "exquisite as a Fabergé egg but so much tastier." These squash are spherical, golden-yellow egg-shaped zucchini measures up to 5" across, with a delicious creamy

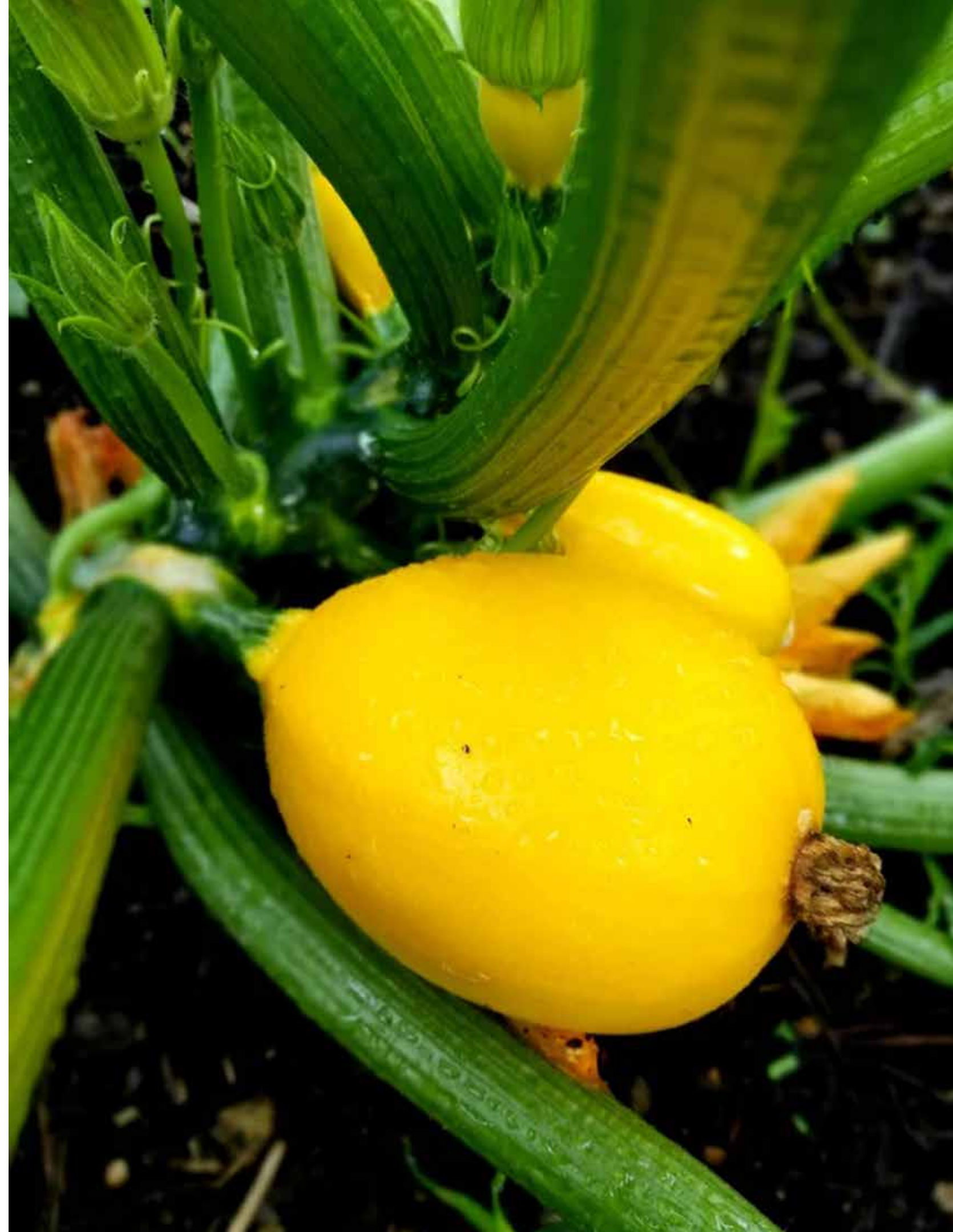


Harvest: *Squash & Peppers*

flesh with hints of chartreuse. It is a high-yielding plant, with an 8-week harvest. We started ours from seeds and look forward to planting them every year.

