

Missouri Board on Geographic Names (MOBGN) Cookbook 1995-2010



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Missouri Board on Geographic Names
(MOBGN)
Cookbook
1995 – 2010

Written By

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Forward

Americans have a fascination with food and another fascination with naming just about everything.

We have a potato named for a state – Idaho.

We have a dessert named for a state – the Baked Alaska. Texans might like it if the state was baked until it melted and lost enough of its area that Texas could reclaim its lost status as the largest state in the union. I wonder if there was ever a Baked Alaska with a Mt. McKinley on it?

Long before they were a state those islands in the Pacific were known as the Sandwich Islands.

I wonder if it says something for the sobriety of New Yorkers that we have at least two alcoholic drinks named for New York features – the Long Island Tea and the Manhattan.

Our fascination with naming geographic features for foods, cooking or items found in the kitchen rivals commemorative names. There is Cook Inlet (although named for Capitan Cook which is a name that probably described an ancestor's occupation), Devils Kitchen (many a cook has probably thought the kitchen rivaled the heat of one that might be found in Hell although Hells Kitchen is in Massachusetts), Devils Cauldron, Great Egg Rock, Great Egg Harbor Bay, Great Egg Harbor Inlet and Great Egg Harbor River (no Great Egg Harbor, though) and lots of Little Egg names including a Little Egg Harbor. We have geographic features containing the words ladle, knife, spoon, lots of forks, bowls, mixer, and on and on. Throughout this cookbook you will find tables of geographic feature names related to some ingredient or tool or kitchen equipment used in the preparation of a recipe. All GNIS references were downloaded from the public search site.

I love to cook and I love to work with geographic names so it is a natural fit that I would bring two of my loves together.

That is what this cookbook is about. With few exceptions, all of them have been served at a Missouri Board on Geographic Names meeting or event.

Introduction

I grew up in central Illinois, not on a farm, but in a small farming community. My mother was a believer in the daughter of the house learning to cook so by the time I could stand on a chair at the electric stove I was cooking. Before I was in seventh grade, I was cooking the dinners for a family of four large eaters.

My father was a meat and potatoes man. My mother grew up on a farm. Her mother had two white thumbs and eight white fingers. Although my Grandmother Eula died when I was only three, I heard stories about her baking abilities. She used to bake for the farmers' market and was sold out before the market opened.

I still use the mixer she used to whip up her delicacies. My grandparents were married around 1913 and my grandfather sold Kitchen Aid® mixers for a brief time. My grandmother got one of the small commercial Kitchen Aid® mixers that she used for nearly 40 years. When she died, my mother inherited the mixer and used it until 1980. I've got the mixer now and use it every time I cook.

Two things happened to this mixer during the time my mother had it. Some time in the 1950s when antiquing was popular, my mother decided to paint the mixer and the outside of one of its bowls green and antique it. I'm still trying to get the paint off the mixer and that bowl. The other thing that happened was due to my father being a model engineer. He often worked on engines. My father could not believe that a 50-year old engine didn't need oiling, so one day he took his handy-dandy WD-40 and squirted oil into the housing. Until my mother died she always had to wipe excess oil from the place where the beater attached to the motor. In fact, I still have to wipe oil from there.

My mother always said that if the house caught fire, she'd send us kids out and grab the 80-pound mixer on her way out. I would open the door for my dog then grab the mixer on my way out.

This mixer, whose serial number is only four digits long, has only needed three repairs. One was a new wire attachment for the shuttle, the second was a new grinding blade for the meat grinding attachment and the third was a new handle for adjusting the beater speeds. My father happily replaced all of these items.



Figure 1. Author's Kitchen Aid Mixer

Throughout this cookbook you will find lists of geographic feature names in some way associated with the recipe or an ingredient in the recipe or a kitchen tool used to make the recipe. All searches were done at the public web site. For those records that don't appear to have the appropriate word in the feature name, then that word will be found in a variant name for that feature, but in trying to keep this book to a somewhat reasonable size, the variant names are not listed.

A search of the public Geographic Names Information System (GNIS) web site returned six records using the word Mixer in their name and one using Mixing Bowl in its name.

Feature Name	ID	Class	County	State
Georgetown	77007	Populated Place	Pope	AR
Mixer Cemetery	957456	Cemetery	Jefferson	NY
Mixer Family Cemetery	1720551	Cemetery	Adams	IL
Mixer Lake	632530	Lake	Barry	MI
Mixer Pond	571480	Lake	Waldo	ME
Mixer Riffle	1159183	Rapids	Curry	OR

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Feature Name	ID	Class	County	State
Mixing Bowl Ski Trail	1782481	Trail	Lincoln	MT

Remember, I mentioned that I grew up in a small farming community in central Illinois and that my grandmother had white thumbs. Not only did I inherit (once removed) her mixer as well as many of her recipes (written in my mother’s handwriting), but I also inherited her baking ability. Now in the early part of last century lard, butter, real sugar, half and half, whole milk and condensed whole milk – not skim milk or condensed skim milk – were the norm. In the 1950s my mother started and later continued using oleo or margarine instead of butter, but when it came to the pie dough never ever substituted solid vegetable shortening for lard and never substituted skim milk or fat free anything in a recipe that called for milk or half and half. If the recipe called for whipping cream, the frozen substitute stayed in the grocery store. The recipes I’ve provided in this cookbook still call for the original ingredients although I do occasionally and reluctantly provide the adjusted amounts needed if a substitute could be used.

My mother’s choice of vegetables was generally pretty limited. Since my father was a meat and potatoes man, our evening meal consisted of a salad, a meat, a potato of some sort, another vegetable (usually corn, peas, carrots, or green beans) and a dessert.

This cookbook is, for the most part, a compendium of recipes served by the author at MOBGN meetings. The author does not particularly like donuts but can’t leave them alone when they are on the table. At the very first meeting to organize the MOBGN our host brought in a couple dozen donuts. (He was a guy. What else do I need to say?) I sat there and ate three of the “durn thangs”. At every meeting since, I’ve decided to save my stomach from those belly bombers and bring in my own goodies. All recipes in the cookbook have been created or modified by the author and prepared by her in her newly remodeled kitchen. In her travels, the author often ran across dishes she was particularly fond of and has tried to reproduce in her kitchen. Although these reproductions may not be exactly the same as those she had eaten elsewhere, they are nonetheless, in her humble opinion, “good enough to eat”.

To balance this cookbook I decided to include some recipes that have not been served at MOBGN meetings. These are generally those dishes served warm.

By the way there are 174 records in GNIS containing the word Kitchen in their geographic name.

Feature Name	ID	Class	County	State
Hells Kitchen	1894694	Locale	Valdez-Cordova (CA)	AK
Hells Kitchen Gulch	1403305	Valley	Valdez-Cordova (CA)	AK
Kitchen Anchorage	1418800	Bay	Aleutians East	AK
The Kitchen	1419347	Bay	Aleutians East	AK
Kitchen Prospect	157752	Mine	Randolph	AL
Wolfstown	157275	Populated Place	Morgan	AL
Canning Kitchen Hollow	71003	Valley	Izard	AR
Kitchen Bayou	50888	Swamp	Lafayette	AR
Kitchen Branch	72268	Stream	Yell	AR
Kitchen Hollow	50889	Valley	Sharp	AR
Calabasas	27169	Populated Place	Santa Cruz	AZ

Devils Kitchen	2568176	Area	Cochise	AZ
Devils Kitchen	28444	Area	Yavapai	AZ
Indian Kitchen	15404	Summit	Pima	AZ
Kitchen Spring	30791	Spring	Apache	AZ
Devils Kitchen	241470	Flat	Inyo	CA
Devils Kitchen	270863	Valley	Kern	CA
Devils Kitchen	253672	Spring	Plumas	CA
Devils Kitchen	1658411	Summit	Sonoma	CA
Devils Kitchen	259321	Area	Tehama	CA
Devils Kitchen	259322	Bend	Trinity	CA
Devils Kitchen	270862	Flat	Tulare	CA
Hells Kitchen	225137	Flat	Calaveras	CA
Hells Kitchen	243349	Flat	Riverside	CA
Hells Kitchen Vista	225138	Locale	Calaveras	CA
Kitchen Creek	271910	Stream	San Diego	CA
Kitchen Valley	271911	Valley	San Diego	CA
Devils Kitchen	193337	Summit	El Paso	CO
Devils Kitchen	174523	Pillar	Mesa	CO
Devils Kitchen Picnic Area	174522	Locale	Mesa	CO
Hells Kitchen	185287	Valley	Delta	CO
Kitchen Creek	173283	Stream	Grand	CO
Capri Isle	280014	Island	Pinellas	FL
Kitchen Branch	285151	Stream	Hillsborough	FL
Kitchen Cove	285152	Bay	Wakulla	FL
Kitchen Cow House Pond	285153	Lake	Levy	FL
Kitchen Key	285154	Island	Manatee	FL
Kitching Creek	285155	Stream	Martin	FL
The Kitchen	292163	Bay	Hillsborough	FL
The Kitchen	292164	Channel	Pinellas	FL
Devils Kitchen	330584	Flat	Union	GA
Kitchen Branch	344741	Stream	Randolph	GA
Kitchen Cemetery	316481	Cemetery	Newton	GA
Kitchen Gap	328417	Gap	Floyd	GA
Kitchen Neck	316482	Bay	Newton	GA
Communal Kitchen Museum	1999839	Building	Iowa	IA
Kitchen Cemetery	1999844	Cemetery	Iowa	IA
Anita Creek	376634	Stream	Idaho	ID
Hells Kitchen Spring	383081	Spring	Franklin	ID
Kitchen Creek	384266	Stream	Idaho	ID
Kitchen Creek	384265	Stream	Valley	ID
South Fork Kitchen Creek	390960	Stream	Idaho	ID
Devils Kitchen Dam	1690994	Dam	Williamson	IL
Devils Kitchen Lake	407159	Reservoir	Williamson	IL
Indian Kitchen Point of Interest	423631	Locale	Pope	IL
Kitchen Creek	437367	Stream	Warren	IN
Devils Kitchen	2569888	Locale	Wayne	KY
Hells Kitchen	2392129	Locale	Wolfe	KY
Kitchen Branch	495819	Stream	Knott	KY
Kitchen Cemetery	495820	Cemetery	Carter	KY
Kitchen Cemetery	2337457	Cemetery	Carter	KY
Kitchen Cemetery (historical)	2121144	Cemetery	Carter	KY
Kitchen Fork	495821	Stream	Perry	KY
Wild Kitchen	2568725	Locale	Wayne	KY
Wild Kitchen School (historical)	2568726	School	Wayne	KY
Kitchen Creek	547550	Stream	Grant	LA
Kitchen Creek	536216	Stream	La Salle	LA
Kitchen Creek Church	547551	Church	Rapides	LA
Kitchen Pond	542455	Bay	Plaquemines	LA
White Kitchen	1628494	Populated Place	St. Tammany	LA
Green Briar Jam Kitchen	606029	Building	Barnstable	MA

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Hells Kitchen	609287	Valley	Franklin	MA
Kitchen Brook	607498	Stream	Berkshire	MA
Kitchen Cove	569226	Bay	Washington	ME
Kitchen Cove Point	569227	Cape	Washington	ME
Devils Kitchen	624603	Swamp	Muskegon	MI
Devils Kitchen	738266	Basin	Camden	MO
Devils Kitchen Mine	749644	Mine	Carter	MO
Kitchen Cemetery	720656	Cemetery	Chariton	MO
Kitchen Cemetery	750629	Cemetery	Dent	MO
Kitchen Cemetery	720657	Cemetery	Platte	MO
Kitchen Mountain	672195	Summit	Tippah	MS
Devils Kitchen	770627	Basin	Garfield	MT
Devils Kitchen	799152	Basin	Roosevelt	MT
Devils Kitchen	770626	Basin	Treasure	MT
Kirchey Creek	785770	Stream	Missoula	MT
Kitchen (historical)	1781635	Locale	Mineral	MT
Kitchen Gulch	785779	Valley	Missoula	MT
The Devils Kitchen	801594	Basin	Lewis and Clark	MT
The Kitchen Ski Trail	1726758	Trail	Carbon	MT
Weeksville (historical)	1781025	Locale	Sanders	MT
Kitchen Branch	1012642	Stream	Buncombe	NC
Kitchen Branch	988031	Stream	Jackson	NC
Kitchen Cove	1012643	Valley	Jackson	NC
Candy Kitchen	887134	Locale	Cibola	NM
Candy Kitchen Ranch Airport	937003	Airport	Cibola	NM
Kitchen Cove	890729	Area	Eddy	NM
Kitchen Ranch	890730	Locale	Chaves	NM
Kitchen Well	890731	Locale	Otero	NM
Hells Kitchen	840947	Basin	Clark	NV
Hells Kitchen Canyon	840948	Valley	Washoe	NV
Kitchen Meadow	841501	Flat	Eureka	NV
Clinton	2083187	Populated Place	New York	NY
Devils Kitchen	948368	Basin	Greene	NY
Hell's Kitchen	2042281	Populated Place	New York	NY
Hells Kitchen Park	2500947	Park	New York	NY
Kitchen Burial Plot	2494731	Cemetery	Wayne	NY
Kitchen	1076187	Populated Place	Jackson	OH
Kitchen Post Office (historical)	2013735	Post Office	Jackson	OH
Kitchen Run	1076188	Stream	Hocking	OH
Kitchen Dam	1758669	Dam	Cleveland	OK
Kitchen Lake	1094413	Reservoir	Cleveland	OK
Devils Kitchen	1119907	Locale	Coos	OR
Devils Kitchen	1140959	Basin	Hood River	OR
Fort Kitchen (historical)	1851690	Locale	Coos	OR
George Kitchen Upper Park	2070839	Park	Polk	OR
Kitchen Creek	1122785	Stream	Baker	OR
Kitchen Creek	2363570	Stream	Jackson	OR
Kitchen Gulch	1122786	Valley	Baker	OR
Hell Kitchen Gap	1202465	Gap	Carbon	PA
Hells Kitchen	1176796	Basin	Luzerne	PA
Kitchen Creek	1192714	Stream	Luzerne	PA
Kitchen Creek Falls	1178568	Falls	Luzerne	PA
Kitchen Creek Gorge	1201306	Valley	Luzerne	PA
Kitchen School	1201202	School	Warren	PA
Devils Kitchen Branch	1282398	Stream	Greene	TN
Kitchen Hollow	1647470	Valley	Franklin	TN
Kitchen Hollow	1290318	Valley	Hickman	TN
Daniel J Sullivan Stable and Carriage House	2031326	Building	Bexar	TX
Devils Kitchen	1355972	Basin	Gillespie	TX
Devils Kitchen	1334303	Bay	Medina	TX

Devils Kitchen	1355973	Basin	Randall	TX
Hicks Kitchen Building	2470934	Building	Harris	TX
Kitchen Branch	1339168	Stream	Camp	TX
Kitchen Cemetery	1382108	Cemetery	Angelina	TX
Kitchen Creek	1339169	Stream	Marion	TX
The White Kitchen	1376434	Locale	La Salle	TX
Devils Kitchen	1440438	Area	Juab	UT
Devils Kitchen	1427372	Basin	Millard	UT
Devils Kitchen Reservoir	1427373	Reservoir	Millard	UT
Devils Pocket	1435422	Valley	San Juan	UT
Dry Fork	1427538	Stream	Sanpete	UT
Hell'n Moriah Kitchen	1438068	Basin	Millard	UT
Hells Kitchen	1441693	Area	Cache	UT
Hells Kitchen	1441692	Basin	Summit	UT
Hells Kitchen	1428652	Basin	Utah	UT
Hells Kitchen Canyon	1441694	Valley	Cache	UT
Hells Kitchen Canyon	1428653	Valley	Sanpete	UT
Hells Kitchen Park	1441695	Flat	Uintah	UT
Kitchen Canyon	1429370	Valley	Kane	UT
Kitchen Corral Point	1429371	Cape	Kane	UT
Kitchen Corral Spring	1429372	Spring	Kane	UT
Kitchen Corral Wash	1429373	Valley	Kane	UT
Milos Kitchen	1443500	Basin	Sevier	UT
The Kitchen	1446465	Basin	Sanpete	UT
The Kitchen	1446466	Basin	Sanpete	UT
Devils Kitchen	1482989	Locale	Rockbridge	VA
Devils Marbleyard	1482991	Island	Rockbridge	VA
Devils Kitchen	1518713	Summit	Chelan	WA
Hells Kitchen	1505457	Area	Kittitas	WA
Hells Kitchen Lake	1579429	Lake	Vilas	WI
Kitchen	1541252	Populated Place	Logan	WV
Kitchen Creek	1541253	Stream	Greenbrier	WV
Kitchen Creek	1551656	Stream	Monroe	WV
Kitchen Creek Spring	1557693	Spring	Monroe	WV
Kitchen Post Office (historical)	1742548	Post Office	Logan	WV
Kitchen Spring	1557773	Spring	Berkeley	WV
Devils Kitchen	1587563	Basin	Big Horn	WY
Dragons Mouth Spring	1609244	Spring	Park	WY
Hells Half Acre Canyon	1609102	Valley	Sheridan	WY
Kitchen Dam	1607911	Dam	Sublette	WY
Kitchen Reservoir	1590387	Reservoir	Sublette	WY
Kitchen Reservoir	1607912	Reservoir	Sublette	WY
Kitchen Spring	1848543	Spring	Teton	WY

This cookbook is more than a cookbook though. It also provides some information about the history behind the recipes as well as some interesting facts and figures about ingredients found in the recipes. Please consider the date of publication of this cookbook when reading any comments regarding ingredients and health issues. As scientists continue to study foods and their affects on those who ingest these foods, hypotheses and conclusions change. Not so long ago eggs were considered bad for you, milk was considered good for people with ulcers and chocolate was not considered good for any one. I even have a cookbook titled *Martinis and Whipped Cream* (1967, Petri and Stone). It has some great recipes! My doctor has told me a straight shot of Scotch is better for me than orange juice. Now that's a doctor I like! So remember that health facts are those found just prior to the publishing date of this book or in publications whose dates are given in the reference section.

Messenger

A note about the ingredients: These recipes do not endorse any particular product, but I will mention at times which ones I use. If a recipe calls for a cake mix, unless stated otherwise, I use Duncan Hines® as it is a full sized cake mix that does not have pudding in the mix. This is important for those recipes whose base is the box mix – what I do to that box mix is nothing like what the back of the box tells me to do. If the recipe calls for milk, it is whole milk; cream is listed as to type – half and half or heavy whipping; butter is sweet cream (salted) unless specified otherwise; salt is iodized; flour if it is not specified is all-purpose wheat flour – other types used will be specified; and water is my tap water, but then I have my own well (600’ deep) and that water, though hard and full of iron, is not treated with those chemicals found in city water. It doesn’t need to be as it is *gooooood* water. I run it through a water softener, but that is all.

Speaking of butter, there are 78 names found in GNIS containing the word Butter.

Feature Name	ID	Class	County	State
Logan Creek	1405587	Stream	Southeast Fairbanks (CA)	AK
Butler Creek	47235	Stream	Carroll	AR
Butter Creek	47241	Stream	Van Buren	AR
Butter Creek	47242	Stream	White	AR
Butter Creek (historical)	68648	Populated Place	Van Buren	AR
Butter Creek	257774	Stream	Shasta	CA
Butter Creek	257775	Stream	Trinity	CA
Butter Creek Meadows	257777	Flat	Trinity	CA
Butter Fork	270113	Stream	San Bernardino	CA
Butter Creek	191797	Stream	Fremont	CO
Butter Hill	169913	Summit	Routt	CO
Butter Lake	169616	Reservoir	Routt	CO
Butter Landing	295166	Locale	Santa Rosa	FL
Lake Butler Census Designated Place	2403188	Census	Orange	FL
Lake Butter	1853261	Populated Place	Orange	FL
Butter Bean Beach	2126937	Beach	Chatham	GA
Butter Bean Beach	2126955	Park	Chatham	GA
Butter Field Park	325760	Park	Glynn	GA
Butter Creek	455021	Stream	Davis	IA
Butter Hill Post Office (historical)	1907427	Post Office	Emmet	IA
Butter Creek	371823	Stream	Idaho	ID
Butter Creek	378607	Stream	Clearwater	ID
Butter Gulch	378608	Valley	Adams	ID
Butter Creek	405299	Stream	Edwards	IL
Butter Creek	405300	Stream	Randolph	IL
Butter Ridge	405301	Ridge	Pulaski	IL
Butter Ridge Cemetery	405302	Cemetery	Pulaski	IL
Butter Ridge School (historical)	1725629	School	Pulaski	IL
Buttler Creek	488523	Stream	Russell	KY
Handcock Branch	2097290	Stream	Floyd	KY
Butter Brook	611204	Stream	Middlesex	MA
Butter Hill	609130	Summit	Hampshire	MA
Butter Pot Point	583509	Cape	Dorchester	MD
Butter Hill	563302	Summit	Androscoggin	ME
Butter Island	579955	Island	Hancock	ME
Butter Point	563303	Cape	Lincoln	ME
Dirigo (historical)	1911529	Populated Place	Hancock	ME
Butter-ladle Lake	622376	Lake	Lenawee	MI
Butler Creek	749136	Stream	Barry	MO
Butter Hollow	715132	Valley	Camden	MO

Butter Shell Hill	749139	Summit	Wayne	MO
Butter Shell Lake	749140	Lake	Wayne	MO
Butter Gap	1009865	Gap	Transylvania	NC
Butter Gap Shelter	1018046	Locale	Transylvania	NC
Butter Flat Creek	827823	Stream	Washington	NE
Buttercup Spring	938805	Spring	Socorro	NM
Butter Brook	945353	Stream	Hamilton	NY
Butter Hill Estates	2439045	Populated Place	Orange	NY
Butter Bridge	1066341	Bridge	Stark	OH
Dirty Butter Creek	1092093	Stream	Tulsa	OK
Butler Creek	1139049	Stream	Curry	OR
Butler Creek Park	1166856	Park	Multnomah	OR
Butler Spring	1139051	Spring	Crook	OR
Butter Creek	1154281	Stream	Umatilla	OR
Butter Creek (historical)	1129700	Locale	Umatilla	OR
Butter Creek Junction	1118397	Locale	Morrow	OR
Butter Creek Junction	1129831	Locale	Umatilla	OR
East Fork Butter Creek	1141539	Stream	Umatilla	OR
Hawk Rim	1155327	Cliff	Crook	OR
Heppner Post Office	1165388	Post Office	Morrow	OR
Little Butter Creek	1123146	Stream	Morrow	OR
Vinson Post Office (historical)	1166107	Post Office	Umatilla	OR
Butter Creek	1170808	Stream	Bucks	PA
Butter Creek	1170809	Stream	Potter	PA
Butter Valley Golf Course	1196063	Locale	Montgomery	PA
Butter Valley Golf Port Airport	1193972	Airport	Montgomery	PA
Butter Ball Rock	1217976	Pillar	Newport	RI
Bread and Butter Creek	1220937	Gut	Georgetown	SC
Pawleys Inlet	1253480	Bay	Georgetown	SC
Butter Issue Station (historical)	1264035	Locale	Mellette	SD
Butter Run	1488919	Stream	Franklin	VA
Meadow Creek Falls	1485336	Falls	Craig	VA
Butter Creek	1534054	Stream	Lewis	WA
Butter Creek Research Natural Area	1529165	Area	Lewis	WA
Butter Peak	1529909	Summit	Lewis	WA
Butler Branch	1536801	Stream	Fayette	WV
Butter Run	1536807	Stream	Marshall	WV
Fort Buttermilk (historical)	1718550	Military	Hardy	WV

When I'm cooking, I do approach it with enthusiasm and expectation. I expect the tried and true recipes of my Grandmother and others that I've used for years to turn out well. But I am also to the point where I will experiment to create new recipes or try substitutions. So many the recipes found in this cookbook that come from my kitchen are those modified or created by me. ENJOY!

I once came across a plaque that stated

COOKING
SHOULD BE
ENTERED
INTO WITH
ABANDON
OR NOT AT
ALL!!!



Appetizers

Coronation Chicken

I ate this appetizer when I was in England eating at one of the many Beefeater Restaurants there. We also have Beefeater Restaurants in this country although I've not eaten in any of them.

A beefeater is the yeoman of the guard; a member of a military corps attached to the British royal household that serves as ceremonial attendants of the sovereign and as warders of the Tower of London.

There are six features in GNIS with an official or variant name that contains the word Coronation.

Feature Name	ID	Class	County	State
Coronation Island Wilderness	1419840	Reserve	Petersburg (CA)	AK
Coronation Island	1421226	Island	Petersburg (CA)	AK
Klothos Temple	6733	Summit	Yuma	AZ
Woods Stream	212259	Stream	Tolland	CT
Coronation of Our Lady School	716330	School	Jackson	MO
Coronation Rock	1219415	Pillar	Washington	RI

Almost all of America's crop of apricots, an ingredient in this recipe, is grown on 17, 000 acres located in the Santa Clara Valley (FID 232544). First planted by the Spanish missionaries, the fruit originally came from China and traveled along the trade routes to the shores of the Mediterranean. Terms used for the fruit have been *prunum Arminiacum* or *malam Arminiacum*, Armenian plum or apple, (Armenia was an early source of choice apricots). One of the many derivatives of the word apricot is the Latin word *praecox* meaning precocious, possibly recognizing the fruit's early spring blooms and setting of the fruit.

There are four records in GNIS containing the word Apricot in their name.

Feature Name	ID	Class	County	State
Apricot School (historical)	1670463	School	Yolo	CA
Apricot Street Playground	1979464	Park	Worcester	MA
Apricot Creek	980264	Gut	Brunswick	NC
Apricot	1510784	Populated Place	Benton	WA

GNIS contains 390 records using the word Chicken in their name.

Feature Name	ID	Class	County	State
Chicken	1400245	Populated Place	Southeast Fairbanks (CA)	AK
Chicken Creek	1400246	Stream	Hoonah-Angoon (CA)	AK
Chicken Creek	1400247	Stream	Bethel (CA)	AK
Chicken Creek	1400248	Stream	Southeast Fairbanks (CA)	AK
Chicken Creek	1400249	Stream	Yukon-Koyukuk (CA)	AK
Chicken Creek	1400250	Stream	Southeast Fairbanks (CA)	AK
Chicken Creek	1400251	Stream	Southeast Fairbanks (CA)	AK
Chicken Creek	1400252	Stream	Denali	AK
Chicken Creek	1400253	Stream	Nome (CA)	AK
Chicken Creek	1400254	Stream	Yukon-Koyukuk (CA)	AK

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Chicken Creek	1400255	Stream	Yukon-Koyukuk (CA)	AK
Chicken Creek	1400256	Stream	Yukon-Koyukuk (CA)	AK
Chicken Creek	1400257	Stream	Denali	AK
Chicken Creek	1400258	Stream	Yukon-Koyukuk (CA)	AK
Chicken Fireguard Station	1400259	Locale	Southeast Fairbanks (CA)	AK
Chicken Mountain	1400260	Summit	Yukon-Koyukuk (CA)	AK
Hen and Chickens Mountain	1403313	Summit	Nome (CA)	AK
Lost Chicken Creek	1405698	Stream	Southeast Fairbanks (CA)	AK
Lost Chicken Hill	1405699	Summit	Southeast Fairbanks (CA)	AK
Windy Creek	1412173	Stream	Denali	AK
Little Chicken Lake	1417125	Lake	Matanuska-Susitna	AK
Chicken Airport	1417625	Airport	Southeast Fairbanks (CA)	AK
Hazard Point	1418670	Cape	Aleutians West (CA)	AK
Chicken Lake	1419536	Lake	Matanuska-Susitna	AK
Chicken Island	1421017	Island	Valdez-Cordova (CA)	AK
Chicken Cove	1893906	Bay	Aleutians West (CA)	AK
Chicken Ridge	1893907	Summit	Juneau	AK
Left Fork Chicken Creek	1895378	Stream	Southeast Fairbanks (CA)	AK
Chicken Census Designated Place	2418819	Census	Southeast Fairbanks (CA)	AK
Chicken Foot Cove	116033	Valley	Jackson	AL
Chicken Foot Mountain	116034	Summit	Lawrence	AL
Chicken Foot Ridge	116035	Ridge	Jackson	AL
Chicken House Creek	116036	Stream	Jefferson	AL
Chicken Swamp Branch	116037	Stream	Pickens	AL
Lower Chicken Cock Bar	132620	Bar	Greene	AL
Upper Chicken Cock Bar	134280	Bar	Sumter	AL
Chicken Creek	47734	Stream	Miller	AR
Chicken Bristle Mountain	57544	Summit	Washington	AR
Chicken Wilson Knob	57545	Summit	Searcy	AR
Chicken Hollow	71134	Valley	Yell	AR
Chicken Island	76603	Island	Crittenden	AR
Big Chicken Hollow	219158	Valley	San Mateo	CA
Chicken Flat	220974	Flat	Stanislaus	CA
Chicken Grove	220975	Woods	Yolo	CA
Chicken Hawk Campground	220976	Locale	Placer	CA
Chicken Hollow	220977	Valley	Tehama	CA
Chicken Spring	220978	Spring	Lassen	CA
Chickenfeed Mine	220979	Mine	Tuolumne	CA
Little Chicken Hollow	227221	Valley	San Mateo	CA
Chicken Ranch Slough	233663	Stream	Sacramento	CA
Chicken Water Spring	240534	Spring	San Bernardino	CA
Chicken Hawk Hill	258268	Summit	Shasta	CA
Chicken Hawk Spring	258269	Spring	El Dorado	CA
Chickenfoot Lake	258270	Lake	Inyo	CA
Chicken Canyon	270409	Valley	Los Angeles	CA
Chicken Spring Lake	270410	Lake	Tulare	CA
Chickencoop Canyon	270411	Valley	Tulare	CA
Cottonwood Pass	270627	Gap	Inyo	CA
Chicken Springs	275371	Spring	Santa Barbara	CA
Chicken Flat	1665326	Flat	Trinity	CA
Chicken Strip	1667194	Airport	Inyo	CA
Chicken Coop Hill	1808933	Summit	Marin	CA
Chicken Ranch Rancheria	2419337	Civil	Tuolumne	CA
Chicken Spring	169798	Spring	Moffat	CO
Chicken Creek	169848	Stream	Routt	CO
Chicken Park	170112	Flat	Larimer	CO
Chicken Springs	170648	Spring	Moffat	CO
Chicken Gulch	172237	Valley	Garfield	CO
Chicken Aspen Reservoir	176492	Reservoir	Dolores	CO
Chicken Aspen Canyon	176498	Valley	Dolores	CO
Chickenhouse Gulch	178017	Valley	Larimer	CO

Chicken Creek	178827	Stream	Montezuma	CO
Chicken Lake	178898	Lake	Montezuma	CO
Chicken Creek	182519	Stream	Clear Creek	CO
Chicken Creek	187937	Stream	La Plata	CO
Chicken Hawk Mine	191292	Mine	Teller	CO
Chicken Creek Trail	197157	Trail	Montezuma	CO
Chicken Claim	1735990	Mine	Fremont	CO
Hen and Chickens Reef	212669	Bar	Middlesex	CT
Hen and Chickens Shoal	214077	Bar	Sussex	DE
Chicken Branch	280378	Swamp	Leon	FL
Chicken Head	280379	Stream	Santa Rosa	FL
Chicken Island	280380	Island	Hillsborough	FL
Chicken Island	280381	Island	Volusia	FL
Chicken Key	280382	Island	Miami-Dade	FL
Chicken Slough	280383	Stream	Levy	FL
Chickenhouse Branch	280384	Swamp	Gulf	FL
Lone Chicken Island	285940	Island	Collier	FL
Hen and Chickens	295075	Bar	Monroe	FL
Hen and Chickens	308597	Bar	Monroe	FL
Chicken Branch	312635	Stream	Richmond	GA
Chicken Creek	312636	Stream	Fulton	GA
Chicken Coop Gap	327449	Gap	Murray	GA
Chicken Creek	327450	Stream	Murray	GA
Chicken Yard Pond Dam	341377	Dam	Tattnall	GA
Chicken Yard Pond	341378	Reservoir	Tattnall	GA
Chicken Creek	455388	Stream	Marshall	IA
Chicken Creek	455389	Stream	Muscatine	IA
Chicken Ridge	455390	Summit	Clayton	IA
Chicken Ridge Scenic Overlook Park	1948997	Park	Clayton	IA
Chicken Creek	371988	Stream	Owyhee	ID
Chicken Creek	371989	Stream	Camas	ID
Chicken Creek	371990	Stream	Blaine	ID
Chicken Flat	371991	Flat	Owyhee	ID
Chicken Ridge	371992	Ridge	Clark	ID
Chicken Spring	371993	Spring	Owyhee	ID
Chicken Spring	371994	Spring	Camas	ID
Chicken Creek	373219	Stream	Caribou	ID
Chicken Canyon	379250	Valley	Butte	ID
Chicken Coop Hollow	379251	Valley	Oneida	ID
Chicken Creek	379252	Stream	Bannock	ID
Chicken Creek	379253	Stream	Caribou	ID
Chicken Creek	379254	Stream	Caribou	ID
Chicken Creek	379255	Stream	Bonneville	ID
Chicken Creek	379256	Stream	Blaine	ID
Chicken Creek	379257	Stream	Elmore	ID
Chicken Creek	379258	Stream	Bonneville	ID
Chicken Creek	379259	Stream	Custer	ID
Chicken Creek	379260	Stream	Custer	ID
Chicken Creek	379261	Stream	Valley	ID
Chicken Creek	379262	Stream	Idaho	ID
Chicken Creek	379263	Stream	Clark	ID
Chicken Point	379264	Cape	Kootenai	ID
Chicken Ridge	379265	Ridge	Bonneville	ID
Chicken Spring	379266	Spring	Cassia	ID
Chicken Spring	379267	Spring	Caribou	ID
Chicken Spring	379268	Spring	Idaho	ID
Chicken Spring Canyon	379269	Valley	Bonneville	ID
Death Canyon	380358	Valley	Custer	ID
Horse Creek	383362	Stream	Custer	ID
Chicken Creek	395206	Stream	Bingham	ID
Chicken Point	395207	Cape	Caribou	ID

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Chicken Peak	396276	Summit	Idaho	ID
Chicken Peak	397546	Summit	Bonneville	ID
Chicken Creek	406060	Stream	Perry	IL
Jasper County State Prairie Chicken Sanctuary	1725220	Park	Jasper	IL
Chicken Bristle	1747779	Populated Place	Douglas	IL
Beaver Lake Prairie Chicken Refuge	430681	Park	Newton	IN
Chicken Coop Island	432471	Island	Noble	IN
Chicken Creek	432472	Stream	Bartholomew	IN
Chicken Run	432473	Stream	Jefferson	IN
Little Creek	438032	Stream	Jefferson	IN
Chicken Creek	470387	Stream	Barber	KS
Chicken Creek	476929	Stream	Lyon	KS
Chicken Creek	479509	Stream	Douglas	KS
Chicken Creek	479606	Stream	Osage	KS
Chicken Gizzard Ridge	489468	Ridge	Casey	KY
Chicken Hollow	489469	Valley	Edmonson	KY
Chicken Hollow	489470	Valley	Edmonson	KY
Chicken Bristle	507696	Populated Place	Lincoln	KY
Chicken Branch	511342	Stream	Clay	KY
Chicken Branch	511343	Stream	Clay	KY
Chicken Bristle Hollow	511344	Valley	McCreary	KY
Chicken Hollow	511345	Valley	Wayne	KY
Chickenfoot Hollow	2109524	Valley	Pike	KY
Chicken Island Bayou	560414	Stream	St. Mary	LA
Chicken Brook	611672	Stream	Middlesex	MA
Hen and Chickens	617673	Bar	Bristol	MA
Chicken Cock Creek	594654	Bay	St. Mary's	MD
Hen and Chickens Island (historical)	1668745	Island	Worcester	MD
Chicken Cove	563934	Bay	Piscataquis	ME
Chicken Mill Stream	563935	Stream	Hancock	ME
Chicken Millpond	563936	Lake	Hancock	ME
Picked Chicken Hill	573280	Summit	Somerset	ME
Chicken Creek	623181	Stream	Manistee	MI
Chicken Islands	623182	Island	Chippewa	MI
Chicken Lake	623183	Lake	Iron	MI
Chickenbone Lake	1618267	Lake	Keweenaw	MI
East Chickenbone Lake Campground	1618461	Locale	Keweenaw	MI
West Chickenbone Lake Campground	1623728	Locale	Keweenaw	MI
Chicken Lake	641153	Lake	Meecker	MN
Chicken Creek	660993	Stream	St. Louis	MN
Chicken Branch	715777	Stream	Bollinger	MO
Chicken Dinner Inn	734654	Building	Howell	MO
Chicken Bristle School	747319	School	Atchison	MO
Chicken Branch	668387	Stream	Jones	MS
Chicken Coop Coulee	769809	Valley	Rosebud	MT
Chicken Coulee	769810	Valley	Cascade	MT
Chicken Coulee	769811	Valley	Phillips	MT
Chicken Coulee	769812	Valley	Liberty	MT
Chicken Creek	769813	Stream	Park	MT
Chicken Creek	769814	Stream	Sweet Grass	MT
Chicken Hill Cemetery	769815	Cemetery	Roosevelt	MT
Chicken Run	769816	Stream	Granite	MT
Hanson Coulee	772131	Valley	Richland	MT
Chicken Coulee	778795	Valley	Teton	MT
Chicken Creek	781208	Stream	Powell	MT
Chicken Creek	781209	Stream	Flathead	MT
Chicken Creek	781210	Stream	Park	MT
Chicken Creek	781211	Stream	Ravalli	MT
Chicken Gulch	781212	Valley	Silver Bow	MT
Chicken Creek	794567	Stream	Mineral	MT
Chicken Dam	797796	Dam	Fergus	MT

Chicken Creek	805931	Stream	Stillwater	MT
Chicken Ski Trail	1726747	Trail	Carbon	MT
Chicken Chute Ski Trail	1781410	Trail	Missoula	MT
Chicken Out Ski Trail	1803260	Trail	Ravalli	MT
Prairie Chicken State Game Management Area	1030797	Park	Grand Forks	ND
Chicken Creek	1034782	Stream	McKenzie	ND
Chicken Lake	835129	Lake	Sheridan	NE
Chickenboro Brook	871670	Stream	Grafton	NH
Chickenboro Brook Reservoir	1775500	Reservoir	Grafton	NH
Chickenboro Brook Reservoir Dam	1916484	Dam	Grafton	NH
Chicken Mountain Draw	887503	Valley	Cibola	NM
Chicken Mountain Tank	887504	Reservoir	Cibola	NM
Chicken Well	887505	Well	Sierra	NM
Chicken Windmill	887506	Locale	Luna	NM
Prairie Chicken Windmill	893454	Locale	Lea	NM
Chicken Ranch Spring	900972	Spring	Otero	NM
Chicken Canyon	905084	Valley	Grant	NM
Chicken Coop Canyon	905085	Valley	Catron	NM
Chicken Fry Canyon	905086	Valley	Rio Arriba	NM
Chicken Spring	933976	Spring	Socorro	NM
Chicken Mountain	938810	Summit	Valencia	NM
Chicken Creek	839465	Stream	Lander	NV
Chicken Creek	839466	Stream	Elko	NV
Chicken Creek	839467	Stream	Elko	NV
Chicken Creek	839468	Stream	Humboldt	NV
Chicken Creek Meadow	839469	Flat	Humboldt	NV
Chicken Creek Springs	839470	Spring	Elko	NV
Chicken Spring	839471	Spring	Washoe	NV
Chicken Spring	839472	Spring	Elko	NV
Chicken Spring	839473	Spring	Washoe	NV
Chicken Spring	839474	Spring	Elko	NV
Chicken Springs	839475	Spring	Elko	NV
Chicken Springs	839476	Spring	Elko	NV
Chicken Knoll	848896	Summit	White Pine	NV
Chicken Spring	849561	Spring	Eureka	NV
Chicken Canyon	849698	Valley	Washoe	NV
Chicken Spring	849915	Spring	Washoe	NV
Chicken Spring Canyon	849996	Valley	Washoe	NV
Chicken Spring	849997	Spring	Washoe	NV
Chicken Seep Spring	850055	Spring	Elko	NV
Chicken Spring	850059	Spring	Elko	NV
Sage Chicken Spring	850083	Spring	Pershing	NV
Chicken Basin Creek	850087	Stream	Pershing	NV
Chicken Basin Spring	850088	Spring	Pershing	NV
Chicken Spring	851150	Spring	Lincoln	NV
Chicken Springs	854900	Spring	Eureka	NV
Elko Hot Springs	857517	Spring	Elko	NV
Chicken Creek	859220	Stream	Elko	NV
Chicken Creek	859221	Stream	Elko	NV
Chicken Creek	859222	Stream	Elko	NV
East Fork Chicken Creek	859223	Stream	Elko	NV
Chicken Creek	859224	Stream	Humboldt	NV
Chicken Creek	859225	Stream	Elko	NV
Chicken Creek Summit	859226	Summit	Elko	NV
Little Chicken Creek	860354	Stream	Elko	NV
Warm Creek	861892	Stream	Elko	NV
Chicken Spring	862362	Spring	Elko	NV
Chicken Creek	862564	Stream	Humboldt	NV
Chicken Spring	862565	Spring	Humboldt	NV
Chicken Spring	862925	Spring	White Pine	NV
Chicken Ranch Airport	864105	Airport	Nye	NV

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Chicken Coop Brook	946569	Stream	Essex	NY
Chicken Tavern Corners	946570	Locale	Chautauqua	NY
Hen and Chicken Islands	952582	Island	Hamilton	NY
Hen and Chickens Islands	952583	Island	Warren	NY
Hen and Chickens	977348	Bar	Westchester	NY
Chicken Valley Farm (historical)	2106051	Locale	Nassau	NY
Chicken Hollow	1039065	Valley	Brown	OH
Chicken Creek	1091279	Stream	Cherokee	OK
Chicken Creek	1091280	Stream	Creek	OK
Chicken Creek	1091281	Stream	Blaine	OK
Chicken Creek Island	1091282	Island	Cherokee	OK
Chicken Creek Point Public Use Area	1091283	Park	Cherokee	OK
Chicken Hollow	1091284	Valley	Mayes	OK
Chicken Creek	1118876	Stream	Malheur	OR
Chicken Creek	1118877	Stream	Malheur	OR
Chicken Creek	1118878	Stream	Malheur	OR
Chicken Creek	1118879	Stream	Baker	OR
Chicken Creek	1118880	Stream	Baker	OR
Chicken Creek	1118881	Stream	Malheur	OR
Chicken Creek	1118882	Stream	Washington	OR
Chicken Creek Reservoir	1118883	Reservoir	Malheur	OR
Chicken Feed Lake	1118884	Flat	Lake	OR
Chicken Flat	1118885	Flat	Harney	OR
Chicken Gulch	1118886	Valley	Coos	OR
Chicken Peak	1118887	Summit	Baker	OR
Chicken Spring	1118888	Spring	Harney	OR
Chicken Spring	1118889	Spring	Union	OR
Chicken Spring Canyon	1118890	Valley	Wasco	OR
Sisley Creek	1127006	Stream	Baker	OR
West Fork Chicken Creek	1132741	Stream	Clackamas	OR
Chicken Springs Canyon	1134340	Valley	Malheur	OR
Chicken Springs	1134411	Spring	Malheur	OR
Chicken Spring	1134530	Spring	Malheur	OR
Chicken Hills	1136146	Summit	Klamath	OR
Chicken Creek	1139630	Stream	Union	OR
Chicken Hill	1139631	Summit	Grant	OR
Chicken Spring	1139632	Spring	Morrow	OR
Chickenhouse Gulch	1139633	Valley	Grant	OR
Mill Creek	1146228	Stream	Wheeler	OR
West Chicken Creek	1152037	Stream	Union	OR
Chicken Springs	1161309	Spring	Grant	OR
Chicken Spring Canyon	1637946	Valley	Wasco	OR
Chicken Whistle Creek	1892146	Stream	Lane	OR
Chicken Run	1171770	Stream	Adams	PA
Jacksonville	1177940	Populated Place	Northampton	PA
Chicken Farm Trail	1206353	Trail	Clinton	PA
Chickenfoot Park	1208534	Park	Bucks	PA
Chicken Run	1209499	Stream	Jefferson	PA
Chickentown	1210868	Populated Place	Northampton	PA
Hen Island	1218529	Island	Newport	RI
Chicken Swamp	1221564	Swamp	Williamsburg	SC
Chickencoop Branch	1221565	Stream	Horry	SC
Chickenfoot Creek	1221566	Stream	Spartanburg	SC
Chicken Creek	1229550	Stream	Berkeley	SC
Chicken Creek	1229551	Stream	Fairfield	SC
Chicken Creek	1231166	Stream	Berkeley	SC
Chicken Creek	1254348	Stream	Lawrence	SD
Chicken Creek	1254349	Stream	Dewey	SD
Prairie Chicken Draw	1257196	Valley	Pennington	SD
The Chicken Ranch (historical)	1264547	Locale	Lawrence	SD
East Branch Tall Prairie Chicken Creek	1265965	Stream	Dewey	SD

West Branch Tall Prairie Chicken Creek	1266376	Stream	Dewey	SD
Tall Prairie Chicken Creek	1266915	Stream	Dewey	SD
Chicken Branch	1280439	Stream	Macon	TN
Chicken Creek	1280440	Stream	Lincoln	TN
Chicken Creek	1280441	Stream	Giles	TN
Chicken Hollow	1280442	Valley	Sequatchie	TN
Chicken Hollow	1280443	Valley	Cocke	TN
Chickenhouse Hollow	1280444	Valley	Cumberland	TN
Chicken Ranch Windmills	1332731	Locale	Val Verde	TX
Chicken Tank	1332732	Reservoir	Pecos	TX
Chicken Bayou	1354380	Stream	Shelby	TX
Chicken Creek	1354381	Stream	Goliad	TX
Chicken Creek	1354382	Stream	Montgomery	TX
Chicken Creek	1354383	Stream	Lipscomb	TX
Smith Creek	1368481	Stream	Shelby	TX
Chicken Creek	1373079	Stream	Wood	TX
Chicken Creek	1373080	Stream	Potter	TX
Chicken Creek	1373081	Stream	Roberts	TX
Chicken Creek	1381627	Stream	Wise	TX
Chicken Creek	1383454	Stream	Montgomery	TX
Chicken Springs	2013157	Spring	Roberts	TX
Chicken Springs	2013181	Spring	Potter	TX
Chicken Coop Draw	1426570	Valley	Uintah	UT
Chicken Creek	1426571	Stream	Summit	UT
Chicken Creek	1426572	Stream	Juab	UT
Chicken Fork	1426573	Stream	Grand	UT
Chicken Ridge	1426574	Ridge	Box Elder	UT
Chicken Rock	1426575	Summit	Juab	UT
Chicken Spring	1426576	Spring	Piute	UT
Chicken Spring	1426577	Spring	Grand	UT
Chicken Springs	1426578	Spring	Juab	UT
Chicken Creek Dam	1434747	Dam	Juab	UT
Chicken Creek	1439664	Stream	Rich	UT
Chicken Creek	1439665	Stream	Cache	UT
Chicken Creek	1439666	Stream	San Juan	UT
Chicken Creek	1439667	Stream	Juab	UT
Chicken Creek	1439668	Stream	Wasatch	UT
Chicken Creek	1439669	Stream	Weber	UT
Chicken Creek	1439670	Stream	Juab	UT
Chicken Creek Camp	1439671	Locale	Juab	UT
Chicken Creek Reservoir	1439672	Reservoir	Juab	UT
Chicken Gulch	1439673	Valley	Sevier	UT
Chicken Hollow	1439674	Valley	Utah	UT
Chicken Hollow	1439675	Valley	Juab	UT
Chicken Hollow	1439676	Valley	Utah	UT
Chicken Hollow	1439677	Valley	Rich	UT
Chicken Spring	1439678	Spring	Wasatch	UT
Chicken Spring	1439679	Spring	Wasatch	UT
Chicken Spring	1439680	Spring	Uintah	UT
Chicken Spring	1439681	Spring	Uintah	UT
Chicken Spring	1439682	Spring	Rich	UT
Chicken Spring Creek	1439683	Stream	Weber	UT
Levan	1442564	Populated Place	Juab	UT
Chicken Creek Campground	1448265	Locale	Juab	UT
Chicken Creek Day Use Area	1448266	Locale	Wasatch	UT
Chicken Creek Day Use Area	1448267	Locale	Wasatch	UT
Chicken Creek Day Use Area	1448268	Locale	Wasatch	UT
Chicken Spring	1449678	Spring	Daggett	UT
Chicken Creek	1450161	Locale	Davis	UT
Chicken Creek Guzzler	1454702	Lake	Cache	UT
Chicken Spring	1454703	Spring	Uintah	UT

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Chicken Ridge	1464841	Ridge	Buchanan	VA
Madisonville	1477512	Populated Place	Charlotte	VA
Chicken Mountain	1494873	Summit	Orange	VA
Chicken Coop Hollow	1497618	Valley	Tazewell	VA
Patrick Point	1614203	Cape	St. Thomas	VI
Chicken Creek	1503950	Stream	Okanogan	WA
Chicken Rock	1514694	Bar	San Juan	WA
Chicken Breast Bluff	1563010	Summit	Trempealeau	WI
Chicken Ridge	1563011	Ridge	Richland	WI
Chicken Rock	1563012	Pillar	Monroe	WI
Chicken Valley	1563013	Valley	Buffalo	WI
Chicken Crop Lake	1578987	Lake	Oconto	WI
Chicken Foot Lake	1578988	Lake	Oconto	WI



Figure 2. Coronation Chicken

Coronation Chicken

From the kitchen of Jane Messenger

4	Tbsp	Slivered almonds (optional)
2	Cups	Cooked Chicken Breast cut into chunks
4		Fresh apricot cut into chunks (if fresh apricots are not available, soak 12 dried apricots in water for 1 hour then drain water)
1	Cup	Mayonnaise
4	tsp	Catsup
4	tsp	Sugar
1/4	Cup	Milk or Half and Half
1/8	tsp	Salt
1/8	tsp	Black Pepper
1/2	tsp	Ground Curry
12		Cherry or grape tomatoes
8		Cucumber rounds
4		Lemon half slices or lemon rounds
4		Leaves of red leaf, leaf, or romaine lettuce

Mix by hand until smooth mayonnaise, catsup, sugar, milk, salt, pepper and curry. Place chicken on the lettuce. Pour 1/4 of the salad dressing over the chicken. Add almonds and apricot. Serve on individual salad plates with a leaf of red leaf, leaf, or romaine lettuce garnished with the tomatoes, cucumbers and topped with the lemon slice.

