



Mrs. Yoder's Kitchen

June 2016

Last month I wrote about quilting becoming a lost art. I thank you for all the comments and letters I received, most people agreed with me. There was, however, one lady who disagreed with me. Her church quiltings are still going strong. There are about nine ladies, mostly widows, who meet at the church three to four times a week and quilt for a couple hours then go out for lunch afterward. She said it is good to get out of bed in the morning and have a place to go and socialize. I say, good for them, it will keep them young! I think there is something else that's becoming a lost art and that is gardening, canning, and cooking. It all centers around time. Working mothers have a hard time staying caught up with laundry, keeping the house clean, and running the children around to all their sporting events or club meetings. We didn't used to be so busy as a society. But as people rely more and more on two incomes to make ends meet, I don't see anything changing. I remember at home, dad would get the garden ready and mom and I would do all the planting, weeding, and hoeing. Mom would take one row and I the next, and we would talk as we worked. It made the workload light and fulfilling. I loved that feeling of satisfaction when the job was finished. I loved to watch as the seedlings popped through the ground, and then as the plants grew and matured until finally it was ready for harvest, which meant canning and freezing time. I enjoyed the time my mom spent teaching me the art of preserving foods, she never viewed it as such, as

it was simply a job that needed to be done and I was her helper.

Another challenge today's busy women face is coming home from a hard day's work and trying to get a nutritious, well balanced meal on the table for the family. When you are tired and stressed out it's not easy. It takes time, effort, and planning ahead. Crock pots help out, but things don't always materialize the way you envision them. It becomes easy and convenient to just go and buy dinner. Have you ever been at Beuhler's or Rhode's at dinner time and seen the amount of meals they're sending out to-go, or at one of the fast food places and the entire family is dining out

together. This can easily -become a habit. What was once a luxury has now become the norm. Even today's mom could quickly put a healthy dinner on the table if the basement was stocked with home canned meats, vegetables, applesauce, potatoes, and soups. What would be a huge timesaver is simply not available because it takes time and effort to prepare and can all these things. The sad thing is that the next generation of women will grow up without home canned goods even being a part of their lives, so it will become a lost art all too soon. Times have changed, but we can choose if we want to change with it.

Souper Salad Bar Prizes

1. \$250 worth of meat of your choice from Mrs. Yoder's Kitchen
2. \$125 worth of meat of your choice from Mrs. Yoder's Kitchen
3. Dinner for two, once a month for a year
4. Dinner for 10 People
5. Dinner for 6 People
6. Dinner for 4 People



Plus lots of gift certificates for Mrs. Yoder's Kitchen

Enter your name every time you eat here on a Wednesday night. Drawing will be held Wednesday June 29th

Mrs. Yoder's Kitchen

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The following recipes are the most requested ones
that we have served on the Souper Salad Bar

Baked Custard

$\frac{3}{4}$ cup white sugar
 $\frac{3}{4}$ cup brown sugar
2 T. all-purpose flour, rounded
6 eggs, divided
1 can carnation milk
4 cups milk
Pinch of salt

Heat 4 cups milk and carnation milk until skin forms on top. Mix remaining ingredients together except for 2 egg whites. Add hot milk. Beat egg whites until stiff and fold in. Pour into 9x13 pan. Set pan into a bigger size pan and fill gap with water to bake. Bake at 425° for 12 minutes, then 350° for 25-30 minutes. Custard will still be shaky in the middle. Must cool completely.

Best made a day ahead.

No Bake Peanut Butter Bars

2 sticks salted butter
1 cup chunky peanut butter
2 cups powdered sugar
12 oz vanilla wafers
12 oz mini semi-sweet chocolate chips

Line a 9x13 pan with parchment paper, mix together butter and chunky peanut butter until smooth. Stir in powdered sugar one cup at a time. Crush vanilla wafers with a rolling pin, then add the crumbs and chocolate chips to peanut butter mixture. Spread evenly in pan and set aside.

2 cups semi-sweet chocolate chips
 $\frac{1}{2}$ cup creamy peanut butter
 $\frac{1}{2}$ cup chopped peanuts

Melt chocolate chips and peanut butter together, allow to cool for a few minutes, then pour over base. Spread evenly and sprinkle chopped peanuts on top. Refrigerate for at least 2 hours, then cut into small squares.

News Alert!

Be sure to watch Neil Zurcher on Channel 8, on May 31 at 10:00 AM.

Mrs. Yoder's Kitchen will be featured on a cooking segment.

HINT: We only make this in the springtime for a select period of time. Tune in to find out what it is!

SOMETHING YOU SHOULD KNOW

Robert Burkholder was in the Cabela's national walleye fishing tournament in Michigan on May 19, 20, 21. Next time you see him ask him how he did!

Father's Day is Sunday June 19th, do something special with your Dad and tell him you love him! It will be the best gift he will receive.