One of our favorite meals to make with the Golden Egg Squash is a classic zucchini pie. The recipe starts with a pie crust set

in a deep pie pan. Pillsbury recommends painting a thin layer of spicy mustard on the bottom of the piecrust before adding the mixture to the pan for baking. The squash is thinly sliced and swetted, and then mixed with eggs and herbs. The final ingredient is shredded Mozzarella cheese before baking.





This year we grew a variety of different little peppers. None of them was terribly spicy. Our favorite use for them was to create cheesy omelets chock full of diced

peppers. Though we love to make our own bread, we often buy Dave's Killer Bread for breakfast toast. The 21 Grains and Seeds is our first choice.





Celebration: *Flowers & Cake*

There are so many calls for special cakes at our house in the summer—birthdays, picnics, and anniversaries. Sharon Karlheim of Cambria County was the winner of the 2023 PA Farm Show chocolate cake competition with a peanut butter iced chocolate cake

with layers of icing and chopped peanut butter cups, topped with a squiggle of peanut butter icing. We had to try it. While the original cake recipe called for many separate operations of icing and decorating, we simplified our version to just a few of the steps. We baked the chocolate cake following the recipe, then separated it into layers. Our





layers were frosted with peanut butter icing and sprinkled with chopped peanut butter candy pieces. The top was decorated with a few mini peanut butter cups and drizzled with peanut butter icing.

While we sometimes decorate our special cakes with sugar roses, in the summer it seems natural to decorate our cakes with real flowers, roses and ivy. These particular flowers are not edible, of course, but very pretty and seasonal to see. We just remove the greenery before serving.





This basket of peonies from the garden is actually made from a berry basket wrapped and woven with strips of old fabric. We published a paperback book recently, *Baskets From Trash* that is available on Amazon.





Many cultures use hot irons and a thin sweet dough to make crispy fried confections that are then sprinkled with sugar. We used ours to make rosettes, not unlike the funnel cake we find at local fairs. Not terribly healthy, but a fun once-in-a-while special treat. Great with ice cream.