Serves 4

Tomatoes and the U. S. Supreme Court

In 1893 the United States Supreme Court rendered a decision concerning the tomato. In *Nix v Hedden*, the U.S. Supreme Court was asked to classify the tomato as either a fruit or a vegetable. Botanically, the tomato is a berry and thereby a fruit. However, under the Tariff Act of March 3, 1883, all imported vegetables were taxed, but fruits were not. In the case that was filed John Nix, John W. Nix, George W. Nix and Frank W. Nix filed against Edward L. Hedden, Collector of the Port of New York, to recover back duties paid under protest.

The Court unanimously decided that the tomato was classified as a vegetable, based on the ways in which it is used and the popular perception to this end. In writing the opinion for the Court, Justice Horace Gray stated that:

“The passages cited from the dictionaries define the word ‘fruit’ as the seed of plants, or that part of plants which contains the seed, and especially the juicy, pulpy products of certain plants, covering and containing the seed. These definitions have no tendency to show that tomatoes are ‘fruit,’ as distinguished from ‘vegetables,’ in common speech, or within the meaning of the tariff act.”

Justice Gray cited many different Supreme Court cases and stated that when words have acquired any special meaning in trade or commerce, the ordinary meaning, not the dictionary meaning, must be used by the court. In the case of the tomato, dictionary definitions could not be admitted as evidence, but only aids to the memory and understanding of the court. He admitted that botanically tomatoes are classified as a “fruit of the vine”, but they are seen as vegetables because they were usually eaten as a main course instead of being eaten as a dessert. Gray further mentioned that although beans were botanically seeds, the Court in *Robertson v Salomon* found that the bean in common parlance is seen as a vegetable. Gray also clarified that the cucumber, squash, pea and bean were classified a vegetables for the purposes of paying a duty on importing these items.

In 2005, supporters in the New Jersey legislature cited the case of *Nix v Hedden* as a basis for a bill designating the tomato as the New Jersey state vegetable. Although to date that bill has not been passed, the South Arkansas Vine Ripe Tomato is the Arkansas state vegetable. But Arkansas apparently did not want to take sides regarding the status of the tomato so it also adopted the tomato as the official state fruit as well as the official state vegetable in 1987.

There are 16 names found in GNIS with the word Tomato in their name, including the populated place of Tomato, Arkansas.

Feature Name	ID	Class	County	State
Tomato Creek	1897009	Stream	Southeast Fairbanks (CA)	AK
Tomato Landing	59402	Locale	Mississippi	AR
Tomato	78571	Populated Place	Mississippi	AR
Tomato Slough	236447	Gut	Sacramento	CA
Tomato Spring	274156	Spring	Orange	CA

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Tomato Spring Canyon	1765702	Valley	Orange	CA
Tomato Hill	292340	Summit	Lake	FL
Tomato Point	392226	Summit	Idaho	ID
Tomato Creek	653227	Stream	Lake of the Woods	MN
Tomato Lake	658711	Lake	Cook	MN
Tomato Can Creek	777697	Stream	Valley	MT
Tomato Can Gulch	792261	Valley	Sweet Grass	MT
Harding School (historical)	1819562	School	Valley	MT
Tomato Can Buttes	1258578	Range	Butte	SD
Tomato Bowl Stadium	2027629	Park	Cherokee	TX
Tomato Camp	1595622	Locale	Laramie	WY

Regardless of whether you side with the tomato being a fruit or vegetable, you should strive to eat plenty of nutrient-rich vegetables (and fruits) all year long. For just 35 calories a medium tomato provides half of the recommended daily allowance of vitamin C and about 20 percent of the RDAs for vitamin A and fiber. Lydopine flavonoids and other phytochemicals that help fight cancer and some forms of heart disease are also found in tomatoes.

Eating fresh vegetables and fruits has never been easier, but in off-seasons the fresh produce may be less than appealing. Fear not! The Food and Drug Administration declared in 1998 that frozen produce was equal in stature to fresh produce in regards to available nutrients. The reason is that frozen products are picked at their peak ripeness and frozen immediately. Freezing foods actually locks in the nutrients. If frozen produce is nutrient-rich and often more convenient than fresh, then can't the same be said for canned? Canned is definitely convenient, but in term of freshness and sodium content canned just doesn't stack up. Even if canned goods are packed at their peak of freshness, much of their nutrients will leak out into the canned liquid – that stuff we pour off before eating the contents. You'll get far more nutrition and far less sodium from a bag of frozen peas than the canned variety.

Buying frozen produce in bulk is less expensive than buying fresh – especially if the “fresh” has traveled from Brazil or Australia. If you're on a tight budget or just trying to redirect your spending dollars head down the frozen food aisle (not isle). If you can't get truly “fresh” fruits and vegetables remember that the frozen variety is just, and maybe more, nutritious and often a lot easier to prepare.

And yes, there are several features found in GNIS with the word Fruit or Vegetable in their name. More than 90 percent of the 392 names using the word fruit in their name apply to non-natural features. The remaining are listed below.

Feature Name	ID	Class	County	State
Fruit Hill	1894450	Summit	Aleutians West (CA)	AK
Fruit Island	1894451	Island	Sitka	AK
Fruit Islands	1894452	Island	Sitka	AK
Fruit Lake	223967	Lake	Mendocino	CA
Fruit Island	260432	Island	Lake	CA
Fruit Mountain	260433	Summit	Siskiyou	CA
Fruit Ridge	260434	Ridge	El Dorado	CA
Fruita Reservoir	174562	Reservoir	Mesa	CO
Fruita Canyon	174563	Valley	Mesa	CO

Fruita Reservoir Number 3	185311	Reservoir	Mesa	CO
Fruita Reservoir Number 1	185314	Reservoir	Mesa	CO
Fruita Reservoir Number 2	185315	Reservoir	Mesa	CO
Fruit Growers Reservoir	186500	Reservoir	Delta	CO
Fruitland Mesa	186701	Summit	Delta	CO
Georgia Fruit Farm Creek	300291	Stream	Collier	FL
Fruitland Cove	305710	Bay	Putnam	FL
Southern Fruit Lake	338118	Reservoir	Spalding	GA
Fruit Island	376261	Island	Canyon	ID
Fruit Branch	434881	Stream	Wayne	IN
Fruit City Hollow	718266	Valley	Reynolds	MO
Fruit Ridge	1040709	Ridge	Clermont	OH
Fruit Creek	1121012	Stream	Baker	OR
Fruit Spring	1121013	Spring	Umatilla	OR
Fruit Springs	1121014	Spring	Baker	OR
Fruitland Creek	1130310	Stream	Marion	OR
Fruitdale Creek	1142511	Stream	Josephine	OR
Fruit Hill	1219307	Summit	Providence	RI
Fruit Hill Reservoir	1903518	Reservoir	Providence	RI
Fruit Valley	1284987	Basin	Bedford	TN
Boyd Island	1305367	Island	Knox	TN
Fruits Island Ford	1312275	Crossing	Knox	TN
Hickman Natural Bridge	1454441	Arch	Wayne	UT
Everett Fruit Farm Spring	1677896	Spring	Hampshire	WV

There are far fewer records in GNIS using the word Vegetable in their name. Could this reflect our feelings about “vegetables” as opposed to “fruits”?

There are six records using the word Vegetable– none of them a natural feature:

Feature Name	ID	Class	County	State
Vegetable Railroad Station	300006	Locale	Manatee	FL
Russo’s Fruit And Vegetable Farm	2516166	Locale	Burlington	NJ
New York State Research Farm	2097030	Locale	Suffolk	NY
Pounder Heritage Vegetable Garden	2433540	Locale	Tompkins	NY
Candellas Greenhouse And Vegetable Farm	2542344	Locale	Oneida	NY
Plaza de Armas	1993084	Park	San Juan	PR

Chili

Chili is a cold-day comfort food. It is also one of the foods for which I use a prepared starter and then make all sorts of alterations and additions to the starter. Growing up, we had a Kroger Grocery store in town and Mom always started her chili with Rays Chili®. I've never been able to find this brand at any other grocery store and for years my local Kroger Grocery store stopped carrying it (or they were always out of it when I went looking). However, I found two cans the other day and have made some chili.

Now when I cook chili, as I said, I add ingredients to the starter. This is also one of the few foods I cook by smell – so if I have a cold or sinus infection, one needs to have a LARGE glass of water or milk handy when eating my chili. I remember taking a crock pot of chili into to work one day to share with my coworkers. One of the gentlemen I work with, who happened to be bald, said he loved chili and it couldn't be too hot for him. I had forewarned everyone to take a bite first before adding the jalapeño peppers I had brought along for those who needed extra hot added as I had a cold and my nose was stuffed. Ted dished himself a big bowl of the chili and added a spoonful of jalapeño peppers. He took a bite and quickly swallowed. Then he took a second bite. About that time you could see his eyes start to bulge and the sweat bead on the top of his head. Tears began to run down his face. “Boy, that’s some spicy chili” he said. “I don’t think I’ll add any extra jalapeños in my next bowls.” He didn’t for either of his second or third bowls.

My father love chili, but he had an unusual habit. He would always add a couple spoonfuls of dill pickle juice to his bowl of chili. I tried it and liked it. So you will find dill as one of the spices I use in my chili.

A search of GNIS returned 45 records using the word Chili in their name.

Feature Name	ID	Class	County	State
Ashford	1560977	Populated Place	Fond du Lac	WI
Chili	406063	Populated Place	Hancock	IL
Chili	432475	Populated Place	Miami	IN
Chili	905096	Populated Place	Rio Arriba	NM
Chili	1048600	Populated Place	Coshocton	OH
Chili	1563021	Populated Place	Clark	WI
Chili Bar	258281	Locale	El Dorado	CA
Chili Bar Reservoir	276200	Dam	El Dorado	CA
Chili Camp Gulch	220995	Valley	Calaveras	CA
Chili Cemetery	1964105	Cemetery	Coshocton	OH
Chili Cemetery	1984054	Cemetery	Hancock	IL
Chili Center	946578	Populated Place	Monroe	NY
Chili Center School (historical)	406064	School	Hancock	IL
Chili Country Club	974348	Locale	Monroe	NY
Chili Creek	1091295	Stream	Murray	OK
Chili Crossroads Church	1064498	Church	Coshocton	OH
Chili Ditch	2038403	Canal	Rio Arriba	NM
Chili Greens Golf at Sarben	1900067	Locale	Douglas	NE
Chili Gulch	220996	Valley	Calaveras	CA
Chili Hill	1658269	Summit	Calaveras	CA
Chili Junction (historical)	2100124	Locale	Monroe	NY
Chili Methodist Church	1057269	Church	Coshocton	OH
Chili Pepper Cove	43064	Bay	Mohave	AZ

Chili Pitien Windmill	1332741	Locale	Jim Hogg	TX
Chili Post Office (historical)	1967427	Post Office	Coshocton	OH
Chili Rural Cemetery	946579	Cemetery	Monroe	NY
Chili Spring	2836	Spring	Navajo	AZ
Chili Windmill	905097	Locale	Union	NM
Chili Windmill	1354395	Locale	Reagan	TX
Chilicotal Mountain	1354396	Summit	Brewster	TX
Chilicotal Spring	1354397	Spring	Brewster	TX
Chilili	928710	Populated Place	Bernalillo	NM
Chowchilla River	255078	Stream	Merced	CA
Churchville-Chili High School	946692	School	Monroe	NY
Gates-Chili High School	950948	School	Monroe	NY
Gates-Chili Junior High School	950949	School	Monroe	NY
Huerfanito Peak	902267	Summit	San Juan	NM
North Chili	958744	Populated Place	Monroe	NY
Pearl	1061176	Populated Place	Coshocton	OH
Roberts Wesleyan College	962656	School	Monroe	NY
South Chili	973092	Populated Place	Monroe	NY
Town of Chili	978825	Civil	Monroe	NY
Township of Chili	428805	Civil	Hancock	IL
West Chili	969178	Populated Place	Monroe	NY
Wheatland-Chili High School	970986	School	Monroe	NY



Figure 3. Chili Topped with Raw Onion, Jalapeño Peppers and Crushed Saltine Crackers

Chili

From the kitchen of Jane Messenger

2	15 oz cans	Rays Chili® (or your favorite canned chili)
1	2 quart can	Tomato juice
1	lb	Ground Beef
1	Medium	Onion chopped
1	Stalk	Celery (cut into small pieces)
1/2	Cup	Chopped green pepper
1	tsp	Chopped garlic
1	Tbsp	Chopped dill
2	Tbsp	Sugar
2 – 3	Tbsp	Jalapeño Juice
1-3	tsp	Chopped Jalapeños
1/4 – 1/2	tsp	Ground Cayenne
1/4 – 1/2	tsp	Ground Cumin
1/4 – 1/2	tsp	Ground Red Pepper
1/4 – 1/2	tsp	Black Pepper
1/2 – 1	tsp	Salt
1	Tbsp	Chopped Fresh Cilantro

In a heavy duty Dutch oven, brown the ground beef seasoned with the spices. Add the onion, celery and green pepper. Stir well and cook a few minutes. Add the remaining ingredients. Bring to a gentle boil then reduce heat and simmer for at least an hour stirring occasionally. I usually simmer most of the day.

Like a good many people I like to crush a handful of saltine crackers and drop them into the chili in my bowl. Other toppings include grated cheddar cheese, chopped raw onions, or jalapeño peppers. One of the ways to serve chili is to put it on top of cooked macaroni.

Serve the chili with corn bread. I also like to have corn chips and guacamole dip with mine.

Gazpacho

Gazpacho is a Mexican tomato vegetable soup traditionally served cold. The recipe in this book is modified from the one found in the 1976 Arizona Highways DeGrazia and Mexican Cookery cookbook that was written by Rita Davenport and illustrated by DeGrazia. The recipe there is excellent but when making it one day in the Mid-west, I was unable to find any decent fresh tomatoes. So instead I added a can of Italian seasoned diced tomatoes in addition to the winter purchased store tomatoes I found. I did this to add some “fresh” tomato taste to the “waxy” small hard tomatoes I found in my local grocery store. On top of that, when I got ready to prepare the Gazpacho I discovered the garlic clove that sat so prettily in my hanging wire basket in the kitchen was dried up so I had to resort to the minced garlic I had in the refrigerator.

This dish is light and refreshing any time of the year, but especially so in the hot summer. The colorful soup is nutritious and low in calories. It is best prepared a day in advance and will keep several days in the refrigerator – if you can stay away from it.

Not surprisingly, there are no records found in GNIS using the word Gazpacho in their name. But there are 18 records using Garlic (one of the ingredients in gazpacho) in their feature name.

Feature Name	ID	Class	County	State
Garlic Well	29267	Well	Coconino	AZ
Garlic Falls	260484	Falls	Fresno	CA
Garlic Flats	271270	Flat	San Diego	CA
Garlic Meadow	224073	Flat	Fresno	CA
Garlic Meadow Creek	260485	Stream	Fresno	CA
Garlic Spring	242626	Spring	San Bernardino	CA
Garlic Spur	224074	Ridge	Fresno	CA
Big Garlic River	621321	Stream	Marquette	MI
Big Garlic River Falls	2336604	Falls	Marquette	MI
Garlic Island	626668	Island	Marquette	MI
Garlic Mountain	626669	Summit	Marquette	MI
Little Garlic Falls	1618235	Falls	Marquette	MI
Little Garlic River	630625	Stream	Marquette	MI
Thoneys Point	1614785	Cape	Marquette	MI
Piedmonte Garlic Farm	2559216	Locale	Orleans	NY
Garlic Cemetery	1075894	Cemetery	Gallia	OH
Garlic Creek	1373812	Stream	Hays	TX
Garlic Hollow	1483590	Valley	Shenandoah	VA



Figure 4. Gazpacho

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Gazpacho

From the kitchen of Jane Messenger

1	Large can	Tomato juice
1	Can	Italian seasoned diced tomatoes
6	Tbsp	Salad oil
4	Tbsp	Red wine vinegar
1	tsp	Salt
1	tsp	Sugar
1	Medium	Cucumber, peeled and chopped fine
1	Medium to large	Onion, chopped fine
1	Medium to large	Green pepper, chopped fine
2	Cloves	Garlic, chopped fine or
2	tsp	Minced garlic
2	Tbsp	Fresh Parsley, chopped fine
1/4	tsp	Black pepper
1/2	tsp	Worcestershire sauce
1	Large	Tomato, chopped fine

Combine all ingredients in a large bowl. Mix well. Cover and refrigerate overnight before serving. Garnish with croutons, chopped pimentos, diced avocado or any choice of onions, green pepper, cucumber, or parsley. Gazpacho is better if made at least one day in advance. It keeps well for several days (if it lasts that long) in the refrigerator. It is even better the third and fourth days.

For a different taste, try this heated. I will admit I have never done so because I like it so well cold, I never have any left to try it warm.

Ham Wrapped Asparagus

Although my father was a model engineer who often worked with engines, he unwittingly had a green thumb. He did not try to have a green thumb. In fact, he would often take the lawn mower to the rose bushes that would always bloom prodigiously afterwards. When he trimmed the spiraea bushes, he would stick the fresh cut limbs in the ground and have beautiful bushes from these cut limbs next year.

The house in which I grew up had a coal-burning furnace for heat. During the winter months, Dad would take the old clinkers out to the clinker pile. In the spring, we had two edible plants that would always grow through this clinker pile: rhubarb and asparagus.

Asparagus spears grow rapidly and exuberantly, often increasing several inches in a day. Asparagus spears also have sex. The male flower's stamen produces a spore. The female flower has a pistil or ovary. How do you tell the difference between the male and female stalk? The male stalk is leaner whereas the female stalk is plumper. Asparagus is a member of the lily family and comes in three varieties: green, white and violet.

Did you know that asparagus comes from the Greek "swell"? It is not unusual to see that fresh cut asparagus has grown between cutting in the morning and preparation that evening. It is not that the spears continue to grow, but rather they swell as they absorb water from the atmosphere. The word has undergone many etymological changes with folk etymology turning asparagus into sparrowgrass. This died out in the 19th Century, but the abbreviation "grass" remains current in the jargon of the grocery trade.

Tenderness of asparagus spears is not determined by size, but by color – the greener (or whiter) the better.

The idea for this appetizer comes from the dining room of a hotel in Santander, Spain. It was made with large round canned white asparagus. However, this type of asparagus is only available in specialty stores and I have found that fresh raw asparagus is an excellent substitute.

There are three features in GNIS with the official or variant name containing the word Asparagus.

Feature Name	ID	Class	County	State
Asparagus Point	980348	Cape	Hyde	NC
Asparagus Point	1462597	Cape	Westmoreland	VA
Jackson Creek Cemetery	1952292	Cemetery	Will	IL



Figure 5. Ham Wrapped Fresh Asparagus

Ham Wrapped Asparagus

From the kitchen of Jane Messenger

1	Bunch	Fresh Asparagus
3	Slices	Very thinly cut (shaved) Virginia or Honey baked Ham, or Prosciutto Ham (I used Prosciutto Ham)
Optional	Spreadable	Cheese (American, Cheddar, Cream)

Carefully wash the asparagus spears and trim off stem end so that each spear is about 5 inches long.

Cut ham slices lengthwise into strips about 1 inch wide.

Lay out one of the ham strips and place two asparagus spears at one end and on top of ham slice so that the one spear end faces away from the other spear end. Optionally, with a pastry bag or syringe without the needle, pipe a strip of cheese on top of the asparagus. Gently wrap diagonally the ham strip around the asparagus spears, carefully tucking the end inside.

Serves 6-8.

Stuffed Mushrooms

Mushrooms are not vegetables although they are sold in the vegetable section of grocery stores. They are fungi. You may be amazed to learn there are more than 2,500 different kinds of mushrooms and that is just the tip of the iceberg (not lettuce). The American Mushroom Institute states there are 38,000 varieties of mushrooms. But unless you know your mushroom, don't go mushrooming. Many mushrooms are so poisonous that there are no known antidotes.

Mushrooms are low in calories and contain no cholesterol. They are low in saturated fat and sodium. They are high in dietary fiber, iron, vitamin C and zinc. They are very high in niacin, pantothenic acid, phosphorus, potassium, riboflavin, thiamin and vitamin B-6. Unfortunately, they are also high in sugar.

There are 25 names in GNIS with either the official or variant name containing the word Mushroom.

Feature Name	ID	Class	County	State
Mushroom Island	1423846	Island	Prince of Wales-Hyder (CA)	AK
Mushroom Islands	1413579	Island	Kenai Peninsula	AK
Mushroom Reef	1406733	Bar	Kodiak Island	AK
Needle Rock	2571544	Arch	DeKalb	AL
Mushroom Reef	8448	Bar	Mohave	AZ
Mushroom Seep	42082	Spring	Apache	AZ
Mushroom Creek	1667431	Stream	Fresno	CA
Mushroom Rock	246398	Locale	Inyo	CA
Mushroom Rock	263985	Pillar	Fresno	CA
Mushroom Rock	263986	Pillar	Shasta	CA
Mushroom Rock	1661835	Pillar	Shasta	CA
Mushroom Gulch	191350	Valley	Chaffee	CO
Mushroom Creek	774520	Stream	Powder River	MT
Mushroom Mountain	787881	Summit	Lincoln	MT
Mushroom Basin	918260	Basin	Sandoval	NM
Mushroom Store	935888	Building	Bernalillo	NM
Mushroom Rock	850510	Pillar	Washoe	NV
Grand Lake Mushroom Farm	1807020	Locale	Mercer	OH
Mushroom Glade Picnic Area	2112079	Locale	Hamilton	OH
Mushroom Family Learning Center	2430565	Building	Allegheny	PA
Mushroom Farms	1212561	Populated Place	Monroe	PA
Mushroom Springs	1430616	Spring	Davis	UT
Mushroom Corner	1511172	Populated Place	Thurston	WA
Mushroom Rock	1506906	Bar	Clallam	WA
Mushroom Run	1544020	Stream	Calhoun	WV

I'm one of those people who like mushrooms: stuffed, fried, sautéed, raw, in soups, casseroles, sauces, salads and just about anything else. Well, I've not tried a dessert made with mushrooms and can't say that I'd want to even though these fungi are full of sugars.

Two left-handed friends of mine who love to cook invented a recipe for stuffed mushrooms. This recipe won a prize somewhere, but I don't remember where or when. I had a copy of the recipe, but I don't remember what I did with it and I can't find it. The

only thing I remember about it was that it contained mushrooms, a variety of a soft cheese whose name I don't remember and Post Grape Nuts. It was wonderful. I wanted to include it here, but since I couldn't find their recipe, I decided to experiment myself and have developed two different recipes. One requires baking the stuffed mushrooms and the second requires no cooking.



Figure 6. Baked Stuffed Portobello and White Button Mushrooms

Baked Stuffed Mushrooms

From the kitchen of Jane Messenger

8	oz	Cream Cheese
1	Tbsp	Garlic powder
1	tsp	Onion Powder
1	tsp	Crushed dill (optional)
1	Tbsp	Chopped fresh parsley or parsley flakes
2	Tbsp	Port wine
3/4	Cup	Grape Nuts
4		Portobello mushrooms or
2	Dozen	Medium to large white button mushrooms
1	Cup	White wine or white grape juice or white grape flavored water

Mix all ingredients except mushrooms and the white wine well. Clean mushrooms and remove the stems. Fill the mushrooms with the cheese mixture. Place in a shallow pan and pour a just enough white wine or white grape juice in the bottom of the pan to keep the mushrooms from sticking to the pan. Bake at 325° for 15 minutes then raise the temperature to 350° and bake another 5 minutes.

This will fill four Portobello mushrooms or two dozen white button mushrooms.



Figure 7. Sun Dried Tomato and Sweet Basil Stuffed Raw Mushrooms

Raw Stuffed Mushrooms

From the kitchen of Jane Messenger

1		Cleaned and de-stemmed raw medium button mushrooms
4	oz	Cream cheese – softened
2	Tbsp	Finely chopped sun dried tomatoes
1	tsp	Finely chopped sweet basil
2	Tbsp	Grape Nuts

Mix all ingredients except mushrooms. Gently stuff the cheese mixture into the tops of the cleaned mushrooms. Top with additional chopped sweet basil, parsley or chives.



Bread

Not long ago it was difficult in this country to find bakers that made breads – yeast breads – other than donuts. However, the trend is changing and the number of specialty bread companies has risen like dough.

I was never much of a yeast bread maker myself until the personal “bread machine” was invented. Now I find it increasingly easy and fun to experiment with different ingredients and make bread. I especially like to do it while sleeping – that is I put the ingredients in the bread machine, set the timer and awake to the wonderful smell of freshly baked bread. Oh, so nice.

It’s estimated that bread has been around for 12,000 years although this was most likely the flat bread of ground grains mixed with water, mashed and baked. Some good information about the history and different types of bread may be found at <http://www.everydiet.org/1011/the-history-and-types-of-bread>.

Did you know that the term “toast” when drinking to someone’s health or happiness comes from 17th Century England. It was customary in that country to float a piece of spiced bread in the bowl or carafe of wine to improve its flavor before it was drunk. When people raised the glass in the traditional custom of drinking to wish someone health it was considered bad form and rude as well as unwise not to finish every last drop. Therefore, the toast was consumed along with the wine. Eventually the custom became known as “toasting”. Soon though, the toast was abandoned and just the drink was used.

In addition to the yeast breads that include the squishy soft white bread, bagels, donuts and dinner rolls, there are the sweet (or quick) breads, scones and biscuits. Not that yeast breads can’t be sweet, but they take time to make. Sweet breads (sometimes referred to as quick breads, biscuits and scones are quick and easy to make. Myriad varieties of breads abound. Recipes for some of those eaten by the MOBGN follow.

One hundred three records can be found in GNIS using the term Bread in their name. Not surprisingly many of these are for churches or other buildings. However, there are still a number for natural features. Two Bread Tray Mountains may be found in Missouri – one in southeast Missouri and one in southwest Missouri.

Feature Name	ID	Class	County	State
Bread Tray Hill	149521	Populated Place	Bullock	AL
Bread of Heaven Church	68113	Church	Pulaski	AR
Bread Creek	70807	Stream	Saline	AR
Bread Creek Pinnacle	70808	Summit	Saline	AR
Bread Tray Hollow	70809	Valley	Yell	AR
Bread Spring	1947	Spring	Gila	AZ
Breadpan Spring	26729	Spring	Gila	AZ
Living Bread Church of God	1871592	Church	Santa Barbara	CA
Bread of Life Church	2084745	Church	Los Angeles	CA
Bread of Life San Diego	2456472	Church	San Diego	CA
Bread Loaf Mountain	205703	Summit	Litchfield	CT
Bread of Life Church	1941750	Church	Fairfield	CT

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Living Bread of Life Evangelistic Church	1942412	Church	Fairfield	CT
Bread for the City	2457441	Building	District of Columbia	DC
Bread for the City	2457442	Building	District of Columbia	DC
Bread and Cheese Island	213703	Island	New Castle	DE
Bread of Life Christian Church	2378785	Church	Kent	DE
Everlasting Bread of Life	302981	Church	Pinellas	FL
Bread of Life Evangelical Church	2036474	Church	Marion	FL
Our Daily Bread Gospel Tabernacle House of Praise	2053861	Church	Marion	FL
Bread of Life Pentecostal Church of God	2105478	Church	Hernando	FL
Bread of Life Open Bible Church	2476090	Church	Duval	FL
Bread of Life Chapel	2480115	Church	Orange	FL
Bread of Life International Church	2481431	Church	Hillsborough	FL
Living Bread Church International	2481709	Church	Pinellas	FL
Bread of Life Church of God in Christ	2502919	Church	Chatham	GA
Bread of Life Church	1925342	Church	Pocahontas	IA
Bread of Life Faith Center	1983057	Church	Ida	IA
Bread of Life Church of God	2048258	Church	Polk	IA
Bread Loaf Rock	396175	Summit	Boise	ID
Bread Loaf	401216	Pillar	Cassia	ID
Bread Loaves	2084227	Pillar	Cassia	ID
Bread of Life Missionary Baptist Church	1764095	Church	Cook	IL
Bread of Life Church	2509441	Church	Shawnee	KS
Dry Bread Branch	491163	Stream	Breathitt	KY
Dry Bread Fork	491164	Stream	Magoffin	KY
Corn Bread Branch	511545	Stream	Whitley	KY
Dry Bread School (historical)	2339027	School	Magoffin	KY
Dry Bread Island	560659	Island	St. Bernard	LA
Bread and Cheese Brook	613188	Stream	Bristol	MA
Broad Creek	614508	Stream	Essex	MA
Bread of Life Assembly of God Church	1979567	Church	Worcester	MA
Bread and Cheese Creek	583363	Stream	Baltimore	MD
Bread and Cheese Branch	583364	Stream	Harford	MD
Bread of Life Missionary Baptist Church	2379309	Church	Berrien	MI
Bread of Life Harvest Church	2560872	Church	Saginaw	MI
Bread of Life Lutheran Church for the Deaf	2478332	Church	Hennepin	MN
Bread of Life Pentecostal Church of God	2478333	Church	Hennepin	MN
Bread Tray Mountain	749009	Summit	Stone	MO
Bread Tray Mountain	755810	Summit	St. Francois	MO
Living Bread Fellowship Church	2060892	Church	Franklin	MO
Greater Bread of Life Missionary Baptist Church	2468446	Church	St. Louis (city)	MO
Bread of Life Community Baptist Church	2477083	Church	Jackson	MO
Bread of Life East Church	2477084	Church	Jackson	MO
Loaf of Bread Butte	773520	Summit	Custer	MT
German Bread Dam	798302	Dam	Blaine	MT
Stafford Creek	995394	Stream	Caldwell	NC
Bread of Heaven United Holy Church	2505908	Church	Wayne	NC
Bread of Life Evangelical Church	1915265	Church	Hillsborough	NH
Bread and Cheese Run	874915	Stream	Burlington	NJ
Bread Springs	904071	Populated Place	McKinley	NM
Bread Springs Wash	904072	Arroyo	McKinley	NM
Bread Springs Well	904073	Well	McKinley	NM
Bread Springs Chapter	2419319	Civil	McKinley	NM
Bread of Life Ministries of His Glory	2472835	Church	Clark	NV
Bread Loaf Hill	944667	Summit	Cattaraugus	NY
Bread Spring	944668	Spring	Nassau	NY
Bear Mountain	969851	Summit	Orange	NY
Bread and Roses Integrated Arts High School	2083868	School	New York	NY
Saint John's Bread And Life Center	2439118	Building	Kings	NY
Bread of Life Church	1073387	Church	Summit	OH
White Bread Creek	1099690	Stream	Caddo	OK
Whitebead	1099721	Populated Place	Garvin	OK

Bread of Life Baptist Church	1801372	Church	Oklahoma	OK
Bread Town Creek	1803589	Stream	Atoka	OK
Township of White Bread (inactive)	1825298	Civil	Caddo	OK
Bread Spring	1118050	Spring	Harney	OR
Rye Bread School (historical)	1206700	School	Butler	PA
Bread and Butter Creek	1220937	Gut	Georgetown	SC
Bread Tray Hill	1278264	Summit	Coffee	TN
Fatty Bread Branch	1306438	Stream	Dickson	TN
Bread of Life Missionary Baptist Church	2425030	Church	Shelby	TN
White Bread Reach	1349932	Channel	Hunt	TX
Bread Tray Mountain	1352852	Summit	Coryell	TX
Bread Tray Mountain	1352853	Summit	Mills	TX
Bread of Life Primitive Baptist Church	2017308	Church	Dallas	TX
Bread of Life Baptist Church	2019385	Church	Harris	TX
Mrs Bairds Bread Company Building	2031651	Building	Dallas	TX
Bread of Life Missionary Baptist Church	2428051	Church	Dallas	TX
Bread of Life Church	2469546	Church	Bexar	TX
House of Living Bread Church	2469710	Church	Bexar	TX
Bread Knolls	1425947	Summit	Grand	UT
Dry Bread Hollow	1440560	Valley	Weber	UT
Dry Bread Pond	1440561	Lake	Cache	UT
Lower Dry Bread Pond	1454804	Lake	Weber	UT
Bread Island	1780196	Island	Virginia Beach (city)	VA
Bread Loaf	1460655	Populated Place	Addison	VT
Bread Loaf Mountain	1460656	Summit	Addison	VT
Bread Loaf Post Office	1918040	Post Office	Addison	VT
Middlebury Summer College	1918167	School	Addison	VT
Rikert Ski Touring Center Bread Loaf Campus	1918211	Locale	Addison	VT
Bread and Puppet Museum	1921683	Building	Orleans	VT
Bread Loaf School of English	2427464	School	Addison	VT

The main ingredient in bread is flour. What is flour? Flour is a powder made from cereal grains, seeds, or roots. Have you seen loafs of bread in your local bakery or grocers that say they contain 5, 7, 9, or 12 grains? What grains do they contain? What is a grain? Grains or cereals are grass-like crops that are harvested for their dry seeds. Technically speaking (or writing as in this case) a cereal belongs to the Poaceae or Grass family. However, many of the ingredients called grains are edible seeds from broadleaf plants (non-grasses) such as buckwheat and cockscomb. Following is a partial list of grains and pseudograins (pseudocereals) that may be found in your multi-grained loaf of bread:

- Amaranth (a pseudograin) – 4 GNIS records
- Barley – 79 GNIS records
- Breadnut (pseudograin) – 0 GNIS records
- Buckwheat (a pseudograin) – 22 GNIS records
- Cattail (pseudograin) – 152 GNIS records
- Chai (pseudograin) – 0 GNIS records
- Cockscomb (pseudograin) – 18 GNIS records
- Cracked wheat (aka Bulgar) - 2 records GNIS records with cracked; 644 GNIS records with wheat; GNIS records with cracked wheat
- Durum wheat (used to make semolina) – 0 GNIS records for either durum or semolina
- Farro (an ancient Italian strain of wheat called emmer) – 0 GNIS records
- Fonio - 0 GNIS records
- Kamut (this grain is trademarked) - 0 GNIS records
- Kañiwa (close relative of Quinoa) - 0 GNIS records
- Long-grain brown rice – 1254 GNIS records (rice)
- Maize (Corn) – 29 GNIS records (maize); 235 GNIS records (corn)

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Millet – 48 GNIS records
 Oats – 25 GNIS records
 Pitseed Goosefoot (pseudograin) – 1 GNIS record (goosefoot); 0 GNIS records (pitseed)
 Polenta (ground corn) – 0 GNIS records
 Popcorn – 15 GNIS records
 Quinoa (pseudograin)- 0 GNIS records
 Red quinoa – 0 GNIS records
 Short-grain brown rice – see long-grain rice
 Sorghum – 33 GNIS records
 Spelt (a very hard variety of wheat) – 0 GNIS records
 Teff (a kind of millet) – 0 GNIS records
 Rolled triticale (a hybrid of rye and durum wheat) – 0 GNIS records (triticale)
 Rye – 374 GNIS records
 Wattleseed (psuedograin also called acacia seed) – 0 GNIS records (wattleseed); 58 GNIS records (acacia)
 Wheatberries – 0 GNIS records (wheatberry or wheatberries)
 Wild rice – 29 GNIS records (wild rice)

There are 38 records in GNIS having the word Flour in their geographic feature name.

Feature Name	ID	Class	County	State
Flournoys	156360	Populated Place	Russell	AL
Bomford Mill	530792	Locale	District of Columbia	DC
First Flour Mill in Iowa Historical Marker	1981585	Park	Henry	LA
Flour Creek	408476	Stream	Schuyler	IL
Flour Christian Church (historical)	2564250	Church	Pendleton	KY
Flour Creek	492268	Stream	Pendleton	KY
Flour School (historical)	2564251	School	Pendleton	KY
Pipe Creek Mill	591022	Populated Place	Carroll	MD
Craigie Flour Mill Historical Marker	2073142	Park	Otter Tail	MN
Flour Lake	656275	Lake	Cook	MN
Flour Lake Campground	656276	Locale	Cook	MN
Winter Truesdal-Dirks Company Elevator (historical)	1669252	Locale	Roosevelt	MT
Statesville Flour Mill Dam	999548	Dam	Iredell	NC
Humboldt Grain and Flour Company Elevator	1883628	Locale	Richardson	NE
Flour Butte	898655	Summit	Cibola	NM
Chickasaw Bluff Number One	1314116	Cliff	Lauderdale	TN
Flour Island Number Thirtythree	1314162	Island	Lauderdale	TN
Church of Christ in Flour Bluff	2022985	Church	Nueces	TX
Exxon Flour Bluff Heliport	1386426	Airport	Nueces	TX
First Baptist Church Flour Bluff	2022996	Church	Nueces	TX
Flour Bluff	1335977	Populated Place	Nueces	TX
Flour Bluff Branch Library	2014699	Building	Nueces	TX
Flour Bluff Early Childhood Center	2007234	School	Nueces	TX
Flour Bluff Elementary School	2007235	School	Nueces	TX
Flour Bluff High School	2007236	School	Nueces	TX
Flour Bluff Intermediate School	2007237	School	Nueces	TX
Flour Bluff Intermediate School	2434404	School	Nueces	TX
Flour Bluff Junction	1378305	Populated Place	Nueces	TX
Flour Bluff Junior High School	2007238	School	Nueces	TX
Flour Bluff Junior High School	2434422	School	Nueces	TX
Flour Bluff Primary School	2007239	School	Nueces	TX
Flour Bluff Primary School	2434416	School	Nueces	TX
Flour Bluff Volunteer Fire Department	2334257	Building	Nueces	TX
Primera Iglesia Bautista of Flour Bluff Church	2022955	Church	Nueces	TX
Stanard-Tilton Flour Mill	2032036	Locale	Dallas	TX
Cheney Flour Mill	1514508	Building	Spokane	WA
The Flour Mill	1513777	Locale	Spokane	WA

Vogler Flour Mill Dam	1791678	Dam	Eau Claire	WI
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Breakfast Puff

This breakfast “Danish” is very light and delicious. Only the frosting has any sugar added and that can be altered by making a cream cheese frosting using Splenda® instead of sugar to make this truly a no sugar added wonderful treat for breakfast or mid-morning treats. I like to use almond extract and slivered almonds, vanilla extract and pecan pieces, or even vanilla extract and a no sugar added chocolate topping and coconut.

The edible, incredible egg – the “perfect” food. Well almost. Later we will find out that there seems to be an even more incredible food. But back to the egg. Eggs are very nutrient rich. One egg contains over six grams of protein and several important nutrients including chlorine that is necessary for healthy cell membranes and good mental functions in memory. Eggs also contain selenium, a mineral that the body needs for a strong immune system. Selenium is also a powerful antioxidant. The B vitamins folate and riboflavin that are necessary for the body to convert the foods you eat into energy are found in eggs as well as vitamins A (good for good night vision, general cell growth and healthy skin) and E (an antioxidant that works well with vitamin C and selenium to prevent damage to the body caused by free radicals). Lutein and zeaxanthin both of which are related to vitamin A are found in the yellow pigment of the egg yolk. These two nutrients are concentrated in the retina of the body’s eye and help prevent macular degeneration.

Unfortunately one egg contains over 212 mg of cholesterol more than two-thirds of the day’s recommended daily amount. However, the cholesterol in eggs really shouldn’t scare you as most of the body’s cholesterol is made by the liver and the amount of cholesterol in your diet may not have as big an impact on your blood cholesterol as once thought. According to About.com Nutrition (<http://nutrition.about.com/>) one can eat one egg every day without harming your cholesterol and other blood fat levels. That’s good news.

Eggs by the numbers: The 1990 census found the population of the United States to be 248,709,873. Our per capita consumption of eggs is 232.8 eggs per year. This equates to 5,789,966,400 eggs per year which, when divided by 365 amounts to 158,629,210 eggs a day. Expressed in personal terms this equates to less than two-thirds of an egg per day per person per year. As for the hens, each of the 230 million laying hens in the United States in 1990 produced just about 300 eggs per year, for a total of 5,575.8 million dozen eggs a year or a total of 69,093.6 million eggs altogether. If we divide this number by the 1990 population it should prove that every American eats 232.8 eggs every year. However, this number is really closer to 250 eggs per year per person because as everyone knows hens don’t know how to use a calculator.

There is no difference between the brown-shelled egg and the white-shelled egg as far as content is concerned. Those hens that lay brown eggs are slightly larger than those hens that lay the white egg. This means that the hens laying brown eggs eat more food, which is why brown eggs are more costly. Some of those who prefer brown eggs say that the

shells are stronger and the whites taste better, which make them worth the higher price. Lovers of the white egg just smile and save.

As far as GNIS is concerned there are 221 records using the word Egg in their geographic feature name.

