

Telegram From

March 2010



Spring Revival

It is exciting as the snow melts and we begin to breathe a wave of fresh air. Now is the time for us to enjoy the sun and gather a renewed energy. Our surrounding environment is very important to our Longevity and Lifestyle. Where you live, who you hang-out with, what you eat - all have long lasting impacts on your health. Explore the outdoors – your neighbourhood – organize a pot-luck brunch with friends/family/neighbours – create a social environment in your life and live by example.

Cheers,

Amy & Sean Zister

EGGS AT SEVEN SHORES

We offer a free-run, anti-biotic and gmo free, multi-grain fed chicken egg from Burnbrae Farms. 1 doz. for \$3.50 – available 6 days a week in the cafe.

NEW on our menu are Toasted Westerns and Two Eggs and Toast. We are now serving these breakfast specialties all day long. Our doors are open from 7am till 7pm - make sure to compliment your meal with our freshly roasted coffee, loose leaf tea or energizing smoothies.

Wooden Eggs Hand-painted from India will be on sale for the next couple weeks – limited quantities available.

All About Eggs

Eggs are a smart start. Eating a well-balanced breakfast can increase concentration level and attention span, which can help improve memory, problem-solving skills and test scores. That's why it is important to start your day off right with a healthy breakfast that is high in protein - like eggs!

Easter Egg remedies

Eggs laid on Good Friday and eaten on Easter Sunday are said to protect against fever the whole year round! Thrown into the heart of a fire, they are thought to have the power to extinguish the blaze. Buried in the garden or on the edge of a field, they guard against lightning and hail, and protect beehives.

<http://www.eggs.ca/AllAboutEggs/BriefHistory.aspx>

Marbled Eggs:



A favourite technique that was used in our house. Simple food coloring dye technique with a twist - adding oil for marble looking eggs. This egg decorating idea requires no special materials except a child's imagination!

What you'll need:

- Eggs (hard boiled or raw)
- Food coloring
- Vinegar
- Cooking oil
- Containers for the dye mixture (mugs will work)
- Paper towels
- A few spoons

How to make it:

1. In each container combine one tablespoon of each of the following: oil, vinegar, and your choice of food coloring.
2. Add enough water to make the liquid deep enough to cover an egg.
3. Swirl the liquid with a spoon, and quickly lower and raise an egg into it.
4. Pat dry with a paper towel, and repeat with a second color.
5. Swirl into a third color, if desired. Some white areas can be left on the egg.
6. Gently pat dry the completed egg, leaving a bit of the oil to give the egg a varnished look.

<http://crafts.kaboose.com/oil-and-food-coloring-marbled-eggs.html>

Recipe:

Organic Spelt Crepes

<http://littlecityfarm.blogspot.com/2009/07/100-mile-desserts-spelt-crepes.html>

Serves 4-makes 10 medium sized crepes

Ingredients

1 cup organic spelt flour
1/2 tsp salt
3 eggs
1 1/4 cups milk

- 1) Mix all ingredients together in a large bowl and whisk well until lots of small bubbles form.
- 2) Preheat cast iron skillet and lightly coat with oil. It is helpful to oil pan before making each crepe so they don't stick.
- 3) Pour 2-3 Tbsp batter into the pan, and quickly rotate so batter covers entire skillet.
- 4) Bake 1-2 minutes for first side, then gently flip crepe and cook about 30 seconds more for second side.
- 5) Remove from skillet and roll up.
- 6) Either serve with an inside filling, or top with fresh fruit and whipped cream or yogurt.

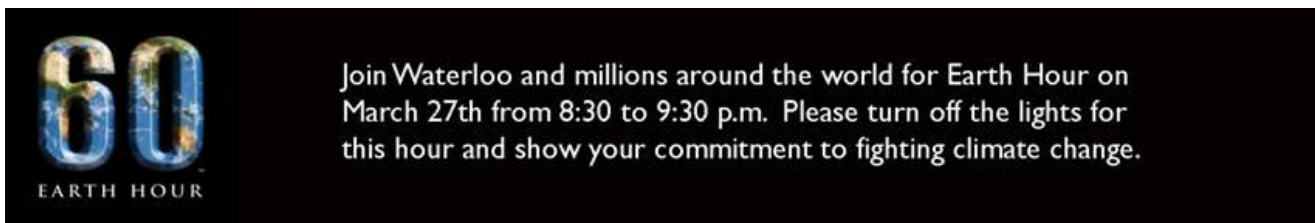


<http://littlecityfarm.blogspot.com/2009/07/100-mile-desserts-spelt-crepes.html>



Seven Shores Urban Market and Café
8 Regina St. N – Unit 5, Waterloo, ON.
www.sevenshorestrading.com
519-342-0916

Join Waterloo for Earth Hour



About Earth Hour

Earth Hour began in Sydney, Australia in 2007. On March 31 of that year, 2.2 million people and 2,100 Sydney businesses turned off their lights for one hour. This massive collective effort reduced Sydney's energy consumption by 10.2% for one hour, which is the equivalent effect of taking 48,000 cars off the road for a year. In 2008, the Earth Hour organization went global asking cities, businesses and citizens to participate. Last year, Waterloo participated and reduced energy consumption by 10.3% during that hour.

How to participate...

If you'd like to participate, please register at wwf.ca/earthhour. You'll receive information from the site on meaningful ways to show your support.

Janice Rigg [Janice.Rigg@waterloo.ca]

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!!

Check out www.kwprocession.ca. Lots of great workshops offered so don't forget to check out the calendar!!!

Volunteers and materials are also needed so please contact us if you can help at kwprocession@gmail.com