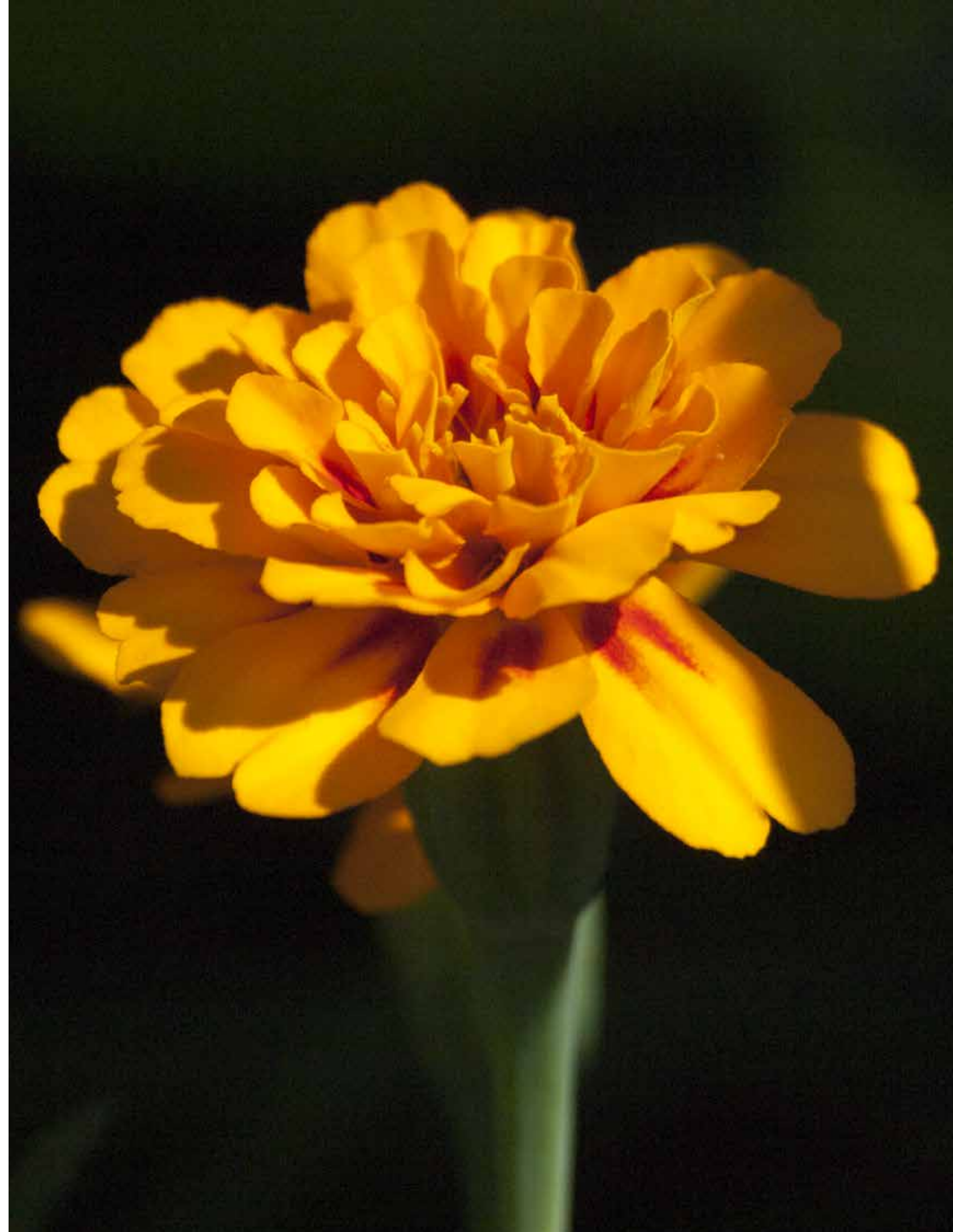


Garden: *Marigold Tea*

We plant an abundance of marigolds each year, then save the seeds and plant even more the next year.

We began to look for ways to use the flowers and found they are edible and have a history of medicinal use. One recipe we tried and

repeated because we enjoy the results was marigold and fresh mint iced tea with honey. Tea made with fresh mint and marigold flowers is enjoyed all over the world. It is often served hot, but can also be enjoyed over ice for a refreshing summer beverage. The tea is also a popular ingredient in cocktails and mocktails.





The recipe we used recommended black or green tea. The tea was steeped first, then star anise, marigold petals and fresh mint leaves were added and continued to steep in a covered pot for an hour. The liquid was strained and placed in a glass container. Honey was added to the warm liquid. When it was fully incorporated, the tea was chilled. We served our tea over ice with a garnish of fresh mint and marigold flower heads.





Crafts: *Izzy Bears*



In the early 1990s, Carol Isfeld, the mother of Master Corporal Mark Isfeld, a Canadian peacekeeper serving in Croatia, came up with an idea that would bring comfort to the children affected by war. She created a small handmade doll that she called the “Izzy Doll.” The Izzy Doll became a symbol of hope and love for children caught in the crossfire of conflict zones.

Mark Isfeld was deployed as part of the United Nations Protection Force to help keep the peace in Croatia during the

Balkan wars. His unit was stationed in the town of Medak, which was the site of intense fighting between the Croatian army and Serbian forces. During his time there, Isfeld witnessed the suffering of the civilian population, particularly the children who were traumatized by the violence.