Feature Name	ID	Class	County	State
Adams Egg Farm Dam	681173	Dam	Hinds	MS
Adams Egg Farm Lagoon Dam	680928	Dam	Simpson	MS
Big Egg Marsh	943878	Swamp	Queens	NY
Bloomfield Lake	621617	Lake	Oakland	MI
Broken Egg Spring	1609405	Spring	Teton	WY
Broomstick Lake	944896	Lake	Fulton	NY
Cenotaph Island	1420950	Island	Hoonah-Angoon (CA)	AK
Civil City of Egg Harbor City	885204	Civil	Atlantic	NJ
Craig	1421260	Populated Place	Prince of Wales-Hyder (CA)	AK
Deranof Island	1401131	Island	Kodiak Island	AK
Dragons Egg Rock	178232	Pillar	Boulder	CO
Drown Boys Ledges	578927	Bar	Washington	ME
Eastern Egg Rock	565717	Island	Knox	ME
Edison	1647695	Populated Place	Gibson	TN
Egg Bag Creek	407813	Stream	LaSalle	IL
Egg Bank	1222247	Bar	Beaufort	SC
Egg Bar	70035	Bar	Lee	AR
Egg Bar Bend	71539	Bend	Lee	AR
Egg Bay	1418536	Bay	Aleutians West (CA)	AK
Egg Bend	554349	Populated Place	Avoyelles	LA
Egg Bend Post Office (historical)	1630201	Post Office	Avoyelles	LA
Egg Butte	1519199	Summit	Lewis	WA
Egg Canyon	1440869	Valley	Garfield	UT
Egg Creek	669692	Stream	Choctaw	MS
Egg Creek	1028820	Stream	McHenry	ND
Egg Creek	1141694	Stream	Linn	OR
Egg Creek	1335131	Stream	Hamilton	TX
Egg Farm Test Water Well	922957	Well	Bernalillo	NM
Egg Harbor	452125	Populated Place	Gibson	IN
Egg Harbor	1421667	Bay	Petersburg (CA)	AK
Egg Harbor	1564459	Bay	Door	WI
Egg Harbor	1564460	Populated Place	Door	WI
Egg Harbor Cemetery	876118	Cemetery	Atlantic	NJ
Egg Harbor Cemetery	1577989	Cemetery	Door	WI
Egg Harbor City	876119	Populated Place	Atlantic	NJ
Egg Harbor City Fire Department	2401729	Building	Atlantic	NJ
Egg Harbor City Lake	876120	Lake	Atlantic	NJ
Egg Harbor Township High School	2333209	School	Atlantic	NJ
Egg Head Row	530136	Park	District of Columbia	DC
Egg Hill	590143	Summit	Cecil	MD
Egg Hill	1174040	Summit	Centre	PA
Egg Hill Church	1174041	Church	Centre	PA
Egg Island	313870	Island	McIntosh	GA
Egg Island	614420	Island	Bristol	MA
Egg Island	617624	Bar	Barnstable	MA
Egg Island	876121	Island	Atlantic	NJ
Egg Island	876122	Island	Ocean	NJ
Egg Island	949421	Island	Nassau	NY
Egg Island	1401689	Island	Lake and Peninsula	AK
Egg Island	1401690	Island	Kodiak Island	AK

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Egg Island	1401691	Island	Lake and Peninsula	AK
Egg Island	1401692	Island	Nome (CA)	AK
Egg Island	1401693	Island	Nome (CA)	AK
Egg Island	1401694	Island	North Slope	AK
Egg Island	1418537	Island	Aleutians West (CA)	AK
Egg Island	1418538	Island	Aleutians West (CA)	AK
Egg Island	1418539	Island	Aleutians East	AK
Egg Island	1418540	Island	Aleutians East	AK
Egg Island	1418541	Island	Aleutians East	AK
Egg Island	1418542	Island	Aleutians East	AK
Egg Island	1427753	Island	Davis	UT
Egg Island	1894228	Island	Aleutians East	AK
Egg Island (historical)	873765	Island	Cumberland	NJ
Egg Island Channel	1421668	Channel	Valdez-Cordova (CA)	AK
Egg Island Fish and Wildlife Management Area	883044	Park	Cumberland	NJ
Egg Island Flats	876123	Flat	Cumberland	NJ
Egg Island Light	1401695	Locale	Nome (CA)	AK
Egg Island Point	876124	Cape	Cumberland	NJ
Egg Islands	313871	Island	Chatham	GA
Egg Islands	1421669	Island	Prince of Wales-Hyder (CA)	AK
Egg Islands	1421670	Island	Valdez-Cordova (CA)	AK
Egg Knob	1020115	Summit	Watauga	NC
Egg Lake	223000	Swamp	Modoc	CA
Egg Lake	625400	Lake	Charlevoix	MI
Egg Lake	625401	Lake	Marquette	MI
Egg Lake	643194	Lake	Washington	MN
Egg Lake	643195	Lake	Mahnomen	MN
Egg Lake	656124	Lake	Cass	MN
Egg Lake	656125	Lake	Itasca	MN
Egg Lake	656126	Lake	Itasca	MN
Egg Lake	1028821	Lake	Wells	ND
Egg Lake	1120409	Flat	Lake	OR
Egg Lake	1504694	Lake	San Juan	WA
Egg Lake	1519200	Lake	Whatcom	WA
Egg Lake	1564461	Lake	Waukesha	WI
Egg Lake	1579193	Lake	Bayfield	WI
Egg Lake	1619834	Lake	Newaygo	MI
Egg Lake Butte	223001	Summit	Modoc	CA
Egg Lake Impoundment	659402	Reservoir	Itasca	MN
Egg Lake Lookout Tower	659828	Tower	Becker	MN
Egg Lake Slough	259800	Stream	Lassen	CA
Egg Lateral	372595	Canal	Bingham	ID
Egg Marsh	1466196	Swamp	Accomack	VA
Egg Marsh	1466197	Swamp	Accomack	VA
Egg Mountain	241858	Summit	San Diego	CA
Egg Mountain	1457348	Summit	Bennington	VT
Egg Mountain	1762005	Locale	Teton	MT
Egg Passage	1421671	Channel	Prince of Wales-Hyder (CA)	AK
Egg Point	578994	Cape	Washington	ME
Egg Point	840310	Cliff	Nye	NV
Egg Point	1335132	Cape	Aransas	TX
Egg Point	1418543	Cape	Aleutians West (CA)	AK
Egg Pond	565804	Lake	Penobscot	ME
Egg Pond	565805	Lake	Penobscot	ME
Egg Pond	565806	Lake	Somerset	ME
Egg Pond	565807	Lake	Piscataquis	ME
Egg Pond	976286	Lake	St. Lawrence	NY
Egg Pond	976287	Lake	St. Lawrence	NY

Egg Pond	1235642	Swamp	Chesterfield	SC
Egg Pond	1504695	Lake	Whitman	WA
Egg River	643196	Stream	Becker	MN
Egg Rock	565808	Bar	Hancock	ME
Egg Rock	565809	Island	Knox	ME
Egg Rock	565810	Island	Hancock	ME
Egg Rock	565811	Island	Washington	ME
Egg Rock	565812	Island	Washington	ME
Egg Rock	613332	Island	Essex	MA
Egg Rock	617309	Island	Middlesex	MA
Egg Rock	1421672	Area	Prince of Wales-Hyder (CA)	AK
Egg Rock Creek	197515	Stream	Gunnison	CO
Egg Rock Ledge	580551	Bar	Knox	ME
Egg Rock Ligh Station	1911568	Building	Hancock	ME
Egg Rock Light	603425	Locale	Essex	MA
Egg Rock North Ledge	581732	Bar	Knox	ME
Egg Rock South Ledge	581733	Bar	Knox	ME
Egg Rocks	1421673	Bar	Valdez-Cordova (CA)	AK
Egg Run	434043	Stream	Henry	IN
Egg Shoal	1018657	Bar	Dare	NC
Egg Spring	1141695	Spring	Baker	OR
Egg Tank	41526	Reservoir	Apache	AZ
Egg Tank	1853541	Reservoir	Apache	AZ
Eggshell Arch	4359	Arch	Coconino	AZ
False Egg Island Point	876293	Cape	Cumberland	NJ
Fish Egg Island	1421937	Island	Prince of Wales-Hyder (CA)	AK
Fish Egg Reef	1421938	Bar	Prince of Wales-Hyder (CA)	AK
Golden Egg Mine	242819	Mine	Riverside	CA
Goose Egg	1142853	Summit	Klamath	OR
Goose Egg	1597334	Populated Place	Natrona	WY
Goose Egg Butte	1134118	Summit	Harney	OR
Goose Egg Hill	1512246	Summit	Benton	WA
Goose Egg Hill	1565645	Summit	Columbia	WI
Goose Egg Island	372881	Island	Canyon	ID
Goose Egg Island	1121242	Island	Malheur	OR
Goose Egg Lake	626962	Lake	Muskegon	MI
Goose Egg Lake	951357	Lake	Fulton	NY
Goose Egg Mountain	1520145	Summit	Yakima	WA
Goose Egg Number One Mine	1746858	Mine	Natrona	WY
Goose Egg Number Two Mine	1746847	Mine	Natrona	WY
Goose Egg Park	2052405	Park	Olmsted	MN
Goose Egg Peak	1441368	Summit	Duchesne	UT
Goose Egg Post Office (historical)	1782078	Post Office	Natrona	WY
Goose Egg Reservoir	1638224	Reservoir	Harney	OR
Goose Egg Ridge	951358	Ridge	Washington	NY
Goose Egg Spring	1588973	Spring	Natrona	WY
Goose Egg Windmill	1336723	Locale	Duval	TX
Great Egg Harbor Bay	876745	Bay	Cape May	NJ
Great Egg Harbor Inlet	876746	Bay	Cape May	NJ
Great Egg Harbor River	876747	Stream	Atlantic	NJ
Great Egg Rock	615101	Island	Essex	MA
Guibert Islets	1422354	Island	Sitka	AK
Gull Island	614548	Island	Dukes	MA
Gull Island	1416006	Island	Valdez-Cordova (CA)	AK
Haenke Island	1422397	Island	Yakutat	AK
Hen Egg Mountain	1377794	Summit	Brewster	TX
Hunt Island	1418702	Island	Aleutians East	AK

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Lehua	361808	Island	Kauai	HI
Liberty Egg Farm	2567632	Locale	Van Wert	OH
Little Egg Creek	1340087	Stream	Hamilton	TX
Little Egg Farm	2559348	Locale	Ulster	NY
Little Egg Harbor	877833	Bay	Ocean	NJ
Little Egg Harbor Township Intermediate School	2333202	School	Ocean	NJ
Little Egg Inlet	877834	Bay	Atlantic	NJ
Little Egg Island	317065	Island	McIntosh	GA
Little Egg Island	614441	Island	Bristol	MA
Little Egg Island	1418856	Island	Aleutians East	AK
Little Egg Lake	227254	Lake	Modoc	CA
Little Egg Marsh	955520	Swamp	Queens	NY
Little Egg Rock	569765	Island	Knox	ME
Little Egg Rock	615180	Island	Essex	MA
Little Egg Rock Shoals	581803	Bar	Knox	ME
Little Goose Egg Lake	2106607	Lake	Muskegon	MI
Lower Egg Lake	647249	Lake	Becker	MN
Lower Goose Egg Lake	1134117	Flat	Harney	OR
Mares Egg Spring	1145803	Spring	Klamath	OR
Nest Egg Mine	1745808	Mine	Gunnison	CO
Old Goose Egg Ranchhouse	1592390	Locale	Natrona	WY
Ostrich Egg Dam	798506	Dam	Hill	MT
Oval Rock	1424115	Island	Sitka	AK
Rock Dundy	614679	Island	Essex	MA
Rotten Egg Slough	289987	Gut	Seminole	FL
Rotten Egg Spring	850447	Spring	Washoe	NV
Sedanka Pass	1419214	Channel	Aleutians West (CA)	AK
Seven Egg Creek	1413946	Stream	Kenai Peninsula	AK
Shag Rocks	614147	Bar	Suffolk	MA
South Egg Creek	1032189	Stream	McHenry	ND
South Egg Harbor	880725	Populated Place	Atlantic	NJ
South Egg Harbor Volunteer Fire Company	2401868	Building	Atlantic	NJ
Suck-egg Hollow	1271635	Valley	Roane	TN
Sunken Egg Rock	580035	Bar	Hancock	ME
The Egg Performing Arts Center	2427032	Building	Albany	NY
Thunder Egg Lake	1151202	Lake	Lake	OR
Town of Egg Harbor	1583137	Civil	Door	WI
Township of Egg Creek	1759489	Civil	McHenry	ND
Township of Egg Harbor	882051	Civil	Atlantic	NJ
Township of Little Egg Harbor	882067	Civil	Ocean	NJ
Tuckerton	881282	Populated Place	Ocean	NJ
Turkey Egg Creek	1475944	Stream	Charlotte	VA
Turkey Egg Creek	1475945	Stream	Dinwiddie	VA
Turtle Egg Island (historical)	596915	Island	Somerset	MD
Two Egg	295680	Populated Place	Jackson	FL
Upper Egg Lake	653546	Lake	Becker	MN
Upper Goose Egg Lake	1133138	Lake	Harney	OR
Van Hook Arm	1032623	Bay	Mountrail	ND
Village of Egg Harbor	1583136	Civil	Door	WI
WRDR-FM (Egg Harbor City)	884608	Tower	Atlantic	NJ
WRDR-FM (Egg Harbor City)	884609	Tower	Atlantic	NJ
Water Canyon	1447034	Valley	Garfield	UT
West Egg Harbor	881697	Populated Place	Atlantic	NJ
Western Egg Rock	578250	Island	Lincoln	ME



Figure 8. Breakfast Puff pastry made with Almonds



Figure 9. Piece of Breakfast Puff pastry made with Almonds

Breakfast Puff Pastry

From the kitchen of Jane Messenger

Remember this recipe can be made with different flavored extracts and toppings.

Preheat oven to 350°.

Base layer

1/2	Cup	Butter softened
1	Cup	Flour
2	Tbsp	Water

Cut 1/2 cup softened butter into 1 cup flour, Sprinkle 2 Tbsp water over the mixture and mix with a fork. Round into a ball and divide into two portions. With the hand make a sausage shape out of each and lay on an ungreased cookie sheet about three inches apart. Spread out into an oblong shape 12" by 3".

Top Layer

1/2	Cup	Butter
1	Cup	Water
1	tsp	Almond Extract
1	Cup	Flour
3		Eggs
1	Cup	Nuts

In a medium sauce pan, heat 1/2 cup butter and 1 cup water to a rolling boil. Remove from heat and quickly stir in the extract and flour. Stir vigorously over low heat until mixture forms a ball (about 1 minute). Remove from the heat and stir in all of the eggs at one time. Beat by hand until smooth. Spread half of the mixture on top of each of the strips covering them completely.

Bake about 60 minutes or until topping is crisp and brown. Cool. Frost with a powdered sugar glaze or the no sugar added cream cheese frosting and sprinkle with slivered almonds.

No Sugar Added Cream Cheese Frosting

From the kitchen of Jane Messenger

3/4	Cup	Spleand®
2	Tbsp	Butter softened
6	oz	Cream cheese softened
1 – 1 1/2	tsp	Almond or other extract
1 – 2	Tbsp	Water

Mix Splenda®, butter, cream cheese, and extract until smooth. Add enough water to make thin enough to pipe, spread, or drizzle onto breakfast pastry.

Banana Nut Bread

This is a quick or sweet bread. The recipe comes from my childhood and is very simple to make. The riper the bananas the more flavorful the bread.

Bananas can chase away the blues and may reduce the risk of stroke by as much as 40 percent. They are nutritionally rich in potassium. In fact, one banana a day can restore the body's potassium balance if you take medication to control high blood pressure. Bananas are also high in vitamins B-6, C, folate, riboflavin and thiamin. Unfortunately, one cup of mashed banana will provide 17 percent of your daily carbohydrate intake mainly because of the high sugar content. Maybe this sugar content is why banana is often found as a sweetener for the "all fruit" spreads.

A long list of medicinal uses for the banana may be found at www.banana.com/medicinal.html

Among some of banana's medicinal uses it: helps alleviate anemia, reduces the risk of blood pressure and stroke, is a quick cure for a hangover, relieves PMS, reduces the swelling and itch of a mosquito bite and gets rid of that annoying wart.

Botanically the banana is not a tree. Rather it is the world's largest herb. It comes originally from Malaysia. By the early 15th Century bananas were found in North Africa as well as the Canary Islands. They are now cultivated in all tropical climes. The bananas that were growing in Africa and Southeast Asia were not the 10 to 12 inch long banana of today, but only the size of a man's finger. Arabian slave traders are credited with giving bananas their popular name - *banan* or Arabic for finger.

Unlike most fruits, bananas ripen better off the plant. It is perfectly all right to buy green bananas and allow them to ripen a few days at room temperature. Bananas stored in the refrigerator will not ripen properly. The cold interferes with the ripening process and bringing the banana back to room temperature will not reverse the process. Although once bananas are ripe they may be refrigerated up to two weeks to prevent over ripening. To speed up the ripening process, put the bananas and a ripe apple in a paper or plastic bag with holes poked in it and store at room temperature.

Bananas come pre-packaged in their own biodegradable container. When empty, this container can be used as a polishing rag for your leather shoes. Did you know that the banana is a good source of fiber for not only the inside of your body but for the outside as well? The Japanese have cultivated the banana since the 13th Century for use in clothing and the household. Different parts of the banana and different processing methods will produce fibers used to make tablecloths, kimonos, kamishimos and in the Kathmandu Valley silks for rugs. Banana paper can be made from the bark of the banana or from banana fiber. The sap of the banana tree is extremely sticky and can be used as glue. Bananas have many uses including making umbrellas.

Where is the Banana Pancake Trail? Actually it is not one trail but rather an expression amongst South and Southeast Asian backpackers who like to eat banana pancakes – one of the many ways in which to eat bananas.

Though bananas are not grown commercially in the United States that does not mean we don't honor the banana with features containing the word banana. There are 35 records in GNIS using the word Banana.

Feature Name	ID	Class	County	State
Banana Spring	991	Spring	Gila	AZ
Rotten Bananas Butte	10510	Summit	Navajo	AZ
Banana Mountain	189384	Summit	Chaffee	CO
Banana Canyon	192935	Valley	Costilla	CO
Banana Branch	278072	Stream	Hendry	FL
Banana Creek	278073	Stream	Hillsborough	FL
Banana Creek	278074	Stream	Brevard	FL
Banana Island	278075	Island	Citrus	FL
Banana Lake	278076	Lake	Polk	FL
Banana Lake	278077	Lake	Seminole	FL
Banana River	278078	Gut	Lake	FL
Banana River	278079	Lake	Brevard	FL
Little Banana Patch	285586	Locale	Monroe	FL
Banana Branch Bridge	303511	Bridge	Hendry	FL
Banana River Aquatic Preserve	304102	Park	Brevard	FL
Little Banana Lake	304719	Lake	Polk	FL
Indian River Lagoon	1923067	Bay	Volusia	FL
Naval Air Station Banana River (historical)	2100104	Military	Brevard	FL
North Banana River Fire / Rescue Station 42	2331291	Building	Brevard	FL
Dry Canyon	376924	Valley	Custer	ID
Banana Gulch	393895	Valley	Custer	ID
Banana Lake	1619082	Lake	Schoolcraft	MI
Banana Lake	639610	Lake	Becker	MN
Banana Hill	692451	Summit	Tippah	MS
Banana Lake	779318	Lake	Sanders	MT
Banana Peel Dam	798407	Dam	Park	MT
Banana Ridge	886032	Ridge	McKinley	NM
Banana Ridge Wash	886033	Stream	McKinley	NM
Banana Pond	862235	Lake	White Pine	NV
Banana Lake	1157338	Reservoir	Malheur	OR
Banana Point	1613697	Cape	St. Thomas	VI
Banana Bay	1614461	Bay	St. Thomas	VI
Bananabay	1993740	Bay	St. Thomas	VI
Big Banana Island	1578762	Island	Sawyer	WI
Little Banana Island	1579665	Island	Sawyer	WI

I have often made this Banana Nut Bread recipe in a Dutch oven while camping. Just put the batter in a metal tube Jello mold, set the mold on top of some small rocks placed in the bottom of the Dutch oven, cover the oven, place it above the camp fire or in the hot coals and bake. Of course you will need to watch closely to make certain that you don't burn it. I've more often used the Dutch oven on top of the kitchen stove when my oven was out of order.

There are 80 records in GNIS using Oven in their geographic feature name.

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Feature Name	ID	Class	County	State
Bake Oven	218535	Locale	Placer	CA
Bake Oven Flat	1329940	Flat	Throckmorton	TX
Bake Oven Knob	1168590	Summit	Carbon	PA
Bake Oven Knob	1553777	Summit	Marion	WV
Bake Oven Mountain	1168591	Summit	Union	PA
Bake Oven Ridge	256438	Ridge	Trinity	CA
Bake Oven Trail	274997	Trail	Placer	CA
Bake Oven Trail	1190975	Trail	Tioga	PA
Big Oven	1326839	Arch	Cocke	TN
Coke Oven	187488	Locale	Dolores	CO
Coke Oven Arch	1435331	Arch	Grand	UT
Coke Oven Branch	116369	Stream	Walker	AL
Coke Oven Branch	310340	Stream	Walker	GA
Coke Oven Creek	187478	Stream	Dolores	CO
Coke Oven Hill	116370	Summit	Walker	AL
Coke Oven Hollow	452146	Populated Place	Parke	IN
Coke Oven Hollow	1172141	Valley	Somerset	PA
Devils Bake Oven	1772192	Cliff	Jackson	IL
Devils Dutch Oven	1448344	Summit	Sevier	UT
Devils Oven Island	948371	Island	Jefferson	NY
Devils Oven Lake	253673	Lake	Nevada	CA
Dirt Oven Campground	380602	Locale	Boundary	ID
Dutch Oven	372518	Basin	Owyhee	ID
Dutch Oven	770932	Pillar	Garfield	MT
Dutch Oven	1120241	Basin	Harney	OR
Dutch Oven Campground	270952	Locale	Santa Barbara	CA
Dutch Oven Canyon	170634	Valley	Moffat	CO
Dutch Oven Creek	222774	Stream	Lake	CA
Dutch Oven Creek	252502	Stream	Madera	CA
Dutch Oven Creek	259637	Stream	Glenn	CA
Dutch Oven Creek	380960	Stream	Idaho	ID
Dutch Oven Creek	380961	Stream	Idaho	ID
Dutch Oven Creek	380962	Stream	Valley	ID
Dutch Oven Creek	380963	Stream	Lemhi	ID
Dutch Oven Creek	770933	Stream	Yellowstone	MT
Dutch Oven Creek	1120242	Stream	Jackson	OR
Dutch Oven Flat	1120243	Flat	Lake	OR
Dutch Oven Flat	2061149	Flat	Fresno	CA
Dutch Oven Forest Camp	1141432	Locale	Lane	OR
Dutch Oven Gulch	397662	Valley	Adams	ID
Dutch Oven Lake	1599428	Lake	Fremont	WY
Dutch Oven Meadow	222775	Flat	Fresno	CA
Dutch Oven Mine	853665	Mine	Lander	NV
Dutch Oven Pass	1599429	Gap	Big Horn	WY
Dutch Oven Pass	1923536	Gap	Catron	NM
Dutch Oven Placer Mine	853666	Mine	Lander	NV
Dutch Oven Rapids	376435	Rapids	Lemhi	ID
Dutch Oven Reservoir	1141433	Reservoir	Grant	OR
Dutch Oven Ridge	394527	Summit	Idaho	ID
Dutch Oven Spring	28700	Spring	Greenlee	AZ
Dutch Oven Spring	380964	Spring	Valley	ID
Dutch Oven Spring	395331	Spring	Adams	ID
Flanagan Post Office (historical)	1165257	Post Office	Wasco	OR
Indian Oven	607908	Summit	Hampshire	MA
Indian Oven Ruins	830287	Locale	Webster	NE
Irish Bayou	554838	Stream	Caddo	LA
Little Oven	1643049	Arch	Cocke	TN
Old Spanish Oven	1389917	Unknown	Guam	GU
Oven Bluff	124330	Cliff	Clarke	AL

Oven Bluff Fishing Camp	133774	Locale	Clarke	AL
Oven Branch	1471981	Stream	Sussex	VA
Oven Brook	1458861	Stream	Bennington	VT
Oven Creek	1326848	Stream	Cocke	TN
Oven Creek Church	1326849	Church	Cocke	TN
Oven Fork	508766	Populated Place	Letcher	KY
Oven Fork Post Office (historical)	2336170	Post Office	Letcher	KY
Oven Fork School	500048	School	Letcher	KY
Oven Lake	959651	Lake	Herkimer	NY
Oven Landing	138793	Locale	Washington	AL
Oven Lick	1076584	Stream	Scioto	OH
Oven Lid	230165	Summit	Tehama	CA
Oven Mountain	959652	Summit	Warren	NY
Oven Mountain Pond	959653	Lake	Warren	NY
Oven Mouth	572873	Channel	Lincoln	ME
Oven Point	959654	Cape	Hamilton	NY
Oven Point	1458862	Cape	Addison	VT
Oven Run	1183133	Stream	Somerset	PA
Oventop Mountain	1499831	Summit	Rappahannock	VA
Park Bake Oven Trail	1206925	Trail	Union	PA
Retort Oven	10235	Basin	La Paz	AZ
The Oven	1459881	Basin	Bennington	VT



Figure 10. Banana Nut Bread

Banana Nut Bread

From the kitchen of Jane Messenger

Preheat oven to 350°

3	Mashed	Ripe bananas
1	tsp	Baking soda
1/2	Cup	Lard
1	Cup	Sugar
3		Eggs
2	Cups	Flour
1/2	tsp	Salt
1	Cup	Nuts

Mash bananas in a bowl. Stir in baking soda. Set aside. Cream sugar and lard. Add eggs and mix well. Add flour and salt. Mix well. Add nuts and banana/soda mixture and mix.

Pour into a greased and floured large loaf pan or tube pan like a Bundt pan or metal Jello mold (not an Angel Food Cake pan). Bake 60 – 75 minutes at 350° until a knife inserted in the center comes out clean.

Chocolate Raspberry Bread

I don't remember where the original form of this recipe came from, but I have altered it somewhat – again mainly because when I started to make it I didn't have all of the ingredients called for in the recipe so I substituted. I do know this is one of the very few, if not the only bread, that I don't want to slather with butter or cream cheese or both. However, if you want to put butter or cream cheese on a slice of this, go right ahead. It's good any way you want to fix it. You might even want to try peanut butter and then you'll have a taste something like Reese's Pieces®.

A search of GNIS found 99 records using the word Raspberry in their name.

Feature Name	ID	Class	County	State
Little Raspberry Island	1405526	Island	Kodiak Island	AK
Malina Point	1405903	Cape	Kodiak Island	AK
Raspberry Cape	1408537	Cape	Kodiak Island	AK
Raspberry Island	1408538	Island	Kodiak Island	AK
Raspberry Lake	1408539	Lake	Yukon-Koyukuk (CA)	AK
Raspberry Strait	1408540	Channel	Kodiak Island	AK
Old Raspberry Cemetery	124235	Cemetery	Chilton	AL
Raspberry Cemetery	53900	Cemetery	Crittenden	AR
Raspberry	73238	Populated Place	Pope	AR
Raspberry Creek	73239	Stream	Pope	AR
Raspberry Mountain	73240	Summit	Pope	AR
Raspberry Mountain	78135	Summit	Polk	AR
Raspberry Post Office (historical)	84045	Post Office	Pope	AR
Raspberry Ridge	9963	Ridge	Cochise	AZ
Rucker Raspberry Ridge Trail Two Hundred Twentyeight	22205	Trail	Cochise	AZ
Raspberry Basin	33381	Basin	Greenlee	AZ
Raspberry Creek	33382	Stream	Greenlee	AZ
Raspberry Peak	33383	Summit	Greenlee	AZ
Raspberry Spring	33384	Spring	Coconino	AZ
Red Raspberry Tank	33493	Reservoir	Coconino	AZ
Raspberry Trail Thirty-five	40062	Trail	Greenlee	AZ
Raspberry Peak	42951	Summit	Cochise	AZ
Raspberry Spring	254458	Spring	Ventura	CA
Raspberry Camp Spring	265189	Spring	Tehama	CA
Raspberry Gulch	265190	Valley	Trinity	CA
Raspberry Lake	265191	Lake	Siskiyou	CA
Raspberry rustic Campsite	275258	Locale	Ventura	CA
Raspberry Spring	275259	Locale	Ventura	CA
Raspberry Camp (historical)	1666629	Locale	Tehama	CA
Raspberry Creek	172367	Stream	Jackson	CO
Raspberry Creek	172943	Stream	Routt	CO
Raspberry Creek	175549	Stream	Gunnison	CO
Raspberry Gulch	177374	Valley	Larimer	CO
Raspberry Park	177798	Flat	Larimer	CO
Raspberry Creek	185929	Stream	Montrose	CO
Raspberry Gulch	189469	Valley	Chaffee	CO
Raspberry Gulch	189514	Valley	Saguache	CO
Raspberry Peak	189939	Summit	Saguache	CO
Raspberry Gulch	190551	Valley	Mineral	CO
Raspberry Creek	191647	Stream	Saguache	CO
Raspberry Canyon	192637	Valley	Alamosa	CO

Raspberry Butte	193174	Summit	Douglas	CO
Raspberry Mountain	193233	Summit	El Paso	CO
Raspberry Mountain	203530	Summit	Teller	CO
Raspberry Mountain	203632	Summit	Huerfano	CO
Raspberry Heliport	204532	Airport	San Miguel	CO
Raspberry Brook	210099	Stream	Hartford	CT
Raspberry Butte	389112	Summit	Clearwater	ID
Raspberry Creek	389113	Stream	Clearwater	ID
Raspberry Gulch	389114	Valley	Elmore	ID
Raspberry Church	538496	Church	West Feliciana	LA
Raspberry Cemetery	555755	Cemetery	Iberville	LA
Raspberry Brook	609074	Stream	Hampden	MA
Raspberry Hill	574047	Summit	Androscoggin	ME
Raspberry Island	574048	Island	Washington	ME
Raspberry Island	635655	Island	Keweenaw	MI
Raspberry Lake	1621346	Lake	Gogebic	MI
Raspberry Creek	649828	Stream	Aitkin	MN
Raspberry Island	649829	Island	Ramsey	MN
Raspberry Lake	649830	Lake	Aitkin	MN
Raspberry Lake	649831	Lake	Becker	MN
Raspberry Lake	657982	Lake	Itasca	MN
Raspberry Island	662256	Island	St. Louis	MN
Raspberry Ridge Park	2093152	Park	Scott	MN
Raspberry Woods Park	2093153	Park	Scott	MN
Raspberry Creek	694513	Stream	Rankin	MS
Raspberry Memorial Methodist Episcopal Church	1700702	Church	Sunflower	MS
Raspberry Butte	789388	Summit	Sweet Grass	MT
Raspberry Creek	789389	Stream	Sweet Grass	MT
Raspberry Mountain	899865	Summit	Colfax	NM
Raspberry Hill Ski Trail	930556	Trail	Taos	NM
Raspberry Creek	845613	Stream	Pershing	NV
Raspberry Creek (historical)	846122	Populated Place	Pershing	NV
North Fork Raspberry Cañon	852135	Valley	Pershing	NV
Raspberry Cañon	852158	Valley	Pershing	NV
Raspberry Post Office	864383	Post Office	Pershing	NV
Raspberry Island	976876	Island	St. Lawrence	NY
Raspberry Creek	1125810	Stream	Jackson	OR
Raspberry Creek	1125811	Stream	Grant	OR
Raspberry Creek	1148225	Stream	Douglas	OR
Raspberry Mountain	1148226	Summit	Curry	OR
Raspberry Gulch	1262262	Valley	Lawrence	SD
Raspberry Oil Field	1366019	Oilfield	Foard	TX
Raspberry Hollow	1431580	Valley	Duchesne	UT
Raspberry Canyon	1444727	Valley	Millard	UT
Raspberry Draw	1444728	Valley	Duchesne	UT
Raspberry Knoll	1444729	Summit	Wasatch	UT
Raspberry Falls Golf and Hunt Club	2039436	Locale	Loudoun	VA
Raspberry	2459189	Populated Place	Stafford	VA
Raspberry Bay	1572086	Bay	Bayfield	WI
Raspberry Island	1572087	Island	Bayfield	WI
Raspberry Point	1572088	Cape	Bayfield	WI
Raspberry River	1572089	Stream	Bayfield	WI
Raspberry Island	1580229	Island	Sawyer	WI
Sioux River	1580418	Stream	Bayfield	WI
Raspberry Landing	1843164	Locale	Burnett	WI
Raspberry Lake	1845880	Reservoir	Fond du Lac	WI
Raspberry Draw	1593176	Valley	Hot Springs	WY
Raspberry Creek	1602399	Stream	Sublette	WY
Raspberry Ridge	1602400	Ridge	Sublette	WY

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Figure 11. Chocolate Raspberry Bread

Chocolate Raspberry Bread

From the kitchen of Jane Messenger

1 1/4	Cup	Water
1/8	Cup	Raspberry syrup (I use the sugar free variety)
1/8	Cup	Almond or Hazelnut syrup (again I use the sugar free)
4	tsp	Triple Sec
2	tsp	Salt
1/4	Cup	Dark Karo® syrup
4	Cups	Bread flour
2	Tbsp	Dry milk
2	Tbsp	Sugar
2	Tbsp (rounded)	Cocoa (I use the Special Dark – Dutch process)
1/4	Cup	Chocolate chips (optional)
1/2	tsp	Grated orange peel
3	tsp	Bread or Active Dry yeast

Put ingredients in the order listed in the pan of a bread maker.

This recipe makes a two (2) pound loaf in a bread maker on white, sweet, rapid or delay bake. I love waking up in the morning to the smell of warm chocolate bread.

Cinnamon Raisin Bread

Always a favorite with children, this bread machine bread is very easy to make overnight. This recipe in its original form came from *Electric Bread, Second Edition* (Nightingale, 1998). Again, I've modified it slightly. In almost all of my bread machine breads, I use olive oil instead of butter or another oil. I also substitute honey for the required sugar.

Of the over 750 million olive trees in the world more than 95 percent are grown in the Mediterranean. The International Olive Oil Council, a council of 23 member states, was formed to promote olive oil around the world by tracking production, defining quality standards and monitoring authenticity. IOOC members grow more than 85 percent of the world's olive trees used to produce the olive oil. The United States is not a member of the IOOC and the USDA does not yet legally recognize the classifications established by the IOOC. However, a private council, the California Olive Oil Council, is petitioning the U. S. Department of Agriculture to adopt the IOOC regulations.

What makes olive oil extra virgin? What are the grades of olive oil? Olive oil is made by converting the olives into olive paste that is then malaxed or slowly churned or mixed to allow microscopic oil droplets to concentrate. The oil is traditionally extracted by means of pressure or by centrifugation (a more modern method). The remnant solid substance, pomace, still contains small quantities of oil.

IOOC commercial grades of olive oil are:

Virgin oil that is produced by the use of physical means and no chemical treatment. The term virgin oil referring to production is different from that on the retail label designated as Virgin Oil.

Refined is oil has been chemically treated to neutralize strong tastes and the acid content. This is generally regarded as of lower quality than virgin oil. Retail labels claiming extra-virgin olive oil and virgin olive oil cannot contain any refined oil.

Olive pomace oil is oil extracted from the pomace using solvents and by heat.

Retail grades in IOOC member nations adhere to the council's standards and the labels show the oil's grade.

Extra-virgin olive oil comes from virgin oil production only, contains no more than 0.8 percent oleic acidity and is judged to have a superior taste, aroma and color. The olives are hand picked. Mechanical harvesters may bruise the olives. In addition, handpicking allows the selection of individual olives at the correct degree of ripeness. It is only after two to three days of drying to reduce the water content that the olives are cold-pressed (usually 80 degrees Fahrenheit) into the olive paste. Pressing between metal wheels is more efficient, but causes heat that can damage the product's taste. The paste is then heated a little to make it easily spreadable. Higher heat will yield more oil, but again may damage the taste. So for extra-virgin olive oil the heat is kept to a minimum. The paste is spread on hemp mats that are stacked into a giant sandwich that is then squashed to release the oil. The liquid may then be centrifuged to separate out any remaining water.

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The oil may then be bottled immediately or allowed to sit for six months to allow the solid particles to settle out, or filtered through cotton sheets to remove the solid matter immediately. Extra-virgin olive oil accounts for less than 10 percent of oil in many of the producing countries. Olive oil that has been produced according to standards, but just doesn't quite pass the final inspection may be sold under the name superfine virgin or virgin olive oil.

Virgin olive oil comes from the virgin oil production only. It has an oleic acidity of less than 2 percent and is judged to have a good taste.

Pure olive oil or olive oil is usually a blend of refined and virgin production oil.

Olive oil is a blend of virgin and refined oil with no more than 1.5 percent oleic acidity and commonly lacks a strong flavor.

Olive pomace oil is refined pomace olive oil often blended with some virgin oil. Although fit for consumption it may not be described simply as olive oil. It has a more neutral flavor than pure or virgin olive oil. It has the same fat composition as regular olive oil, rendering it with the same health benefits. It also has a high smoke point making it widely used in restaurants and home cooking.

Lampante oil is not suitable as food and is mostly used in the industrial market. *Lampante* comes from olive oil's long-standing use in oil-burning lamps.

Refined olive oil is the olive oil obtained from virgin olive oils by refining methods that do not lead to alterations in the initial glyceridic structure. It's oleic acidity is not more than 0.3 percent. This happens by refining virgin olive oils with a high acidity level and/or organoleptic defects that are eliminated after refining. More than half of the Mediterranean produced oil is of such poor quality that it must be refined to produce an edible product. No solvents have been used to extract the oil, but it has been refined with the use of charcoal and other chemical and physical filters. Pure olive oil is an obsolete equivalent.

But what does the label mean when it says "100 percent Pure Olive Oil, or "made from refined olive oils"? 100 percent Pure Olive Oil is often the lowest quality available in a retail store. Better grades would have "virgin" on the label. If the label says "Made from refined olive oils" it means that the taste and acidity of the oil were chemically controlled. Sometimes the label will indicate the oil is from hand-picked olives. This implies that the oil is of better quality because harvesters using mechanical methods may be inclined to leave the olives to over-ripen thereby increasing the yield. Another term that may appear on the label is "Cold pressed" which means that the oil was not heated over a certain temperature during processing. This retains more nutrients and undergoes less degradation. "First cold pressed means that the olive was crushed exactly one time. The "cold" refers to the temperature range of the fruit at the time it is crushed. Since there is no second press, first press means only press.

The label may state in which country the oil was bottled or packed but this does not necessarily indicate where the olives were grown.

The bottle of olive oil in my kitchen cabinet says “Imported from Italy”, Extra Light In taste Olive Oil and Best for Sautéing and Baking on the front of the bottle. On the back it states in small print that the olives were grown in Italy, Spain, Greece, Tunisia, Morocco, Syria and Turkey.

Olive oil contains about 20 percent of your daily intake of fats (9 percent saturated fat, 2 percent polyunsaturated fat and 9 percent monounsaturated fat, but zero percent cholesterol, sodium, total carbohydrate and protein.

There are more than 2000 records in GNIS containing the word Olive in their feature name. Only three of these contain the phrase olive oil.

Feature Name	ID	Class	County	State
Olive Oil Field	470932	Oilfield	Decatur	KS
Mount Olive Oil and Gas Field	548723	Oilfield	Union	LA
Olive Oil Dam	798245	Dam	Blaine	MT



Figure 12. Cinnamon Raisin Bread

Cinnamon Raisin Bread

From the kitchen of Jane Messenger

Place ingredients the bucket of a bread machine in the order given.

1 1/3	Cups	Water
2	Tbsp	Olive oil
2	Tbsp	Honey
2	tsp	Salt
4	Cups	White bread flour
2	Tbsp	Powdered milk
1	tsp	Cinnamon
1	Cup	Raisins (tightly packed)
2	tsp	Fast Rise (Bread yeast) or
3	tsp	Active Dry Yeast

This may be made with the white, rapid, or delay bake cycles.

This makes a two-pound loaf.

Top the slightly warm loaf with a powdered sugar icing.

Powdered Sugar Icing

1/4	Cup	Butter, softened
1 1/2	Cup	Powdered sugar
1/2	tsp	Vanilla
1 1/2 - 2	tsp	Milk

Cinnamon Pecan Raisin Rolls

This recipe is very closely related to the Cinnabons recipe. The original recipe I received was given to me by a co-worker who said it came from the Internet. I've modified it considerably by adding pecans and raisins as well as decreasing the amount of instant pudding in the dough.

Raisins are dried grapes. Because of this they contain more sugars (29 grams/serving) than grapes, but are easier to transport in your pocket. One serving or 1/4 cup of raisins contains 0 grams of fat, but 10 percent of your recommended daily carbohydrate intake (31 grams), 493 calories, 10 grams of sodium and 310 mg potassium. Raisins are a source of calcium and iron. Raisins are exceedingly low in cholesterol; in fact they are cholesterol free. Raisins are considered nature's candy. They are a quick and good source of energy as they are 70 percent pure fructose which makes raisins easily digested by the body to give it almost instant energy.

Raisins help keep the blood clean and flowing by getting rid of all the impurities found in blood. This is due to their antioxidant properties. Raisins also are thought to be good for bone density and have been associated with lower risk of osteoporosis in women. The phytonutrients and oleanolic acid found in raisins makes them beneficial for healthy teeth and gums. This dried up grape has also been found to be good for eyes and helpful in the prevention of macular degeneration. Raisins are a good source of fiber and can help prevent constipation. If used for this purpose it is best to drink the water from boiling raisins. Some studies believe raisins contain additional nutritional compounds that can protect against colon cancer and heart disease. However, if you are trying to lose weight, then raisins are a dried fruit you should eat very sparingly.

There are 34 records in GNIS using the word Raisin in their geographic feature name.

Feature Name	ID	Class	County	State
Raisin City Oil Field	277334	Oilfield	Fresno	CA
Raisin City Gun Club	1654396	Locale	Madera	CA
Raisin City	1659457	Populated Place	Fresno	CA
Raisin Post Office	1721327	Post Office	Fresno	CA
Raisin City Cemetery	1811855	Cemetery	Fresno	CA
Raisin City Elementary School	1811856	School	Fresno	CA
Raisin Post Office	1811857	Post Office	Fresno	CA
Caruthers-Raisin City Division (inactive)	1935043	Census	Fresno	CA
Raisin City Census Designated Place	2409124	Census	Fresno	CA
Little River Raisin	630751	Stream	Monroe	MI
Nile Ditch	633409	Canal	Lenawee	MI
Raisin Center Church	635611	Church	Lenawee	MI
River Raisin	635963	Stream	Monroe	MI
South Branch Macon Creek	638296	Stream	Monroe	MI
South Branch River Raisin	638307	Stream	Lenawee	MI
Swamp Raisin Creek	639144	Stream	Monroe	MI
Raisin Center	1617809	Populated Place	Lenawee	MI
River Raisin	1617820	Populated Place	Washtenaw	MI
Township of Raisin	1626950	Civil	Lenawee	MI
Adrian Monthly Meetinghouse	2082728	Church	Lenawee	MI
Raisin Center Post Office (historical)	2435602	Post Office	Lenawee	MI

Raisin Post Office (historical)	2435680	Post Office	Lenawee	MI
Raisin Valley Friend Church	2435731	Church	Lenawee	MI
Raisin Township Fire Department	2436099	Building	Lenawee	MI
Raisin Valley Golf Course	2436116	Locale	Lenawee	MI
Raisin Ridge Estate and Mobile Home Park	2438273	Populated Place	Monroe	MI
Raisin River Golf Club	2438700	Locale	Monroe	MI
Raisin Presbyterian Church	2465603	Church	Lenawee	MI
Raisin Center Cemetery	2465681	Cemetery	Lenawee	MI
Raisin Valley Orthodox Friends Cemetery	2465726	Cemetery	Lenawee	MI
Raisin Valley Friends Church Historical Marker	2465741	Park	Lenawee	MI
Raisin Rock	992997	Island	Onslow	NC
Raisin	1380411	Populated Place	Victoria	TX
Raisin Volunteer Fire Department	2334649	Building	Victoria	TX



Figure 13. Cinnamon Pecan Raisin Roll

Cinnamon Pecan Raisin Rolls

From the kitchen of Jane Messenger

Dough (by bread machine)

1/4	Cup	Butter, melted
1/4	Cup	Water
5	Rounded tsp	Instant Vanilla Pudding
1	Cup	Milk
1		Egg, beaten
1	Tbsp	Sugar
1/2	tsp	Salt
4	Cups	Bread flour
2 1/2	tsp	Active dry yeast

Place ingredients in the bread machine in the order given and set the machine for the dough cycle. Once done, remove from the machine and roll out to a single 17' x 10' rectangle.

Filling

1/2	Cup	Butter, softened
1	Cup	Sugar or
1	Cup	Brown Sugar
4	tsp	Cinnamon
1/2 - 1	Cup	Raisins
1	Cup	Pecans - chopped

Spread the butter on the rolled out dough. Sprinkle with a mixture of the sugar, raisins and pecans. Roll tightly from the long end, pinching edges closed when completely rolled. Cut rolled dough into roughly 16 rolls. Place in two 9" x 13" baking pans. If you wish larger rolls cut them thicker.

I have found a nice trick to cutting the rolled dough is to take about 18" of cinnamon flavored dental floss, run it under the rolled dough and then cross the two ends of the dental floss around the rolled dough. This slices rolls beautifully without flattening them as I had a tendency to do when cutting with a knife.

Allow to raise until doubled. I will make these up the night before I want them and allow them to raise covered overnight in the refrigerator. Bake at 350° for 15-20 minutes, until golden. Don't over bake.

Remove from oven and frost immediately. These are best served warm, but are great anytime. Placing them in the microwave for 10 – 15 seconds will help.

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Frosting

4	oz	Cream cheese, softened
1/4	Cup	Butter, softened
1 1/2	Cup	Powdered sugar
1/2	tsp	Vanilla
1 1/2	tsp	Milk

Cranberry Orange Scones

This Scottish quick bread is said to have taken its name from the Stone of Destiny (or Scone) or the Coronation Stone. It is an oblong block of red sandstone about 26” x 16” by 10.5” and weighs about 336 pounds. The Stone of Destiny was the place where Scottish kings, the monarchs of England and more recently British monarchs were crowned. It is a good thing that this scone bears little resemblance to the quick bread that is much like an American sweet biscuit.

The original triangular-shaped scone was made with oats and griddle-baked. The recipe below uses flour and is baked. Scones come in various shapes including triangles, rounds, squares and diamonds.

There are three features found in GNIS with the word Scone in their name.

Feature Name	FID	Class	County	State
Hutton Cemetery	1922835	Cemetery	Cumberland	IL
Stone Lake	444208	Lake	LaGrange	IN
Scone Post Office (historical)	2105632	Post Office	Kittson	MN

There are 540 features listed in GNIS using the word Cranberry in their name, two of which are located in Missouri.

Feature Name	FID	Class	County	State
Cranberry Chute	716459	Gut	Saline	MO
Cranberry Bend	2109533	Bend	Saline	MO

Did you know that cranberries are nearly 90 percent water? The remaining 10 percent is carbohydrates and fiber. Like oranges, the major nutrient is vitamin C. Early New England sailing ships used to go to sea carrying barrels of cranberries to supplement the sailors’ diet of salt port and crackers.

More recently, researchers have found that cranberries seem to act as a urinary antiseptic, by preventing bacteria from coating the surface of cells in the bladder and urinary tract. This could well explain the widespread folk belief that cranberry juice is a remedy for urinary tract infections.



Figure 14. Cranberry Orange Scones with Strawberry Jam and Whipped Cream

Cranberry** Orange Scones

From the kitchen of Jane Messenger

Preheat oven to 425°. Grease a cookie sheet.

2	cups	Flour
1	Tbsp	Sugar
3	tsp	Baking powder
1/2	tsp	Salt
1/4	Cup	Butter or margarine (I use Land O Lakes® Sweet Cream Butter)
1/2	Cup	Heavy whipping cream (I buy a pint container)* or
1/2	Cup	Milk and
3	Tbsp	Dry coffee creamer
1	Large	Egg or
2	Medium	Eggs
1	Pkg	Craisins Sweetened Dried Cranberries**
2	tsp	Orange zest sugar (I mix 1 tsp sugar and 1 tsp orange zest)

*If you do not have the heavy whipping cream you may substitute 1/2 c milk and 3 Tbsp dry coffee creamer.

** **NOTE:** Raisins will work as well, but instead of using the orange zest sugar mixture use a mixture of cinnamon and sugar to top scones before baking.

Combine dry ingredients in a large mixing bowl. Work butter into the dry ingredients with a pastry blender or fork until the butter is the size of small peas. Add remaining ingredients, except orange zest sugar, mixing just until dry ingredients are moist. **DO NOT THROW MEASURING CUP THAT HAD CREAM IN IT INTO SINK.**

Turn dough out on a lightly floured surface and gather into a ball. Pat into a circle 3/4-inch thick. Cut into 8 wedges or cut with a biscuit cutter. Place on cookie sheet. Pat top of each scone lightly with cream (I get enough from the bottom and sides of the measuring cup I had the heavy whipping cream in). Sprinkle orange zest/sugar on top of each scone.

Bake 12 minutes or until golden brown. Makes 8 wedges or 10-12 biscuit size scones.

These are great served warm with butter or as pictured with all natural jam and unsweetened whipped cream. Of course, a traditional English way of serving them is with the conserve (jam) and clotted cream. However, getting clotted cream in this country is somewhat difficult so I substitute whipped cream. Devonshire (or Devon) cream is a clotted cream made in Devon, England. Clotted cream is a thick, yellow cream made by heating unpasteurized milk and then leaving it in a shallow pan for several hours until the cream content rises to the surface and forms clots.

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If clotted cream is not commercially available, a reasonable substitute may be made by combining two parts whole milk with one part heavy whipping cream, heating this at the very lowest heat for a couple of hours until a skin forms, leaving it undisturbed overnight and then harvesting the skin and the clots underneath. The remaining milk may be consumed in any number of recipes.

Flavored Butter

If you don't have any whipped cream or clotted cream or Devonshire cream or you just want to take your scone into work, you may want to make some specially flavored butter to spread on it. I often do this and have many different flavored butters that I use.

Flavored Butter

From the kitchen of Jane Messenger

1	Stick	Butter (softened)
1	Tbsp	Sweetener (this may be honey, agave nector, Splenda®, any of the flavored syrups, sugar, etc.)
1	tsp	Flavoring or
1	tsp	Grated orange peel, cinnamon, cocoa, grated lemon peel, or something similar to enhance the flavor of the butter

Mix all ingredients.

For the cranberry orange scones my favorite flavored butter is made with honey as the sweetener and orange extract and grated orange peel. For the raisin cinnamon scones, I would use honey, leave out the flavoring and add cinnamon.

Berry Cherry Almond Scones



Figure 15. Berry Cherry Almond Scone

Berry Cherry Almond Scones

From the kitchen of Jane Messenger

2	Cup	Flour
1	Tbsp	Sugar
3	tsp	Baking Powder
1/2	tsp	Salt
1/2	Cup	Butter
1/2	Cup	Eggnog
10	Drops	Almond extract
2		Eggs
1	6 oz pkg	Dried Cherries & Berries fruit mixture (the one I use contains dried cherries, cranberries and strawberries)

Sift together the first four ingredients. Cut in the butter until mixture forms pea-sized particles. Add eggs, eggnog and almond extract. Mix well. Add dried fruit and mix well. Pat onto floured board or cloth to a thickness of about 3/4 inch. Cut with 3" biscuit cutter or into 8 to 9 pieces. Place on an ungreased baking pan. Lightly pat top of each scone with a finger dipped in milk and sprinkle with a few sliced almonds. Bake for 20 to 30 minutes or until golden brown.

