

Telegram From

April 2010



Embrace Our Earth



If the sight of the blue skies
fills you with joy,
if a blade of grass springing up
in the fields has power to move you,
if the simple things of nature have a
message that you understand,
rejoice, for your soul is alive.

~Eleonora Duse

April 22nd Earth Day needs to be celebrated every day – young children certainly remind us of this. Our daughters enjoy the mud after the rainfall, the ladybugs crawling on their hands, watching birds build nests in the trees, they enjoy the beach and swimming in the lakes, playing at our clean parks or going on nature walks. Don't we owe it to ourselves and our future generations to reduce, reuse, recycle so we can continue to enjoy this natural playground we live in. This month enjoy what our earth has to offer-great for the body, soul and it's free.

The world is mud-luscious and puddle-wonderful. ~e.e. cummings

Cheers,

Amy & Sean Zister

Seminar: Protecting the Mountain Gorilla

Adam Kasper traveled to Rwanda with his wife in 2006 to photograph and learn firsthand about the endangered Mountain Gorillas of the Virunga Massif. With only 600 remaining in the wild, these Gorillas are incredibly threatened because of their precarious location on the slopes of the volcanoes. This lecture will discuss the threats these Gorillas face and their future in the region.

When: Wednesday April 28th, 2010

Where: Seven Shores Urban Market & Cafe

Time: 7:00 pm Cost: Free

R.S.V.P by Mon. April 26th

info@sevengshorestrading.com or 519-342-0916.

Eco Earth Photography at Seven Shores



Adam Kasper's philosophy for Eco Earth Photography is to use the images he can capture to inform about not only the immense beauty within our world, but also the threats to it. Adam sees his images as being 'windows to the world' that enable him to create awareness and empathy towards various world issues.

<http://www.ecoearthphotography.org/Home.html>

Come check out his amazing exhibit hanging up at Seven Shores from April 15-30th. Looking for great art-limited editions will be for sale.

Inspiring KW Designer – Fashion Couture

Amanda Da Silva

Encore Spring - Summer 2010 collection

Salon Showing

Inspired by the season of expressing life and love

Saturday April 10th, 2010

7pm reception/8pm show/after show mingle

72 St Leger St. Kitchener

RSVP amanda@amandadasilva.com

Help Us Support Procession of the Species Parade



Photos of other Procession of the Species Parades in the world by Laura Killian

Kitchener-Waterloo will host their first annual **Procession of the Species Parade** on **April 24, 2010**. Procession of the species is a community arts-based Earth Day celebration where people flood the street to flaunt their favourite species or natural element whether it is flora, fauna or fungi, the sky is just the beginning! Seven Shores can't wait!!

More information www.kwprocession.ca. Lots of great workshops offered so don't forget to check out the calendar!! Volunteers welcomed so please contact kwprocession@gmail.com.



DECLUTTERING WITH A PURPOSE

Mary Ann Hiscott, a professional organizer definitely gave some great tips on decluttering closets, home, workspace etc on February 13th. Thank you to all who attended and engaged in some great conversation about why less is more. Best tip-give away what doesn't make you feel good and only surround yourself with things you love. Make time for what is most important.

A Special Thank You to those that donated amazing treasures to the Family Violence Relocation Program. A big thank you also to all volunteers who give countless hours in helping rebuild safe and happy homes. If you have other items that you would like to donate email info@sevengshorestrading.com.

LOCAL PRODUCE AT SEVEN SHORES THIS MONTH

Carrots, Spinach, Potatoes and Tomatoes!

Sign up for our weekly Organic food box program www.sevenshorestrading.com

Recipe:

This month's Recipe Salsa is a favourite at our house along with Barrie Bros. Asparagus Tortilla Chips – found on Seven Shores Market Shelf. Gotta try them!!

Tomato Salsa

<http://www.foodlink.ca>

Local Ingredients

- [Onions, Storage](#)
- [Garlic](#)
- [Peppers, Red](#)
- [Peppers, Green](#)
- [Peppers, Hot](#)
- [Tomatoes, Beefsteak](#)
- [Herbs](#)

Instructions

From Floralane Produce in Elmira, this recipe for homemade tomato salsa is especially good to make in the summer when tomatoes are ripe, plentiful and sweet. It also makes a great "gift-from-the-kitchen" for special occasions.

8 cups beefsteak tomatoes, chopped finely
1½ cups onions, coarsely chopped
½ cup green pepper, coarsely chopped
½ cup red pepper, coarsely chopped
6 -7 cloves garlic, finely chopped
¼ cup coriander, finely chopped
2/3 cup red wine vinegar
1 tbsp salt
1 tsp white (or black) pepper

Combine all the ingredients in a large pot and bring to a boil over medium-high heat. Reduce the heat to medium once it comes to a boil.

Simmer, stirring often, for 10 minutes.

Remove from heat and ladle into hot, sterilized jars. Seal and process in a boiling water bath for 10 minutes if the salsa is to be stored for a while.

Makes six 500ml jars.

Variations

Add chopped hot peppers or hot sauce to your taste to increase the heat content.

Add 1 cup of sour cream to 1 cup of salsa for a delicious creamy dip.

Happenings at Seven Shores

PATIO IS NOW OPEN – come and enjoy the outdoors!

BREAKFAST IS SERVED – starting at 7am Monday to Friday and at 9am on Saturdays. Seven Shores offers a variety of breakfast selections: toasted western, 2 eggs and toast, 7 grain hot cereal; bagels and homemade muffins and scones!



Seven Shores Urban Market and Café
8 Regina St. N – Unit 5, Waterloo, ON.
Hours: Mon.- Fri. 7am to 7pm; Sat. 9am to 5pm
Sundays - Closed
www.sevenshorestrading.com
519-342-0916

One touch of nature makes the whole world kin. ~William Shakespeare