Mark Isfeld started to give these dolls to the children he encountered during his patrols. The children were thrilled with their new toys, and the dolls quickly became popular among the local population. The dolls provided a small but meaningful





gesture of kindness and hope in the midst of the chaos of war.

Sadly, Mark Isfeld was killed by a landmine in Croatia in 1994, but his legacy lived on through the Izzy Dolls. Carol Isfeld continued to make the dolls and sent them to soldiers serving in other conflict zones around the world. The dolls were distributed to children in war-torn countries such as Bosnia, Afghanistan, Iraq, and Haiti.

The Izzy Dolls became so popular that they eventually caught the attention of the Canadian military. The military started to distribute the dolls to their troops to give out to children in conflict zones. The dolls became a symbol of Canada's commitment to peacekeeping and humanitarian efforts around the world.

When Mark was killed in 1994 by a land mine explosion in Croatia, members of the 1 Combat Engineer Regiment asked Carol to continue making and sending them the dolls to give out. Before Carol died, she turned over her precious project to Billy

Willbond and his organization ICROSS. One ICROSS partnership was with Health Partners International Canada (HPIC) that became the major distributor of Izzy Dolls. Their agreement was that the dolls could not be bought or sold and they would benefit children in Mark Isfeld's memory. A free knitting pattern was developed by Esther Braithwaite and can be found on Ravelry.

In 2002, the Canadian government officially recognized the Izzy Doll as a symbol of Canada's peacekeeping efforts. The dolls were also featured in a documentary called "The Gift of the Izzy Doll," which chronicled the story of the Isfeld family and their efforts to bring comfort to children affected by war.

This year we made and donated Izzy Bear Dolls. They were knit on four needles in a variety of different yarns—all acrylic with polyester stuffing. One bunch went to the Ronald McDonald House in Philadelphia. Because it is a medical facility, the bears had to be washed and individually packaged.





Local Eats: *Uglies*



When it comes to snacking, a lot of people look for something that is both delicious and unique.

Uglies Kettle Chips fit that bill perfectly. These chips are made in Pennsylvania and have gained a loyal following thanks to their unusual appearance and delicious taste. The premise of this segment of their business is that they use potatoes that would likely be thrown away otherwise. They are not spoiled potatoes, however, they are simply inconsistent shapes.

This gives Uglies Kettle Chips their unique appearance. Unlike other chips that are perfectly shaped, Uglies chips are irregularly shaped and come in a variety of sizes. Some are thin and crispy, while others are thicker. This unique appearance is due to the fact that the chips are made from potatoes that are too small or too big to be

used by other chip manufacturers.

Uglies Kettle Chips are far from ugly in taste. They are cooked in small batches using sunflower oil, which gives them a rich, deep flavor. They are also seasoned with a variety of delicious spices, including sea salt, vinegar, and barbecue seasoning. The result is a chip that is crispy, flavorful, and incredibly addictive. There are a lot of potato chips made in Pennsylvania and Uglies are definitely unique. Our favorite is the Uglies sweet potato chips.

Uglies Kettle Chips are made by Dieffenbach's Potato Chips, a family-owned business based near Lancaster. The company was founded in 1964 and has been making potato chips ever since. Dieffenbach's uses only the best quality potatoes, which are sourced from local farms whenever possible. They also use environmentally-friendly packaging for their products, which is a big plus for those



who are conscious of their impact on the environment.

One of the things that makes Uglies Kettle Chips special is their commitment to giving back. The company has a program called “Uglies for Good,” which donates a portion of its profits to charities and non-

profit organizations. The program has supported a variety of causes over the years, including hunger relief, animal welfare, and environmental conservation.

Above, the step-by-step for Dave’s burrito wrapped veggie burgers. Great with Uglies Sweet Potato Kettle Chips.