If eggnog is not available then you may use the following.

Preheat oven to 425°.

2	Cup	Flour
1	Tbsp	Sugar
3	tsp	Baking Powder
1/2	tsp	Salt
1	Small pinch	Nutmeg
1/2	Cup	Butter
1	TBSP	White Karo syrup
1/2	Cup	Heavy cream
10	Drops	Almond extract
3		Eggs
1	6 oz pkg	Dried Cherries & Berries fruitmixture (the one I use contains dried cherries, cranberries and strawberries)

Sift together the first five ingredients. Cut in the butter until mixture forms pea-sized particles. In a separate bowl, mix until well blended and looks like eggnog eggs, heavy cream, almond extract and Karo syrup. Add dry ingredients. Mix well. Add dried fruit and mix well. Pat onto heavily floured board or cloth and knead lightly to mix in additional flour until a soft dough forms. Pat to a thickness of about 3/4 inch. Cut with 3" biscuit cutter or into 8 to 9 pieces. Place on an ungreased baking pan. Lightly pat top of

each scone with a finger dipped in milk and sprinkle lightly with sugar and a few sliced almonds. Bake for 20 - 30 minutes or until golden brown.

Serve warm. Slice and spread with butter or all fruit strawberry preserves and unsweetened whipped cream.

Cranberry-Orange Nut Bread

One of the traditional foods we had at Thanksgiving and Christmas as I was growing up was Cranberry Nut Bread. Back in the 1950s and 1960s not many homes had food processors. Before Mom purchased the plunger nut chopper I used to have to cut each individual cranberry into pieces (at least four per cranberry) for the bread. I also had to use the old fashioned (but still loved by some) food grater. I hated these as I was forever grating my knuckles in addition to the orange rinds. Thankfully, today the electric food processor makes it all so much easier and, in my case, safer.

I don't remember from where this recipe originally comes. I do have a copy of it written in my mother's left-handed scrawl on a 3 x 5 index card besides a copy written in my hand. I'm not certain which is harder to read. This is one of the recipes I have not modified too much. It calls for the juice of an orange and the moistness of the loaf is somewhat dependent upon the amount of juice in the orange.

To pick a really juicy orange, choose one that is heavy – the heavier the citrus fruit, the juicier.

There are more than 921 records in GNIS using Orange in their name. These names are spread throughout the United States. The 150 features in GNIS with the word Citrus in their name not unexpectedly are in states where citrus are grown and only a handful is for natural features.

Feature Name	ID	Class	County	State
Central Florida Community College-Citrus County Campus	2374726	School	Citrus	FL
Citrus Lake Estates Colonia	2010514	Populated Place	Hidalgo	TX
Citrus Park	1765099	Park	Orange	CA
Citrus College	240635	School	Los Angeles	CA
Citrus Laboratory School	240636	School	Los Angeles	CA
Citrus Union High School	1669838	School	Los Angeles	CA
Citrus	1867006	Populated Place	Los Angeles	CA
Citrus Census Designated Place	2407624	Census	Los Angeles	CA
Pink Citrus Mobile Home Park	2447830	Populated Place	Lee	FL
Citrus View	1868151	Populated Place	Imperial	CA
Citrus Gardens	36958	Populated Place	Maricopa	AZ
Citrus	1658279	Populated Place	Sacramento	CA
Citrus County Fire Rescue Station 4	2376252	Building	Citrus	FL
Citrus Avenue Elementary School	221125	School	Butte	CA
Citrus City	1378124	Populated Place	Hidalgo	TX
Citrus City Census Designated Place	2407625	Census	Hidalgo	TX
Citrus Heights Elementary School	221127	School	Sacramento	CA
Citrus Heights	1655900	Populated Place	Sacramento	CA
Citrus Square Shopping Center	1819787	Locale	Sacramento	CA
Citrus Heights United Methodist Church	1819820	Church	Sacramento	CA
Citrus Heights City Hall	2061275	Building	Sacramento	CA
Citrus Heights Police Station	2061276	Building	Sacramento	CA
Citrus Heights Post Office	2061277	Post Office	Sacramento	CA
City of Citrus Heights	2409464	Civil	Sacramento	CA
Citrus Park	280469	Populated Place	Hillsborough	FL
Citrus Park Elementary School	297921	School	Hillsborough	FL
First Baptist Church of Citrus Park	302023	Church	Hillsborough	FL

Citrus Park Assembly of God Church	302038	Church	Hillsborough	FL
Citrus Park-Fern Lake Division (inactive)	1935724	Census	Hillsborough	FL
Hillsborough County Sheriff's Office Community Substation Citrus Park	2333821	Building	Hillsborough	FL
Citrus Park Census Designated Place	2402776	Census	Hillsborough	FL
Citrus Park Town Center	2481968	Locale	Hillsborough	FL
The Plaza at Citrus Park	2482087	Locale	Hillsborough	FL
Westfield Shoppingtown Citrus Shopping Center	2482110	Locale	Hillsborough	FL
Enclave at Citrus Park	2482438	Populated Place	Hillsborough	FL
Citrus Acres	2482839	Populated Place	Hillsborough	FL
Citrus Green	2482840	Populated Place	Hillsborough	FL
Citrus Park Commons	2482844	Populated Place	Hillsborough	FL
Citrus Park Crossing	2482845	Populated Place	Hillsborough	FL
Citrus Pointe	2482846	Populated Place	Hillsborough	FL
Windsor Place at Citrus Park	2484776	Populated Place	Hillsborough	FL
Town of Citrus Park	2485311	Populated Place	Hillsborough	FL
Citrus Ditch	2963	Canal	Maricopa	AZ
Citrus Valley	2966	Valley	Maricopa	AZ
Lake Citrus	280470	Lake	Pinellas	FL
Citrus Heights Church of the Nazarene	2448340	Church	Lake	FL
Citrus Fair Park	1799103	Park	Sonoma	CA
Citrus Park Mobile Home Village	2447857	Populated Place	Lee	FL
Citrus County Library - Coastal Region	2129758	Building	Citrus	FL
Citrus County Health Department	2129762	Building	Citrus	FL
West Citrus Church of Christ	2129944	Church	Citrus	FL
Citrus Retreat Colonia	2010516	Populated Place	Hidalgo	TX
Citrus Oaks	2482842	Populated Place	Hillsborough	FL
Citrus Wood	2482847	Populated Place	Hillsborough	FL
Citrus Springs Volunteer Fire Department	2042769	Building	Marion	FL
Electric Substation-Citrus Springs Number 3	2043336	Building	Citrus	FL
Citrus County Sheriff's Office	2333143	Building	Citrus	FL
Citrus City Lake Number 1 Colonia	2010512	Populated Place	Hidalgo	TX
Lake Citrus Estates Colonia	2011124	Populated Place	Hidalgo	TX
Citrus Valley Christian Center	1870613	Church	Ventura	CA
Citrus High School	1842245	School	San Bernardino	CA
Citrus Shopping Center	1844318	Locale	San Bernardino	CA
Citrus Springs	304634	Populated Place	Citrus	FL
Citrus Hills	1853242	Populated Place	Citrus	FL
Citrus Springs Water Treatment Facility	2053259	Building	Citrus	FL
Citrus Springs Memorial Library	2053260	Building	Citrus	FL
Citrus Springs Elementary School	2053261	School	Citrus	FL
Citrus Springs Community Center	2053263	Building	Citrus	FL
Citrus Springs Middle School	2053264	School	Citrus	FL
North Citrus Christian Church	2053277	Church	Citrus	FL
Citrus County Sheriffs Office-Substation	2053284	Building	Citrus	FL
Citrus County Sheriffs Office-Surveillance Unit	2053289	Building	Citrus	FL
Citrus Memorial Hospital-Primary Care Clinic	2053325	Hospital	Citrus	FL
Citrus County Art League Center and Theater	2053326	Building	Citrus	FL
Citrus Hills-Terra Vista Community Center	2053333	Building	Citrus	FL
Citrus Hills Electric Substation	2128777	Building	Citrus	FL
The Shoppes of Citrus Hills	2128778	Locale	Citrus	FL
Citrus Hills Census Designated Place	2402775	Census	Citrus	FL
Citrus Springs Census Designated Place	2402777	Census	Citrus	FL
Citrus Christian Academy	299783	School	Citrus	FL
Crystal River Airport	304700	Airport	Citrus	FL
Citrus Plaza	296015	Locale	Citrus	FL
Citrus High School	297263	School	Citrus	FL
Citrus County Adult Community Program	297267	School	Citrus	FL
Citrus Memorial Hospital	298097	Hospital	Citrus	FL
East Citrus Community Center	2074062	Building	Citrus	FL

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Citrus County Courthouse Annex	2074063	Building	Citrus	FL
Citrus County Courthouse	2074067	Building	Citrus	FL
Citrus County Sheriff's Office	2075085	Building	Citrus	FL
Citrus County Sheriff's Office Heliport	2075088	Airport	Citrus	FL
Citrus Plaza	2075102	Locale	Citrus	FL
Citrus County Civil Air Patrol	2333148	Building	Citrus	FL
Citrus Hedging Ranch Airport	309750	Airport	Okeechobee	FL
La Quinta Citrus Golf Course	1849414	Locale	Riverside	CA
Citrus Center	280467	Locale	Glades	FL
Citrus Ridge	1953631	Populated Place	Polk	FL
Lake County Library System Citrus Ridge Branch Library	2448324	Building	Polk	FL
Citrus Plaza	296619	Locale	Highlands	FL
Citrus Cove Elementary School	2078715	School	Palm Beach	FL
Florida Southern College Jack M Berry Citrus Building	2450263	School	Polk	FL
Citrus Center Colony Mobile Home Park	2450397	Populated Place	Polk	FL
Citrus County	295752	Civil	Citrus	FL
Citrus Wildlife Management Area	308554	Park	Citrus	FL
Citrus Primary Care - Allen Ridge Medical	2094867	Hospital	Citrus	FL
Citrus Center	2374569	Locale	Citrus	FL
Citrus County Fire Station 102	2374570	Building	Citrus	FL
Citrus County Health Department	2374575	Building	Citrus	FL
Citrus County Fire Rescue Station 21	2374727	Building	Citrus	FL
Citrus County Sheriff's Office and Emergency Operations Center	2374731	Building	Citrus	FL
Citrus Canal	533959	Canal	Orleans	LA
Citrus Grove Trailer Court	24786	Populated Place	Maricopa	AZ
Citrus Grove School	280468	School	Miami-Dade	FL
Citrus Grove Junior High School	297623	School	Miami-Dade	FL
Citrus Grove Occupational Training Center	297624	School	Miami-Dade	FL
YWCA Citrus Grove	2076845	Building	Miami-Dade	FL
Citrus Hills Colonia	2010513	Populated Place	Hidalgo	TX
Feneppi	1393926	Island	Chuuk	FM
Citrus County Fire Station 51	2106280	Building	Citrus	FL
Citrus County Fire Rescue Station 82	2106335	Building	Citrus	FL
Citrus Elementary School	240637	School	San Bernardino	CA
Citrus Park	1844554	Park	San Bernardino	CA
Citrus Cove	221126	Basin	Fresno	CA
Citrus Middle School	221128	School	Fresno	CA
Citrus Cove School (historical)	1702947	School	Fresno	CA
Citrus Elementary School	298482	School	Indian River	FL
University of Central Florida Orlando Campus Citrus Hall	2451042	School	Orange	FL
Citrus Hall	2480015	Building	Orange	FL
Citrus Grove School	1354518	Locale	Matagorda	TX
Citrus Grove	2035020	Populated Place	Matagorda	TX
Citrus Ranchitos Colonia	2010515	Populated Place	Hidalgo	TX
Citrus Hills	24788	Populated Place	Maricopa	AZ
Citrus Landing	2482841	Populated Place	Hillsborough	FL
Citrus High School	1834879	School	Tulare	CA
Citrus Village Shopping Center	1839565	Locale	San Bernardino	CA
Citrus Canyon High School	2455927	School	San Bernardino	CA
Citrus Valley Christian Academy	2455928	School	San Bernardino	CA
University of California Experiment Station	250823	School	Riverside	CA
California Citrus State Historical Park	1844652	Park	Riverside	CA
Krystal Citrus Grove	2482014	Locale	Hillsborough	FL
KPTO-AM (Citrus Heights)	1662593	Tower	Placer	CA
Citrus Valley Christian Center	1870851	Church	Ventura	CA
Southwest Citrus Airport	309574	Airport	Hendry	FL
Citrus Grove Park	1870991	Park	Ventura	CA

Citrus Valley Interchange	14355	Crossing	Maricopa	AZ
Citrus Ridge Post Office	2452606	Post Office	Indian River	FL
Citrus Family Worship Center	2053344	Church	Citrus	FL
Citrus County Fire Rescue Station 5	2053345	Building	Citrus	FL
Citrus County Sheriffs Office-Substation	2053346	Building	Citrus	FL
Citrus-South Tule Elementary School	240638	School	Tulare	CA
Citrus Grove Trailer Park	24787	Populated Place	Maricopa	AZ
Citrus Park	2482843	Populated Place	Hillsborough	FL
Citrus Gardens Mobile Home Park	1868720	Populated Place	San Diego	CA
Indian River Citrus Museum	2452595	Building	Indian River	FL
Citrus Park	2964	Populated Place	Maricopa	AZ
Citrus Park	2965	Locale	Maricopa	AZ
Citrus Valley Mobile Home Estates	2452685	Populated Place	Hardee	FL
Citrus Elementary School	2480383	School	Orange	FL



Figure 16. Cranberry-Orange Nut Bread

Cranberry-Orange Nut Bread

From the kitchen of Georgiabelle Messenger

Preheat oven to 350°. Grease one large loaf pan.

2	Tbsp	Lard
4	Tbsp	Boiling water
2	Cups	Flour
1	tsp	Salt
1 1/2	tsp	Baking Powder
1/2	tsp	Baking Soda
1	Cup	Sugar
1		Orange
1		Egg
1	Cup	Cranberries, chopped*
1	Cup	Nuts, broken (I use pecan pieces)

Mix the lard into the boiling water and let cool. Sift the flour, salt, baking powder and baking soda together. Juice the orange and grate the rind. (Hint: I use a grapefruit spoon and scrape out as much of the bitter white pith as possible then cut the remaining rind into smaller pieces than the half I cut the orange into to juice. I put these pieces in a food processor and cut them up this way. No fresh meat gets into the recipe using this method.) Add to the water and shortening the sugar, orange rind and juice, egg and dry ingredients. Mix well. Add cranberries and nuts. Pour batter into a greased loaf pan and let stand for 20 minutes. After the standing time, bake for 50 – 60 minutes or until a thin knife inserted in the center of the loaf comes out clean.

*Instead of using cranberries, try dried apricots or dates.

Cream Filled Danish – No Sugar Added

This is my version of the Danish rolls. It can be made as one large Danish or eight individual Danishes. This is also a no sugar added breakfast or mid-morning treat. The filling may be topped by any of several different fruit toppings, left plain, or a chocolate coconut pecan filling may be substituted. Two of my favorite toppings are peaches and apricots.

There are 376 GNP'S records using the word Peaches in their geographic name – ten of these are in Missouri.

Feature Name	ID	Class	County	State
Peach Grove School	724141	School	Cass	MO
Peach Orchard	724142	Populated Place	Pemiscot	MO
Peach Orchard Hollow	724143	Valley	McDonald	MO
Peach Tree Spring	730516	Spring	Wayne	MO
Peach Creek	737956	Stream	Nodaway	MO
Peach Creek	738097	Stream	DeKalb	MO
Peach Orchard Creek	751527	Stream	Stone	MO
Peach Tree Ridge	753219	Ridge	Ste. Genevieve	MO
Peach Orchard Hollow	754504	Valley	Ripley	MO
Peach Orchard Hill	758060	Summit	St. Francois	MO



Figure 17. Individual Cream Filled Apricot, Peach and Plain Danish



Figure 18. Full Sized Coconut Pecan Danish

Cream Filled Danish – No Sugar Added

From the kitchen of Jane Messenger

Preheat oven to 350°

Pastry base

1/2	Cup	Butter
1	Cup	Peach Flavored Water
1	tsp	Almond Extract
1	Cup	Flour
3		Eggs

Cream Cheese Filling

8	oz	Cream Cheese
1		Egg
3/4	Cup	Splenda®

Topping

	Frozen or fresh	Peaches (sliced), Blackberries, Cherries, Blueberries , Raspberries, or dried Apricots
4	Ounces	All Fruit Peach, Blackberry, Cherry, Blueberry, Raspberry, or Apricot Jam

In a medium sauce pan, heat 1/2 cup butter and the flavored water to a roiling boil. Remove from heat and quickly stir in the extract and 1 cup flour. Return to low heat and vigorously stir until mixture forms a ball (about a minute). Remove from heat and add the eggs all at once. Stir until smooth. Spoon onto parchment paper lined cookie sheet into either one large round or eight smaller individual rounds. Make the edges a little higher than the center.

Mix all the ingredients for the Cream Cheese Filling until smooth. Spread in the center of the pastry out to the raised edge.

Bake at 350° for 55 – 60 minutes or until golden brown.

Remove from oven. Top with fruit and coat with warmed All Fruit Jam.

Chocolate Coconut Pecan Danish – No Sugar Added

From the kitchen of Jane Messenger

Preheat oven to 350°

Pastry base

1/2	Cup	Butter
1	Cup	Peach Flavored Water
1	tsp	Almond Extract
1	Cup	Flour
3		Eggs

Filling

1	Cup	Canned milk
3		Egg yolks
1	Stick	Butter
1	tsp	Vanilla
1/2	Cup	Splenda®
1 1/4	Cup	Unsweetened coconut
1	Cup	Pecan pieces

Chocolate Frosting – No Sugar Added

1/2	Stick	Unsalted Butter
2	Rounded Tbsp	Dark Cocoa
1/3	Cup	Half and half
1/2	tsp	Vanilla
2/3	Cup	Splenda®

In a medium sauce pan, heat 1/2 cup butter and the flavored water to a roiling boil. Remove from heat and quickly stir in the extract and 1 cup flour. Return to low heat and vigorously stir until mixture forms a ball (about a minute). Remove from heat and add the eggs all at once. Stir until smooth. Spoon onto parchment paper lined cookie sheet into either one large round or eight smaller individual rounds. Make the edges a little higher than the center.

For the filling, mix eggs and milk; add the butter. Cook over medium heat until thick stirring constantly. This does not take long. Remove from heat and add the vanilla and Splenda® and stir. Add the coconut and pecan pieces. Spoon into center of Danish pastry spreading to raised edge. Bake 55 – 60 minutes or until golden brown.

Remove from oven and cool. Drizzle chocolate frosting on top of cooled Danish.

Mocha Bread

Two of my favorite smells are coffee and chocolate. I used to spend a fortune going to my local Panera Bread Company and ordering a double iced mocha. Then I got wise, bought my own espresso maker, coffee bean grinder and ordered my pre-roasted decaffeinated chocolate flavored coffee beans on-line to be delivered directly to my back door. I saved enough money in the first two weeks to pay for everything and I get my iced mocha the way I want it (or rather the way the doctor says I should have it – decaffeinated, sugar free and made with 2 percent milk – well all right, I cheat and use 51 percent milk).

What's better than to awake to the smell of both of these fragrances baking in a loaf of fresh homemade bread?

Coffee - what a wonderful aroma to which to awaken. Fresh brewed coffee tantalizes the flavor buds and stimulates the body. Coffee was first consumed in the 9th century when it was discovered in the highlands of Ethiopia. According to legend, an Ethiopian shepherd name "Kaldi" first observed the influence of the caffeine in coffee beans when goats appeared to "dance" and to have an increased level of energy after consuming wild coffee berries.

Coffee is a widely consumed stimulant beverage prepared from the roasted seeds of the berries of the evergreen coffee plant which is native to subtropical Africa and southern Asia. The plant is a shrub or small tree that may grow 16 feet tall. Leaves are dark green and glossy and the plant produces clusters of fragrant, white flowers that bloom simultaneously. The two most commonly grown species are *Coffea arabica* and the more "robusta" form of the hardier *Coffea canephora*.

Coffee berries and their seeds undergo several processes before they become the familiar roasted coffee. First coffee berries are picked, generally by hand. Then sorted by ripeness and color. The flesh of the berry is removed, usually by machine, and the seeds (called beans) are fermented to remove the slimy layer of mucilage still present on the bean. When fermentation is finished, the beans are washed with copious amounts of fresh water to remove the fermentation residue, which generates massive amounts of highly polluted coffee wastewater.

The next processing step is roasting the green coffee. The actual roasting begins when the temperature inside the bean reaches 392° F, though different varieties of beans differ in moisture and density and, therefore, roast at different rates. During roasting, caramelization occurs as intensive heat breaks down starches in the bean, changing them to simple sugars that begin to brown, thereby changing the color of the bean. Sucrose is rapidly lost during the roasting process and may disappear entirely in darker roasts. During roasting, aromatic oils, acids and caffeine weaken, changing the flavor. At 400 ° Fahrenheit, other oils start to develop one of which is *caffeol*, which is largely responsible for coffee's aroma and flavor.

Depending on the color of the roasted beans as perceived by the human eye, they will be labeled as light, medium-light, medium, medium-dark, dark, or very dark. Darker roasts are generally smoother and richer, because they have less fiber content and they have a sweeter flavor. Lighter roasts have more caffeine, resulting in a slight bitterness and a stronger flavor from the aromatic oils and acids otherwise destroyed by longer roasting times.

Following are the basic roast terms, but be careful because many of them are used interchangeably.

Light Roast: after several minutes the beans pop or crack and visibly expand. This is known as the first crack stage. The bean surface is dry and the flavor is lighter-bodied, higher in acidity with no obvious roast flavor. The coffee roasts in this stage are known as:

Cinnamon: light brown bean with no oil visible. The flavor is baked or bready similar to toasted grain. Mostly coffee made from this roast of beans will have definite sour tones without much body to the coffee.

New England: a term not used frequently, these beans are a little darker than the cinnamon roast, but without the grainy taste yet still having some sour tones to it.

American, Light: this roast colors the beans a medium light brown, is the norm for the eastern United States and is most often used for cupping or professional tasting.

Medium Roast: after a few more minutes the beans reach this roast that is sweeter than the light, has more body and exhibits more balance between acid, aroma and complexity. The coffee roasts in this stage are also known as:

City, Medium or Half: these beans are darker, more of a medium brown like chocolate. This roast is common in the western parts of the U.S. and is a good choice to taste the difference between varieties.

Full City: beans are medium dark brown and will start to show some oily drops on the surface. This roast will have some caramel or chocolate undertones.

Also in the group are American, Regular, Breakfast and Brown roasts.

Full roast: add a few more minutes to the roasting time and the beans begin popping again and oils rise to the surface. This stage, called the second crack, gives a slightly shiny appearance to the surface of the beans and a somewhat spicy flavor. This is a heavier bodied roast where the aromas and flavors become clearly evident. Coffee roasts that fall into this level are known as:

High
Viennese
Italian Espresso
Continental

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Double Roast: These coffee beans are roasted to the point that the beans begin to smoke and sugars begin to carbonize. The surface of the beans appear very oily and there is a smoky-sweet flavor to this intense light-bodied coffee. None of the inherent flavors of the bean are recognizable in this roast. The coffees that fall into this roast are:

French, Espresso: these beans are beginning to get dark brown and shiny with oil. There is less acidity, but a slightly burned flavor. This roast is often used when making espresso. Although many people think, because of its dark roast, that this roast is the darkest available. It's not.

Italian, Dark French: this roast is similar to French, but darker and more oily looking with a stronger burnt flavor.

Spanish: this is the darkest roast of all with the color being nearly black and the flavor is flat with a charcoal undertone.

Decaffeination may also be part of the processing that coffee beans undergo. Beans are decaffeinated while they are still green. Many methods can remove caffeine from coffee but all involve either soaking beans in hot water or steaming them, then using a solvent to dissolve caffeine-containing oils. Decaffeination is often done by processing companies and the extracted caffeine is usually sold to the pharmaceutical industry. The traditional method to decaffeinate coffee is to use Methylene Chloride. Another method of decaffeination is the CO₂ Process. The carbon dioxide process was developed in Germany as a natural alternative to the Methylene Chloride process that has become the industry standard.

Coffee was initially used for spiritual reasons. At least 1,000 years ago, traders brought coffee across the Red Sea into Arabia (Yemen), where Muslim monks began cultivating the shrub. At first, Arabians made wine that was used in religious ceremonies from the pulp of the fermented coffee berries.

Coffee became the substitute beverage in place of wine in spiritual practices where wine was forbidden. Coffee drinking was briefly prohibited to Muslims in the early 16th century, but this was quickly overturned.

Use in religious rites among the Sufi branch of Islam led to coffee's being put on trial in Mecca: it was accused of being a heretic substance and its production and consumption were briefly repressed. It was later prohibited in Ottoman Turkey. Coffee, regarded as a Muslim drink, was prohibited to Ethiopian Orthodox Christians until as late as 1889; it's now considered the national drink of Ethiopia for people of all faiths. Its early association in Europe with rebellious political activities led to its banning in England, among other places.

A contemporary example of coffee prohibition can be found in The Church of Jesus Christ of Latter-day Saints. The organization claims that it is both physically and spiritually unhealthy to consume coffee. Joseph Smith's revelation, called the Word of

Wisdom, does not identify coffee by name, but includes the statement that “hot drinks are not for the belly” which has been interpreted to forbid both coffee and tea.

The controversy about the health benefits vs risks of consuming coffee and caffeine is still ongoing. Some of the findings can at least be explained by considering the method of preparation. Coffee filtered through paper filters has the oily components called diterpenes filtered out whereas coffee filtered through metal filters does not. In addition, serving size could partially explain some of the differences between the beneficial vs harmful effects of coffee consumption.

An on-going 22-year study conducted by the Harvard School of Public Health states that “the overall balance of risks and benefits [of coffee consumption] are on the side of benefits”. These studies have shown that drinking a moderate amount of caffeinated coffee may reduce the risk of developing gallstones, discourage the development of colon cancer, improve cognitive function, reduce the risk of liver damage in people at high risk for liver disease and reduce the risk of Parkinson’s disease. Some studies suggest that coffee consumption reduces the risk of being affected by Alzheimer’s disease, heart disease, diabetes mellitus type 2 and gout. One study showed that those who consumed a moderate amount of coffee or tea (3 – 5 cups per day) at midlife compared to those who consumed less or avoided it were less likely to develop dementia and Alzheimer’s disease later in life. Coffee has been shown to increase the risk of acid reflux and associated diseases. The majority of coffee’s beneficial effects on type 2 diabetes are not due to coffee’s caffeine content, as the positive effects are greater for those who consume decaffeinated coffee. It has been shown that free radicals are prevented from causing cell damage by the presence of antioxidants in coffee.

Coffee’s main ingredient, caffeine, is a mild addictive stimulant that does have modest cardiovascular effects such as increased blood pressure, increased heart rate and occasional irregular heartbeat.

In pregnant women and children, coffee consumption may lead to iron deficiency anemia. Coffee also interferes with the absorption of iron supplements. Although this can lead to an iron deficiency, iron is considered a carcinogen relative to the liver. The polyphenols contained in coffee are therefore associated with decreasing the risk of liver cancer.

Research has shown that drinking caffeinated coffee can cause a temporary increase in the stiffening of arterial walls and may aggravate preexisting conditions such as gastroesophageal reflux disease, migraines, arrhythmias and cause sleep disturbances. Although my doctor recommended I consume a lot of caffeine whenever I have a migraine or start to get a migraine. I have found that drinking caffeinated coffee while eating chocolate does stop or alleviate my migraines.

Coffee is no longer thought to be a risk factor for coronary disease, but that it may have mixed effects on short-term memory. Recalling information related to the current trend of thought is improved, but information not related to the current trend of thought is more

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difficult to recall. More information about the health effects of coffee may be found by Googling coffee health effects.

There are more than 500 records in GNIS that include the word Coffee in their feature name. One of my favorites is Cupacoffee Creek in Washington state. Missouri has nine features with the word coffee in their geographic name.

Feature Name	ID	Class	County	State
Coffee Branch	739363	Stream	McDonald	MO
Coffee Church	749398	Church	Crawford	MO
Coffee Creek	716067	Stream	Morgan	MO
Coffee Hollow	716068	Valley	Camden	MO
Coffee Ridge	749399	Ridge	Taney	MO
Coffee School	753231	School	Crawford	MO
Coffee School (historical)	745317	School	Morgan	MO
Coffee-Pot Lead Diggings	736796	Mine	Washington	MO
New Coffee Pot Lead Diggings	737457	Mine	Washington	MO



Figure 19. Mocha Bread

Mocha Bread

From the kitchen of Jane Messenger

Place all ingredients in the pan of a bread machine in the order given.

This will make a 2 pound loaf.

This may be made on the white, delayed, or rapid cycles.

1	Cup	Water
1/2	Cup	Prepared espresso (use your favorite blend. I of course like my chocolate flavored espresso made from the chocolate flavored beans I get.)
4	tsp	Coffee liquer
1/4	Cup	Dark corn syrup
2	tsp	Salt
4	Cups	White bread flour
2	Tbsp	Dry coffee creamer
2/3	Cups	Chocolate chips
2	tsp	Fast rise (bread) yeast or
3	tsp	Active Dry Yeast

You may also want to add 2 tsp of hazelnut flavored syrup (generally found in the coffee section of your grocery store) to the liquids to add a slight hazelnut flavor and more sweetness to this bread.

Tropical Fruit Medley Bread

This is another of the *Electric Bread* (1998, Nightingale) recipes that I have modified. It is a light bread and depending on the dried fruit used is colorful. It is also naturally sweet, but I like to spread it with sweetened orange-honey butter.

The dried tropical fruit mix I use contains dried pineapple, apricots, papaya, Thompson seedless raisins, California fancy golden raisins, apples and coconut

Papaya is also known as Papaw, Paw Paw (in Australia), Mamao (in Brazil) and Tree Melon. There are two types of papayas – Hawaiian and Mexican. The Hawaiian papaya is the one commonly seen in your local supermarket. They weigh about a pound, have a yellow skin when ripe and a bright orange or pinkish flesh. Mexican papayas are much larger. They can weigh up to 10 pounds and be as long as 15 – 20 inches. The flesh may be yellow, orange, or pink and the flavor is slightly less intense than that of the Hawaiian papaya. A properly ripened papaya is juicy, sweet and somewhat similar to the cantaloupe in taste. The fruit contains papain. Papain enzymes help in digestion and is often used to tenderize meat. The edible black seeds have a spicy somewhat bitter taste similar to black pepper

Papayas are rich sources of antioxidant nutrients like carotenes, vitamin C and flavonoids. Papayas are very high in vitamin C with one papaya supplying over 300 percent of your daily required value (RDV). They also contain vitamins B folate (29 percent RDV) and pantothenic acid, minerals potassium (22 percent RDV) and magnesium, dietary fiber ((21 percent RDV), vitamin A and E (18 percent RDV), vitamin K (11 percent RDV) and only 118 calories. These nutrients promote a healthy cardiovascular system and provide protection against colon cancer. The digestive enzyme papain, used like bromelain, a similar enzyme found in pineapple, is used to treat sports injuries, other trauma and allergies.



Figure 20. Tropical Fruit Medley Bread

Tropical Fruit Medley Bread

From the kitchen of Jane Messenger

Place in a bread machine bucket in the order of ingredients listed

1 1/2	Cup	Water
3	Tbsp	Olive Oil
1	Tbsp	Honey
2	tsp	salt
4	Cups	White Bread Flour
3	Tbsp	Powdered milk
1	6 oz	Package of dried tropical fruit
2	tsp	Fast rise (Bread) yeast or
3	tsp	Active dry yeast

This may be baked on the white, rapid, or delay cycles. I love to awake to the smell of the freshly baked bread.

Orange-Honey Butter Spread

From the kitchen of Jane Messenger

1	Stick	Butter (softened)
2	tsp	Orange extract
2	tsp	Grated orange peel
2	Tbsp	Powdered Sugar

Mix all ingredients well and spread on a slice of the warm bread.

Desserts

(Read carefully, you all, that's desserts **not** deserts. One good way to remember the difference between desserts and deserts is *desserts* is *stressed* spelled backwards and desserts are a good relief for stressed folks.)

Baklava

Baklava is a sweet pastry and is characteristic of the foods of the Mediterranean Ottoman Empire and particularly central and southwest Asia. Its origins are not well documented but there is strong evidence that it is of central Asian Turkic origin with its current form developed in the imperial kitchens of the Topkapi Palace. However, it is the Greeks who are credited with developing the dough making technique making it possible to roll the dough very thin. In fact, the term *phyllo* is Greek for leaf and it is this dough that gives baklava its flaky consistency. Various recipes have called for cinnamon, cloves, cardamom, rose water, honey, pistachios, walnuts, almonds, or almost any other variety of nuts one can think of.

When the Ottomans invaded Constantinople, now known as Istanbul, in the 15th Century A.D., they also expanded their eastern territories to cover most of the Assyrian lands and the entire Armenian Kingdom. For four hundred years until the decline of the Ottoman Empire in the 19th Century, the kitchens of the Imperial Ottoman Palace in Constantinople became the ultimate culinary hub of the empire. Chefs recruited from Armenian, Greek, Persian, Egyptian, Assyrian and occasionally Serbian, Hungarian and French ethnic groups were brought to Constantinople and employed at the kitchens of the wealthy.

With this wide variety of ethnic cuisines, diverse forms of baklava developed from the various kitchens. Baklava became the top choice of pastry for the Turkish Sultans with their large harems, as well as for the wealthy and their families. Two of the principal ingredients, the pistachio and honey, were believed to be aphrodisiacs when taken regularly. Certain spices used to make baklava have helped to fine-tune and augment the aphrodisiac characteristics of the pastry. Cinnamon was used for females and cardamom for males with cloves being used for both sexes.

Monsieur Guillaume, a former pastry chef of Marie Antoinette, who lived in exile at the Ottoman Turkish Palace after learning how to bake baklava, is credited with creating the “dome” technique of cutting and folding baklava squares which was named “Baklava Française” (Frenk Baklavasi) after the nationality of Monsieur Guillaume.

The recipe I use is very simple to make (provided you buy the phyllo which is available in your grocer’s freezer department) and may be cut into a variety of shapes.

Honey is one of the main ingredients in my recipe for baklava and the nut I use is the walnut. I’m allergic to walnuts. The walnuts cause painful fever blisters. Both walnuts and honey are acid forming foods in the human body after these foods are digested. An acid forming food contributes hydrogen ions to the body making it acidic. An alkalizing food causes the body to lose hydrogen ions making the body more alkaline. It has been suggested that too much acid in the body contributes to health problems like arthritis and rheumatism. Both walnuts and honey, after digested by the body, cause it to become more acidic.

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There are several lists of acidifying and alkalizing foods available. One is by Angelfire in *The Acid/Alkaline Food List* at:

http://www.angelfire.com/az/sthurston/acid_alkaline_foods_list.html

Honey's pH (potential of Hydrogen) averages about 3.9 with the range from 3.4 to 6.1. The very acidity of honey prevents bacteria from growing. The pH of walnuts is between 6.5 and 7.2 and they have amino acids that can cause an increase in the growth of HSV (herpes simplex virus). Both walnuts and honey contain amino acids. However, walnuts are particularly high in arginine and low in lysine. Arginine is a protein fraction that is essential in the production of new herpes virus. Honey contains lysine that cannot create new herpes virus and, in my body, lysine helps fight the herpes virus. Lysine counterbalances the affect of arginine. In short, I can eat walnuts provided there is honey to offset the effects of the walnuts on my body.

There are more than 900 records in GNIS using the word Honey in their name. Missouri has 45 records with the word Honey in the feature's name, but none of them are named for my dog.

Name	FID	Class	County	State
Honey Creek	457607	Stream	Nodaway	MO
East Fork Honey Creek	717286	Stream	Henry	MO
East Honey Creek	717312	Stream	Grundy	MO
Honey Cemetery	719751	Cemetery	Laclede	MO
Honey Creek	719752	Stream	Dade	MO
Honey Creek	719753	Stream	Cooper	MO
Honey Creek	719754	Stream	Andrew	MO
Honey Creek	719755	Stream	Douglas	MO
Honey Creek	719756	Stream	Lawrence	MO
Honey Creek	719757	Stream	Henry	MO
Honey Creek	719758	Stream	Cole	MO
Honey Creek	719759	Stream	Johnson	MO
Honey Creek	719760	Stream	Livingston	MO
Honey Creek	719761	Stream	Clark	MO
Honey Creek	719763	Stream	McDonald	MO
Honey Creek	719764	Stream	Daviess	MO
Honey Creek School	719765	School	Cole	MO
Honey Creek School	719766	School	Grundy	MO
Honey Grove School (historical)	719767	School	Worth	MO
Honey Lake Church	719768	Church	McDonald	MO
Honey Lake Hollow	719769	Valley	McDonald	MO
Honey Run	719770	Stream	Camden	MO
Honey Spring School	719771	School	Miller	MO
West Honey Creek	728587	Stream	Grundy	MO
Honey Island	730789	Island	New Madrid	MO
Honey Creek Congregational Church (historical)	731744	Church	Clark	MO
Honey Creek Station	731825	Locale	Clark	MO
Honey	733474	Locale	Mercer	MO
Honey Creek Cemetery	735654	Cemetery	Clark	MO
Nulls Creek	735755	Stream	Lincoln	MO
Honey Creek	737972	Populated Place	Cole	MO
Honey Lake	738200	Reservoir	Dent	MO
Honey Branch	738449	Stream	Douglas	MO
Honey Creek State Wildlife Area	741825	Locale	Cole	MO
Honey Grove Cemetery	743217	Cemetery	Worth	MO
Honey Locust School (historical)	744449	School	Montgomery	MO

Honey Creek School (historical)	745806	School	Dade	MO
Honey Creek School (historical)	746432	School	Lawrence	MO
Honey Branch	753293	Stream	Douglas	MO
Honey Cypress Ditch Number 34	755217	Canal	Dunklin	MO
South West City	758447	Populated Place	McDonald	MO
Honey Lake Dam	763947	Dam	Dent	MO
Honey Creek Post Office	765614	Post Office	McDonald	MO
Township of Honey Creek	766743	Civil	Henry	MO
Honey Creek Chapel Cemetery	1782154	Cemetery	Grundy	MO

Of the more than 2000 records in GNIS containing the word walnut in their feature name more than 330 of them are streams. In Missouri we have 160 records with walnut in their feature name of which 24 are stream records.

Feature Name	ID	Class	County	State
Berry School (historical)	746579	School	Platte	MO
Big Black Walnut Creek	734529	Stream	Dallas	MO
Big Black Walnut Spring	734530	Spring	Dallas	MO
Black Walnut	755780	Populated Place	St. Charles	MO
Black Walnut Grove School (historical)	757292	School	St. Charles	MO
Black Walnut School (historical)	757293	School	St. Charles	MO
City of Walnut Grove	2397183	Civil	Greene	MO
East Fork Walnut Creek	717306	Stream	Randolph	MO
Foster	729889	Populated Place	Bates	MO
Immanuel Church	729755	Church	Johnson	MO
Little Walnut Creek	721353	Stream	Johnson	MO
Little Walnut Creek	721354	Stream	Johnson	MO
Little Walnut Creek	721355	Stream	Macon	MO
Little Walnut Creek	721356	Stream	Adair	MO
Little Walnut School (historical)	746745	School	New Madrid	MO
Little Walnut School (historical)	746746	School	New Madrid	MO
Lone Walnut School (historical)	721488	School	Barry	MO
Lone Walnut School (historical)	745502	School	Johnson	MO
Maloney School (historical)	745189	School	Johnson	MO
Moseley School	730735	School	Pemiscot	MO
North Walnut Creek	739145	Stream	Johnson	MO
Old Walnut School	748425	School	Bates	MO
Plevna Methodist Episcopal Church	732589	Church	Knox	MO
Price (historical)	757703	Building	St. Louis	MO
Township of Walnut	766218	Civil	Adair	MO
Township of Walnut	766310	Civil	Bates	MO
Township of Walnut Creek	766980	Civil	Macon	MO
Township of Walnut Grove	766696	Civil	Greene	MO
Walnut	741346	Populated Place	Macon	MO
Walnut Branch	728291	Stream	Pettis	MO
Walnut Branch	736606	Stream	Iron	MO
Walnut Church (historical)	745032	Church	Pettis	MO
Walnut Cove Recreation Area	752739	Park	Wayne	MO
Walnut Creek	478182	Stream	Bates	MO
Walnut Creek	728292	Stream	Vernon	MO
Walnut Creek	728293	Stream	Randolph	MO
Walnut Creek	728294	Stream	Polk	MO
Walnut Creek	728296	Stream	Johnson	MO
Walnut Creek	728297	Stream	Pettis	MO
Walnut Creek	728298	Stream	Johnson	MO
Walnut Creek	728299	Stream	Johnson	MO
Walnut Creek	728300	Stream	Macon	MO
Walnut Creek	738142	Stream	Ste. Genevieve	MO

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Walnut Creek	756864	Stream	Cedar	MO
Walnut Creek Post Office (historical)	745685	Post Office	Bates	MO
Walnut Crest Lake Dam	762303	Dam	Boone	MO
Walnut Forest (historical)	731691	Populated Place	Greene	MO
Walnut Fork	728301	Stream	Gentry	MO
Walnut Grove	735899	Populated Place	Greene	MO
Walnut Grove Cemetery	728302	Cemetery	Cedar	MO
Walnut Grove Cemetery	728303	Cemetery	Bates	MO
Walnut Grove Cemetery	728304	Cemetery	Cooper	MO
Walnut Grove Cemetery	728305	Cemetery	Boone	MO
Walnut Grove Cemetery	728306	Cemetery	Monroe	MO
Walnut Grove Cemetery	728307	Cemetery	Buchanan	MO
Walnut Grove Cemetery	734874	Cemetery	Oregon	MO
Walnut Grove Cemetery	741950	Cemetery	DeKalb	MO
Walnut Grove Christian Church	732608	Church	Knox	MO
Walnut Grove Church	728308	Church	Bates	MO
Walnut Grove Church	728309	Church	Cooper	MO
Walnut Grove Church	728310	Church	Cooper	MO
Walnut Grove Church	734875	Church	Oregon	MO
Walnut Grove Church	743083	Church	Butler	MO
Walnut Grove Church	752740	Church	Douglas	MO
Walnut Grove Church	752741	Church	Madison	MO
Walnut Grove Church (historical)	741793	Church	Pike	MO
Walnut Grove Church (historical)	742524	Church	Montgomery	MO
Walnut Grove Church (historical)	745627	Church	Cass	MO
Walnut Grove Church (historical)	746736	Church	Dunklin	MO
Walnut Grove Elementary School	2468908	School	St. Louis	MO
Walnut Grove Hollow	752742	Valley	Ripley	MO
Walnut Grove Missionary Baptist Church	736613	Church	Iron	MO
Walnut Grove Primitive Baptist Church (historical)	747080	Church	Clay	MO
Walnut Grove School	728311	School	Texas	MO
Walnut Grove School	728314	School	Cass	MO
Walnut Grove School	728315	School	Clay	MO
Walnut Grove School	728318	School	Harrison	MO
Walnut Grove School	729682	School	DeKalb	MO
Walnut Grove School	730872	School	Mississippi	MO
Walnut Grove School	732839	School	Lewis	MO
Walnut Grove School	741640	School	Benton	MO
Walnut Grove School	741689	School	Pettis	MO
Walnut Grove School	746515	School	Buchanan	MO
Walnut Grove School	746827	School	New Madrid	MO
Walnut Grove School	747267	School	Daviess	MO
Walnut Grove School	747906	School	Warren	MO
Walnut Grove School	752744	School	Christian	MO
Walnut Grove School	752745	School	Perry	MO
Walnut Grove School	756865	School	St. Charles	MO
Walnut Grove School (historical)	728312	School	Dallas	MO
Walnut Grove School (historical)	728313	School	Moniteau	MO
Walnut Grove School (historical)	728316	School	Clinton	MO
Walnut Grove School (historical)	728317	School	Holt	MO
Walnut Grove School (historical)	728319	School	Harrison	MO
Walnut Grove School (historical)	732848	School	Barry	MO
Walnut Grove School (historical)	733028	School	Scotland	MO
Walnut Grove School (historical)	733966	School	Sullivan	MO
Walnut Grove School (historical)	741622	School	Macon	MO
Walnut Grove School (historical)	743611	School	Saline	MO
Walnut Grove School (historical)	743906	School	Randolph	MO
Walnut Grove School (historical)	744522	School	Miller	MO
Walnut Grove School (historical)	745551	School	Morgan	MO
Walnut Grove School (historical)	746221	School	Cedar	MO

Walnut Grove School (historical)	746735	School	Dunklin	MO
Walnut Grove School (historical)	746779	School	New Madrid	MO
Walnut Grove School (historical)	746986	School	Carroll	MO
Walnut Grove School (historical)	747012	School	Daviess	MO
Walnut Grove School (historical)	752743	School	Douglas	MO
Walnut Grove School (historical)	753788	School	Callaway	MO
Walnut Grove School (historical)	757272	School	St. Charles	MO
Walnut Grove School (historical)	758100	School	St. Francois	MO
Walnut Grove School (historical)	759425	School	Boone	MO
Walnut Hill Cemetery	754727	Cemetery	Butler	MO
Walnut Hill Church	735900	Church	Greene	MO
Walnut Hill Country Club	755445	Locale	Pettis	MO
Walnut Hill Lake	765131	Reservoir	Phelps	MO
Walnut Hill Lake Dam	765130	Dam	Phelps	MO
Walnut Hill Post Office	759717	Post Office	Buchanan	MO
Walnut Hollow	728320	Valley	McDonald	MO
Walnut Hollow	728321	Valley	McDonald	MO
Walnut Hollow	728322	Valley	Shannon	MO
Walnut Hollow	728323	Valley	Lawrence	MO
Walnut Hollow	737224	Valley	Iron	MO
Walnut Hollow	752746	Valley	Reynolds	MO
Walnut Hollow	752747	Valley	Washington	MO
Walnut Hollow	756866	Valley	St. Clair	MO
Walnut Hollow Lake	764457	Reservoir	Iron	MO
Walnut Hollow Lake Dam	764456	Dam	Iron	MO
Walnut Hollow Lake Section 2 Dam	764458	Dam	Iron	MO
Walnut Park Church of God in Christ	2468278	Church	St. Louis (city)	MO
Walnut Park East	2469216	Populated Place	St. Louis	MO
Walnut Park School	765797	School	St. Louis (city)	MO
Walnut Park West	2469217	Populated Place	St. Louis	MO
Walnut Plains Camp Grounds (historical)	757755	Locale	St. Louis	MO
Walnut Plains Cemetery	757756	Cemetery	St. Louis	MO
Walnut Ridge	752748	Ridge	Barry	MO
Walnut Ridge Cemetery	728324	Cemetery	Howard	MO
Walnut Ridge Cemetery	728325	Cemetery	Howard	MO
Walnut Ridge School	752749	School	Texas	MO
Walnut Ridge School (historical)	747689	School	Stoddard	MO
Walnut Row School	728326	School	Lafayette	MO
Walnut School	728327	School	Pettis	MO
Walnut School	733392	School	Macon	MO
Walnut School (historical)	728328	School	Harrison	MO
Walnut Shade	728329	Populated Place	Taney	MO
Walnut Shade Cemetery	735935	Cemetery	Taney	MO
Walnut Shade Community Hall	735936	Building	Taney	MO
Walnut Shade Post Office	759322	Post Office	Taney	MO
Walnut Shade School (historical)	728330	School	Howard	MO
Walnut Shade School (historical)	733358	School	Taney	MO
Walnut Sink Creek	735109	Stream	Howell	MO
Walnut Sink Hollow	728331	Valley	Howell	MO
Walnut Sink School	734762	School	Howell	MO
Walnut Spring	752750	Spring	Barry	MO
Walnut Springs	732415	Populated Place	Marion	MO
Walnut Valley Branch	735901	Stream	Oregon	MO
Walnut Valley Branch	738779	Stream	Ralls	MO
Walnut Valley School (historical)	745383	School	Benton	MO
West Walnut Manor (historical)	757765	Locale	St. Louis	MO
West Walnut Manor School (historical)	757766	School	St. Louis	MO



Figure 21. Baklava

Baklava

From the kitchen of Jane Messenger

Preheat oven to 350°.