Home Sweet Home: *Mochi*



Mochi ice cream, a popular dessert in Japan, has become a favorite in the United States in recent years. This sweet and chewy treat is a combination of traditional Japanese mochi and ice cream, making it a unique and satisfying dessert option.

Mochi is a sweet rice cake made from

glutinous rice flour, sugar, and water. It has been a traditional Japanese food for centuries and is often used in various dishes, such as mochi soup and mochi sweets. In recent years, mochi has gained popularity as a standalone dessert, often filled with sweet bean paste or fruit.

Mochi ice cream, on the other hand, is a relatively new creation that originated in





Japan in the 1980s. It was invented by a Japanese confectioner who wanted to create a new type of dessert that combined the traditional flavors of mochi with the popular taste of ice cream. Mochi ice cream quickly became a hit in Japan and soon made its way to the United States.

Today, mochi ice cream is widely available in the United States, and many Americans have come to love its unique texture and flavor. The dessert is made by wrapping a small ball of ice cream in a layer of soft and chewy mochi dough. The dough





is made from glutinous rice flour, which gives it a stretchy and slightly sticky texture. The ice cream filling is usually a classic flavor like vanilla, chocolate, or strawberry, but there are also more adventurous flavors like green tea and red bean.

We find Mochi in the grocery store, but we have also tried making them ourselves. We used a recipe on the Food Network website, *Mochi Ice Cream*. It required very few ingredients: rice flour, ice cream, corn

starch and sugar. The recipe recommends making ice cream balls and freezing them in a clean, plastic-wrapped egg carton. When the dough is ready, it is rolled out into small circles, then wrapped around each ice cream ball. We pinched them with damp fingers to hold the dough together. Then, back in the freezer. Once frozen, we moved our Mochi to a storage container.

While it was fun to make our own, it is easier to buy at the grocery store.



Favorite Things: *Bugs*



We like to encourage beneficial bugs to make our garden their home. Ladybugs and praying mantises are two of our favorite beneficial bugs that can help control pest populations and improve the overall health of the garden.

Ladybugs, also known as lady beetles, are

small, colorful insects that are well-known for their ability to control aphids, a common garden pest. Aphids are small, sap-sucking insects that can quickly reproduce and cause damage to plants. Ladybugs, on the other hand, feed on aphids and can consume up to 5,000 of them in their lifetime. Additionally, ladybugs are also known to eat other pests such as mites and whiteflies. We often buy





ladybugs to put in our garden, something we have been doing for years.

Praying mantises are another beneficial insect that can help control pest populations in your garden—and they are fun to see. These insects are known for their distinctive appearance, with elongated bodies and long, grasping front legs. Praying mantises are predators that feed on a wide variety of

insects, including aphids, flies, and moths. They are also known to eat larger insects such as grasshoppers and crickets.

We keep an eye out for hornworms, on the other hand, and get them off the plants. While not typically thought of as beneficial insects, can actually play an important role in the garden ecosystem. Hornworms are the larvae of sphinx moths and are known





for their voracious appetite. They can quickly consume entire leaves of tomato and pepper plants, causing significant damage. However, hornworms are also a food source for birds such as blue jays and mockingbirds.

After years of searching for them, we found that hornworms fluoresce under a black light and hunt them now at night. It is much easier than looking for them during

daylight hours. Hornworms are perfectly camouflaged. They look just like the plants they attack. Left to roam free, they can destroy tomato plants in very little time.

Above, Dave took photos of our tomatoes and when he saw the pictures realized there was a hornworm on the branch. We laugh when we see a hornworm. because we are reminded of Heimlich in the Pixar animation movie “A Bug’s Life”.





Best Views: *Kayak*



Above, kayaking. Previous pages, poppies in bloom.

Penn, journal of everyday life

A quarterly publication. All content in this issue is produced by Susan and David Bonser.

Please Note: For this issue, we used free AI software based on CHATGPT to generate some text content. It was an interesting experiment. While we used much of the generated content, we edited it to reflect our voice and added text the machine could not have known.

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