1	Pkg	Phyllo (filo) dough thawed
1	Cup	Walnuts finely ground
1	Cup	Sugar
1	Tbsp	Cinnamon
1/2	lb	Butter melted
12	oz	Honey

Mix together the cinnamon, sugar and walnuts. Carefully spread the phyllo sheets out. Coat the bottom of a 9" x 13" baking pan with some of the melted butter. Pull one sheet from the stack, fold it and place it in the bottom of a 9" x 13" pan. Layer two additional sheets this way. Brush with butter and sprinkle with the some of the nut mixture. Continue layering the phyllo, butter and nut mixture finishing with phyllo and butter until all of the phyllo is used. Carefully cut into desired shapes. Bake 25 – 30 minutes. During the last five minutes of baking time, heat the honey to boiling. **BE CAREFUL THAT THE HONEY DOES BOIL OVER AS ONCE IT STARTS TO HEAT IT WILL QUICKLY OVERTOP THE PAN.** Upon removing the baklava from the oven, immediately pour the boiling honey over the top. Allow to cool. This may be served cold, room temperature, or reheated. Stores well wrapped individually in the freezer.

Depending on the sizes of the pieces cut this makes 16 - 24 pieces. I recommend cutting small pieces as this is an extremely rich dessert.

Chocolate

Chocolate – ah, chocolate – the food to which man may become addicted. Chocoholics seem to be everywhere. Chocolate is a fermented product from the tropical cacao tree and has been cultivated for at least three thousand years in Mexico, Central and South America. Scientists claim that, eaten in moderation (if that is possible), chocolate can lower blood pressure and, recently, dark chocolate has been found to contain a substantial amount of antioxidants that reduce the formation of free radicals. Other benefits of chocolate appear to be anticancer, brain stimulator, cough preventor and antidiarrhoeal effects.

But what about the controversy between regular chocolate and dark chocolate. Dark chocolate is chocolate that has been Dutched or Dutch processed. Dutching chocolate uses an alkalizing agent to modify its color and give it a milder flavor compared to naturally or Broma processed cocoa. The Dutch process lowers acidity, increases solubility, enhances color and smooths flavor. While the Dutch process decreases the amount of flavonols (antioxidants) new studies support the hypothesis that the reduction of antioxidants due to the Dutching process is not significant. Enough polyphenoles and procyanids remain in the cocoa.

Some people felt that foods made with dark chocolate are not as chocolaty as the same recipes made with all natural processed cocoa. I decided to test this theory and made two identical batches of brownies: one batch used Hershey’s All Natural Processed cocoa and the other batch used Hershey’s Special Dark Dutch Processed Cocoa. All measurements were “scientifically” identical. I could tell no difference in the chocolate flavor between the two different batches, but I did feel that the darker brownies were smoother. It also seemed to me that the brownies made with the All Natural process were sweeter although, almost to the grain, these two batches contained the same amount of sugar.

There are 53 features found in GNIS using the word Chocolate in their name. One of these is the Chocolate Mountains in Arizona. I’ve been to the Chocolate Mountains of Arizona and I can tell you that they are **not** made of chocolate. If they had been they would be nothing but a big brown sticky puddle. I also find it interesting that Montana has a Chocolate Milkshake Dam. As this is damming an unnamed stream and forms an intermittent unnamed reservoir can one assume that the reservoir has been sipped dry?

Feature Name	ID	Class	County	State
Chocolate Creek	1400356	Stream	Yukon-Koyukuk (CA)	AK
Chocolate Mountains	2883	Summit	La Paz	AZ
Chocolate Mountains	240573	Range	Imperial	CA
Chocolate Mountain	253759	Summit	Inyo	CA
Chocolate Lakes	258342	Lake	Inyo	CA
Chocolate Peak	258343	Summit	Inyo	CA
Chocolate Peak	258344	Summit	Lake	CA
Chocolate Canyon	270441	Valley	San Diego	CA
Chocolate Drop	1660478	Summit	San Bernardino	CA
Chocolate Creek	1666229	Stream	San Diego	CA
Chocolate Mountains Gunnery Range	2512083	Military	Imperial	CA

Chocolate House	1934175	Building	Guam	GU
Chocolate Drop Hill	589972	Summit	Garrett	MD
Chocolate Church (historical)	1907784	Church	Sagadahoc	ME
Chocolate Creek	715801	Stream	Saline	MO
Chocolate Milkshake Dam	798331	Dam	Garfield	MT
Chockoyotte Creek	983159	Stream	Halifax	NC
Chocolate Creek	983160	Stream	Guilford	NC
Foster Mountain	1020336	Summit	Polk	NC
Chocolate Drop Dam	1033204	Dam	Mountrail	ND
Chocolate Butte	1034784	Summit	Billings	ND
Chocolate Butte	1035631	Summit	Billings	ND
Chocolate School (historical)	1841105	School	Frontier	NE
Chocolate Peak	905122	Summit	Grant	NM
Chocolate Peak Dam	1853751	Dam	Grant	NM
Chocolate Butte	839506	Summit	Pershing	NV
Chocolate Mountain	839507	Summit	Nye	NV
Chocolate Drop	849167	Summit	Lincoln	NV
Chocolate Mountain	859244	Summit	Humboldt	NV
Chocolate Peak	862221	Summit	Washoe	NV
Chocolate Run	1066647	Stream	Trumbull	OH
Chucalate Hill	1091350	Summit	Cherokee	OK
Chocolate Falls	1156606	Falls	Jackson	OR
Central Falls	1218931	Populated Place	Providence	RI
Chocolate Swale	1332790	Stream	Refugio	TX
West Fork Chocolate Bayou	1349717	Stream	Brazoria	TX
Chocolate Bayou	1354458	Locale	Brazoria	TX
Chocolate Bayou	1354459	Stream	Calhoun	TX
Chocolate Bayou Oil Field	1354460	Oilfield	Brazoria	TX
Chocolate Bayou Rice Canal	1354461	Canal	Brazoria	TX
Chocolate Hollow	1354462	Valley	Karnes	TX
Little Chocolate Bayou	1361311	Stream	Calhoun	TX
Chocolate Bay	1373093	Bay	Calhoun	TX
Chocolate Bay	1373094	Bay	Brazoria	TX
Chocolate Bayou	1373095	Stream	Brazoria	TX
Chocolate Windmill	1373096	Locale	Brooks	TX
Chocolate Springs	1379546	Populated Place	Brazoria	TX
Chocolate Bayou	2034890	Populated Place	Brazoria	TX
Chocolate Peak	1426602	Summit	Box Elder	UT
Chocolate Drops	1434945	Pillar	Wayne	UT
Chocolate Drops	1435298	Range	Wayne	UT
Chocolate Drop	1439702	Summit	San Juan	UT
Chocolate Hole	1613810	Bay	St. John	VI
Chocolate Hole and Greater Cruz Bay Estate	1994176	Civil	St. John	VI
Chocolate Creek	1517737	Stream	Snohomish	WA
Chocolate Glacier	1517738	Glacier	Snohomish	WA
Chocolate Pots	1586682	Spring	Park	WY
Chocolate Reservoir	1586683	Reservoir	Natrona	WY

I almost exclusively use cocoa in my recipes instead of baking chocolate. I can choose the type of processing used in making the cocoa and the amount and type of fat added to the recipe when using cocoa instead of baking chocolate. In most cases, where the recipe calls for baking chocolate, the formal substitute of three (3) level Tablespoons cocoa plus one (1) Tablespoon butter will work. Of course, I rarely measure these exactly. I am rather more generous than that when it comes to the amount of cocoa I use because I will take a soup spoon and just scoop out a rounded spoonful from the cocoa can. However, be assured, that for the recipes in this cookbook, I've tried to measure exactly the

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amounts I use by scooping those soup spoonfuls into a measuring cup and providing those measurements.

Cocoa is a derivative of the word cacao, the name of the tree from which this fruit is derived. The cacao plant's botanical name is *Theobroma* (food of the gods) and was given to the plant by Swedish natural scientist Carl Linnaeus. Originally native to the Americas, nearly 70 percent of the world's crop is now grown in West Africa. The Cacao bean was once commonly used as currency in Mesoamerica and the Caribbean before the Spanish appeared in that part of the world.

Again, I searched GNIS for records using Cocoa in their name and got 76 records. Interestingly enough not one of them is in Pennsylvania, home to Hershey. In fact, all but seven are in Florida. I did notice a couple of the names spelled cocoanut. I wonder if this is a misspelling of coconut or it is referring to the nut of the cacao tree in which case it is another misspelling.

Feature Name	ID	Class	County	State
Cocoa Landing (historical)	64047	Locale	Lincoln	AR
Cocoa	280608	Populated Place	Brevard	FL
Cocoa Beach	280609	Populated Place	Brevard	FL
Cocoa Beach High School	280610	School	Brevard	FL
Cocoa Yacht Basin	280611	Harbor	Brevard	FL
Cocoanut Hammock	280612	Island	Monroe	FL
Cocoanut Key	280613	Island	Monroe	FL
Coconut Grove	280618	Populated Place	Miami-Dade	FL
South Cocoa Beach	291359	Populated Place	Brevard	FL
Cocoa High School	297091	School	Brevard	FL
Cocoa Public Library	297959	Building	Brevard	FL
Cocoa Beach Public Library	297960	Building	Brevard	FL
Brevard Community College - Cocoa Campus	299348	School	Brevard	FL
Cocoa Plum Beach	299980	Beach	Monroe	FL
WWBC-AM (Cocoa)	308641	Tower	Brevard	FL
WLRQ-FM (Cocoa)	308963	Tower	Brevard	FL
WMIE-FM (Cocoa)	308965	Tower	Brevard	FL
Space Center Executive Airport	309934	Airport	Brevard	FL
WWKO-AM (Cocoa)	310042	Tower	Brevard	FL
WLRQ-AM (Cocoa)	310044	Tower	Brevard	FL
WXXU-AM (Cocoa Beach)	310046	Tower	Brevard	FL
WSSP-FM (Cocoa Beach)	310170	Tower	Orange	FL
WSTF-FM (Cocoa Beach)	310171	Tower	Orange	FL
WRES-TV (Cocoa)	310284	Tower	Brevard	FL
WTGL-TV (Cocoa)	310285	Tower	Osceola	FL
WRES-TV (Cocoa)	310286	Tower	Osceola	FL
Cocoa Beach-Cape Canaveral Division (inactive)	1935728	Census	Brevard	FL
Cocoa-Rockledge Division (inactive)	1935729	Census	Brevard	FL
Cocoa Beach Post Office (historical)	2026974	Post Office	Brevard	FL
Cocoa Beach Fire Department Station 1	2331126	Building	Brevard	FL
Cocoa Fire / Rescue Station 2	2331130	Building	Brevard	FL
Cocoa Fire / Rescue Station 3	2331158	Building	Brevard	FL
West Cocoa Fire / Rescue Station 44	2331293	Building	Brevard	FL
Cocoa Fire / Rescue Station 1	2331310	Building	Brevard	FL
Cocoa Beach Fire Department Station 2	2331312	Building	Brevard	FL
Cocoa Beach Police Department - Investigations	2331448	Building	Brevard	FL
Cocoa Police Department	2331452	Building	Brevard	FL

Cocoa City Police Detective	2331505	Building	Brevard	FL
Florida Highway Patrol Troop D District 4 - Cocoa	2331537	Building	Brevard	FL
Cocoa West Census Designated Place	2402784	Census	Brevard	FL
City of Cocoa	2404089	Civil	Brevard	FL
City of Cocoa Beach	2404090	Civil	Brevard	FL
Cocoa Palms Mobile Home Park	2447954	Populated Place	Brevard	FL
Cocoa Water Reclamation Facility	2448386	Building	Brevard	FL
Brevard Community College Cocoa Campus Bernard Simpkins Fine Arts Center	2448387	School	Brevard	FL
Brevard Community College Cocoa Campus Clark Maxwell Jr Lifelong Learning Center	2448388	School	Brevard	FL
Brevard Community College Cocoa Campus Dr Mary Cathryne Park Classroom Building	2448389	School	Brevard	FL
Brevard Community College Cocoa Campus Foundation House	2448390	School	Brevard	FL
Brevard Community College Cocoa Campus General George F Schlatter Veterans Memorial Amphitheater	2448391	School	Brevard	FL
Brevard Community College Cocoa Campus George Washington Carver Administration Building	2448392	School	Brevard	FL
Brevard Community College Cocoa Campus HCVAS Health Sciences Campus	2448393	School	Brevard	FL
Brevard Community College Cocoa Campus Industrial Building	2448394	School	Brevard	FL
Brevard Community College Cocoa Campus Irene H Burnett Science Building	2448395	School	Brevard	FL
Brevard Community College Cocoa Campus J Bruce Gymnasium	2448396	School	Brevard	FL
Brevard Community College Cocoa Campus Ralph M Williams Student Center	2448397	School	Brevard	FL
Brevard Community College Cocoa Campus Rodney S Ketcham Business Center	2448398	School	Brevard	FL
Brevard Community College Cocoa Campus Roger W Dobson Building	2448399	School	Brevard	FL
Brevard Community College Cocoa Campus Technical Building	2448400	School	Brevard	FL
Brevard Community College Cocoa Campus Veterinary Technology	2448401	School	Brevard	FL
Brevard Community College Cocoa Campus Vocational Building	2448402	School	Brevard	FL
Brevard Community College Cocoa Campus YMCA	2448403	School	Brevard	FL
Brevard Community College Cocoa Campus Astronaut Memorial Planetarium Observatory	2448404	Building	Brevard	FL
Cocoa Point Park Mobile Home Park	2448412	Populated Place	Brevard	FL
WMMV - AM (Cocoa)	2448432	Tower	Brevard	FL
Cocoa Presbyterian Church	2448444	Church	Brevard	FL
First Baptist Church of Cocoa	2448450	Church	Brevard	FL
Seventh Day Adventist Church of Cocoa	2448457	Church	Brevard	FL
Cocoa Beach Water Reclamation Facility	2448463	Building	Brevard	FL
Cocoa Beach Post Office	2448465	Post Office	Brevard	FL
Cocoa Beach Trailer Park	2448466	Populated Place	Brevard	FL
Cocoa Beach Country Club	2448539	Locale	Broward	FL
Coconut Island	358735	Island	Hawaii	HI
Coconut Point	358736	Cape	Hawaii	HI
Kamehameha Coconut Grove	365323	Locale	Maui	HI
Cocoa Mountain	564142	Summit	Washington	ME
New York Cocoa Exchange Building	2057424	Building	New York	NY
Cocoanut School (historical)	1322534	School	DeKalb	TN

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Brownies

There are as many recipes for brownies as there are records in GNIS using the word Brownie in their name – 36. There are the chocolate brownies (either cake or fudge) with or without all sorts of added ingredients, white brownies (made with white chocolate) and blond brownies (made with molasses) just to name a few different varieties. I have a standing order for both the plain chocolate and turtle brownies for our MOBGN meetings.

There are 36 records in GNIS with the word “Brownies” in their name.

Feature Name	ID	Class	County	State
Brownie Canyon	1439169	Valley	Uintah	UT
Brownie Tank	26794	Reservoir	Maricopa	AZ
Camp Brownie	144743	Locale	Talladega	AL
Brownie Hills	193013	Summit	Costilla	CO
Brownie Creek	257500	Stream	Mono	CA
Brownie Hill School	421719	School	DuPage	IL
Brownies Creek	488020	Stream	Bell	KY
Brownie Lake	640538	Lake	Hennepin	MN
Brownie Branch	667633	Stream	Covington	MS
Brownie Butte	769290	Summit	Garfield	MT
Brownie Butte	769291	Summit	Garfield	MT
Brownie Creek	780448	Stream	Powell	MT
Brownie Point	780449	Summit	Flathead	MT
Brownie Spring	839084	Spring	Lincoln	NV
Brownie Mountain	845383	Summit	Esmeralda	NV
Brownie Creek	859029	Stream	Mineral	NV
Brownies Lebanon Airport	1082785	Airport	Warren	OH
North Fork Brownie Creek	1124754	Stream	Lane	OR
South Fork Brownie Creek	1127261	Stream	Lane	OR
Brownie Basin	1138681	Basin	Wallowa	OR
Brownie Creek	1138682	Stream	Douglas	OR
Brownie Creek	1138683	Stream	Lane	OR
Brownie Creek Trail	1138684	Trail	Douglas	OR
Brownie Creek	1399493	Stream	Nome (CA)	AK
North Brownie Creek	1443852	Stream	Uintah	UT
South Brownie Creek	1445797	Stream	Uintah	UT
Browne Academy	1491354	School	Fairfax	VA
Brownie Creek	1516988	Stream	Lewis	WA
Brownie Lake	1516989	Lake	Pend Oreille	WA
Lone Tree Creek	1690007	Stream	Powder River	MT
Brownie Park	1969998	Park	Warren	IA
Bayfront Park	2025726	Park	Anne Arundel	MD
Brownies Creek	2036867	Stream	Calvert	MD
Brownie Ski Trail	2374436	Trail	Emmet	MI
Brownies Creek School (historical)	2565562	School	Harlan	KY
Brownies Ridge	2565563	Ridge	Harlan	KY



Figure 22. Brownies made with Hershey's All Natural processed cocoa and Hershey's Special Dark Dutch Processed cocoa.



Figure 23. Turtle Brownies made with Hershey's® Special Dark Dutch Processed Cocoa

Brownies – Fudge Type

From the kitchen of Jane Messenger

Preheat oven to 325°. Grease a 9” x 13” baking pan

1	Cup + 2 Tbsp	Softened Butter
2	Cups	Sugar
	Pinch	Salt
2	tsp	Vanilla
4	Large	Eggs for chewy brownies
3/4	Cup	Hershey’s All Natural Cocoa (for lighter brownies)
		or
3/4	Cup	Hershey’s Special Dark Cutch Processed Cocoa (for darker brownies)
1	Cup	Flour
1	Cup	Nuts (optional)

Cream butter and sugar. Add vanilla; beat in eggs; add cocoa and flour. Mix well. Pour batter into greased pan. Bake 30 to 35 minutes until toothpick or knife inserted in the middle of brownies comes out clean. Cool. Cut. Makes 24 brownies.

Tip:

To make Turtle Brownies. Add pecan pieces to the batter. The after pouring batter into baking pan, drizzle with 1/2 Cup of the old fashioned caramel sauce used for dipping apples. To make the sauce drizzle, melt it in the microwave for a few seconds, then drizzle it on top of the brownie mixture in the baking pan. Run the edge of a knife through the caramel sauce to swirl it through the brownie mixture. Then bake.

Blonde Brownies

This is another modified recipe. The original came from an earlier edition of the Better Homes and Gardens New Cook Book.

This recipe calls for brown sugar which is a mixture of sugar and molasses. Of course the darker brown it is the more molasses the sugar contains. Generally dark brown sugar contains about 6.5 percent molasses. The word molasses comes from the Portuguese word *melaço*, which is in turn the Greek *mellas* — honey. The quality of molasses depends on the maturity of the sugar cane or beet from which molasses is made, the amount of sugar extracted and the method of extraction.

Molasses is a chelating agent. Chelate comes from the Latin *chele* meaning claw. A chelating agent is one that binds with a metallic atom enveloping the metallic atom within the claw-like shaped chelate. A rusty object placed in a mixture of one part molasses to nine parts water for two weeks will lose its rust due to the chelating action of the molasses. Heating the solution will speed this process.

An interesting incident happened involving molasses in January, 1919. A 2.3 million gallon storage tank inside the Purity Distilling Company on Boston's waterfront burst sending a 35-foot high wall of molasses spilling into the neighborhood. Killing more than a score and injuring more than a hundred, the spill left Boston Harbor brown through the next summer and Boston smelling like molasses for decades.

There are 43 records in GNIS containing the word Molasses in their name. Interestingly enough, only one of these is in Massachusetts not close to Boston or Boston Harbor.

Feature Name	ID	Class	County	State
Molasses River Flooding Number Three	632551	Reservoir	Gladwin	MI
Molasses Creek	1181400	Stream	Berks	PA
Molasses Creek	1363039	Stream	Llano	TX
Molasses Creek	439315	Stream	Parke	IN
Molasses Creek	1224614	Stream	Charleston	SC
Molasses Creek	1181401	Stream	Montgomery	PA
Molasses Junction	308037	Populated Place	St. Johns	FL
Molasses Mill (historical)	1697923	Locale	Harford	MD
Molasses Run	1051240	Stream	Gallia	OH
Molasses Gap	1181403	Gap	Union	PA
Molasses Gap Trail	1206932	Trail	Union	PA
Molasses Hill	1181404	Summit	Bucks	PA
Molasses Point	957493	Cape	Suffolk	NY
Molasses Tank	892146	Reservoir	San Miguel	NM
Molasses Gap	1961031	Populated Place	Paulding	OH
Molasses Corners	957492	Locale	Franklin	NY
Molasses Creek	263734	Stream	Humboldt	CA
Molasses Creek	1181402	Stream	Bucks	PA
Schmoutz Creek	1187088	Stream	Bucks	PA
Molasses Pond	571485	Lake	Hancock	ME
Molasses Pond Boat Launch	1911768	Locale	Hancock	ME
Molasses Pond	615240	Lake	Dukes	MA
Molasses Branch	308036	Gut	St. Johns	FL
Molasses Hill	1218952	Summit	Providence	RI

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Molasses Point Landing	1315530	Locale	Tipton	TN
Left Prong Molasses Bayou	1361056	Gut	Jefferson	TX
Molasses Bayou	1363038	Gut	Jefferson	TX
Right Prong Molasses Bayou	1366467	Gut	Jefferson	TX
Molasses Creek	1510030	Stream	King	WA
Molasses Reef Light	287050	Locale	Monroe	FL
Molasses Reef Channel	308482	Channel	Monroe	FL
Molasses Key	287049	Island	Monroe	FL
Molasses Creek	990127	Stream	Brunswick	NC
Molasses River Flooding Number One	632549	Reservoir	Gladwin	MI
Molasses River Flooding Number Two	632550	Reservoir	Gladwin	MI
Molasses River Flooding Number Five	632552	Reservoir	Gladwin	MI
Molasses Hollow	1363040	Valley	San Saba	TX
Little Molasses River	630694	Stream	Gladwin	MI
Molasses River	632548	Stream	Gladwin	MI
Molasses Reef	307717	Bar	Monroe	FL
Molasses Dale	737767	Valley	Ste. Genevieve	MO
Molasses Hill	1068117	Summit	Columbiana	OH
Molasses Hollow (historical)	1932195	Locale	Litchfield	CT

Two spellings exist for the ripened wheat color of fair hair – Blond and Blonde. In GNIS there are 23 records using one or the other of the spellings for this word in their name.

Feature Name	ID	Class	County	State
Le Blondeau Glacier	1414354	Glacier	Haines	AK
Blonde Cove	1416099	Bay	Aleutians West (CA)	AK
Blondy Water	26493	Spring	Gila	AZ
Blonde Reef	358680	Bar	Hawaii	HI
Blonde Creek	377872	Stream	Clearwater	ID
Blood River	553715	Stream	Livingston	LA
Blond	560226	Populated Place	St. Tammany	LA
Blond Post Office (historical)	1632261	Post Office	St. Tammany	LA
Blonde Dam Bridge	1623246	Bridge	Crawford	MI
Bishop Le Blond High School	714275	School	Buchanan	MO
Blondie Claims	917929	Mine	Sierra	NM
Blonde Spring	1117822	Spring	Lake	OR
Blondy	1307314	Populated Place	Lewis	TN
Blondy Church	1307315	Church	Lewis	TN
Blondy Hollow	1307316	Valley	Lewis	TN
Blawn Wash	1425757	Valley	Iron	UT
Blondie Knoll	1425774	Summit	Kane	UT
Island Lake	1567022	Lake	Burnett	WI
La Blonde G1679 Dam	1792537	Dam	Iron	WI
La Blonde Flowage 1	1792538	Reservoir	Iron	WI
Blondy Pass	1585663	Gap	Hot Springs	WY
Blonde Dam	1607376	Dam	Hot Springs	WY
Blonde Reservoir	1607377	Reservoir	Hot Springs	WY

Blond Brownies

From the kitchen of Jane Messenger

Preheat oven to 350°. Grease a 9' x 13' pan.

1/2	Cup	Butter (softened or melted)
2	Cups	Flour
2	tsp	Baking powder
1/4	tsp	Salt
2		Eggs
1	Cup	White sugar
1	Cup	Dark brown sugar (packed)
1	tsp	Vanilla
1	Cup	Nuts (optional)

Mix butter and sugars until well blended. Sift flour, baking powder and salt. Add eggs and vanilla to the butter and sugar mixture and beat until well mixed. Add dry ingredients to the butter sugar mixture and mix until smooth. Pat into baking pan and bake at 350° 20 – 30 minutes (until a toothpick or knife inserted in the center comes out clean).



Figure 24. Blond (Blonde Brownies)

Cakes

Cakes

I believe that cakes were my Grandmother's forte. She definitely had two white thumbs and that wonderful Kitchen Aid® mixer. Well, I've got that mixer now and have apparently inherited my Grandmother's thumbs, plus some of my fingers must also be white. I love baking cakes and have done so since I was a wee one. Of course, it doesn't hurt that I also like eating them.

GNIS has 43 records using the work Cake in their name.

Feature Name	ID	Class	County	State
Johnny Cake Park	74236	Park	Sebastian	AR
Johnny Cake Lake Number One Dam	80701	Dam	Sebastian	AR
Johnny Cake Lake Number Two Dam	80704	Dam	Sebastian	AR
Cake Mountain	2360	Summit	Graham	AZ
Cake Mountain Spring	2361	Spring	Graham	AZ
Wedding Cake	268837	Summit	Trinity	CA
Candy and Cake Number 3 Prospect	1670710	Mine	San Bernardino	CA
Sweet Cake Mountain	1943039	Summit	Fairfield	CT
Ginger Cake Creek	314624	Stream	Fayette	GA
Linwood	478854	Populated Place	Leavenworth	KS
Little Cake Church	496654	Church	Adair	KY
Cheese Cake Brook	612300	Stream	Middlesex	MA
Catonsville	583624	Populated Place	Baltimore	MD
Wilmer Neck	598263	Cape	Queen Anne's	MD
Wedding Cake House	1911245	Building	York	ME
Taipingot	1390617	Summit	Rota	MP
Wedding Cake Conservation Area	1945680	Park	Rota	MP
Z Cake Dam	797909	Dam	Rosebud	MT
Coffee Cake Dam	798512	Dam	Judith Basin	MT
Gingercake Creek	1027399	Stream	Burke	NC
Cake House Well	887075	Well	Harding	NM
Cake House Windmill	887076	Locale	Harding	NM
Wedding Cake Butte	896305	Summit	Union	NM
Wedding Tank	902388	Reservoir	Cibola	NM
Cake Canyon	936527	Valley	Grant	NM
Cake Canyon Tank	2038392	Reservoir	Grant	NM
Buckskin Point	839144	Ridge	Nye	NV
Everett	1064629	Populated Place	Summit	OH
Johnny Cake Ridge Golf Course	1080188	Locale	Lake	OH
Oknoname 361001 Dam	1751292	Dam	Haskell	OK
Cake (historical)	1131903	Populated Place	Malheur	OR
Johnny Cake Mountain	1144313	Summit	Grant	OR
Cake Post Office (historical)	1164997	Post Office	Malheur	OR
Pancake Island	1219368	Island	Providence	RI
Twin Islands	1220024	Island	Providence	RI
Gingerbread Island	1220047	Island	Providence	RI
Caddo Jake Reach	1331819	Channel	Hunt	TX
Cake House Windmill	1353522	Locale	Roberts	TX
Lay-Bozka House	2030816	Building	Lavaca	TX
Vivas Cake Hill	1433904	Summit	Uintah	UT
Cake Rock	1512057	Summit	Clallam	WA
Dahdayla	1533034	Island	Clallam	WA
Johnny Cake School	1567201	School	Lafayette	WI
Mondovi	1569650	Populated Place	Buffalo	WI
Cake Hill	1598572	Summit	Niobrara	WY

Angel Food Cake

As I mentioned in the Introduction, my Grandmother used to bake for the local farmers' market and was, my mother said, sold out before the market opened. One of the most popular recipes was her Angel Food Cake. Large, small grained and light this cake became popular in the late 19th Century. Made from the whites of eggs and without any fat makes this cake very light in texture and taste. It is a type of foam cake as opposed to the butter cakes like the Devil's Food Cake which was developed later.

The Angel Food Cake is baked in an ungreased tube pan. The ungreased center tube allows the cake to rise higher by clinging to all sides of the pan. Once the cake is baked at a slow temperature it is removed from the oven and turned upside down. This allows the cake to cool without falling in upon itself.

Because the egg whites need to be whipped until they are stiff but not dry, they should be close to room temperature. I always separate my whites from my yolks several minutes before I intend to whip them. I have made only one minor correction to the wording of my Grandmother's original recipe. Her original recipe called for 16 egg whites or one pint "which ever came first". I use one pint, regardless of the number of egg whites it takes to make this pint.

Sixteen egg whites! Whoa! That's not good for you. Well, remember this is 16 egg whites. You get to do something else with those egg yolks. Yes, besides making noodles, there are other recipes (some in this cookbook) where you can make (and freeze) items made using those left over egg yolks.

There is one feature in GNIS using the phrase Angel Food in its name.

Feature Name	ID	Class	County	State
Angel Food Ski Trail	930589	Trail	Colfax	NM

There are slightly more than 1500 names found in GNIS containing the word "Angel" including the name "Angelica" and more than 1850 names found in GNIS containing the word Devil. Missouri has 12 "angel" names and 53 "devil" names.

Feature Name	ID	Class	County	State
Angel Hollow	713296	Valley	Atchison	MO
Angel Lake Dam	762289	Dam	Boone	MO
Angel Ridge	713297	Ridge	Shannon	MO
Angel School	730050	School	Atchison	MO
Angel School	747351	School	Holt	MO
Guarden Angel Cemetery	718912	Cemetery	Scott	MO
Guardian Angel Church (historical)	730407	Church	Scott	MO
Guardian Angel School	718913	School	Jackson	MO
Guardian Angels Church	2477151	Church	Jackson	MO
Holy Angels Church	757518	Church	St. Louis	MO
Holy Angels Church (historical)	766127	Church	St. Louis (city)	MO
Our Lady of the Angels School	2477892	School	Jackson	MO

Feature Name	ID	Class	County	State
Cloak Island	731788	Island	Clark	MO
Devil Creek	731794	Stream	Clark	MO
Devil Den Hollow	749632	Valley	Stone	MO
Devil Ridge	729727	Ridge	Johnson	MO
Devil Shoot Hollow	734806	Valley	Oregon	MO
Devils Backbone	716855	Ridge	Oregon	MO
Devils Backbone	716856	Ridge	Camden	MO
Devils Backbone	716857	Ridge	Benton	MO
Devils Backbone	716858	Ridge	Morgan	MO
Devils Backbone	734416	Ridge	Jackson	MO
Devils Backbone	738592	Ridge	Cape Girardeau	MO
Devils Backbone	744192	Locale	Montgomery	MO
Devils Backbone	749633	Ridge	Ripley	MO
Devils Backbone	749634	Ridge	Phelps	MO
Devils Backbone	749635	Ridge	Boone	MO
Devils Backbone	749636	Ridge	Callaway	MO
Devils Backbone	749637	Ridge	Douglas	MO
Devils Backbone	749639	Ridge	Oregon	MO
Devils Backbone	753886	Ridge	Pulaski	MO
Devils Backbone Wilderness	754044	Reserve	Ozark	MO
Devils Backbone	749638	Ridge	Ozark	MO
Devils Branch	716859	Stream	Johnson	MO
Devils Den	716860	Basin	Howell	MO
Devils Den	716861	Basin	Webster	MO
Devils Den	749640	Valley	Taney	MO
Devils Den Hollow	716862	Valley	Warren	MO
Devils Den Hollow	738137	Valley	Ste. Genevieve	MO
Devils Den Hollow	749641	Valley	Iron	MO
Devils Elbow	739588	Bend	Butler	MO
Devils Elbow	749642	Populated Place	Pulaski	MO
Devils Half-Acres	732460	School	Scotland	MO
Devils Hollow	716863	Valley	Texas	MO
Devils Horn	716864	Summit	Worth	MO
Devils Horn	749643	Valley	Carter	MO
Devils Icebox	716865	Basin	Boone	MO
Devils Kitchen	738266	Basin	Camden	MO
Devils Kitchen Mine	749644	Mine	Carter	MO
Devils Pool	749645	Spring	Taney	MO
Devils Race Ground (historical)	730586	Rapids	Franklin	MO
Devils Riffle	754602	Rapids	Butler	MO
Devils Rock Pile	716866	Summit	Douglas	MO
Devils Run	749646	Stream	Carter	MO
Devils Run	749647	Stream	Carter	MO
Devils Run School (historical)	747843	School	Carter	MO
Devils Tea Table	739004	Pillar	Miller	MO
Devils Tollgate	749648	Locale	Iron	MO
Devils Wash Basins	730891	Basin	Warren	MO
Devils Wash Pan	716867	Cliff	Lawrence	MO
Devils Washboard	730500	Cliff	Wayne	MO
Devils Washpan	731941	Basin	Barry	MO
Devils Well Hollow	749650	Valley	Shannon	MO
Red Devil Ditch	730190	Canal	Dunklin	MO
Sugar Creek	735872	Stream	Clark	MO



Figure 25. Angel Food Cake in the tube pan – Note “feet” on the top of the pan.



Figure 26. Angel Food Cake served with strawberries and whipped cream.

Angel Food Cake

From the kitchen of Eula Rothwell

Preheat oven to 325°

1	Pint	Egg Whites
1	Rounded tsp	Cream of Tarter
1 1/3	Cups	Sugar
1	Cup	Cake Flour
1	tsp	Vanilla
1/2	tsp	Salt
1	Tbsp	Ice Water

Beat egg whites to hold a soft peak, but not dry. Fold in **VERY SLOWLY** the cream of tarter and sugar. Fold in **SLOWLY** the remaining dry ingredients. Mix in the ice water. Pour gently into a large tube pan and spread to level the top. Gently drop the filled tube pan on the counter top 2 or 3 times to get any large air bubbles out of the batter. Bake 45 – 60 minutes in a slow oven. Cake is done when the top looks split and bounces back when gently touched. Remove from oven and turn upside down to cool. For more than half a century I would struggle with carefully turning the cake in its tube pan (which has three legs on the top of the pan) upside down without jostling the cake or burning my body. Before they made tube pans with legs on them, my mother and I would use three strategically placed upside down ceramic or chine saucers. Then a couple of years ago a friend gave me a tip. She and her mom always inserted the neck of an empty wine bottle inside the tube of the pan and then turned it upside down. Works beautifully!!

Angel Food Cakes are rarely frosted, but generally served with fruit or a glaze drizzled over each piece.

Chocolate Angel Food Cake

As I may have mentioned once or twice, I'm a chocoholic so one day as a child I decided to try making a chocolate angel food cake. It's been years since then and I hadn't made one until just recently. This is the recipe I have come up with.

For our last MOBGN meeting I made both a regular and a chocolate angel food cake. Unfortunately both days I was baking these, the humidity was very high inside the house as well as out and the regular angel food cake didn't rise as high as normal and the chocolate angel food cake was "holier" than normal. Neither one fell and both were great tasting, though.



Figure 27. Chocolate Angel Food Cake

Chocolate Angel Food Cake

From the kitchen of Jane Messenger

Preheat oven to 325°

1	Pint	Egg Whites
1	Rounded tsp	Cream of Tarter
1 1/3	Cups	Sugar
2/3	Cup	Cake Flour
1/3	Cup	Cocoa
1	tsp	Vanilla
1/2	tsp	Salt
1	Tbsp	Ice Water

Sift the flour, cocoa and salt two or three times. Beat egg whites to hold a soft peak, but not dry. Slowly add Cream of Tarter. **VERY SLOWLY** fold into the whipped egg whites the sugar, then the sifted ingredients making sure that the dry ingredients are mixed well with the egg whites so that no large clouds of egg whites are still white. Add the ice water and mix slowly. Pour gently into a large tube pan and spread to level the top. Gently drop the filled tube pan on the counter top 2 or 3 times to get any large air bubbles out of the batter. Bake 45 – 60 minutes in a slow oven. Cake is done when the top looks split and bounces back when gently touched. Remove from oven and turn upside down to cool.

Black Bottom Cake

One of the easiest and most delicious cakes to make starts with a box cake. This cake is rich and very like a gooey butter cake. In fact if you substitute a Duncan Hines® Yellow cake mix for the Duncan Hines® Devils Food Cake mix in this recipe, you will have a gooey butter cake. Both of these cakes are rich and are **not** sugar free.

The Black Bottom Cake is my adaptation of the gooey butter cake. Don't be afraid to try different flavors of cake mixes. Just be certain that the cake mix you use does not have pudding added to the box mix.



Figure 28. Black Bottom Cake

Black Bottom Cake

From the kitchen of Jane Messenger

Preheat oven to 350°

Bottom layer

1	Pkg	Duncan Hines® Devils Food Cake Mix
2		Eggs
1	Stick	Butter (softened)

Top layer

8	oz	Cream Cheese
2		Eggs
1	Box (1 lb)	Powdered Sugar

Mix the first three ingredients and pat into bottom of a 9" x 13" greased cake pan. Batter will be very thick. Make the sides about 1/4 inch higher than the center. This will prevent the filling from running over the edge of the cake mix. Mix together the cream cheese and eggs. Slowly add the powdered sugar until it is mixed with the eggs and cream cheese. Beat on medium speed until smooth. Pour on top of the cake mix spreading almost to the edge. Bake at 350° for 45 minutes or until golden brown on the top and a toothpick inserted in the center comes out clean.

Carrot Raisin Pecan Cake

I am not necessarily a fan of carrot cakes because most of them contain walnuts. However, a couple of decades ago I came across this carrot cake that blew me away. It was by far the best I had ever eaten, maybe because it was filled with a mixture of pecans in a thick, heavy cream and butter syrup and, of course, frosted with the typical cream cheese icing topped with sweetened coconut. The only word to describe this cake is decadent. **IT IS NOT A NO SUGAR ADDED RECIPE AND I HAVE NO INTENTION OF TRYING TO SUBSTITUTE SPLENDA® OR ANY OTHER SWEETENER FOR THE SUGAR THIS RECIPE CALLS FOR.** I just make no more than one of these a year, eat a piece and take it to a meeting or work or cut the cake into individual pieces and freeze them to get them out later. Another reason I don't make this more than once a year is because it takes two days to prepare.

Bugs Bunny did right when he and his friends ate lots of carrots. Eating just one carrot a day is like getting an added health insurance policy. And believe it or not cooked carrots are even better for you than raw carrots because the cellulose-stiffened cell walls are partially dissolved during cooking, making the nutrients more readily available. Three and a half ounces of cooked carrots contain a form of calcium that is easily absorbed by the body, as well as 15,000 units of vitamin A. The younger and slimmer the carrots are the sweeter they will be. Be certain to chop off the fuzzy green tops before storing in the refrigerator because the tops will rob this root vegetable of moisture.

It has long been known that there is a link between male fertility and carrots. Carrots are also said to relieve menstrual pains and to blow away premenstrual irritability. The carrot has been called the poor man's ginseng. It helps the immune system to target and destroy cancer cells in the body, helps prevent DNA variation and protects cells against free radicals. There is some evidence that beta-carotene acting in conjunction with vitamins C and E and selenium might lower high-density lipoprotein 2 (HDL2) cholesterol levels. Glutathione (GSH), another natural antioxidant, may also be important in stabilizing blood pressure and glucose. This is consistent with the involvement of free radicals in both essential hypertension and diabetes mellitus (high blood sugar diabetes). Glutathione improves liver detoxification by binding to toxins and neutralizing their harmful effects.

Not too many years ago a geneticist and a horticulturist developed Beta III, a carrot that looks like a generously sized regular carrot but contains five times the amount of beta carotene which is converted into vitamin A in the body.

A search of GNIS yields 16 records containing the word Carrot in their geographic feature name.

Feature Name	ID	Class	County	State
Carrot Lake	1893838	Lake	Valdez-Cordova (CA)	AK
Carrot Canyon	378956	Valley	Clark	ID
Cara Cove	583586	Bay	Cecil	MD
Carrot Lake	655656	Lake	Cook	MN
Carrot Bluff	715435	Cliff	Camden	MO
Carrot Basin	780975	Basin	Gallatin	MT

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Carrot Island Channel	1002791	Channel	Carteret	NC
Carrot Island	1019541	Island	Carteret	NC
Wild Carrot Spring	861994	Spring	Nye	NV
Carrot Spring	1254255	Spring	Harding	SD
Carrot Hollow	1439485	Valley	Summit	UT
Carrot Top Arch	1450280	Arch	San Juan	UT
Caret Bay	1613791	Bay	St. Thomas	VI
Carrot Knoll	1598641	Gap	Teton	WY
Carrot Ridge	1605555	Ridge	Teton	WY



Figure 29. Carrot Raisin Pecan Cake



Figure 30. Piece of the Carrot Raisin Pecan Cake

Carrot Raisin Pecan Cake

From the kitchen of Jane Messenger

Day 1

Pecan Cream Filling

1	Cup	Sugar
1	Cup	Heavy Cream
2	tsp	Flour
1/2	tsp	Salt
1	Stick	Unsalted Butter
1	Cup	Pecan pieces
1 1/2	tsp	Vanilla

In a heavy saucepan, blend sugar, flour and salt. Gradually add cream. Add butter stirring over low heat until melted. Simmer 30 minutes until golden brown (stir occasionally). Cool to lukewarm. Stir in nuts and vanilla. Cool completely. **Refrigerate overnight.**

Day 2

Carrot Raisin Pecan Cake

Preheat oven to 350°

Grease and flour 3- 9” baking pans, then line bottom of pan with wax paper cut to fit. Peel and grate 4 cups of fresh carrots (this is a little more than 1 pound of carrots)

1 1/4	Cups	Corn oil
2	Cups	Sugar
2	Cups	Flour
2	tsp	Cinnamon
2	tsp	Baking Powder
1	tsp	Baking soda
1	tsp	Salt
4		Eggs
4	Cups	Grated Carrots
1	Cup	Pecan pieces
1	Packed Cup	Raisins

Whisk oil and sugar. Sift flour, cinnamon, baking soda, baking powder and salt. Slowly add 1/2 of the dry ingredients into oil and sugar. Alternately add rest of dry ingredients with eggs added one at a time. Beat well after each addition, scraping the bowl. Add carrots, pecans and raisins.

Pour into prepared baking pans and bake for 40 – 45 minutes or until a toothpick inserted in the center of the pan comes out clean.

Cool.

Cream Cheese Frosting

Remove the filling from the refrigerator and set aside.

12	oz	Unsalted butter (softened)
12	oz	Cream Cheese (softened)
1 1/2	Pound	Powdered Sugar
1 1/2	tsp	Vanilla
6	oz	Shredded, sweetened Coconut

Cream butter and add cream cheese. Mix well until smooth and blended. Sift powdered sugar. Slowly add to creamed butter and cream cheese. Mix until well blended and smooth. Add vanilla.

Assembly

Place about 4 sheet of wax paper over the edge of the cake plate covering just enough of the cake plate to cover the rim and a little bit under the cake layer. Carefully remove first layer of cake from its pan placing it in the middle of the cake plate and peel away the wax paper from the cake. Pipe around the outside top edge a 1/2 to 3/4 inch ring of the frosting to form a dam for the filling. Carefully spoon 1/2 half the filling and spread to inside edge of the frosting. Place the second layer of cake on top of the first removing the wax paper. Repeat with piping some frosting around the edge of the top of the cake layer and spreading the rest of the filling level with and to the piped frosting. Stick about 3 to 4 toothpicks through these two layers. Place top layer on cake and remove the wax paper. Stick another 3 to 4 toothpicks in the cake. Carefully frost the sides and top of the cake. Pat coconut onto sides and top of cake. Carefully remove the wax paper pieces from under the cake.

Store covered and keep refrigerated.

Chocolate Fudge Cake

This recipe came from my college days. A girlfriend and I were visiting a friend of hers in Kansas City (officially the City of Kansas City), Missouri. My girlfriend, who didn't cook, wanted to have a cake for dessert so we went to the local grocery store and found a cake mix. On the side of the box there was a recipe for ice cream to be added to the box mix so we decided to try this. We bought all of the ingredients for the cake as well as for dinner and went back to the apartment.

Unfortunately, while preparing dinner, I was also sampling the wine and that impaired my mathematical skills slightly when it came to calculating how to get only a pint of ice cream out of the half gallon we had purchased. Now in the days when I was in college a half gallon of ice cream was a true half gallon and not the 1.5 or 1.75 quarts that are packaged in containers that resemble the older half gallon containers. Since my girlfriend's friend (who I had still to meet) did not seem to have many cooking utensils I mathematically calculated that a pint of ice cream was half of a half gallon and I would just open the cardboard container and cut the block of ice cream in half and have the perfect amount. Although the amount of ice cream was twice as much as the box recipe called for the cake was delicious and very moist.

My girlfriend also wanted her mother's fudge icing on the cake so she called her mother for the recipe. Now her mother was an excellent cook from the State of Tennessee. She rattled the recipe off without hesitation along with some quick instructions to me. Luckily, I had also seen her cooking this wonderful fudge icing so I had no problems with cooking it. One of the cooking instructions I have never varied is to cook this icing in a cast iron skillet. You may wonder how I know this if I've never cooked it in any other type of pan. I don't know, but I just do. There is something about cooking it in a cast iron skillet that just seems to make the food so much better. (And yes there was a cast iron skillet in this kitchen). I never think about cooking it in anything else. I've made regular old-fashioned fudge in a heavy-duty aluminum pan and the fudge isn't as good as the fudge icing coming out of the cast iron skillet.

Cooking in cast iron is healthy for you. Trace amounts of iron from the pans get into the foods cooked in cast iron. I will rarely cook with chemically coated pans such as Teflon because of the possibility (probability) of minute specks of the coating from these pans getting into the food. The bread machine is the exception. Cooking in cast iron is also "green" or good for the environment because when treated properly cast iron pans will last for generations. This creates a legacy within families. The heat from the stove is evenly distributed in a cast iron pan, second only to copper. Cast iron pans can go from on top of the stove into the oven (be certain that the cast iron pan doesn't have the wooden handles found on some), to the campfire. The only drawback to cast iron is its weight. It is heavy and if you have a bad wrist you may have problems pouring foods out of a cast iron pan. In my opinion properly seasoned cast iron pans are the best for cooking. I also am one of those who will wash my cast iron pans. They are well seasoned and washing does not hurt them as long as I dry them well. I'll put them in a warm oven or heat them on the stove to make certain they dry. I have a set of high quality copper

pans and did enjoy them until I noticed I could see the outside copper coating from inside the pan. In other words, I was going to have to have the insides of these pans recoated with aluminum or steel as one should not have cooking food touching the copper.

According to GNIS there are 70 records in GNIS using the word Skillet in its geographic feature name.

Feature Name	ID	Class	County	State
Drisdale Chapel Church (historical)	155435	Church	Colbert	AL
Lick Skillet (historical)	141461	Populated Place	Colbert	AL
Lick Skillet (historical)	141498	Populated Place	Lauderdale	AL
Oxford	160330	Populated Place	Calhoun	AL
Skillet Handle	126931	Summit	Jackson	AL
Brinkley	57440	Populated Place	Monroe	AR
Lacey	77426	Populated Place	Drew	AR
Skillet Ditch	54890	Canal	Jackson	AR
Skillet Creek	252246	Stream	Santa Clara	CA
Lick Skillet Gulch	178543	Valley	Boulder	CO
Skillet Lake	173519	Lake	Garfield	CO
Skillet Strand	291201	Swamp	Collier	FL
Adamsville	354261	Populated Place	Fulton	GA
Lick Skillet Lake	339051	Reservoir	Greene	GA
Lick Skillet Lake Dam	339050	Dam	Greene	GA
Knack Creek	458129	Stream	Webster	IA
Skillet Creek	461659	Stream	Webster	IA
Skillet Fork	418570	Stream	White	IL
Skillet Fork Drainage Ditch	418571	Canal	Wayne	IL
Skillet Fork Farm Airport	427906	Airport	Wayne	IL
Skillet Fork Lagoon	418572	Stream	Wayne	IL
Yokum School (historical)	1721269	School	McDonough	IL
Lick Skillet Hollow	449580	Valley	Washington	IN
Blythe	507541	Populated Place	Monroe	KY
Cleveland (historical)	2567485	Locale	Owen	KY
Lick Skillet Knob	496521	Summit	Pulaski	KY
Lickskillet	508458	Populated Place	Meade	KY
Skillet Branch	515453	Stream	Bath	KY
Skillet Handle Branch	503605	Stream	Greenup	KY
Skillet Point	587379	Cape	Kent	MD
Olive	755562	Populated Place	Dallas	MO
Pleasant Hope	735789	Populated Place	Polk	MO
Skillet Hollow	726510	Valley	Osage	MO
Bogue Chitto	667378	Populated Place	Lincoln	MS
Fearn Springs	669929	Populated Place	Winston	MS
Flynt	707350	Populated Place	Jones	MS
Lick Skillet Academy (historical)	708582	School	Noxubee	MS
Lick Skillet Creek	672486	Stream	Itawamba	MS
Skilikaliala Bayou	677864	Stream	Warren	MS
Skillet Creek	790591	Stream	Lincoln	MT
Skillet Mountain	790592	Summit	Lincoln	MT
Lick Skillet School (historical)	1898059	School	Cass	NE
Skillet Knob	899466	Summit	Sierra	NM
Skillet Mesa	911117	Ridge	Grant	NM
Converse	1039324	Populated Place	Van Wert	OH
Skillet Handle Hollow	1046319	Valley	Lawrence	OH
Lick-Skillet Lake	1094630	Lake	McCurtain	OK
Skillet Creek	1149591	Stream	Douglas	OR
Skillet Handle	1127026	Cape	Klamath	OR
Eureka	1247691	Populated Place	Aiken	SC

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Harris Hollow	1313328	Populated Place	Dickson	TN
Lick Skillet	1291245	Populated Place	Decatur	TN
Little Goose Creek	1291514	Stream	Trousdale	TN
Skillet Creek	1270432	Stream	Trousdale	TN
Skillet Gap	1270433	Gap	Marion	TN
The Skillet	1272444	Area	Marion	TN
Lick-Skillet Cut-Off	1361181	Bend	Red River	TX
Little Skillet Creek	1361475	Stream	Donley	TX
Skillet Creek	1350821	Stream	Donley	TX
Skillet Knob	1368385	Summit	Gillespie	TX
Baking Skillet Knoll	1425245	Summit	Wayne	UT
Lick Skillet	1484836	Populated Place	Smyth	VA
Lick Skillet Hollow	1469411	Valley	Russell	VA
Skillet Branch	1487288	Stream	Dickenson	VA
Skillet Hollow	1474648	Valley	Montgomery	VA
Skillet Creek	1574234	Stream	Sauk	WI
Skillet Creek School (historical)	1846949	School	Sauk	WI
Skillet Falls	1574235	Falls	Sauk	WI
Skillet Creek	1546863	Stream	Mingo	WV
Skillet Glacier	1602946	Glacier	Teton	WY

Now another name for skillet is frying pan and GNIS has several records (82) using Frying Pan in their feature name.

Feature Name	ID	Class	County	State
Frying Pan	1418616	Bay	Aleutians East	AK
Frying Pan Creek	1402428	Stream	Yukon-Koyukuk (CA)	AK
Frying Pan Island	1413043	Island	Kenai Peninsula	AK
Frying Pan Lake	1416936	Lake	Matanuska-Susitna	AK
Frying Pan	1658592	Basin	Trinity	CA
Frying Pan Creek	253258	Stream	Plumas	CA
Frying Pan Lake	253472	Lake	Madera	CA
Frying Pan Lake	260437	Lake	Siskiyou	CA
Fryingpan Ridge	223980	Ridge	Siskiyou	CA
Basalt	175038	Populated Place	Eagle	CO
Frying Pan Creek	186958	Stream	Gunnison	CO
Frying Pan Spring	184254	Spring	Archuleta	CO
Fryingpan River	174854	Stream	Eagle	CO
Frying Pan Landing	331779	Locale	Effingham	GA
Frying Pan Basin	372796	Basin	Owyhee	ID
Frying Pan Spring	372797	Spring	Owyhee	ID
Frying Pan Spring	372798	Spring	Owyhee	ID
The Frying Pan	398445	Basin	Power	ID
Dunn Island	491329	Island	Boyle	KY
Fryingpan Cove	584533	Bay	Kent	MD
Fryingpan Point	584532	Cape	Kent	MD
Frying Pan Island	626544	Island	Chippewa	MI
Frying Pan Lake	626545	Lake	Delta	MI
Frying Pan Shoal	626546	Bar	Chippewa	MI
Frying Pan Lake	661330	Lake	St. Louis	MN
Frying Pan Basin	783780	Basin	Beaverhead	MT
Frying Pan Basin (historical)	1797339	Locale	Beaverhead	MT
Frying Pan Basin Mine	802429	Mine	Beaverhead	MT
Frying Pan Creek	788286	Stream	Beaverhead	MT
Frying Pan Gulch	783781	Valley	Beaverhead	MT
Frying Pan Spring	783782	Spring	Beaverhead	MT
North Frying Pan Creek	767994	Stream	Beaverhead	MT
South Frying Pan Creek	791096	Stream	Beaverhead	MT
South Frying Pan Creek Mine	802461	Mine	Beaverhead	MT

Frying Pan	1020374	Populated Place	Tyrrell	NC
Frying Pan Bend	1023987	Bend	Bertie	NC
Frying Pan Creek	985479	Stream	Beaufort	NC
Frying Pan Landing	1020375	Locale	Tyrrell	NC
Frying Pan Shoals	985480	Bar	Brunswick	NC
Frying Pan Tunnel	2035914	Tunnel	Transylvania	NC
Sloop Island	994920	Island	Dare	NC
The Frying Pan	995973	Bay	Tyrrell	NC
The Frying Pan	995974	Bay	Dare	NC
Frying Pan Lake	1034882	Lake	Richland	ND
Frying Pan Hill	867000	Summit	Rockingham	NH
Frying Pan Canyon	906421	Valley	Catron	NM
Frying Pan Tank	906422	Reservoir	Catron	NM
Frying Pan Well	906423	Well	Catron	NM
North Fork Devils Creek	909143	Stream	Catron	NM
Frying Pan Spring	840578	Spring	Lincoln	NV
Lower Frying Pan Spring	851099	Spring	Lincoln	NV
West Frying Pan Spring	851100	Spring	Lincoln	NV
Frying Pan Lake	1142520	Lake	Clackamas	OR
Frying Pan Ranch	1121020	Locale	Malheur	OR
Frying Pan Spring	1142521	Spring	Klamath	OR
Frying Pan Gap Trail	1206942	Trail	Union	PA
Frying Pan Hollow	1175316	Valley	Tioga	PA
Frying Pan Run	1175317	Stream	Tioga	PA
Left Frying Pan Trail	1179147	Trail	Tioga	PA
Frying Pan Pond	1217892	Lake	Washington	RI
Frying Pan Point	1222600	Cape	Jasper	SC
Frying Pan Island	1255176	Island	Roberts	SD
Frying Pan	1285003	Flat	Cumberland	TN
Frying Pan Campground	1441250	Locale	Sevier	UT
Frying Pan Catchment	1435564	Basin	Emery	UT
Frying Pan Flat	1441251	Flat	Sevier	UT
Frying Pan Flat	1441252	Flat	Sevier	UT
The Frying Pan	1435565	Summit	Emery	UT
The Frying Pan	1446448	Flat	Sevier	UT
Fairfax County Fire Station Number 36, Frying Pan	1491469	Building	Fairfax	VA
Floris	1495548	Populated Place	Fairfax	VA
Frying Pan Baptist Church	1492066	Church	Fairfax	VA
Frying Pan Branch	1466908	Stream	Fairfax	VA
Frying Pan Cemetery	1778738	Cemetery	Fairfax	VA
Frying Pan Park	1778739	Park	Fairfax	VA
Fryingpan Creek	1483553	Stream	Dickenson	VA
Frying Pan Spring	1505063	Spring	Garfield	WA
Fryingpan Lake	1519846	Lake	Lewis	WA
Fryingpan Mountain	1519847	Summit	Lewis	WA
Frying Pan Shoal	1577397	Bar	Brown	WI
Frying Pan Lake	1599880	Lake	Johnson	WY
Frying Pan Spring	1609251	Spring	Park	WY

There are also 11 records in GNIS found to have Ice Cream in their feature name.

Feature Name	ID	Class	County	State
Ice Cream Cone Tank	6165	Reservoir	Navajo	AZ
Little Ice Cream Cone Hill	7131	Summit	Apache	AZ
Ice Cream Cone	25403	Pillar	Greenlee	AZ
Ice Cream Island	216889	Island	Kent	DE
Ice Cream Slough	284453	Stream	Polk	FL
Ice Cream Capital of the World Visitor Center	1906789	Building	Plymouth	IA
Ice Cream Butte	772660	Summit	Rosebud	MT

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Ice Cream Springs	862254	Spring	White Pine	NV
Ice Cream Tank	1359878	Reservoir	Reeves	TX
The Ice Cream Cone	1369785	Pillar	Hudspeth	TX
Princess Ice Cream Company Building	2031709	Building	Tom Green	TX

Several records (16) are found in GNIS containing the word Fudge in their feature name.

Feature Name	ID	Class	County	State
Fudge Creek	456799	Stream	Wapello	IA
Fudge Creek	382123	Stream	Clearwater	ID
Fudge Cemetery	1816439	Cemetery	Coles	IL
Fudge Creek	450945	Stream	Orange	IN
Fudge Cemetery	492593	Cemetery	Adair	KY
Fudge Hollow	492594	Valley	Lawrence	KY
Fudge Hill	616937	Summit	Nantucket	MA
Fudge Hollow	718275	Valley	Dent	MO
Lower Hot Fudge Ski Trail	1781435	Trail	Missoula	MT
Upper Hot Fudge Ski Trail	1781436	Trail	Missoula	MT
Fudge Hill	889257	Summit	Colfax	NM
Fudge Chapel	1285006	Church	Hawkins	TN
Fudge Hollow	1285007	Valley	Giles	TN
Fudge Quarry	1642849	Mine	Hawkins	TN
Fudge Point	1531456	Cape	Mason	WA
Fudge Branch	1539293	Stream	Kanawha	WV



Figure 31. Chocolate Fudge Cake

Chocolate Fudge Cake

From the kitchen of Jane Messenger

Preheat oven to 350°

Grease and flour a 9" x 13" baking pan

Set out to soften 1 quart chocolate ice cream

1	Box	Duncan Hines® Chocolate of Fudge Cake mix (do not use a cake mix with pudding in it)
3		Eggs
1/2	Cup	Water
1	Quart	Softened chocolate ice cream

Mix first three ingredients until smooth. Add softened ice cream to batter and mix until smooth. Pour into prepared pan and bake 35 – 45 minutes until toothpick or knife inserted into middle of cake comes out clean. Cool. Cake will probably fall but that is OK. This is an extremely moist cake.

Fudge Icing

From the kitchen of Lamoin Dawson

2	Cups	Sugar
3	Heaping Tbsp	Cocoa
2/3	Cups	Whole Milk
1	Stick	Butter
1	tsp	Vanilla

In a cast iron skillet mix the sugar and cocoa. Slowly add the milk while stirring and mix well. Boil until thick stirring constantly. Try not to get any sugar granules that form on the sides of the skillet into the fudge since that is what you are really making and these sugar crystals may cause the icing to turn sugary instead of being smooth. Remove from the heat and add the butter and vanilla. Stir until butter is melted and well mixed in with the chocolate mixture. There should be no butter floating on top of the chocolate. Pour warm frosting over cake in the pan.

Coconut

Coconut is one of two foods to which I am slightly allergic. It and walnuts will cause fever blisters. These fever blisters from walnuts are caused by the particular amino acid found in them. Since walnuts are by far not my favorite fruit (it is not a nut) I'm not too concerned with that reaction. Besides, I have learned that the lysine amino acid of honey neutralizes the arginine amino acid in walnuts for me.

However, I happen to like coconut very much. Luckily, my body tolerates coconut a lot better than walnuts and I can eat quite a bit of coconut before it starts to bother me.

Coconut refers to the seed of the coconut palm, called the "Tree of Life" by Asian and Pacific peoples. The coconut palm can grow to 30 feet in height. The Spanish explorers called the seed of the coconut palm tree *cocos* which means "monkey face" because the three indentations on the hairy nut resembles the face of a monkey.

The coconut is a nutritious source of meat, juice, milk and oil. Coconut is highly nutritious and rich in fiber, vitamins A, B-6, B-12, C, E, K, Thiamin, Riboflavin, Niacin, Pantothenic acid, Folate, Folic acid, retinol, beta, gamma and delta Tocopherol, amino acids and minerals (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese and selenium) just to mention a few of its nutrients. For centuries, wherever the coconut palm grows, people have known about the importance of its effective medicine. In traditional medicine around the world coconut is used to treat a wide variety of health problems such as abscesses, asthma, baldness, bronchitis, bruises, burns, colds, constipation, cough, dropsy, dysentery, earache, fever, flu, gingivitis, gonorrhea, irregular or painful menstruation, jaundice, kidney stones, lice, malnutrition, nausea, rash, scabies, scurvy, skin infections, sore throat, swelling, syphilis, toothache, tuberculosis, tumors, typhoid, ulcers, upset stomach, weakness and wounds.

Modern medicine has confirmed that coconut, in one form or another, is very beneficial to humans. This list of the benefits of coconut is from coconutresearchcenter.com.

- Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS and other illnesses.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, gonorrhea and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash and other infections.
- Expels or kills tapeworms, lice, giardia and other parasites.
- Provides a nutritional source of quick energy.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of other nutrients including vitamins, minerals and amino acids.
- Improves insulin secretion and utilization of blood glucose.
- Relieves stress on pancreas and enzyme systems of the body.
- Reduces symptoms associated with pancreatitis.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Reduces problems associated with malabsorption syndrome and cystic fibrosis.
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.

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- Helps protect against osteoporosis.
- Helps relieve symptoms associated with gallbladder disease.
- Relieves symptoms associated with Crohn's disease, ulcerative colitis and stomach ulcers.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from breast, colon and other cancers.
- Is heart healthy; improves cholesterol ratio reducing risk of heart disease.
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protective antioxidant.
- Helps to protect the body from harmful free radicals that promote premature aging and degenerative disease.
- Does not deplete the body's antioxidant reserves like other oils do.
- Improves utilization of essential fatty acids and protects them from oxidation.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Relieves symptoms associated with benign prostatic hyperplasia (prostate enlargement).
- Reduces epileptic seizures.
- Helps protect against kidney disease and bladder infections.
- Dissolves kidney stones.
- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Is utilized by the body to produce energy in preference to being stored as body fat like other dietary fats.
- Helps prevent obesity and overweight problems.
- Applied topically helps to form a chemical barrier on the skin to ward off infection.
- Reduces symptoms associated the psoriasis, eczema and dermatitis.
- Supports the natural chemical balance of the skin.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin and age spots.
- Promotes healthy looking hair and complexion.
- Provides protection form damaging effects of ultraviolet radiation form the sun.
- Helps control dandruff.
- Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.
- Has no harmful or discomforting side effects.
- Is completely non-toxic to humans.

I rarely use fresh coconut because cracking the nut and getting out the meat is a tedious job. I need a hammer, a nail, a towel and dish or jar and possibly a drill and band saw. Take a good look at a fresh coconut and you will notice two to three small dark indentations in one end of the coconut. These are weak points. Place the coconut on the towel, dark spots up. Hammer the nail through the dark spots. You probably don't want to do this on your kitchen cabinet because you'll have to hammer hard. Try placing on the floor or better yet a brick or concrete. Turn the coconut over a dish or jar and drain all of the juice. If you aren't getting out any liquid, try making a small hole in the opposite end with a smaller nail or even a drill to allow airflow. I have been known to use a drill to drill the holes (always using a clean drill bit) and a band saw to cut the shell in half, being certain to trim and throw away the coconut meat next to the cut. Once the clear coconut

milk is drained, wrap the coconut in a towel large enough to wrap completely around it with the edges tucked under so that when you are taking your frustrations out with the hammer against the coconut, none of the coconut pieces start flying all over. Grab your hammer and start bashing away – again I don’t recommend doing this on the kitchen counter. Coconut halves are nice to look at and make lovely centerpieces, but I find it very hard to separate the meat from the shell. For me, the smaller the coconut shell pieces, the easier it is to pry away the meat from the shell. This is done carefully with a small, sharp knife. I know a couple of people who tell me it is easy to get the coconut meat from the coconut and one of these days I’m going to have them show me how.

Now you can understand why I rarely use fresh coconut. However, I still like the desiccated coconut flakes and coconut milk especially since this has zero trans fats and cholesterol and is extremely low in sodium. However it is high in saturated fat.

Coconut milk is not the clear liquid found when draining the coconut, but the liquid extracted from the grated coconut flesh. Coconut cream (often sold as coconut milk first pressing) is the first extraction (thick) and milk is the second extraction (thin).

There are nearly 50 records in GNIS using the word Coconut in their name.

Feature Name	ID	Class	County	State
Coconut Point	1388741	Cape	Eastern	AS
Coconut Bayou	280615	Bay	Sarasota	FL
Coconut Bluff	280616	Cliff	Calhoun	FL
Coconut Creek Park	280617	Populated Place	Broward	FL
Coconut Grove	280618	Populated Place	Miami-Dade	FL
Coconut Grove Bay Front Park	280619	Park	Miami-Dade	FL
Coconut Grove School	280620	School	Miami-Dade	FL
Coconut Point	280621	Cape	Indian River	FL
Coconut Point	280622	Cape	Brevard	FL
South Coconut Bayou	291360	Bay	Sarasota	FL
Coconut	295209	Populated Place	Lee	FL
Coconut Creek Plaza	296821	Locale	Broward	FL
Coconut Creek High School	297245	School	Broward	FL
Coconut Creek Elementary School	297246	School	Broward	FL
Coconut Island	297320	Island	Collier	FL
Coconut Grove Station Railroad Station	300262	Locale	Miami-Dade	FL
Coconut Creek	300334	Populated Place	Broward	FL
Coconut Grove Christian School	303500	School	Miami-Dade	FL
Vanguard School of Coconut Grove	303507	School	Miami-Dade	FL
Coconut Grove Metrorail Station	304198	Locale	Miami-Dade	FL
Coconut Grove Convention Center	304207	Building	Miami-Dade	FL
Coconut Grove Mini Park	304213	Park	Miami-Dade	FL
Coconut Point	307915	Cape	St. Lucie	FL
Miami Southwest Coconut Grove Network Police Station	2077627	Building	Miami-Dade	FL
Miami Northeast Coconut Grove Police Station	2077759	Building	Miami-Dade	FL
Health Center of Coconut Creek	2078149	Building	Broward	FL
Coconut Grove Library	2078651	Building	Miami-Dade	FL
Coconut Grove Marina	2078652	Locale	Miami-Dade	FL
Coconut Grove Playhouse	2078653	Building	Miami-Dade	FL
Coconut Grove Station	2078654	Locale	Miami-Dade	FL
Coconut Palm Elementary School	2078655	School	Miami-Dade	FL
Coconut Palms Elementary School	2078656	School	Broward	FL

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Coconut Creek Fire Department	2131168	Building	Broward	FL
Coconut Creek Police Department	2333024	Building	Broward	FL
City of Coconut Creek	2404091	Civil	Broward	FL
Coconut Creek Reservation	2418876	Civil	Broward	FL
Coconut Grove Post Office	2449768	Post Office	Miami-Dade	FL
Coconut Grove Sailing Club Marina	2449788	Locale	Miami-Dade	FL
Coconut Grove Mobile Home Park	2449949	Populated Place	Monroe	FL
Coconut Creek Post Office	2451914	Post Office	Broward	FL
Coconut Island	358735	Island	Hawaii	HI
Coconut Point	358736	Cape	Hawaii	HI
Moku o Loe	362410	Island	Honolulu	HI
Kamehameha Coconut Grove	365323	Locale	Maui	HI
Niuou Coconut Grove	365341	Locale	Hawaii	HI
Coconut Island Park	1905307	Park	Hawaii	HI
Coconut Grove	396314	Woods	Idaho	ID
Coconut Grove Creek	397561	Stream	Idaho	ID



Figure 32. Coconut Cream Cake



Figure 33. Piece of the Coconut Cream Cake

Coconut Cream Cake

From the kitchen of Jane Messenger

A couple of notes about this cake: It is an extremely moist cake that in the pan weighs a ton, but simply melts on your tongue when eaten. Always use a deep full sized 9" x 13" GLASS or CERAMIC baking dish. The acid in coconut will cause an aluminum pan to turn black and will eat through aluminum foil so always cover the cake pan with plastic wrap.

One of the first things you need to do is get the ice cream out of the freezer, measure a quart of ice cream into a bowl and let it sit to soften.

If you can't find pecan meal or pecan flour, you can make it by putting a cup of pecan pieces in the food processor with the chopping blade and processing (use pulse) until the pecan pieces are as fine as corn meal.

If you don't have toasted coconut, you may toast your own by spreading a cup of coconut flakes on a cookie sheet and broiling the coconut in the oven, watching it constantly. Occasionally stir the coconut to brown it evenly. Be careful because once the coconut begins to toast, it will burn easily if not watched. Toasted coconut will store indefinitely in a well-sealed plastic container left in your kitchen cabinet.

Preheat oven to 350°.

1/4	Cup	Butter (melted)
1	Cup	Pecan meal or Pecan flour
1	15 Ounce	Package unsweetened coconut flakes
1	13.5 ounce	Can coconut milk (first processing) (SHAKE CAN VERY WELL BEFORE OPENING. Also read carefully on the can as to which end you are to open – it may be the bottom)
1/2	Cup	Sugar
1	Box	Duncan Hines French vanilla cake mix
3		Eggs
1	Quart	Softened French Vanilla (or other good vanilla) ice cream
1/3	Cup	Water
1	Cup	Toasted coconut (I use unsweetened coconut again)

Pour the melted butter into the glass or ceramic 9" x 13" deep dish baking pan coating the bottom and up the sides a little way. Sprinkle the pecan meal/flour over the butter and pat out to cover the bottom.

Open the shaken coconut milk completely removing the end of the can. Pour the coconut milk into a sauce pan. Make certain the coconut milk is smooth, then remove 1/3 cup of it and set this aside. Add the sugar and heat over medium heat stirring constantly until sugar

is dissolved and it makes a thin syrup. Remove from heat and set aside one (1) cup of this coconut syrup. Add the package of unsweetened flakes to the remaining syrup and stir until all of the coconut is coated and the syrup is absorbed. Gently spoon and pat the coconut mixture onto the top of the pecan meal covering it and spreading to the sides.

In a mixing bowl, pour the cake mix from the box, add the water, eggs, reserved 1/3 coconut milk and softened ice cream. Mix on low until mixed. Scrape bowl well. Mix on medium, scraping bowl as needed, until the mixture is smooth. Pour into the baking pan.

Bake 60 – 70 minutes until a knife inserted in the center comes out without any batter on it. Do not over bake. The knife may look moist, but there should be no batter sticking to it.

Remove from oven and place on a cooling rack. Immediately, stick a fork into the cake making holes throughout. Carefully pour the reserved coconut syrup over the top smoothing it out to cover the entire top of the cake. Be careful as this cake fills the cake pan and you don't want the syrup to run over the sides.

Sprinkle the toasted coconut over the top of the cake.

Cool. Cover with plastic wrap and store in refrigerator if not being served within a few hours. May be served alone, with ice cream or whipped cream.

Makes 18 – 24 pieces.

Cream Cake

This was one of my mother’s favorite cakes and always seemed to make a hit with guests. I, of course, being the chocalcoholic that I am, experimented by adding cocoa until I came up with a chocolate cream cake.

Whipping cream is one of the main ingredients of this cake. Cream is the higher butterfat content byproduct skimmed from the top of milk before milk is pasteurized. Cream skimmed from milk may be called “sweet cream” as opposed to “whey cream”. Whey cream is skimmed from whey, a byproduct of cheese-making. Whey cream has a lower fat content than sweet cream.

What is the difference between homogenizing and pasteurizing? Homogenizing is the process of blending into a uniform mixture; to blend; to reduce to small particles of uniform size and distribute evenly usually in a liquid; to break up the fat globules of (milk) into very fine particles. Pasteurizing, named for French chemist Louis Pasteur, is the act or process of heating a beverage such as milk or beer, to a specific temperature for a specific period of time or irradiating with gamma rays certain foods, such as fish or clam meat to kill microorganisms that could cause disease, spoilage, or undesired fermentation. It does not kill all of the microorganisms.

Sweet cream is distinguished by grades depending on the butterfat content. Although not legally defined in the United States, many jurisdictions do regulate the grade by fat content. The information in the following table comes from Wikipedia (2010).

Grade	Percent fat	Comments
United States		
Half and half	10.5 – 18	
Light, coffee, or table cream	18 – 30	
Medium cream	25	
Whipping or light whipping cream	30 – 36	
Heavy whipping cream	36 or more	
Extra heavy, double, or manufacturer’s cream	38 – 40 or more	Generally not available at retail except at some warehouse and specialty stores
Australia		
Extra light or lite	12 – 12.5	
Light or lite	18 – 20	
Pure cream	35 – 56	Without artificial thickeners
Thickened cream	35 – 36.5	With added gelatin and/or other thickeners to give the cream a creamier texture, also possibly with stabilizers to aid consistency of whipped cream. Recommend for whipped cream and not generally for cooking
Single cream		Refers to pure or thickened cream of about 35 percent fat
Double cream	48 60	

United Kingdom – types of cream are legally defined		
Clotted cream	55	Heat treated. Served as is with scones, etc.
Double cream	48	Whips the easiest and thickest; can be piped
Whipping cream	35	Whips well but lighter than double cream; can be piped but with difficulty
Whipped cream	35	Has already been whipped and used as decorations on cakes
Sterilized cream	23	This cream has been sterilized
Cream or single cream	18	This is not sterilized. Poured over puddings and used in coffee
Sterilized half cream	12	Is sterilized
Half cream	12	Not sterilized. Used in coffee and some cocktails.

There are 70 records in GNIS containing the word Cream in their feature name.

Feature Name	ID	Class	County	State
Cream	1172661	Locale	Chester	PA
Cream	1563518	Populated Place	Buffalo	WI
Cream Alley Branch	490316	Stream	Montgomery	KY
Cream Brook	871743	Stream	Carroll	NH
Cream Can Junction	376146	Populated Place	Blaine	ID
Cream Can Lake	372252	Lake	Minidoka	ID
Cream City	1048640	Populated Place	Jefferson	OH
Cream City Point	624041	Cape	Chippewa	MI
Cream Colored Rock	888060	Summit	McKinley	NM
Cream Creek	781871	Stream	Gallatin	MT
Cream Creek	781872	Stream	Madison	MT
Cream Hill	206509	Summit	Litchfield	CT
Cream Hill	947725	Summit	Steuben	NY
Cream Hill	1172662	Summit	Venango	PA
Cream Hill	1457054	Populated Place	Addison	VT
Cream Hill Agricultural School (historical)	1931915	School	Litchfield	CT
Cream Hill Lake	206510	Lake	Litchfield	CT
Cream Hill Lake Dam	1771509	Dam	Litchfield	CT
Cream Hill Post Office (historical)	1918076	Post Office	Addison	VT
Cream Hill Post Office (historical)	1944692	Post Office	Franklin	IA
Cream Hollow	206511	Valley	Litchfield	CT
Cream Lake	655865	Lake	Cook	MN
Cream Lake	1133166	Lake	Harney	OR
Cream Lake	1157187	Flat	Lake	OR
Cream Lake	1518305	Lake	Jefferson	WA
Cream Lake	1563519	Lake	Douglas	WI
Cream Lake Creek	1518306	Stream	Jefferson	WA
Cream Level Creek	1373278	Stream	Henderson	TX
Cream Post Office (historical)	2051691	Post Office	Blue Earth	MN
Cream Pot Brook	206512	Stream	Middlesex	CT
Cream Pot Meadow	1457055	Flat	Washington	VT
Cream Pots	1440143	Flat	San Juan	UT
Cream Puff Peak	1599014	Summit	Teton	WY
Cream Ridge	397593	Ridge	Nez Perce	ID
Cream Ridge	740774	Populated Place	Livingston	MO
Cream Ridge	875715	Populated Place	Monmouth	NJ
Cream Ridge	947726	Ridge	Cattaraugus	NY
Cream Ridge	1075648	Ridge	Hocking	OH

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Cream Ridge Post Office	1930467	Post Office	Livingston	MO
Cream Ridge School	828451	School	Holt	NE
Cream Ridge School (historical)	406761	School	Logan	IL
Cream Ridge School (historical)	741502	School	Carroll	MO
Cream Ridge School (historical)	745332	School	Hickory	MO
Cream Ridge School (historical)	1960295	School	Hocking	OH
Cream Run	433106	Stream	Randolph	IN
Cream Run	433107	Stream	Wayne	IN
Cream School	1214543	School	Chester	PA
De Smet	1265178	Populated Place	Kingsbury	SD
East Fork Cream Creek	782828	Stream	Gallatin	MT
Ice Cream Butte	772660	Summit	Rosebud	MT
Ice Cream Capital of the World Visitor Center	1906789	Building	Plymouth	IA
Ice Cream Cone	25403	Pillar	Greenlee	AZ
Ice Cream Cone Tank	6165	Reservoir	Navajo	AZ
Ice Cream Island	216889	Island	Kent	DE
Ice Cream Slough	284453	Stream	Polk	FL
Ice Cream Springs	862254	Spring	White Pine	NV
Ice Cream Tank	1359878	Reservoir	Reeves	TX
Jersey Cream	917345	Mine	Rio Arriba	NM
Lazy Creek	1895356	Stream	Aleutians West (CA)	AK
Little Ice Cream Cone Hill	7131	Summit	Apache	AZ
Lower Cream Ridge	373755	Ridge	Nez Perce	ID
Mill Brook	208895	Stream	Litchfield	CT
Peaches N Cream Child Development Center	2457746	Building	District of Columbia	DC
Princess Ice Cream Company Building	2031709	Building	Tom Green	TX
R T Cream Family School	2347558	School	Camden	NJ
Riletta T Cream Elementary School	2373712	School	Camden	NJ
The Ice Cream Cone	1369785	Pillar	Hudspeth	TX
Township of Cream Ridge	766928	Civil	Livingston	MO
West Fork Cream Creek	793007	Stream	Gallatin	MT
Whipped Cream Ski Trail	1781434	Trail	Missoula	MT



Figure 34. Cream Cake (not chocolate cream cake)

Cream Cake

From the kitchen of Georgiabelle Messenger

Preheat oven to 350°

Butter and flour a 9" x 13" baking pan

1	Cup	Whipped cream
2		Egg separated
1 1/2	Cups	Brown sugar – packed
2	Cups	Cake flour (reduce by 1/4 cup if making a chocolate cream cake)
2	tsp	Baking powder
1/2	tsp	Salt
1/2	Cup	Milk
1	tsp	Vanilla
1/2	Cup	Cocoa (optional, to make this chocolate flavored)

Sift cake flour, baking powder, salt and cocoa (if making a chocolate cream cake). Beat egg whites until stiff. Add to whipped cream and beat until stiff. Add egg yolks and mix well. Add brown sugar and mix well. Add flour mixture, milk and vanilla. Beat at medium speed until well mixed and smooth, scraping bowl often.

Pour into prepared cake pan and bake at 350° for 25-30 minutes until a toothpick or knife inserted in the middle comes out clean. Cool.

Brown Sugar Butter Frosting

1/2	Cup	Brown sugar – packed
6	Tbsp	Butter
2/3	Cup	Cream (half and half)
		Powdered sugar

Boil brown sugar, cream and butter until thick. Remove from heat and pour into a mixing bowl. Add enough powdered sugar to boiled mixture to make a spreadable frosting, beating on medium speed until smooth. Frost cooled cake.

Date Cake

The original recipe for this cake called for prunes, but when I wanted to make it one day I didn't have any prunes. I rarely do. I did, however, have some pitted dates in the freezer so I decided to use them instead. I like using the dates better than the prunes. I have also tried this recipe using apricots instead of either dates or prunes. It is also good. Whatever fruit is used in the recipe, the cake is a very rich one. Neither is it sugar free.

Dates have been a staple food of the Middle East for years and are believed to have originated in the Persian Gulf. Archaeological evidence indicates that dates have been cultivated in eastern Arabia since 6000 BCE. Later Arabs spread dates around south and southwest Asia, northern Africa, Spain and Italy. The Spanish had introduced dates into Mexico and California by the 18th century around Mission San Ignacio.

I was always under the impression that dates were high in calories and not the best fruit for one to eat. In fact they do not that many calories and are very good for one. Dates are virtually fat free (only trace amounts), cholesterol and sodium free. They are low in calories and have an abundant amount of healthy substances. Fresh dates contain about 20 calories each fewer than the pitted dried dates as is the case with all dried fruits. Eight ounces of fresh dates contain 200 calories whereas the same amount of pitted dried dates contains 500 calories. The same eight ounces of dates do, however, contain 133.6 grams or 45 percent of one's daily carbohydrate intake based on a 2000 calorie a day diet. Dates do not contain any vitamin C, which is rare for fruits. To get a complete list of the nutritional value of dates go to USDA.gov at: <http://www.ars.usda.gov/main/>.

Dates are termed to be a laxative food. Their nicotinic content is said to be beneficial for curing any kinds of intestinal disorders including abdominal cancer. Dates are helpful in maintaining a healthy heart and help to fortify a weak heart if eaten twice a week when soaked overnight and then crushed and consumed in the morning. They are also considered beneficial for increasing sexual stamina. When a handful of dates are soaked in goat's milk for the night, crushed in the same milk and combined with cardamom powder and honey the tonic becomes very useful for increasing sex endurance and may help to cure sterility due to functional disorders. In addition, dates are known as an excellent remedy of alcoholic intoxication when they are rubbed and soaked overnight to get more nutritious values from them. They can also be used to overcome the problem of over slimming. However, because dates consist of a sticky surface they attract various impurities and therefore should be packed nicely and washed thoroughly before consuming.

There are 41 records in GNIS with the word Date in their feature name. Not surprisingly all but three of the natural features containing date in their name are in Arizona and California. What is surprising is that Florida contains no records in GNIS with the word date in a feature name.

Feature Name	ID	Class	County	State
Camp Date Creek	2405	Locale	Yavapai	AZ
Date Creek	3711	Stream	La Paz	AZ

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Date Creek Mountains	3712	Range	Yavapai	AZ
Date Creek Ranch	3713	Locale	Yavapai	AZ
Date Creek Well	3714	Well	Yavapai	AZ
North Fork Date Creek	8723	Stream	Yavapai	AZ
South Fork Date Creek	11595	Stream	Yavapai	AZ
Date Railroad Station	21247	Building	Yavapai	AZ
Date	24396	Populated Place	Yavapai	AZ
Date Canal	241274	Canal	Imperial	CA
Date Drain	241275	Canal	Imperial	CA
Date Drain Three	254003	Canal	Imperial	CA
Date Drain Three-A	254004	Canal	Imperial	CA
Date Drain Three-B	254005	Canal	Imperial	CA
Date Lateral Ten	254006	Canal	Imperial	CA
Date Lateral Five	254007	Canal	Imperial	CA
Date Lateral Six	254008	Canal	Imperial	CA
Date Lateral Seven	254009	Canal	Imperial	CA
Date Lateral Seven-A	254010	Canal	Imperial	CA
Date Lateral Eight	254011	Canal	Imperial	CA
Date Lateral Nine	254012	Canal	Imperial	CA
Date Flat	259071	Flat	Mariposa	CA
Date City	1660530	Populated Place	Imperial	CA
Desert Beach	1660540	Populated Place	Riverside	CA
Snyder Date Gardens	1701223	Locale	Riverside	CA
Wonder Date Gardens (historical)	1701224	Locale	Riverside	CA
Date Palm Shopping Center	1849050	Locale	Riverside	CA
De Anza Country Club	1849051	Locale	Riverside	CA
Date Elementary School	2455942	School	San Bernardino	CA
Up-to-date Mine	1684993	Mine	Boulder	CO
Date Lake Dam	342256	Dam	Turner	GA
etst date fileds	2562593	Gap	Houston	MN
Date Post Office	760098	Post Office	Texas	MO
Township of Date	767467	Civil	Texas	MO
Eighteenmile Creek	949436	Stream	Niagara	NY
Little Sodus Bay	955697	Bay	Cayuga	NY
Niagara Falls	958544	Falls	Niagara	NY
Trenton Falls	967792	Populated Place	Oneida	NY
Date	1254605	Populated Place	Perkins	SD
Date School	1254606	School	Perkins	SD
Date Cemetery	1266452	Cemetery	Perkins	SD



Figure 35. Date Cake

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Date Cake

From the kitchen of Jane Messenger

Preheat oven to 400°. Grease and flour a 9' X 13" cake pan.

Cake

2 1/2	Cups	Flour
2	Cups	Sugar
1	Cup	Pitted dates (or prunes or apricots) cooked in 1 cup water until all the water is absorbed
1	tsp	Nutmeg
1	tsp	Cinnamon
1	tsp	Cloves
1	Tbsp	Baking soda
1	Cup	Buttermilk
2		Eggs
1	Cup	Vegetable oil
1	Cup	Chopped pecans

Dissolve baking soda in the buttermilk. Sift dry ingredients. Cream oil and sugar. Add eggs and beat well at medium speed. Starting and ending with the dry ingredients, alternately add dry ingredients and buttermilk beating well after each addition. Add dates (or prunes or apricots) and chopped nuts. Pour into baking pan and bake 10 minutes at 400° then reduce heat to 325° and bake 40 – 50 minutes longer. While cake is still hot, chop it up in the pan with a fork and pour icing over it. Cool.

Icing

2	Cups	Sugar
1	Cup	Buttermilk
1	Stick	Butter

Cook over medium heat until thick like Karo® syrup.

Syrup

What is syrup? In cooking, a syrup is a thick viscous liquid contain large amounts of dissolved sugars, but showing little tendency to deposit crystals. Table syrup is made by mixing water and extremely large amounts of sugar. The mixture is heated so more sugar is absorbed than normally could be and the solution becomes super-saturated.

Some of the common cooking syrups are:

- Agave nectar
- Barley malt syrup
- Birch syrup
- Brown rice syrup
- Chocolate syrup
- Corn syrup
- Fruit syrup
- Golden Syrup
- Hickory syrup
- Honey
- Inverted sugar syrup
- Kithul treacle
- Maple syrup
- Molasses
- Palm syrup
- Sorghum syrup
- Squash (drink)
- Sugar beet syrup
- Torani
- Treacle
- Yacon syrup
- Syrup Of Maidenhair

According to GNIS there are 17 records with the word Syrup in their geographic feature name.

Feature Name	ID	Class	County	State
Crown Creek	380104	Stream	Elmore	ID
John T Collier Syrup and Grist Mill	1377373	Building	Houston	TX
Maple Syrup Ski Trail	2127549	Trail	Iron	MI
Maple Syrup Well	848995	Well	White Pine	NV
Mose Owens Syrup Mill	1377307	Building	Houston	TX
Syrup Branch	291988	Stream	Franklin	FL
Syrup Creek	135430	Stream	Coffee	AL
Syrup Creek	391795	Stream	Elmore	ID
Syrup Creek	791840	Stream	Lincoln	MT
Syrup Creek	1150802	Stream	Union	OR
Syrup Creek	1580571	Stream	Taylor	WI
Syrup Lake	1621853	Lake	Iron	MI
Syrup Mill Cove	329914	Valley	Towns	GA
Syrup Spring	1127848	Spring	Union	OR
Upper Syrup Spring	1128477	Spring	Union	OR

Dump Cake

This is another recipe that I received from a co-worker and modified slightly. Since I got the recipe, I've found it (in a slightly different form) in the cookbook call the *The Cake Mix Doctor* (Byrn, 1999).

It is extremely easy and versatile. Caution though: ALWAYS BAKE THIS IN A GLASS BAKING PAN. The pineapple will discolor a metal pan.

Pineapples are extremely juicy and have a lively tropical flavor that balances the tastes of sweet and tart. A ripe pineapple will have a golden color and, if not already picked out, the center leaves when plucked from the top will come out easily. My problem is that by the time I get to the grocery store to pick a fresh pineapple, other shoppers who also know this trick have already plucked the center leaves from the pineapple.

Pineapples are a composite of many flowers whose individual fruitlets fuse together around a core. The rough spiny marking on the pineapple's surface is the eye of the fruitlet. The area closer to the base of the fruit has more sugar content , a sweeter taste and more tender texture.

One cup of pineapple (155 grams) will provide 128 percent of your daily recommended intake of manganese, 40 percent of your vitamin C, about nine percent of your vitamin B1 (thiamin), eight percent copper, seven percent dietary fiber, six percent vitamin B6 (pyrodixine) and only 75 calories.

What I remember most about pineapples is James Mitchner's *Hawaii* and how the pineapple plant was imported to the Sandwich Islands (now know as Hawaii). They were stolen from the Caribbean Islands.

Amazingly enough in the ten records found in GNIS using the word Pineapple in their feature name, only one is in Hawaii.

Feature Name	ID	Class	County	State
Faith Temple	138468	Church	Wilcox	AL
Pine Apple	152909	Populated Place	Wilcox	AL
Pine Apple Post Office	167552	Post Office	Wilcox	AL
Pineapple Gulch	174937	Valley	Mesa	CO
Pineapple Hill	2483883	Populated Place	Hillsborough	FL
Pineapple Research Institute	363283	Building	Honolulu	HI
Pineapple Spring	388529	Spring	Shoshone	ID
Pineapple Peak	397036	Summit	Shoshone	ID
Pineapple Group Mine	909693	Mine	Rio Arriba	NM
Pineapple Beach	1993947	Beach	St. Thomas	VI



Figure 36. Chocolate Cherry Pineapple Dump Cake



Figure 37. Yellow Cherry Pineapple Dump Cake

Dump Cake

From the kitchen of Jane Messenger

Preheat oven to 350°

1	15 oz can	Unsweetened crushed pineapple
1	21 oz can	Cherry pie filling
1	box	Duncan Hines® cake mix (yellow, white, or chocolate)
1 1/2	Sticks	Butter, melted
1 1/2	Cups	Pecan pieces
1	Cup	Sweetened Coconut (optional)

Spread evenly over the bottom of the pan the entire contents of the pineapple. Mix in the cherry pie filling. Sprinkle the dry cake mix over the top being certain to cover all of the fruit mixture. Drizzle the butter over all of this. Top with the pecan pieces and coconut. Bake 45 – 60 minutes at 350°.

This is good served warm or cold, with or without whipped cream or ice cream.

If there is ever any of this left cover the pan with plastic wrap (the coconut will eat through aluminum) and store in the refrigerator. It will keep several days.

NOTE: Instead of cherry pie filling experiment with gooseberry pie filling. I like this made with either cherry or gooseberry pie filling and either yellow or chocolate cake mix.

German Chocolate Cake

When asked what kind of cake I wanted for my birthday, I would always tell my mother German Chocolate Cake. It is always light and “spongy” – a lot like an Angel Food Cake only chocolate. What’s even better is the Coconut Pecan filling/frosting that always went with it. When Baker’s® first came out with the recipe, it was quite a bit different than the one in their package today. I still make my German Chocolate Cakes from the original recipe as copied by my mother.

Pecans are my favorite nuts although almonds (which are not a nut but a fruit) run a close second. Maybe because pecans are considered the most American of nuts and I was a Fourth of July baby. At any rate, I love to eat pecans and that is generally the nut I most often use, especially in desserts.

Pecans have natural antioxidants and adding daily just a handful of pecans to your diet may help inhibit unwanted oxidation of blood lipids, thereby helping to prevent coronary heart disease. Pecans contain a significant content of vitamin E (a natural antioxidant). They also contain different forms of vitamin E that protect blood lipids from oxidation (oxidation is the same process that causes iron to rust). When LDL (the bad) cholesterol becomes oxidized it is more likely to build up and clog arteries. A pecan-enriched diet has been shown to lower cholesterol by more than 11 percent and the LDL cholesterol levels by more than 16 percent. Pecans have been ranked highest among all nuts and are among the top category of foods to contain the highest antioxidant capacity, possibly decreasing the risk of cancer, coronary heart disease and neurological diseases such as Alzheimer’s.

One research study of pecans and other nuts, suggests that nuts like pecans may aid in weight loss and maintenance. A one-ounce serving of pecans (about 20 halves) contains:

- 196 calories
- 20 grams total fat (1.8 saturated fat); 60 percent of the fats are monounsaturated and another 30 percent are polyunsaturated
- 0 grams sodium
- Protein
- Very few carbohydrates
- No cholesterol
- 2.7 grams dietary fiber
- More than 19 vitamins and minerals including vitamin A, vitamin E, folic acid, magnesium, phosphorus, several B vitamins, calcium, potassium and zinc.

The leading pecan production states are: Georgia, South Carolina, New Mexico, Alabama, Louisiana, Mississippi, Florida, Oklahoma, California, Arkansas and Kansas. Pecans are also produced in Arizona, Missouri, North Carolina and Texas. The United States produces nearly 80 percent of the world’s pecans. The Mexican states of Chihuahua, Coahuila, Durango, Nuevo Leon and Sonora also produce significant quantities of pecans.

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The National Pecan Shellers Association provides these fun facts about Pecans:

- Pecans could improve your love life? If the body does not get enough zinc, it may have difficulty producing testosterone – a key hormone in initiating sexual desire in both men and women. Pecans provide nearly 10 percent of the Recommended Daily Value for zinc. So, pass on the oysters and reach for a handful of pecans!
- Can you imagine a pecan skyscraper? It would take 11,624 pecans, stacked end to end, to reach the top of the Empire State Building in New York City.
- Texas adopted the pecan tree as its state tree in 1919. In fact, Texas Governor James Hogg liked pecan trees so much that he asked if a pecan tree could be planted at his gravesite when he died.
- Pecans in space: it would take a line of over 10 billion pecans to reach the moon!
- Albany, Georgia, which boasts more than 600,000 pecan trees, is the pecan capital of the U.S. Albany hosts the annual National Pecan Festival, which includes a race, parade, pecan-cooking contest, the crowning of the National Pecan Queen and many other activities.
- Would you go nuts for a refreshing dip in the pool? You'd need a lot of pecans – 144 million to be exact – to fill an Olympic-sized swimming pool.
- It takes a magnificent tree to produce a great-tasting nut. Pecan trees usually range in height from 70 to 100 feet, but some trees grow as tall as 150 feet or higher. Native pecan trees – those over 150 years old – have trunks more than three feet in diameter.
- That's one heavy nut: it would take 5,640 pecan halves to equal the weight of a standard watermelon.
- Pecans come in a variety of sizes – mammoth, extra large, large, medium, small and midget. They also come in several forms including whole pecans, pecan halves, pieces, granules and meal.
- There are over 1,000 varieties of pecans. Many are named for Native American Indian tribes, including Cheyenne, Mohawk, Sioux, Choctaw and Shawnee.
- Some of the larger pecan shellers process 150,000 pounds of pecans each day. That's enough to make 300,000 pecan pies!
- The U.S. produces about 80 percent of the world's pecan crop.
- Before a shelled pecan is ready to be sold, it must first be cleaned, sized, sterilized, cracked and finally, shelled.

There are over 300 records in GNIS containing the word Pecan in their feature name. Missouri has six.

Feature Name	ID	Class	County	State
Pecan Chute	724160	Gut	New Madrid	MO
Pecan Creek	724161	Stream	Vernon	MO
Pecan Creek	724162	Stream	Bates	MO
Pecan Grove School	724163	School	Cape Girardeau	MO
Pecan Slough	724164	Stream	Vernon	MO
Pecan Hollow	756513	Valley	Henry	MO

The recipe for the frosting that goes on the German Chocolate Cake also uses buttermilk. I do not use the powdered form or even try to make my own buttermilk from vinegar and milk. I buy the cultured variety. There are 160 records in GNIS using Buttermilk in their name, more than use Butter. Buttermilk is sour to drink; butter is sweet. I wonder why we prefer sour names over sweet names? Missouri has four features named Buttermilk and

none of them are classified “horse” after Dale Evans’ horse although Branson, Missouri, was at one time home to the Roy Rogers and Dale Evans Museum.

Feature Name	ID	Class	County	State
Buttermilk	733100	Locale	Knox	MO
Buttermilk Bend	739583	Bend	Butler	MO
Buttermilk School	732549	School	Knox	MO
Buttermilk Spring	732168	Spring	Stone	MO



Figure 38. German Chocolate Cake with Coconut Pecan Filling/Frosting

German Chocolate Cake

From the Baker's® German's Sweet Chocolate

Preheat oven to 350°

Grease and flour bottom and sides of 3 9" baking pans, then line the bottom of each pan with wax paper cut to fit in the bottom of the pan.

1	Pkg	Baker's German's Sweet Chocolate
1/2	Cup	Boiling water
1	Cup	Buttermilk
1	tsp	Baking soda
1	Cup	Butter - softened
2	Cup	Sugar
2 1/2	Cup	Sifted cake flour (sift before measuring)
4		Eggs – separated

Cook the chocolate in the water until thick. Cool. Mix the buttermilk and soda in a two cup measuring cup. Cream well the butter and sugar. Add the 4 egg yolks beating well after each yolk. Add the cooled chocolate. Add the sifted cake flour and buttermilk alternately starting and ending with the flour. Mix well, scraping the sides of the bowl often. In another bowl, beat the egg whites until stiff but not dry. Carefully fold the egg whites into the cake batter by hand making sure that no large lumps of egg whites are left. Pour the cake batter into three prepared cake pans.

Bake for 30 minutes or until center of cake bounces back when lightly touched. Cool 10 minutes, then turn each cake layer onto another piece of wax paper and carefully remove the wax paper from the bottom of each layer. Cool.

Coconut Pecan Filling/Frosting

From the Baker's® German's Sweet Chocolate

1	Cup	Evaporated milk
1	Cup	Sugar
3		Egg yolks
1	Stick	Butter
1	tsp	Vanilla
1 1/3	Cups	Sweetened flaked coconut
1	Cup	Pecans pieces

Combine milk, sugar, egg yolks and butter. Cook over medium heat, stirring constantly, until thick. Remove from heat. Add vanilla, coconut and pecans. Mix until thick enough to spread.

Pour 1/3 of the filling over the top of bottom cake layer. Add the middle cake layer and pour 1/3 of the filling over the top of middle layer. Add the top layer and pour the remaining filling over the top of that layer.

Coconut Pecan Filling/Frosting – No Sugar Added

From the kitchen of Jane Messenger

1	Cup	Evaporated milk
1/2	Cup	Splenda®
3		Egg yolks
1	Stick	Butter
1	tsp	Vanilla
1 1/3	Cups	Unsweetened flaked coconut
1	Cup	Pecans pieces

Combine milk, egg yolks and butter. Cook over medium heat, stirring constantly, until thick. Remove from heat. Add Splenda® and stir well. Add vanilla, coconut and pecans. Mix until thick enough to spread.

Pour 1/3 of the filling over the top of bottom cake layer. Add the middle cake layer and pour 1/3 of the filling over the top of middle layer. Add the top layer and pour the remaining filling over the top of that layer.

NOTE: You can freeze this filling/frosting before adding the coconut and pecans. It is one of the items you can cook with the leftover egg yolks from an Angel Food Cake.



Cookies

Cookies

I love to eat cookies, but they seem to take a lot of time to bake so don't often bake them. However, when I do get around to baking, I generally make a lot. The last time (for this cookbook) it was 22 dozen. Needless to say, my freezer was full of cookies.

A search of GNIS returned three records in which the word Cookie was found in the name or a variant name of the feature. I'd love to see Cookie Jar Butte in Utah. I wonder what types of cookies are in that jar.

Feature Name	ID	Class	County	State
Chimneyrock (historical)	1743205	Locale	Park	MT
Whitestone	971164	Populated Place	Queens	NY
Cookie Jar Butte	1435343	Summit	Kane	UT



Figure 39. In the picture above from left to right are chewy jumbo peanut chip cookies, chewy jumbo toffee chip cookies, cherry winks, sandies (also known as wedding cookies), shortbread (pie shaped cookies), Sophies cookies, chewy jumbo chocolate chip cookies and chewy jumbo almond chip cookies.

Cherry Winks

There were certain cookies we always made at Christmastime. Cherry winks was one of those recipes. Again, I have no idea where my mother got the recipe or why it is called Winks, but these cookies are one of my favorites. Maybe rolling the cookies in the cornflakes before baking gives them the appearance of eyes winking after baking (that requires a good imagination). Using some of the maraschino juice in the cookies instead of all milk, gives them a pinkish color as well as a more cherry (or minty if adding green maraschino cherry juice) flavor.

There are four records in GNIS with the word Winks in their name. Since these appear to be commemorative names, maybe the recipe is from someone named Wink or Winks.

Feature Name	ID	Class	County	State
Mary Winks Park	1948411	Park	Bremer	IA
Winks Branch	2105414	Stream	Allegan	MI
Winks Canyon	1447482	Valley	Emery	UT
Winks Creek	1576869	Stream	Ashland	WI



Figure 40. Cherry Winks

Cherry Winks

From the kitchen of Georgiabelle Messenger

Preheat oven to 375°

2 1/4	Cups	Flour
1	tsp	Baking Powder
1/2	tsp	Salt
1/2	tsp	Baking soda
3/4	Cups	Butter or lard
1	Cup	Sugar
2		Eggs
2	Tbsp	Milk or
1	Tbsp	Milk and
1	Tbsp	Cherry juice
1	Cup	Chopped pecans
1/2	Cup	Chopped dates
1	Cup	Red or green or mixed red and green Maraschino Cherries
4-6	Cups	Crushed corn flakes

Sift together flour, baking powder, salt and baking soda. Set aside. Cream butter or lard and sugar until light and fluffy. Add eggs and liquid. Mix well. Blend in dry ingredients. Add nuts, cherries and dates. Shape into 2-inch balls and roll in crushed corn flakes, covering well. Place on ungreased cookie sheet 2 inches apart. Bake 10-12 minutes.

NOTE: For an interesting difference and a colorful Christmas cookie, decrease the amount of red maraschino cherries to 1/2 cup and add 1/2 cup green maraschino cherries. Also use 1 Tbsp Milk, 1/2 Tbsp Red Maraschino Cherry juice and 1/2 Tbsp Green Maraschino Cherry Juice. This will give the cookies a slightly minty flavor.

Chewy Jumbo Chip Cookies

The original of this recipe came from the inside of a Land O Lakes® sweet cream butter package and was called Chewy Jumbo Chocolate Chip Cookies. I love my chocolate chip cookies large and chewy and found these to be excellent. Although the original recipe called for semi-sweet chocolate chips, I experimented with other chips in the recipe sometimes exchanging some of the white sugar with brown sugar, depending on the flavor of the chip. Since the publication of the original recipe, Land O Lakes® has changed their Chewy Jumbo Chocolate Chip Cookies recipe slightly. The recipe below is my modified version based on their original recipe.

You will notice that scraping the bowl often is a common instruction in making these cookies. A search of GNIS revealed 61 records containing the word Scrapper in their name.

Feature Name	ID	Class	County	State
Bogan Mountain	114650	Ridge	Cherokee	AL
East Fork Box Elder Creek	776312	Stream	Treasure	MT
Scraper	1100820	Populated Place	Cherokee	OK
Scraper Canyon	249225	Valley	Kern	CA
Scraper Cemetery	1097887	Cemetery	Adair	OK
Scraper Cemetery	1097888	Cemetery	Delaware	OK
Scraper Census Designated Place	2409293	Census	Cherokee	OK
Scraper Coulee	776311	Valley	Treasure	MT
Scraper Hill	126494	Summit	Jackson	AL
Scraper Hollow	1097889	Valley	Adair	OK
Scraper Hollow Creek Site 1 Dam	1757945	Dam	Adair	OK
Scraper Hollow Creek Site 1 Reservoir	1757946	Reservoir	Adair	OK
Scraper Hollow Creek Site 2 Dam	1757947	Dam	Adair	OK
Scraper Hollow Creek Site 2 Reservoir	1757948	Reservoir	Adair	OK
Scraper Knoll	11030	Summit	Apache	AZ
Scraper Post Office (historical)	1818607	Post Office	Cherokee	OK
Scraper School (historical)	1804328	School	Cherokee	OK
Scraper Spring	249226	Spring	Kern	CA
Scraper Spring	849947	Spring	Washoe	NV
Scraper Spring	1432288	Spring	Beaver	UT
Scraper Spring	1445395	Spring	Daggett	UT
Scraper Spring Draw	1445396	Valley	Daggett	UT
Scraper Springs	856134	Populated Place	Elko	NV
Scraper Springs Creek	843551	Stream	Elko	NV
Scraper Tank	910890	Reservoir	Otero	NM
Scraper Tank	1889912	Reservoir	Briscoe	TX
Scraper Tank	1985116	Reservoir	Lincoln	NM
Scraper-Moecherville	418156	Populated Place	Kane	IL
Sky Scraper Spring	1133820	Spring	Grant	OR
Feature Name	ID	Class	County	State
Scraper Spring	1432288	Spring	Beaver	UT
Scraper Spring	1445395	Spring	Daggett	UT
Scraper Spring Draw	1445396	Valley	Daggett	UT
Scraper Tank	1889912	Reservoir	Briscoe	TX
Sky Scraper Spring	1133820	Spring	Grant	OR
Scraper Cemetery	1097887	Cemetery	Adair	OK
Scraper Cemetery	1097888	Cemetery	Delaware	OK
Scraper Hollow	1097889	Valley	Adair	OK
Scraper	1100820	Populated Place	Cherokee	OK

Scraper Hollow Creek Site 1 Dam	1757945	Dam	Adair	OK
Scraper Hollow Creek Site 1 Reservoir	1757946	Reservoir	Adair	OK
Scraper Hollow Creek Site 2 Dam	1757947	Dam	Adair	OK
Scraper Hollow Creek Site 2 Reservoir	1757948	Reservoir	Adair	OK
Scraper School (historical)	1804328	School	Cherokee	OK
Scraper Post Office (historical)	1818607	Post Office	Cherokee	OK
Scraper Census Designated Place	2409293	Census	Cherokee	OK
Scraper Springs Creek	843551	Stream	Elko	NV
Scraper Spring	849947	Spring	Washoe	NV
Scraper Springs	856134	Populated Place	Elko	NV
Scraper Tank	910890	Reservoir	Otero	NM
Scraper Tank	1985116	Reservoir	Lincoln	NM
Scraper Coulee	776311	Valley	Treasure	MT
East Fork Box Elder Creek	776312	Stream	Treasure	MT
Scraper-Moecherville	418156	Populated Place	Kane	IL
Scraper Canyon	249225	Valley	Kern	CA
Scraper Spring	249226	Spring	Kern	CA
Scraperville (historical)	1744609	Populated Place	Tuolumne	CA
Scraper Knoll	11030	Summit	Apache	AZ
Bogan Mountain	114650	Ridge	Cherokee	AL
Scraper Hill	126494	Summit	Jackson	AL



Figure 41. Chewy Jumbo Chocolate Chip Cookies

Chewy Jumbo Chocolate Chip Cookies

From the kitchen of Jane Messenger

Preheat oven to 375°.

3 1/4	Cups	All-purpose Flour
1	Cup	Cake Flour
1	tsp	Baking Powder
1	tsp	Baking Soda
1 1/2	Cups	Butter, slightly softened
1 1/4	Cups	Sugar
1 1/4	Cups	Firmly packed dark brown sugar
2		Eggs
1	Tbsp	Vanilla
1	12 oz pkg	Ghirardelli® 60percent Cacao Bittersweet Chocolate Chips or as the original recipe called for semi-sweet chocolate chips

Sift flour, cake flour, baking powder and baking soda. Set aside.

Combine butter, sugar and brown sugar in a large mixing bowl. Beat at medium speed, scraping bowl often, until creamy (2 to 3 minutes). Add eggs and vanilla. Continue beating, scraping bowl often, until well mixed (about 1 minute). Reduce speed to low. Beat, gradually adding flour mixture, until well mixed (2 to 3 minutes). Stir in chocolate chips by hand.

Chill dough 1 hour.

Drop dough by 1/4 cupfuls 2 inches apart onto ungreased cookie sheets. Bake for 10 to 14 minutes or until light golden brown. DO NOT OVERBAKE. Let stand 1 to 2 minutes. Remove from cookie sheets.

NOTE: I use an ice cream scoop to measure out the 1/4 cup of dough onto the cookie sheet.

Makes 26 jumbo cookies



Figure 42. Chewy Jumbo Peanut Cookies

Chewy Jumbo Peanut Chip Cookies

From the kitchen of Jane Messenger

Preheat oven to 375°.

3 1/4	Cups	All-purpose Flour
1	Cup	Cake Flour
1	tsp	Baking Powder
1	tsp	Baking Soda
1 1/2	Cups	Butter, slightly softened
1 1/4	Cups	Sugar
1 1/4	Cups	Firmly packed dark brown sugar
2		Eggs
1	Tbsp	Vanilla
1	12 oz pkg	Peanut Chips

Sift flour, cake flour, baking powder and baking soda. Set aside.

Combine butter, sugar and brown sugar in a large mixer bowl. Beat at medium speed, scraping bowl often, until creamy (2 to 3 minutes). Add eggs and vanilla. Continue beating, scraping bowl often, until well mixed (about 1 minute). Reduce speed to low. Beat, gradually adding flour mixture, until well mixed (2 to 3 minutes). Stir in peanut chips by hand.

Chill dough 1 hour.

Drop dough by 1/4 cupfuls 2 inches apart onto ungreased cookie sheets. Bake for 10 to 14 minutes or until light golden brown. **DO NOT OVERBAKE**. Let stand 1 to 2 minutes. Remove from cookie sheets.

NOTE: I use an ice cream scoop to measure out the 1/4 cup of dough onto the cookie sheet.

Makes 26 jumbo cookies.



Figure 43. Chewy Jumbo Almond Cookies

Chewy Jumbo Almond Chip Cookies

From the kitchen of Jane Messenger

Preheat oven to 375°.

3 1/4	Cups	All-purpose Flour
1	Cup	Cake Flour
1	tsp	Baking Powder
1	tsp	Baking Soda
2	Cups	Butter, slightly softened
1/2	Cups	Sugar
3/4	Cups	Firmly packed light brown sugar
2		Eggs
2	tsp	Almond extract
1	12 oz pkg	Almond Chips

Sift flour, cake flour, baking powder and baking soda. Set aside.

Combine butter, sugar and brown sugar in a large mixer bowl. Beat at medium speed, scraping bowl often, until creamy (2 to 3 minutes). Add eggs and vanilla. Continue beating, scraping bowl often, until well mixed (about 1 minute). Reduce speed to low. Beat, gradually adding flour mixture, until well mixed (2 to 3 minutes). Stir in peanut chips by hand.

Chill dough 1 hour.

Drop dough by 1/4 cupfuls 2 inches apart onto ungreased cookie sheets. Bake for 10 to 14 minutes or until light golden brown. **DO NOT OVERBAKE**. Let stand 1 to 2 minutes. Remove from cookie sheets.

NOTE: I use an ice cream scoop to measure out the 1/4 cup of dough onto the cookie sheet.

Makes 26 jumbo cookies.



Figure 44. Chewy Jumbo Toffee Cookies

Chewy Jumbo Toffee Chip Cookies

From the kitchen of Jane Messenger

Preheat oven to 375°.

3 1/4	Cups	All-purpose Flour
1	Cup	Cake Flour
1	tsp	Baking Powder
1	tsp	Baking Soda
1 1/2	Cups	Butter, slightly softened
1 1/4	Cups	Sugar
1 1/4	Cups	Firmly packed brown sugar
2		Eggs
1	Tbsp	Vanilla
1	12 oz pkg	Toffee Chips

Sift flour, cake flour, baking powder and baking soda. Set aside.

Combine butter, sugar and brown sugar in a large mixer bowl. Beat at medium speed, scraping bowl often, until creamy (2 to 3 minutes). Add eggs and vanilla. Continue beating, scraping bowl often, until well mixed (about 1 minute). Reduce speed to low. Beat, gradually adding flour mixture, until well mixed (2 to 3 minutes). Stir in peanut chips by hand.

Chill dough 1 hour.

Drop dough by 1/4 cupfuls 2 inches apart onto ungreased cookie sheets. Bake for 10 to 14 minutes or until light golden brown. **DO NOT OVERBAKE**. Let stand 1 to 2 minutes. Remove from cookie sheets.

NOTE: I use an ice cream scoop to measure out the 1/4 cup of dough onto the cookie sheet.

Makes 26 jumbo cookies.

Messenger

Sandies

This recipe was one of my mother's favorites. It is a very short cookie and delightful. It's hard, if not impossible, to eat only one. But since they are small, that's OK. These cookies may be formed into many shapes and are often called wedding cookies. I don't know where my mother got the recipe, but I tasted similar cookies made by my aunt.

Believe it or not there are 11 records in GNIS whose name or variant name contains the word Sandie.

Feature Name	ID	Class	County	State
San Diego Creek	254207	Stream	Kern	CA
Sandiego Joes (historical)	1872361	Locale	San Luis Obispo	CA
Middle Sandy Creek	1341513	Stream	Colorado	TX
West Sandy Creek	1349798	Stream	Colorado	TX
Clear Fork Creek	1354631	Stream	Gonzales	TX
Sandies Church	1367681	Church	Wharton	TX
East Sandy Creek	1373565	Stream	Colorado	TX
O'Neal Creek	1375233	Stream	Gonzales	TX
Sandies Creek	1376000	Stream	Lavaca	TX
Clear Creek	1377534	Stream	DeWitt	TX
Sandies Creek	1377687	Stream	DeWitt	TX



Figure 45. Sandies

Messenger

Sandies

From the kitchen of GeorgiabelleMessenger

Preheat oven to 400°

1	Cup	Butter
1/3	Cup	Sugar
2	tsp	Water
2	tsp	Vanilla
2	Cups	Sifted All-purpose flour
1	Cup	Pecans
		Powdered sugar

Cream butter and sugar until light and fluffy. Add the water and vanilla, mixing well. Add the flour and nuts. Chill thoroughly. Form into 1-inch balls and place on ungreased cookie sheet 1 inch apart. Bake 15 minutes. Roll in powdered sugar.

Scottish Shortbread

Shortbread is one of the few cookies that have little sugar in them so no sugar substitute is needed. It is associated with Scotland and often called Scottish Shortbread. I like it because it is easy to make if you use regular flour instead of part wheat flour and part rice flour. The rice flour does make a slight difference in the taste as well.

Not surprising, but there are no records in GNIS containing the word Shortbread in the name.



Figure 46. Scottish Shortbread

Scottish Shortbread

From the kitchen of Jane Messenger

Preheat oven to 325°

Butter and sugar (with powdered sugar) 2 8" cake pans or shortbread molds

2	Cups	All-purpose wheat flour or
1 1/3	Cups	All-purpose wheat flour and
2/3	Cups	Rice flour
1 1/4	Stick	Cold sweet cream butter
1/4	Cup	Sugar

Mix sugar and flour; cut in butter; work with fingers until evenly mixed and about the size of sand. Pat firmly into 2 buttered and sugared (with powdered sugar) 8" cake pans or shortbread molds. Bake 45 minutes at 325°. Cut while warm into eight wedges per pan. Obviously makes 16 cookies.

Soph's Cookies

This is another of the cookies that we always made at Christmastime. Once rolled out in the cookie sheet, they could be cut into shapes with a cookie cutter. However, lazy cook that I am I just roll them out in the cookie sheet, bake them, then cut them into rectangles. I never met a Soph, but since my mother's typed recipe card uses the name "Soph's Cookies" I'll assume that these were a recipe that my mother (or her mother) got from someone name Soph. I have no idea who she was.

Although there are no records in GNIS using only the word "Soph" as part of their name, there is one record using Yolk.

Feature Name	ID	Class	County	State
Yolk Spring	42109	Spring	Greenlee	AZ



Figure 47. Soph's Cookies

Soph's Cookies

From the kitchen of Georgiabelle Messenger

Preheat oven to 450°

2	Sticks	Butter
1	Cup	Sugar
1		Egg – separated
2	Cups	Flour
1/2	tsp	Cinnamon
1/4	tsp	Salt
1	Cup	Chopped pecans
		Decorative Shot

Sift together flour, cinnamon and salt. Set aside. Cream butter and sugar; add egg yolk; add dry ingredients. Pat into an 11" x 15" jelly roll pan until smooth and of uniform thickness or roll out to 1/4 inch thickness and cut with cookie cutters into desired shapes then place cookies 1 inch apart on cookie sheet. Whisk the egg white until frothy then spread the top of the cookie batter with the egg white. Sprinkle with the chopped nuts and colorful "shot". Bake 10 minutes. Cut while hot if not made into pre-cut shapes.



Pies

Pie Dough

There are as many recipes for pie dough as for fried chicken. My Grandmother's recipe calls for lard and if I want a really good, flaky piecrust, I use the old fashioned lard. Lard is rendered pork fat and is a mixture of poly- and mono-unsaturated fats. According to Loukie Werle and Jill Cox, a little added to pastry mixtures gives a crisp result. When I need to make a pastry that is more health conscious I will occasionally use vegetable shortening such as Crisco® which is made from partially hydrogenated vegetable oils but reformulated in the early 21st Century to contain less than 1 gram of trans fats. Vegetable shortening contains higher melting fats and salt levels. When using vegetable shortening as a substitute for lard, increase the amount of vegetable shortening by 2 Tbsp for every cup of lard. Also decrease slightly the amount of salt added to the pastry.

Interestingly enough there are a few records (21) in GNIS containing the word Lard in their name.

Feature Name	ID	Class	County	State
Big Spring Hollow	667146	Valley	Tishomingo	MS
Delabole	1173117	Populated Place	Northampton	PA
Elk City Lard Comm	394597	Locale	Idaho	ID
Lake Lard	1178888	Lake	Tioga	PA
Lard Branch	672307	Stream	Tishomingo	MS
Lard Branch	1374470	Stream	Nacogdoches	TX
Lard Brook	569381	Stream	Somerset	ME
Lard Camp Trail	569382	Trail	Piscataquis	ME
Lard Can Slough	307512	Swamp	Hendry	FL
Lard Cemetery	552033	Cemetery	Livingston	LA
Lard Creek	121394	Stream	Walker	AL
Lard Hill	1895338	Summit	Aleutians West (CA)	AK
Lard Lake	1131977	Lake	Linn	OR
Lard Lake	1620492	Lake	Schoolcraft	MI
Lard Lake (historical)	464019	Lake	Sac	IA
Lard Pond	569383	Lake	Androscoggin	ME
Lard Pond	569384	Lake	Penobscot	ME
Lard Pond	569385	Lake	Somerset	ME
Lard Pond	757455	Lake	St. Louis	MO
Lard Tank	890936	Reservoir	Sierra	NM
Little Lard Can Slough	307530	Swamp	Hendry	FL

There are 47 names in GNIS containing the word Pie in their name.

Feature	ID	Class	County	State
Pie Lake	1407949	Lake	Southeast Fairbanks (CA)	AK
Pio Point	1424281	Cape	Hoonah-Angoon (CA)	AK
Pie Canyon	272955	Valley	Santa Barbara	CA
Pie Canyon Trail	272956	Trail	Santa Barbara	CA
Pie Canyon Trail	272957	Trail	Santa Barbara	CA
The Pie	186819	Locale	Gunnison	CO
Pie Face Mine	1735556	Mine	Montrose	CO
Pie Hill	209744	Summit	New London	CT
Pie Hill	209745	Summit	Litchfield	CT
Rattlesnake Hill	210111	Summit	Litchfield	CT
Sherman Brook	210815	Stream	New London	CT
Apple Pie Mountain	331046	Summit	Habersham	GA

Pie Creek	388428	Stream	Valley	ID
Pie Creek	388429	Stream	Clearwater	ID
Pie Railroad Station (historical)	2557832	Locale	Kenton	KY
Apple Pie Ridge	559791	Ridge	St. Tammany	LA
Pie Hill	612364	Summit	Essex	MA
Pie aux Barques Light	1618064	Locale	Huron	MI
Pie Island	649389	Island	Nicollet	MN
Pie Lake	657818	Lake	Cook	MN
Apple Pie Hill	874360	Summit	Burlington	NJ
Apple Pie Hill Forestry Lookout Tower	2054301	Tower	Burlington	NJ
Pie Mesa	893250	Bench	McKinley	NM
Pie Ranch	893251	Locale	Cibola	NM
Pie Town	897442	Populated Place	Catron	NM
East Pie Town Tank	905984	Reservoir	Catron	NM
West Pie Town Tank	912252	Reservoir	Catron	NM
Pie Ranch Water Well	918531	Well	Cibola	NM
Pie Town Cemetery	931329	Cemetery	Catron	NM
Pie Lake	933042	Lake	Cibola	NM
Pie Town Post Office	937793	Post Office	Catron	NM
Pie Creek	860943	Stream	Elko	NV
Pie Flat	1101581	Flat	Roger Mills	OK
Pie Flat Cemetery	1101582	Cemetery	Roger Mills	OK
Pie Creek	1147656	Stream	Douglas	OR
Pie Meadow	1147657	Flat	Grant	OR
Pot Pie Hollow	1184321	Valley	Union	PA
Pie de Gallo	1343965	Cape	Kenedy	TX
Pie de Gallo	1343966	Cape	Kenedy	TX
Pin Hollow	1444356	Valley	Sevier	UT
Apple Pie Ridge	1462526	Ridge	Frederick	VA
Pie Creek	1472272	Stream	Pittsylvania	VA
Pie Hammock	1472273	Gut	Accomack	VA
Apple Pie Ridge Elementary School	1779200	School	Frederick	VA
Apple Pie Ridge	1534988	Ridge	Brooke	WV
Pie	1555339	Populated Place	Mingo	WV
Pie Post Office (historical)	1728834	Post Office	Mingo	WV
Pie Lake	1592738	Lake	Fremont	WY

There are an additional 14 GNIS names containing the word Dough in their name.

Feature Name	ID	Class	County	State
Dough Flat Observation Site	254518	Locale	Ventura	CA
Dough Flat	270907	Flat	Ventura	CA
Dough Creek	372446	Stream	Nez Perce	ID
Dough Hills	547306	Summit	Rapides	LA
Bozeman Creek	780342	Stream	Gallatin	MT
Sour Dough Flat (historical)	2E+06	Populated Place	Blaine	MT
Sour Dough School (historical)	2E+06	School	Judith Basin	MT
Sour Dough Hill Ski Trail	2E+06	Trail	Meagher	MT
Doughboy Post Office (historical)	2E+06	Post Office	Cherry	NE
Dough Mountain Lake	888493	Lake	Cibola	NM
Dough Mountain	897357	Range	Cibola	NM
Sour Dough Cove	863610	Bay	Clark	NV
Sourdough Creek	2E+06	Stream	Johnson	WY
Doughs Creek	984300	Stream	Dare	NC

Pie Dough

From the kitchen of Eula Rothwell

2	Cups	Sifted all-purpose flour
1/2	tsp	Baking powder
1	tsp	Salt or if using vegetable shortening then
1/2	tsp	Salt
1	Cup	Lard or
1	Cup +2 Tbsp	Vegetable shortening
1/2	Cup	Ice Water

Sift dry ingredients together. Cut lard into the dry ingredients until about the size of small peas. Quickly add water and mix only until a ball of dough forms. Place pie dough in the refrigerator to stiffen it and make it easier to roll. Once stiffened, place half of the pie dough on a floured pastry cloth and pat with floured hands into a circle, then with a floured rolling pin roll out dough to a thickness no more than 1/8 inch thick. Carefully fold pie dough in half then fold in half again to create a quarter of a circle of pie dough.

For a pie that is to have its filling baked the same time as the pie dough, place the pie dough inside the pie plate by placing the fold at the center of the dough in the center of the pie plate and carefully unfolding the dough to cover the pie plate. Trim off excess pie dough. Bake according to filling recipe.

For a pie in which the filling is to fill a bake pie shell, place the dough on the outside of the pie shell by placing the fold at the center of the dough in the center of the pie plate and carefully unfolding the dough to cover the pie plate. Trim off excess pie dough. With the tines of a fork, punch holes in the pie dough to allow steam to escape during baking. Place another pie plate over the punctured pie dough and bake in a preheated 425° oven for 15 – 18 minutes until the shell is golden brown. Remove from oven and turn over then carefully lift interior pie plate. Cool.

This recipe will make enough pie dough for 2-10” pies or one double-crust 10” pie.

But what do you do with any leftover pie dough? A very good way is to make and bake cinnamon crisps at the same time as the pie.

Cinnamon

The spice cinnamon comes from the dried bark of the cinnamon tree that grows in India, Sri Lanka, Indonesia, Brazil, Vietnam and Egypt. One of the oldest known spices, it is prepared by drying the bark and rolling it into sticks known as quills.

Cinnamon is used for colds, flatulence, nausea, diarrhea and painful menstrual periods. It is believed to improve energy and vitality, as well as circulation. Some people who tend to feel hot in their upper body but to have cold feet have found it to be particularly useful. In some forms of alternative medicine it is used as a remedy for indigestion. Some recent small group studies have also shown that it may have beneficial effects on blood sugar, especially in people with type 2 diabetes. However, if you are taking medication to control diabetes do not start taking increased levels of cinnamon without talking to your doctor first. The combination of increasing cinnamon intake with the medicine may lower the blood sugars too much. Some lab studies have shown that cinnamon may have antibacterial and antifungal properties.

Sixty three records were found in GNIS to contain the word Cinnamon in their name.

Feature Name	ID	Class	County	State
Cinnamon Acres	61308	Populated Place	Lonoke	AR
Cinnamon Creek	270476	Stream	Tulare	CA
Cinnamon Gap	270477	Gap	Tulare	CA
Cinnamon Creek	174100	Stream	Garfield	CO
Cinnamon Gulch	182440	Valley	Summit	CO
Cinnamon Mountain	186469	Summit	Gunnison	CO
Cinnamon Creek	187371	Stream	San Juan	CO
Cinnamon Mountain	187374	Summit	San Juan	CO
Cinnamon Pass	187380	Gap	Hinsdale	CO
Cinnamon Street Church	307182	Church	Clay	FL
Cinnamon Trace	2482838	Populated Place	Hillsborough	FL
Cinnamon Creek	379348	Stream	Blaine	ID
Cinnamon Creek	379349	Stream	Shoshone	ID
Cinnamon Creek	2356017	Populated Place	Will	IL
Cinnamon Creek	2356084	Populated Place	Will	IL
Cinnamon Bear Creek	781284	Stream	Granite	MT
Cinnamon Bear Point	781285	Summit	Granite	MT
Cinnamon Creek	781286	Stream	Gallatin	MT
Cinnamon Creek	781287	Stream	Wheatland	MT
Cinnamon Mountain	781288	Summit	Gallatin	MT
Cinnamon Spring	781289	Spring	Wheatland	MT
Cinnamon Station	781290	Locale	Gallatin	MT
Cinnamon Bear Creek	793694	Stream	Madison	MT
Cinnamon Number 1 Dam	797508	Dam	Wheatland	MT
Cinnamon Number 2 Dam	797509	Dam	Wheatland	MT
Cinnamon Number 3 Dam	797510	Dam	Wheatland	MT
Cinnamon Number 4 Dam	797511	Dam	Wheatland	MT
Cinnamon Number 6 Dam	797512	Dam	Wheatland	MT
Cinnamon Number 10 Dam	797513	Dam	Wheatland	MT
Cinnamon Bear Saddle	801864	Gap	Granite	MT
Cinnamon Peak	806925	Summit	Wheatland	MT
Cinnamon Ridge	1005511	Populated Place	Forsyth	NC
Cinnamon Creek	1034785	Stream	McKenzie	ND
Cinnamon Lake	900119	Lake	Rio Arriba	NM

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Cinnamon Mine	939825	Mine	Lincoln	NM
Cinnamon Lake	946704	Lake	Schuyler	NY
Cinnamon Creek Park	1050856	Park	Greene	OH
Cinnamon Lake Dam	1077772	Dam	Ashland	OH
Cinnamon Lake	1077773	Reservoir	Ashland	OH
Cinnamon Canyon	1091373	Valley	Ellis	OK
Cinnamon Butte	1139736	Summit	Douglas	OR
Cinnamon Peak	1139737	Summit	Klamath	OR
Cinnamon Hills City Park	2040226	Park	Washington	OR
Cinnamon Hill	2347246	Populated Place	Montgomery	PA
Cinnamon Creek	1439742	Stream	Cache	UT
Cinnamon Park	1453391	Populated Place	Weber	UT
Cinnamon Ridge	1453727	Populated Place	Davis	UT
Cinnamon Ridge	1501166	Ridge	Grayson	VA
Cinnamon Creek	1778770	Populated Place	Fairfax	VA
Caneel Bay	1613782	Bay	St. John	VI
Cinnamon Bay	1613813	Locale	St. John	VI
Cinnamon Bay	1613814	Bay	St. John	VI
Cinnamon Cay	1613815	Island	St. John	VI
Cinnamon Bay Beach	1993407	Beach	St. John	VI
Cinnamon Bay Campground	1993408	Locale	St. John	VI
Cinnamon Bay Campground Beach	1993409	Beach	St. John	VI
Cinnamon Bay Museum	1993410	Building	St. John	VI
Little Cinnamon Bay Beach	1993550	Beach	St. John	VI
Cinnamon Bay Self-Guiding Trail	1993783	Trail	St. John	VI
Cinnamon Bay Trail	1993784	Trail	St. John	VI
Great Cinnamon Bay Estate	1994221	Civil	St. John	VI
Cinnamon Creek	1517783	Stream	Whatcom	WA
Cinnamon Peak	1517784	Summit	Cowlitz	WA

Chocolate Pie Dough

This pie dough gives a different flavor and color to pies. I've used it beneath the German Chocolate Pie and Banana Cream Pie (recipe not included).

Chocolate Pie Dough

From the kitchen of Jane Messenger

Preheat oven to 425°

1 1/2	Cups	All-purpose flour
1/2	Cup	Cocoa
1	tsp	Salt
1/2	tsp	Baking powder
1	Cup	Sweet cream butter (only slightly softened)
1/2	Cup	Ice Water

Sift dry ingredients. Cut in butter until pea-sized. Quickly mix in ice water. Place dough on a floured pastry cloth and knead a few times until the dough seems slightly elastic. If the dough does not handle easily you may have to chill it slightly. However, I've found over-chilled dough will not roll out well. It will have a tendency to tear. Roll out half of the dough to about 1/8" thickness. For pies requiring a pre-baked pie shell drape over the back side of a pie pan. Poke holes in the bottom and sides of the dough and trim the edge. Place another pie pan over the dough. Bake 15 to 17 minutes at 425°. Remove from oven and carefully turn the pie pans upside down so that the pie crust will now fill the pie pan correctly. Remove the top pie pan. Cool and fill with your favorite cooked filling.

This makes two 9" or 10" pie crusts.

I've just thought that this may be an excellent pie crust for a cherry, cherry cream or strawberry cream pie. I'll have to give this a try one of these days.

Chocolate Cherry Almond Crunch Pie – No Sugar Added

I don't know what made me think to come up with this pie recipe, but I like cherry pie. I like a crunchy topping and, of course, I'm a chocoholic. I decided to give the combination of these three likes a try and devised this pie. I made it No Sugar Added although one could use sugar instead.

When is a nut not a nut? When it is an almond, hickory nut, or walnut. Almonds are in fact a kind of fruit called a drupe. Hickory nuts and walnuts are fruits called tryma, a specialized term for such nut-like drupes because these fruits grow with an outer husk. Other drupes include the cherry (maybe that's why almonds go so very well with cherries), plums, peaches, elderberries, olives, nectarines and jujubes. Coffee, mango, dates, pistachio and coconuts are also drupes. Drupes are fleshy indehiscent fruits with a single seed. It is a fruit in which an outer fleshy part (the skin and flesh) surrounds a shell sometimes called a pit or stone with a seed inside. An aggregate fruit is composed of small, individual drupes called drupelets. Bramble fruits like blackberries or raspberries, are aggregates of drupelets. Drupes or drupelets come from a single flower as opposed to fruits like mulberries (which resemble blackberries) that are not aggregate fruits but come from bunches of slim, cylindrical flowers. Therefore, each "drupelet" comes from a different flower.

A good site to visit to learn more about the different forms of fruits is The Seed Site, <http://theseedsite.co.uk/fruits.html> .

California exports nearly 400 million pounds of almonds annually to some 90 different countries. This represents about 70 percent of the world's almond supply.

Almonds and almond butter are accepted as meat alternatives in the National School Lunch program. Almonds are an excellent source of vitamin E and magnesium, a good source of fiber as well as phosphorus, cholesterol-free, but high in fat and calories.

A search of GNIS returned 120 records containing the word Almond in their name.

Feature Name	ID	Class	County	State
Almond Church	140185	Church	Randolph	AL
Almond	155991	Populated Place	Randolph	AL
Almond Post Office (historical)	167890	Post Office	Randolph	AL
Almond Church	45842	Church	Sevier	AR
Almond Creek	45843	Stream	Sevier	AR
Almond	57260	Populated Place	Cleburne	AR
Oak Grove School (historical)	77882	School	Little River	AR
Almond Lookout Tower	81961	Tower	Independence	AR
Frank Sparkes Elementary School	218158	School	Merced	CA
Livermore Adult Education Center	218159	School	Alameda	CA
Almond Reservoir	218160	Reservoir	Alameda	CA
Almond Elementary School	218161	School	Santa Clara	CA
Almond Cove	238545	Valley	San Bernardino	CA
Almond Ranch	269498	Locale	San Diego	CA
Almond Mountain	1656421	Summit	San Bernardino	CA
Almond 31-020 Dam	1663406	Dam	Alameda	CA

Almond Park	1665739	Park	Alameda	CA
Almond	1666019	Populated Place	Orange	CA
Almond Park	1666248	Park	Sacramento	CA
Almondale Academy	1819915	School	Sacramento	CA
Almond Valley Christian Reformed Church	1828370	Church	San Joaquin	CA
Almond Elementary School	2455886	School	San Bernardino	CA
Almon	310495	Populated Place	Newton	GA
Almond Bald	326942	Locale	Rabun	GA
Almond Lake	335935	Reservoir	Cherokee	GA
Almond Park	426890	Park	Cook	IL
Almond Marsh Nature Preserve	2026152	Park	Lake	IL
Almond Marsh Forest Preserve	2037749	Park	Lake	IL
Almond Ditch	430111	Canal	Hamilton	IN
Almond Valley	1696214	Populated Place	Carroll	MD
Saint Almond Brook	574685	Stream	Aroostook	ME
Saint Almond Pond	574686	Lake	Aroostook	ME
Miller Lake	647874	Lake	Crow Wing	MN
Township of Almond	663417	Civil	Big Stone	MN
Almond School (historical)	1721535	School	Treasure	MT
Allmon Creek	1008700	Stream	Cherokee	NC
Almond Park Dock	1008701	Locale	Swain	NC
Almond School	1008702	School	Swain	NC
Almond	1018806	Populated Place	Swain	NC
Township of Almond (inactive)	1027191	Civil	Stanly	NC
Almond Tree Center	851740	Locale	Clark	NV
Alfred-Almond Central School	942317	School	Allegany	NY
Almond	942389	Populated Place	Allegany	NY
Almond Lake	942390	Reservoir	Steuben	NY
West Almond	969078	Populated Place	Allegany	NY
North Almond	972848	Populated Place	Allegany	NY
Town of Almond	978670	Civil	Allegany	NY
Town of West Almond	979617	Civil	Allegany	NY
West Almond Cemetery	2057548	Cemetery	Allegany	NY
Village of Almond	2391510	Civil	Allegany	NY
Allmond Cemetery	1304810	Cemetery	Maury	TN
Almond Hole	1351039	Lake	Jasper	TX
Almond Ditch	1438173	Canal	Millard	UT
Almond Creek	1462424	Stream	Henrico	VA
Almond (historical)	1779310	Populated Place	Rockingham	VA
Almond	1560801	Populated Place	Portage	WI
North Almond Cemetery	1570346	Cemetery	Portage	WI
West Almond	1577876	Populated Place	Portage	WI
Village of Almond	1582682	Civil	Portage	WI
Town of Almond	1582683	Civil	Portage	WI
Point of Rocks Stagecoach Station	1609141	Locale	Sweetwater	WY

There are also 37 features in GNIS using the word Cherry in their name.

Feature name	Feature Id	Class	County	State
Cherry Point School	749339	School	Texas	MO
Cherryvale School (historical)	732768	School	Polk	MO
Cherry Valley School (historical)	746995	School	Carroll	MO
Township of Cherry Valley	766406	Civil	Carroll	MO
Downing	735581	Populated Place	Schuyler	MO
Cherry Branch	715762	Stream	Cedar	MO
Cherry Valley School (historical)	748345	School	Cedar	MO
Cherry Grove School	715766	School	Andrew	MO
Browne Branch	714792	Stream	Marion	MO

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Cherry Valley Creek	749341	Stream	Crawford	MO
Cherry Street Hall	2476958	Building	Jackson	MO
Cherry Grove School (historical)	746294	School	Dade	MO
Cherry Grove School (historical)	746373	School	Lawrence	MO
Cherry Box Cemetery	715761	Cemetery	Shelby	MO
Cherry Box School (historical)	733497	School	Shelby	MO
Cherry Box	735556	Populated Place	Shelby	MO
Cherry Hill Country Club	755880	Locale	St. Louis	MO
Cherry Grove School	715764	School	Barton	MO
Cherry Spring	715768	Spring	Howell	MO
Cherry Dell (historical)	755613	Populated Place	Marion	MO
Cherry Grove School	715765	School	Howard	MO
Cherry Grove School (historical)	715767	School	Sullivan	MO
South Fork North River	726749	Stream	Marion	MO
Cherrydale School (historical)	745373	School	Benton	MO
Cherry Grove School (historical)	746027	School	Bates	MO
Cherry Valley Number Two Iron Bank	736528	Mine	Crawford	MO
Cherry Valley Number One Iron Bank	736529	Mine	Crawford	MO
Cherry Valley	737891	Populated Place	Crawford	MO
Cherry Valley Cemetery	749340	Cemetery	Crawford	MO
Cherry Valley School (historical)	753155	School	Crawford	MO
Cherry Grove Church	715763	Church	Dallas	MO
Cherry Grove School	731141	School	Wayne	MO
Cherry (historical)	739026	Populated Place	Camden	MO
Cherry Creek	739474	Stream	Lawrence	MO
Johnson-Cherry Mill (historical)	746401	Locale	Lawrence	MO
Cherry Dell Post Office	759839	Post Office	Marion	MO
Cherry Springs Creek	760147	Stream	Ste. Genevieve	MO



Figure 48. Chocolate Cherry Almond Crunch Pie – No Sugar Added – Photo by T. Wayne Furr

Chocolate Cherry Almond Crunch Pie – No Sugar Added

From the kitchen of Jane Messenger

Preheat oven to 425°

Prepare one 10" pie shell

Filling

1/2	Stick	Butter
1/2	Cup	Special Dark Hershey's Cocoa® (Dutch Processed)
3	Rounded Tbsp	Corn starch
1/8	tsp	Salt
		Juice from two (2) 14.5 oz cans pitted tart red cherries
1/3 – 1/2	Cup	Splenda®
1/8	tsp	Almond extract
		Cherries from the two cans

Almond Crunch Topping

1/2	Stick	Butter
3	Tbsp	Flour
1 1/2	Cups	Finely crushed almonds

In a medium sauce pan melt butter; remove from heat. Add cocoa, salt and corn starch. Mix until blended and smooth. Add cherry juice. Stir until mixed well and smooth. Return to medium heat and cook until thick, stirring constantly. Remove from heat. Add Splenda® and almond extract. Mix until Splenda® is dissolved. Add cherries and stir until cherries are coated with chocolate sauce. Pour into unbaked 10" pie shell.

Prepare topping by cutting flour into butter until shot sized granules form. This can be done with a fork or the fingers. Add finely crushed almonds and mix until mixture appears crumbly.

Sprinkle topping on cherry filling in the shell.

Bake at 425° for 20 minutes. Lower temperature to 350° and bake 45 minutes longer. Cool on rack. Serve with vanilla ice cream.

French Coconut Pie – No Sugar Added

According to my mother, my father's favorite pie was French Coconut. However, I don't remember her ever fixing this pie, although, she would often fix a coconut meringue pie (one of her favorites). However, I have found that I like a good French Coconut Pie and have found a way to make it no sugar added.

Speaking of sugar, what is all the hype about? What is sugar?

The commonly accepted fact that sugar causes diabetes is a myth. Eating sugar has nothing to do with developing type 1 diabetes and the biggest factor in developing type 2 diabetes is eating too much and being overweight. The body doesn't care if the extra food comes from cake or turkey or beef or ice cream – it's gaining the weight that is the baddy.

Recently research has shown that it is not sugar that affects the level of one's blood sugar, but the total amount of carbohydrate one eats. SMALL amounts of sugar can be substituted for other carbohydrate containing foods. That, however, does not mean you can eat all the sugar you may want. Most sweets contain a very large amount of carbohydrates in a very small serving.

There are many different names for sugar: table sugar, caster sugar, powdered sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioner's sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, agave nectar and sugar cane syrup are among some of these names. One might also see table sugar listed by its chemical name, Sucrose. Fruit sugar is also known as fructose and the naturally found sugar in milk is known as lactose. Other sugars on labels can be recognized by their names that also end in "ose": glucose (a.k.a. dextrose), fructose (a.k.a. levulose) and maltose.

Refined sugar contains no vitamins or minerals so in order for sugar to be metabolized it must draw on the body's reserve of those nutrients. With the depletion of these reserves, the body's metabolism of cholesterol and fatty acid is impeded which contributes to higher blood serum triglycerides, cholesterol and promotes obesity due to higher fatty acid storage around organs

There are more than 2000 records in GNIS containing the word Sugar in their feature name. In Missouri alone there are 124 names containing the word Sugar.

Feature name	Feature Id	Class	County	State
Sugar Creek	727223	Stream	Greene	MO
Old Sugar Creek	723792	Gut	Pike	MO
Lewis and Clark Lake	720933	Lake	Buchanan	MO
Sugar Creek	727232	Stream	Buchanan	MO
Sugar Creek Church	727239	Church	Buchanan	MO
Sugar Creek Cemetery	732618	Cemetery	Buchanan	MO
Sugar Lake	735993	Populated Place	Buchanan	MO
Sugar Lake	759719	Populated Place	Platte	MO
Sugar Tree Ridge Cemetery	727255	Cemetery	New Madrid	MO
Sugar Tree Ridge	730297	Ridge	New Madrid	MO

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Sugar Tree Ridge School (historical)	746830	School	New Madrid	MO
Little Sugar Creek	721328	Stream	Lewis	MO
South Branch Little Sugar Creek	726703	Stream	Lewis	MO
Sugar Tree Church	727249	Church	Stoddard	MO
Sugar Tree School	742632	School	Stoddard	MO
North Sugar Creek	477644	Stream	Linn	KS
Sugar Tree Hollow	727254	Valley	Camden	MO
Sugar Camp Creek	752411	Stream	Ripley	MO
Sugar Camp Hollow	752412	Valley	Ripley	MO
Sugar Creek	727235	Stream	Grundy	MO
Sugar Hollow	738472	Valley	Wayne	MO
Sugar Creek	727222	Stream	Ralls	MO
Sugar Grove Church	727247	Church	Boone	MO
Sugar Grove Church	752415	Church	Washington	MO
Sugar Creek	727220	Stream	Benton	MO
Sugar Creek	752414	Stream	Wright	MO
Sugar Creek	727225	Stream	Cass	MO
Little Sugar Creek	721327	Stream	Buchanan	MO
South Sugar Creek	726791	Stream	Buchanan	MO
North Sugar Creek	723500	Stream	Cass	MO
Sugar Hill Campground	754053	Locale	Douglas	MO
Sugar Camp Lookout Tower	755418	Tower	Barry	MO
Little Sugar Camp Hollow	738039	Valley	Washington	MO
Sugar Camp Hollow	752413	Valley	Washington	MO
Sugar Grove School (historical)	757885	School	St. Francois	MO
Sugar Tree Branch	727248	Stream	Howard	MO
Sugar Tree Hollow	727250	Valley	Stone	MO
Sugar Creek School	727243	Locale	Cass	MO
Sugar Creek	729661	Stream	Gasconade	MO
Sugar Creek	727233	Stream	Adair	MO
Sugar Creek State Forest	727244	Forest	Adair	MO
Sugar Creek School (historical)	742704	School	Adair	MO
Township of Sugar Creek	766728	Civil	Harrison	MO
Sugar Grove Cemetery	727246	Cemetery	Howard	MO
Sugar Grove School (historical)	743546	School	Howard	MO
Sugar Creek	753975	Stream	Reynolds	MO
Sugar Grove School	741476	School	Pike	MO
Sugar Creek	727229	Stream	Boone	MO
Sugar Loaf Rock	752416	Pillar	Cole	MO
Sugar Branch	727215	Stream	Boone	MO
Sugar Creek Cemetery	727236	Cemetery	Boone	MO
Sugar Creek	727230	Stream	Randolph	MO
Sugar Camp Hollow	727216	Valley	Stone	MO
Sugar Creek	727219	Populated Place	Jackson	MO
Sugar Creek Elementary School	727240	School	Jackson	MO
Sugar Creek Post Office	2477782	Post Office	Jackson	MO
Sugar Tree Hollow	727251	Valley	Shannon	MO
Sugar Beach	727214	Populated Place	McDonald	MO
Sugar Camp Branch	736614	Stream	Iron	MO
Sugar Creek Cemetery	727238	Cemetery	Clark	MO
Sugar Creek School	727242	School	Clark	MO
Sugar Creek	735872	Stream	Clark	MO
Sugar Camp Creek	752410	Stream	Christian	MO
Sugar Creek	756767	Stream	St. Louis	MO
Sugar Creek	727234	Stream	Lewis	MO
Sugar Creek	727228	Stream	Clay	MO
Sugar Creek Junction	734880	Locale	Jackson	MO
City of Sugar Creek	2395995	Civil	Jackson	MO
Sugar Tree Grove School (historical)	747870	School	Dent	MO
Sugar Tree Grove Spring	752417	Spring	Dent	MO

Sugar Creek	727226	Stream	Jefferson	MO
Sugar Creek	727224	Stream	Osage	MO
Sugar Creek	727221	Stream	Jackson	MO
Sugar Creek Cemetery	727237	Cemetery	Randolph	MO
Sugar Creek School (historical)	727241	School	Randolph	MO
Sugar Creek Lake	758347	Reservoir	Randolph	MO
Sugar Creek Lake Dam	760198	Dam	Randolph	MO
Township of North Sugar Creek (inactive)	767261	Civil	Randolph	MO
Township of South Sugar Creek (inactive)	767266	Civil	Randolph	MO
Sugar Hollow Lake	758348	Reservoir	Warren	MO
Sugar Hollow Lake Dam	764348	Dam	Warren	MO
Sugartree	752422	Populated Place	Phelps	MO
Little Sugar Creek	77526	Stream	McDonald	MO
Big Sugar Creek	748853	Stream	McDonald	MO
Sugar Creek	756766	Stream	St. Louis	MO
Sugar Camp Hollow	727217	Valley	Reynolds	MO
Sugar Creek Church (historical)	742457	Church	Lincoln	MO
Sugar Tree School (historical)	752418	School	Ripley	MO
Frenchman Creek	736297	Stream	Ste. Genevieve	MO
Sugar Bottom Creek	738174	Stream	Ste. Genevieve	MO
Sugar Camp Hollow	727218	Valley	Morgan	MO
Sugar Tree Hollow	727252	Valley	Shannon	MO
Sugar Tree Hollow	727253	Valley	Shannon	MO
Sinking Creek	752179	Stream	Shannon	MO
Township of Sugar Creek (inactive)	766270	Civil	Barry	MO
Sugarcamp Hollow	729821	Valley	Benton	MO
Sugar Tree Hollow	753595	Valley	Ozark	MO
Sugar Hill	736728	Summit	Washington	MO
Sugar Camp Hollow	738350	Valley	Washington	MO
Sugar Fork	727245	Stream	McDonald	MO
Township of Madison	766706	Civil	Grundy	MO
Little Sugar Creek	721330	Stream	Lincoln	MO
Sugar Creek	727227	Stream	Lincoln	MO
Sugar Grove School	745971	School	Lincoln	MO
Sugar Camp	732097	Locale	Lewis	MO
Sugar Camp Ford	732098	Locale	Lewis	MO
Sugar Tree Grove Baptist Church	737215	Church	Iron	MO
Sugar Grove (historical)	738775	Populated Place	Ralls	MO
Sugar Creek Slough	738896	Stream	Pike	MO
West Branch of Sugar Creek	738900	Stream	Pike	MO
Sugar Camp Hollow	739020	Valley	Miller	MO
Big Sugar Lake	739775	Lake	Platte	MO
Little Sugar Lake	739783	Lake	Platte	MO
Sugar Lake	739787	Lake	Platte	MO
Sugar Creek Presbyterian Church (historical)	743765	Church	Randolph	MO
Sugar Creek Baptist Church (historical)	744298	Church	Pike	MO
Sugar Tree Grove Academy	747503	School	Clay	MO
Sugar Creek Post Office	759820	Post Office	Clark	MO
Township of Sugar Creek (historical)	767605	Civil	Greene	MO
Sugar Creek	727231	Stream	Pike	MO
Sugar Creek School	741790	School	Pike	MO
Sugar Hills	738170	Range	Ste. Genevieve	MO
Shell Grove School (historical)	736348	School	Nodaway	MO
Sugar Camp Hollow	753226	Valley	Ste. Genevieve	MO

This recipe may be made with either sugar or Splenda®. But just what is Splenda®? It is a non-nutritive, no calorie sweetener made from sugar through a multistep patented process that substitutes chlorine atoms for three of sugar's eight hydrogen-oxygen pairs.

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Because this non-nutritive sweetener, called sucralose, is 600 times sweeter than sugar it is mixed with maltodextrin (a carbohydrate derived from corn) to provide volume. The instructions on the Splenda® packaging say that it may be substituted cup for cup for sugar. I find this is far too much Splenda® and makes the recipes way too sweet. I cut the amount of sugar called for in the recipe by 50 percent and if this is not sweet enough, I can add a little more a little at a time.



Figure 49. French Coconut Pie – No Sugar Added

French Coconut Pie – No Sugar Added

From the kitchen of Jane Messenger

Preheat oven to 425°

One unbaked 9” pie shell.

1	Sick	Butter melted
4		Eggs, beaten
2	Rounded Tbsp	All-purpose flour
2/3	Cup	Splenda®
1	13-oz can	Coconut milk, first processing
		Water enough to make coconut milk reach two cups
2	tsp	Vanilla
2 1/2	Cups	Unsweetened Coconut

In a large bowl mix all ingredients. Pour into an unbaked 9” pie shell. Bake at 425° for 20 minutes. Reduce the heat to 350° and bake for another 35 – 40 minutes.

German Chocolate Pie

The idea for this pie came from eating a piece of it at a now defunct pie place in St. Louis. It is really nothing more than the two layers of coconut pecan frosting base, one layer with more coconut than pecans and the second layer with more pecans than coconut with the addition of melted German Chocolate in this layer. I place it in a baked chocolate pie crust to add distinction to the pie.

It may also be made as a no sugar added pie if two squares of bittersweet baking chocolate are used instead of German Chocolate and a little more sugar or substitute is added to this layer.



Figure 50. German Chocolate Pie

German Chocolate Pie

From the kitchen of Jane Messenger

Bake one 10" Chocolate Pie shell

German Chocolate Pie

From the kitchen of Jane Messenger

Bottom Layer

1	Cup	Evaporated milk
1	Cup	Sugar
3		Egg yolks
1	Stick	Butter
1	tsp	Vanilla
1 2/3	Cups	Sweetened flaked coconut
1	Cup	Pecans pieces

Combine milk, sugar, egg yolks and butter. Cook over medium heat, stirring constantly, until very thick. Remove from heat. Add vanilla, coconut and pecans. Pour into bottom of baked pie shell.

Top Layer

1	Cup	Evaporated milk
1	Cup	Sugar
3		Egg yolks
1	Pkg	German chocolate
1	Stick	Butter
1	tsp	Vanilla
1	Cups	Sweetened flaked coconut
1 2/3	Cup	Pecans pieces

Combine milk, sugar, egg yolks, chocolate and butter. Cook over medium heat, stirring constantly, until very thick. Remove from heat. Add vanilla, coconut and pecans. Spread over bottom layer of filling.

Chill. Serve with ice cream or whipped cream.

Coconut Pecan Filling/Frosting – No Sugar Added

From the kitchen of Jane Messenger

Bottom Layer

1	Cup	Evaporated milk
1/2	Cup	Splenda®
3		Egg yolks
1	Stick	Butter
1	tsp	Vanilla
1 2/3	Cups	Unsweetened flaked coconut
1	Cup	Pecans pieces

Combine milk, egg yolks and butter. Cook over medium heat, stirring constantly, until very thick. Remove from heat. Add Splenda® and mix well. Add vanilla, coconut and pecans. Pour into bottom of baked pie shell.

Top Layer

1	Cup	Evaporated milk
2/3	Cup	Splenda®
3		Egg yolks
2	Squares	Bitterwseet baking chocolate and
1/4	Cup	Additional Splenda®
1	Stick	Butter
1	tsp	Vanilla
1	Cups	Unsweetened flaked coconut
1 2/3	Cup	Pecans pieces

Combine milk, egg yolks, chocolate and butter. Cook over medium heat, stirring constantly, until very thick. Remove from heat. Add Splenda® and mix well. Add vanilla, coconut and pecans. Spread over bottom layer of filling.

Chill. Serve with no sugar added ice cream or unsweetened whipped cream.

Pear Pie

I got the idea for this recipe from a TV dinner. The dessert include in this dinner was an apple crisp. However, when I was reading the ingredients on the package, I discovered that the apple crisp may contain pears. I realized that pears and apples are much alike in texture and looks so I thought why not make a pear pie – especially since I have access to the fruit of my neighbor’s pear tree. Four out of every five years this tree produces prodigiously.

I have no idea what type of pear tree my neighbor has (and I don’t think she knows either). All I do know is that it produces wonderful, sweet, tasty pears that deer, wasps, my dog, Honey, and I like. Depending on the weather conditions during the growing season, the pears may weigh more than a pound each and fill the palm of an adult’s hand or be no larger than a plum. My neighbor doesn’t treat the tree or its fruit with any sprays or chemicals – just lets nature take care of it. AND I GET TO PICK ALL THE PEARS I WANT IN THE FALL!!!

A search of GNIS on the word Pear yielded 119 records. I restricted the search to the word Pear (with a space after the “r” so I would not get records containing the name Pearson or records containing the word Pearly).

Feature Name	ID	Class	County	State
Pear Grove Airport	1623785	Airport	Bay	MI
Pear Tree Cove	616218	Bay	Dukes	MA
Pear Tree Point Cove	1942669	Bay	Fairfield	CT
Pear Tree Point Beach	1942668	Beach	Fairfield	CT
Prickly Pear Bend	1436175	Bend	Emery	UT
Little Prickly Pear Creek Bridge	1789449	Bridge	Lewis and Clark	MT
Little Prickly Pear Creek Bridge	1789451	Bridge	Lewis and Clark	MT
Pear Canal	247329	Canal	Imperial	CA
Pear Drain	247330	Canal	Imperial	CA
Pear Drain Waste	247331	Canal	Imperial	CA
Pear Side Main	247332	Canal	Imperial	CA
Pear Lateral One	254140	Canal	Imperial	CA
Pear Lateral	374350	Canal	Bannock	ID
Prickly Pear Point	294382	Cape	Pinellas	FL
Peachtree Point	597885	Cape	Queen Anne’s	MD
Prickly Pear Point	1436176	Cape	Kane	UT
Pear Point	1507346	Cape	San Juan	WA
Pear Tree Point	1942667	Cape	Fairfield	CT
Pear Cemetery	1225334	Cemetery	Berkeley	SC
Parr Cemetery	1748401	Cemetery	Greene	IL
Pear Park Church	174613	Church	Mesa	CO
Pear Orchard Presbyterian Church	686903	Church	Madison	MS
Pear Dam	198492	Dam	Boulder	CO
Pear Lake Dam	795910	Dam	Beaverhead	MT
Pear Park	1431154	Flat	Grand	UT
Prickly Pear Flat	1431472	Flat	Emery	UT
Pear Slough	230442	Gut	Stanislaus	CA
Prickly Pear Island	214493	Island	Sussex	DE
Pear Lake	180138	Lake	Lake	CO
Pear Lake	187980	Lake	La Plata	CO
Pear Lake	189102	Lake	Gunnison	CO

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Pear Lake	264593	Lake	Tulare	CA
Pear Lake	264594	Lake	Tehama	CA
Pear Lake	307199	Lake	Clay	FL
Pear Lake	649208	Lake	Jackson	MN
Pearl Lake	649212	Lake	Becker	MN
Pear Lake	657759	Lake	Itasca	MN
Pear Lake	657760	Lake	Lake	MN
Pear Lake	659240	Lake	Lake	MN
Pear Lake	775122	Lake	Sanders	MT
Pear Lake	788728	Lake	Beaverhead	MT
Pear Lake	788729	Lake	Park	MT
Peer Lake	832020	Lake	Morrill	NE
Pear Pond	960051	Lake	Hamilton	NY
Pear Lake	1147523	Lake	Klamath	OR
Pear Lake	1407845	Lake	Matanuska-Susitna	AK
Pear Lake	1444258	Lake	Wayne	UT
Pear Lake	1524275	Lake	Yakima	WA
Pear Lake	1524276	Lake	Snohomish	WA
Pear Lake	1524277	Lake	Skagit	WA
Pear Lake	1571123	Lake	Washburn	WI
Pear Lake	1621176	Lake	Schoolcraft	MI
Pear Orchard Plantation (historical)	708090	Locale	Claiborne	MS
Pear Lake Camp	1162475	Locale	Klamath	OR
Pear Tree Windmill	1343730	Locale	Ector	TX
Prickly Pear Fishing Access Site	1744401	Locale	Lewis and Clark	MT
East Helena	1789191	Locale	Lewis and Clark	MT
Pear Tree Village Shopping Center	2458664	Locale	Fairfax	VA
Pear Meadows Farm	2564648	Locale	Paulding	OH
Pear Tree Mine	847961	Mine	Lyon	NV
Pear Park Gas Field	1431155	Oilfield	Grand	UT
Pear Tree Park	147186	Park	Madison	AL
Pear-Azalea Park	304795	Park	Calhoun	FL
Prickly Pear Diggings Historical Marker	1762623	Park	Jefferson	MT
Pear Park	174623	Populated Place	Mesa	CO
Gumboro	216106	Populated Place	Sussex	DE
Pear Tree Point	596080	Populated Place	Queen Anne's	MD
Montana City	787566	Populated Place	Jefferson	MT
Pear Ridge	1364937	Populated Place	Jefferson	TX
Pear Valley	1380334	Populated Place	McCulloch	TX
Big Bear Lake	1652673	Populated Place	San Bernardino	CA
Pear (historical)	1742890	Populated Place	Raleigh	WV
Satum	2034851	Populated Place	Gonzales	TX
Pear Tree Village	2349625	Populated Place	Montgomery	PA
Pear Grove Post Office (historical)	1689553	Post Office	Doddridge	WV
Pear Post Office (historical)	1742891	Post Office	Raleigh	WV
Alhambra Post Office (historical)	1762494	Post Office	Jefferson	MT
Pear Tank	22167	Reservoir	Cochise	AZ
La Pear Pond	194211	Reservoir	Pueblo	CO
Pear Reservoir	202540	Reservoir	Boulder	CO
Pear Lake	795911	Reservoir	Beaverhead	MT
Pear Ridge	440958	Ridge	Floyd	IN
Pear Ridge	440959	Ridge	Morgan	IN
Pear Hill School	745706	School	Jasper	MO
Little Prickly Pear School (historical)	1789315	School	Lewis and Clark	MT
Pear Spring	41038	Spring	Yavapai	AZ
Pear Spring	44697	Spring	Coconino	AZ
Pear Spring	247333	Spring	San Luis Obispo	CA
Pear Tree Spring	247334	Spring	San Luis Obispo	CA
Pear Tree Spring	1343729	Spring	Bandera	TX

Tunas Springs	2025147	Spring	Pecos	TX
Susquetonscut Brook	211305	Stream	New London	CT
Pear Creek	388301	Stream	Clearwater	ID
Prickly Pear Creek	593913	Stream	Kent	MD
Pear Creek	800402	Stream	Lewis and Clark	MT
Little Prickly Pear Creek	801078	Stream	Lewis and Clark	MT
North Fork Little Prickly Pear Creek	801237	Stream	Lewis and Clark	MT
Prickly Pear Creek	801322	Stream	Lewis and Clark	MT
South Fork Little Prickly Pear Creek	801490	Stream	Lewis and Clark	MT
Tinsley Creek	1348588	Stream	Gonzales	TX
Pear Branch	1375384	Stream	Limestone	TX
Prickly Pear Branch	1375566	Stream	Archer	TX
Prickly Pear Creek	1593032	Stream	Crook	WY
Pickle Pear Knob	441104	Summit	Floyd	IN
Rock Pear Mountain	879749	Summit	Morris	NJ
Prickly Pear Hill	961132	Summit	Westchester	NY
Prickly Pear Mountain	1022081	Summit	Davidson	NC
Pear Mountain	1343728	Summit	Kinney	TX
Prickly Pear Hill	1365780	Summit	Bexar	TX
Prickly Pear Mountain	1496115	Summit	Fauquier	VA
Pear Butte	1524273	Summit	Yakima	WA
Finch Lake-Pear Reservoir Trail	178206	Trail	Boulder	CO
Pear Butte Trail	1524274	Trail	Yakima	WA
Pear Tree Gulch	264595	Valley	Trinity	CA
Pear Hollow	1343727	Valley	Uvalde	TX
Picky Pear Canyon	1343964	Valley	Val Verde	TX
Pear Canyon	1364936	Valley	Hudspeth	TX
Prickly Pear Canyon	1425019	Valley	Carbon	UT
Prickly Pear Canyon	1438098	Valley	Carbon	UT

I also thought that pears deserved more than just cinnamon as an enhancing spice so I decided to use ground ginger.

Ginger has been used as a spring tonic by the Amish for many years. Some Amish give it to their horses in the spring to make them frisky. It is used in several forms to aid digestion and dispel gas. Ginger contains many compounds that reduce spasms of the digestive tract, increases circulation to the digestive track and stimulates the stomach's natural action. **Caution: If you are pregnant, have a heart condition, or diabetes ask your doctor prior to using ginger.**

A recent study found that more than 80 percent of migraine-prone patients suffering with a mild headache who had been treated with a combination of feverfew and ginger staved off migraines. Nearly 50 percent were pain free after two hours and an additional 34 percent were only afflicted with mild pain. The headache never went into a full-blown migraine. A healthy way to serve the ginger is to stir one tablespoon of grated ginger into on cup of boiling water and steep it for ten minutes. Then strain the "tea" and drink.

A search of GNIS using Ginger in the name field returned more than 80 records.

Feature Name	ID	Class	County	State
Gingerville Creek	584596	Bay	Anne Arundel	MD
Ginger Bay	1285453	Bay	Stewart	TN
Gingerbread House	606004	Building	Berkshire	MA

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Gingerwood House	1826944	Building	Sacramento	CA
Ginger Hall	2076348	Building	Rowan	KY
Gingerbread House Day Care Center	2078292	Building	Miami-Dade	FL
Gingerbread House Day Care Center	2430043	Building	Beaver	PA
Ginger Cove Nursing Home	2503312	Building	Anne Arundel	MD
Gingerich Cemetery	456908	Cemetery	Washington	IA
Gingerich Cemetery	456909	Cemetery	Johnson	IA
Gingery Cemetery	807044	Cemetery	Sanders	MT
Gingerbread Church	626848	Church	Allegan	MI
Village of Ginger Blue	2398965	Civil	McDonald	MO
Ginger Hill Lake Dam	81144	Dam	Pulaski	AR
Ginger Quill Dam	199976	Dam	Jackson	CO
Gingerich Lake Dam	447747	Dam	Greene	IN
Ursel Gingerich Dam	760823	Dam	Schuyler	MO
Gingerberry	985708	Flat	Bladen	NC
Gingerich Gap	1175632	Gap	Centre	PA
Twin Islands	1220024	Island	Providence	RI
Gingerbread Island	1220047	Island	Providence	RI
Ginger Pond	951141	Lake	Herkimer	NY
Gingerbread Corners	951142	Locale	Schuyler	NY
Ginger Ridge Back Country Camp	1308851	Locale	Stewart	TN
Camp Ginger Quill	1619402	Locale	Crawford	MI
Gingerbread Cottages and Tabernacle	1974857	Locale	Dukes	MA
Gingerbread Square Shops Shopping Center	2348427	Locale	Bucks	PA
Ginger Bay Lake Access Area	1308850	Park	Stewart	TN
Ginger Hill	409039	Populated Place	Rock Island	IL
Gingerville	590301	Populated Place	Anne Arundel	MD
Ginger Blue	718466	Populated Place	McDonald	MO
Ginger Hill	1080495	Populated Place	Mahoning	OH
Ginger Hill	1175631	Populated Place	Washington	PA
Slippery Rock	1214014	Populated Place	Butler	PA
Ginger	1378357	Populated Place	Rains	TX
Gingerbrook Estates	1452980	Populated Place	Salt Lake	UT
Ginger	1510989	Populated Place	Benton	WA
Ginger Hills	1687784	Populated Place	Fayette	GA
Ginger Cove	1709852	Populated Place	Anne Arundel	MD
Gingerville Woods	1709853	Populated Place	Anne Arundel	MD
Gingerville Manor Estates	1709884	Populated Place	Anne Arundel	MD
Ginger Green	2471972	Populated Place	Harris	TX
Ginger Hill Lake	81145	Reservoir	Pulaski	AR
Ginger Quill Reservoir	199977	Reservoir	Jackson	CO
Lake Ginger	314625	Reservoir	Treutlen	GA
Lake Ginger	357364	Reservoir	Muscogee	GA
Ursel Gingerich Lake	760824	Reservoir	Schuyler	MO
Gingercake Ridge	492863	Ridge	Wayne	KY
Ginger Ridge	1040872	Ridge	Adams	OH
Gingerbread House Day Nursery	303380	School	Miami-Dade	FL
Gingerbread Wellington School	303748	School	Pinellas	FL
Gingerbread School Northeast	303749	School	Pinellas	FL
Little Gingerbread House Day School	306870	School	Leon	FL
Ginger Hill School (historical)	424043	School	Rock Island	IL
Morton-Gingerwood Elementary School	426790	School	Cook	IL
Ginger Ridge School (historical)	744525	School	Miller	MO
Ginger Hill School (historical)	746187	School	Barton	MO
Ginger Hill School (historical)	1054647	School	Guernsey	OH
Gingerich Elementary School (historical)	2039290	School	Arkansas	AR
Gingerbread House Nursery School	2475713	School	Washington	RI
Baker Brook	205203	Stream	Tolland	CT
Ginger Creek	207313	Stream	Litchfield	CT

Ginger Cake Creek	314624	Stream	Fayette	GA
Ginger Creek	382278	Stream	Idaho	ID
South Fork Cottonwood Creek	390913	Stream	Idaho	ID
Ginger Creek	456907	Stream	O'Brien	IA
Ginger Creek	607432	Stream	Berkshire	MA
Ginger Creek	985707	Stream	Caldwell	NC
Gingercake Creek	1027399	Stream	Burke	NC
Ginger Creek	1121142	Stream	Tillamook	OR
Ginger Creek	1121143	Stream	Clatsop	OR
Ginger Creek	1142746	Stream	Jackson	OR
Gingerbread Creek	1269593	Stream	Lincoln	TN
Ginger Creek	1285454	Stream	Stewart	TN
Ginger Creek	1402581	Stream	Fairbanks North Star	AK
Fork Hill	1894395	Stream	Aleutians West (CA)	AK
Ginger Creek	1894500	Stream	Aleutians West (CA)	AK
Gingercake Mountain	1020435	Summit	Burke	NC
Ginger Peak	1121144	Summit	Tillamook	OR
Ginger Hill	1285455	Summit	Maury	TN
Ginger Hill	1428195	Summit	San Juan	UT
Ginger Hill	1499474	Summit	Rappahannock	VA
Ginger Gulch	783953	Valley	Granite	MT
Ginger Hollow	1467110	Valley	Montgomery	VA



Figure 51. Pear Pie



Figure 52. Slice of Pear Pie with thinned Cream Cheese Cinnamon Topping

Pear Pie

From the kitchen of Jane Messenger

Prepare the pie dough recipe and chill while preparing the filling.

Preheat the oven to 425°.

Filling

6	Cups	Pared and sliced fresh pears
1	Cup	All-purpose flour
1-1 /2	Cups	Sugar (use less if pears are sweet)
1/2	tsp	Cinnamon
1-1 1/2	tsp	Ground ginger (if the ginger is fresh or a new jar, use scant tsp)
1/2	Stick	Butter
1		Egg white (slightly beaten)

Slice pared pears into a bowl of cold water with a tablespoon of lemon or lime juice to prevent them from turning brown while paring and slicing the rest of the pears.

Roll out enough pie dough to line a 10" pie shell. Roll out the remaining pie dough to make a top crust.

Mix dry ingredients, drain sliced pears and coat pears with the dry ingredients. Fill the unbaked pie shell, pouring any left over dry ingredients on top of the filling. Place small pats of the butter on top of the filling and top the filled pie shell with the second crust. Seal the edges, removing excess pie dough. Slice several small openings in the top shell to allow steam to escape. Brush the top crust with the slightly beaten egg white and sprinkle with a mixture of 1 teaspoon cinnamon and 1 tablespoon sugar. I always keep in my pantry a salt shaker filled with a mixture of cinnamon and sugar to use for topping buttered toast or other foods.

Place on a pie ring or in a cookie sheet because this pie will spill over some of its juices as it bakes. Bake at 425° for 20 minutes then reduce the temperature of the oven to 350° and bake for 45 – 50 minutes longer.

This pie may also be made months in advance, when the pears on your tree are ripe, frozen before baking and then baked at Easter or any other time when you want a fruit pie.

To freeze, do not cut slits in the top crust or brush with the egg white. Wrap really well with plastic wrap and then aluminum foil sealing well. To bake, remove the frozen pie, unwrap, slit the top shell, brush with the egg white and sprinkle with the cinnamon and sugar mixture and bake at 425° for 30 minutes then reduce the temperature of the oven to 350° and bake for 75 - 90 minutes longer.

Serve with vanilla ice cream or a dollop of the Cream Cheese Cinnamon Topping.

For No Sugar Added Pear Pie

This pie can be made with Splenda® instead of sugar. If using Splenda®, substitute the sugar amount with 1/2 to 3/4 cups of Splenda®.

Topping

Cream Cheese Cinnamon Topping

From the kitchen of Jane Messenger

6	oz	Softened cream cheese
3/4	Cups	Unwhipped Heaving Whipping Cream
1	tsp	Cinnamon
1/8	tsp	Ground ginger
1/2	tsp	Almond extract

Mix all ingredients until smooth. The above recipe makes a thick topping. If you want a thinner topping add more heavy whipping cream as well as cinnamon and ginger.

A close-up photograph of several golden-brown, fried fish fillets piled on a white plate with a gold rim. The fillets are thick and have a textured, slightly crispy surface. The word "Leftovers" is overlaid in the center in a large, bold, black font.

Leftovers

Leftovers

What does one do with leftover Thanksgiving, Christmas, Easter, or any other foods? Well, you could freeze them in the appropriate proportions, then thaw and reheat to have the same meal again or just reheat the leftover meal for the next evening and have it again. But I 'm not a great fan of eating the same meal two, three, four times in a row and I don't often like to freeze then thaw and reheat foods. About the only things I think get better with reheating are chili and dressing (or stuffing as some of you may call it).

Also, there are some foods that don't really freeze too well. Mashed potatoes, for instance, I don't feel freeze too well. So what does one do with that mound of left over mashed potatoes? There are a couple of possibilities: potato pancakes or twice baked potatoes (put the prepared potatoes in individual paper cupcake cups or ramekins).

What does one do with the left over sweet potatoes? You could do the same thing or make a sweet potato pie.

With leftover egg yolks make noodles or the base for the coconut/pecan frosting or German Chocolate Pie.

What do you do with the left over roast beef? Turkey? Ham? Besides making the traditional sandwich try making a meet salad. Make ham salad, or turkey salad, or beef salad. This is especially good to do if the amount of left over meat is not too great and you need to feed more than the meat alone will feed. In addition, these foods will be really good for snacks and finger foods for New Years Eve or other parties. Stuff individual cream puffs with the meat salad, fill the whites of hard boiled eggs or celery bites with the meat salad, top fancy crackers with them or make finger sandwiches.

There is one feature listed in GNIS containing the word Leftover in its name.

Feature Name	ID	Class	County	State
Leftovers Beach Park	1878876	Park	Honolulu	HI

Cinnamon Crisps

One of the most delightful snacks to make from leftover pie dough is to make Cinnamon Crisps.



Figure 53. Cinnamon Crisps

Cinnamon Crisps

From the kitchen of Eula Rothwell

Preheat oven to 425°

Using the left over pie dough from making pie shells, roll out the pie dough to no more than 1/8 inch thick. Cut into bite size pieces and liberally sprinkle a mixture of cinnamon and sugar (1 Tbsp cinnamon to 1/4 Cup Sugar) to cover the top of the pie dough. Place on a cookie sheet. Bake in a hot oven – 425° for 15-18 minutes until dark golden brown. If you can, cool these then serve with hot chocolate or coffee as an afternoon snack.

Unfortunately, I've burnt my tongue on these too often to count because the fragrance of the cinnamon makes me want to take a bite almost before they cool enough to touch.

Fried Cabbage and Noodles

You've made a coleslaw, but now you have half of your head of cabbage left. What do you do with it? One of my favorite foods to fix with leftover raw cabbage is to make Fried Cabbage and Noodles.

I got this recipe from a college mate about 40 years ago. She told me it was German in origin, but I've never seen it in any of the German restaurants I've eaten in either here in the U.S. or in Germany. But then she never gave the German name for the dish and I've never found one. However, since it does use cabbage and caraway seeds it well could be Germanic in origin.

This is an extremely easy side dish to prepare and the frying of the cabbage does not leave the odor that boiling cabbage does.

I fry this up in my cast iron skillet. I've tried it in my wok, but it just doesn't taste quite the same.



Figure 54. Fried Cabbage and Noodles

Fried Cabbage and Noodles

From the kitchen of Jane Messenger

8	oz	Cooked egg noodles (drained)
2		Sliced onions
4	Cups	Sliced cabbage
1/2	tsp	Salt
1 – 2	Tbsp	Caraway seeds
1/4	Cup	Butter

Sauté the onions in the butter until tender, add the cabbage and sauté until tender. Drain the cooked noodles. Add to the cooked cabbage and onions. Add the salt, pepper and caraway seeds and sauté 5 minutes longer.

NOTE: You may need to add more butter during the sautéing process.

Miscellaneous



Chex® Mix

One of my favorite snacks is the ever popular Chex® Mix. This recipe is one my mother used 50 years ago. I always thought it was the original Chex® Mix recipe, but it is not what is currently given as the traditional Chex® Mix. Of course one can do so much with variations on this snack like spice it up with cayenne pepper and ground cumin, or barbeque spice or make it sweet by adding marshmallows, chocolate chips and a caramel sauce instead of the Worcestershire sauce, seasoned salt, garlic and onion powders.

My mother's recipe is the one I make and take to work or traveling. I've actually carried a gallon jars full of this to COGNA meetings. My problem with this snack is that I find it very difficult to stop snacking on it.



Figure 55. Mom's Chex® Mix

Traditional Chex® Mix

From the 1980 Chex® cookbook

Preheat oven to 250°

1/2	Cup	Butter
1 1/4	tsp	Seasoned salt
4 1/2	tsp	Worcester Sauce
2	Cups	Corn Chex®
2	Cups	Rice Chex®
2	Cups	Wheat Chex®
1	Cup	Salted nuts

Melt butter; add salt and Worcester Sauce; mix; pour over Chex® Mix and nuts; coat well. Bake 1 hr stirring every 15 minutes.

My Mother's Chex® Mix

From the kitchen of Georgiabelle Messenger

Preheat oven to 250°

1/2	Cup	Butter
1 1/4	tsp	Seasoned salt
1/2	tsp	Garlic powder
1/4	tsp	Onion powder
4 1/2	tsp	Worcester Sauce
2	Cups	Corn Chex®
2	Cups	Rice Chex®
2	Cups	Wheat Chex®
1	Cup	Pretzels (small stick).
1	Cup	Salted mixed nuts

Melt butter; add salt, spices and Worcestershire Sauce; mix; pour over Chex® Mix. Pretzels and nuts; coat well. Bake 1 hr stirring every 15 minutes.

No Sugar Added Fudge Frosting/Sauce

From the kitchen of Jane Messenger

There is no picture of this although it does appear as a drizzle on the no sugar added coconut pecan filled Danish.

1/2	Stick	Unsalted butter
2	Rounded Tbsp	Hershey®Special Dark Dutch Processed Cocoa
1/3	Cup	Half & Half
1/2	tsp	Vanilla
2/3	Cup	Splenda®

Melt Butter; remove from heat; stir in cocoa, mixing well; add half and half again mixing well. Return to medium heat. Cook until thick for frosting or only until slightly thickened for sauce. Add vanilla and Splenda® stirring well. This will frost one layer of an 8" round cake.

Refrigerate after frosting or refrigerate sauce.

Turkey Accompagne

I saw some boneless turkey breast fillets in my local Wal-Mart grocers one day and decided to buy a package. Then I had to decide what to do with them. I didn't just want to fry them up or do the "normal" baked or broiled breast. The chef at my favorite restaurant is always experimenting with developing new recipes so I decided to try experimenting as well and devised this stuffing for the turkey breasts from ingredients that I had in the house.

Although I have never served this at a Missouri Board on Geographic Names Meeting (mainly because it's too far away from my kitchen to take this dish), I did serve it to Wayne Furr, Council of Geographic Names Authorities Executive Secretary, when he was staying with me prior to attending a MOBGN meeting.



Figure 56. Turkey Accompagne dinner with Twice Baked Potato and Asparagus Sautéed in Garlic Butter

Turkey Accompagne

From the kitchen of Jane Messenger

This works best if you can find boneless turkey breast fillets that are one large piece without tears or “V’s” as if the breast had been filleted across the breast bone.

Pound the 8 fillets until each is only about 1/8 inch thick.

Two cups pecan meal mixed with 1/2 cup flour.

Preheat oven to 350°.

Stuffing

1/2	Cup	Crushed Macadamia nuts
1/4	tsp	Freshly ground ginger
1	Cup	Chopped cranberries
1		Pitted and chopped fresh apricot or
2		Chopped dried apricots
1/2		Chopped orange (I cut it in pieces – rind and all – and then put them in a food processor to chop it into smaller pieces)
1/2		Granny smith apple (peeled and chopped)
1/2	Cup	Toasted coconut
1/2	Cup	Crushed pineapple
1/4	Cup	Miniature marshmallows

In a medium sauce pan cook the pineapple, cranberries, orange, ginger and marshmallows until marshmallows are melted. Add remaining ingredients and mix.

Spoon 1/2 - 3/4 cups of the stuffing mixture into center of flattened turkey breast fillet. Fold over the fillet edges and seal with toothpick (you may need to use more than one if the fillet is torn). Roll the filled turkey breasts in the pecan meal and flour mixture to coat the fillets well. Place in an ungreased pan with the folded side down.

NOTE: This stuffing freezes well if you don’t want to prepare eight turkey breast fillets at one time.

Bake at 350° 45 minutes. I like to serve these topped with a cranberry sauce.



Pasta

Pasta

According to the *Great Food Almanac* (Chalmers, 1994), there are two types of pasta: the dry pasta made from durum wheat, salt and water and fresh pasta that is made with semolina flour, salt, water and eggs. Semolina flour is made from the purified wheat meddlings of durum wheat and is an inexpensive intermediate byproduct of human food processing. The colored pastas we see today are made by adding a range of natural colorants such as black squid ink, beets, carrots, tomato paste, spinach, herbs, or even chocolate. There are over 600 shapes to pasta and the number is growing daily.

Fresh pasta is not necessarily better than dried pasta. In fact, a good brand of dried pasta may be more nutritious than a refrigerator brand. Some interesting facts about pasta (without sauce):

- Whole-wheat pasta contains almost four times the fiber as regular pasta;
- One cup of cooked pasta (without sauce, butter, or anything on it) contains only 1 gram of fat and only 210 calories;
- Pasta is very low in sodium and cholesterol-free;
- Per cup, enriched varieties of pasta provide a good source of several essential nutrients such as iron, several B-vitamins and folic acid;
- Pasta is a complex carbohydrate that supplies six of the eight essential amino acids;
- Eating pasta releases serotonin which is a chemical in the brain that tells your you are feeling relaxed and calm;
- Pasta has a low Glycemic Indix (GI) so it does not cause sugar in the blood to rise quickly;
- The National Pasta Association estimates that the average American eats almost 20 pounds of pasta annually.

Although pasta made its way to the New World through the English, Colonists brought to this continent the English practice of cooking noodles at least 30 minutes then smothering them with a cream sauce and cheese. The popularity of pasta in the United States dates back to the arrival of immigrants from southern Italy. To serve their community, Italians opened restaurants and soon pasta was on its way in popularity aided greatly by Prohibition. The only places where a glass of wine could be drunk, more or less legally, were the Italian speakeasies and they all served spaghetti. World War II brought the next increase in popularity of pasta that seems to show no sign of decreasing.

The popular legend that Marco Polo introduced pasta to Italy following his expedition of the Far East in the late 13th Century appears to be a myth. Pasta can be traced as far back as the fourth Century B.C. where an Etruscan tomb showed a group of natives making what appears to be pasta. The Chinese were making a noodle-like food as early as 3000 B.C. and Greek mythology suggests that the Greek God Vulcan invented a device that made strings of dough.

For as popular as pasta is in this country there are very few records in GNIS with names using either Pasta, Macaroni, or Spaghetti in their names – and none using the childish mispronunciation “Pasghetti”.

Messenger

Feature Name	ID	Class	County	State
La Posta Indian Reservation	255947	Civil	San Diego	CA
Pascack Brook	978408	Stream	Bergen	NJ
Pastanza (historical)	1749137	Populated Place	Stafford	VA

Feature Name	ID	Class	County	State
Macaroni Creek	1405847	Stream	Yukon-Koyukuk (CA)	AK
Macaroni Creek	386324	Stream	Idaho	ID
Macaroni Lake	786752	Lake	Madison	MT
Macaroni Spring	849821	Spring	Esmeralda	NV
Macaroni Pit	1591149	Reservoir	Washakie	WY

Feature Name	ID	Class	County	State
Clifton	489671	Populated Place	Campbell	KY
Spaghetti Canyon	861520	Valley	Elko	NV
Spaghetti Corners	1842690	Locale	Dane	WI
Spaghetti Junction	2569637	Locale	Franklin	KY
Spaghetti Number One Spring	846586	Spring	Lander	NV
Spaghetti Number One Trough	846585	Reservoir	Lander	NV
Spaghetti Number Three Spring	846583	Spring	Lander	NV
Spaghetti Number Two Spring	846582	Spring	Lander	NV
Spaghetti Rustic Campsite	1655245	Locale	Monterey	CA
Spaghetti Spring	861521	Spring	Elko	NV

Spaghetti

There are as many varieties of spaghetti sauce as there are mushrooms (remember there are 38,000+ varieties of those fungi). My mother's spaghetti sauce used bacon instead of beef. She cooked a lot with bacon. The spaghetti sauce was thin, easy and quick to prepare.

As I mentioned my mother cooked a lot with bacon and bacon grease. I don't know why. The bacon grease was, of course a form of lard that had not been rendered and in the days before vegetable shortening, lard and butter were the shortenings used.

Bacon is a cured meet from a pig. More specifically, in America most bacon comes from the pork belly and is referred to as "streaky", "fatty", or "American style" bacon. It is first cured in a brine or a dry packing, both containing large amounts of salt. This produces fresh or green bacon. Bacon may then be further dried for weeks or months in air (usually cold air), or by boiling, or smoking.

There are nearly 300 records in GNIS containing the word Bacon in their name. Of course several of these names are to commemorate humans rather than the food.

Feature Name	ID	Class	County	State
Bacon Creek	1398540	Stream	Yukon-Koyukuk (CA)	AK
Bacon Glacier	1420182	Glacier	Juneau	AK
Bacon Creek	1893446	Stream	Juneau	AK
William Bacon Oliver Lake	128992	Reservoir	Tuscaloosa	AL
Oliver Lock and Dam	152808	Dam	Tuscaloosa	AL
Bacon Level	156011	Populated Place	Randolph	AL
Bacon Creek	46002	Stream	Pike	AR
Bacon Lake	70300	Lake	White	AR
Bacon Lake	75631	Lake	Ouachita	AR
Bacon Tank	22818	Reservoir	Mohave	AZ
Tom Bacon Lake	23250	Lake	Mohave	AZ
Bacon Canyon	218505	Valley	El Dorado	CA
Bacon Flat	218506	Flat	Sonoma	CA
Bacon Island	218507	Island	San Joaquin	CA
Fern Bacon Middle School	218508	School	Sacramento	CA
Bacon Rind Campground	218509	Locale	Siskiyou	CA
Bacon Creek	238872	Stream	Los Angeles	CA
Bacon Hill	238873	Summit	Tulare	CA
Bacon Hills	238874	Range	Kern	CA
Bacon Hills Area	238875	Locale	Kern	CA
Bacon Ranch (historical)	252570	Locale	Modoc	CA
Bacon Creek	256409	Stream	Shasta	CA
Bacon Flat	256410	Flat	Humboldt	CA
Bacon Gulch	256411	Valley	Mono	CA
Bacon Meadow	256412	Flat	Tulare	CA
Willow Creek	269143	Stream	Shasta	CA
Bacon Flats	269622	Flat	San Bernardino	CA
Bacon Consolidated Mine	1675904	Mine	Lake	CA
Bacon Lake	178066	Reservoir	Larimer	CO
Bacon Lake Dam	200296	Dam	Larimer	CO
Bacon Reservoir	200297	Reservoir	Larimer	CO
Beacon Hill	205335	Summit	New Haven	CT
Old South Hill	1924028	Summit	Middlesex	CT

Messenger

Canterbury Bridge	1924290	Bridge	Windham	CT
Bacon Academy	1930596	School	New London	CT
Bacon Landing	1930597	Locale	New London	CT
Bacon Pond	1931759	Reservoir	Litchfield	CT
Bacon and Kenney Ditch	213585	Canal	Sussex	DE
Bacon Island Creek	213586	Stream	Sussex	DE
Big Bacon Island	213653	Island	Sussex	DE
Little Bacon Island	214227	Island	Sussex	DE
Bacons	216022	Populated Place	Sussex	DE
Governor Bacon Health Center	217648	Hospital	New Castle	DE
Bacon Cemetery	310706	Cemetery	Liberty	GA
Bacon Pond	310707	Lake	Tattnall	GA
Bacon Park	325797	Park	Chatham	GA
Bacon County	344784	Civil	Bacon	GA
Bacon County Courthouse	344785	Building	Bacon	GA
Bacon County Elementary School	344786	School	Bacon	GA
Bacon County High School	344787	School	Bacon	GA
Bacon County Hospital	344788	Hospital	Bacon	GA
Bacon County Middle School	344789	School	Bacon	GA
Bacon County Airport	351654	Airport	Bacon	GA
Bacon Church	354426	Church	Liberty	GA
Jordye Bacon Elementary School	357050	School	Liberty	GA
Bacon Park Shopping Center	1694447	Locale	Chatham	GA
James E Bacon Elementary School	2453142	School	Wayne	GA
Bacon Park Golf Course	2502684	Locale	Chatham	GA
Bacon Creek	454301	Stream	Woodbury	IA
Bacon Creek	454302	Stream	Woodbury	IA
Bacon Creek Park	1995525	Park	Woodbury	IA
Bacon Lake	371328	Lake	Lincoln	ID
Bacon Rind Gate	371329	Locale	Owyhee	ID
Bacon Creek	376801	Stream	Valley	ID
Bacon Creek	376802	Stream	Clearwater	ID
Bacon Creek	376803	Stream	Shoshone	ID
Bacon Creek	376804	Stream	Caribou	ID
Bacon Creek	376805	Stream	Valley	ID
Bacon Creek	376806	Stream	Adams	ID
Bacon Lake	376807	Lake	Shoshone	ID
Bacon Peak	376808	Summit	Shoshone	ID
North Fork Bacon Creek	387643	Stream	Caribou	ID
South Fork Bacon Creek	390872	Stream	Caribou	ID
Bacon Reservoir Ranch (historical)	395828	Locale	Jerome	ID
Bacon	399436	Populated Place	Adams	ID
Bacon Branch	403790	Stream	Fayette	IL
Bacon Cemetery	403791	Cemetery	Macoupin	IL
Liiiy Cemetery	403792	Cemetery	Tazewell	IL
Bacon Cemetery	1934437	Cemetery	Edgar	IL
Bacon Cemetery	2013808	Cemetery	Macoupin	IL
Bacon Cemetery	430393	Cemetery	Clinton	IN
Bacon Prairie Creek	430394	Stream	Tipton	IN
Bacon Ridge	430395	Ridge	Jefferson	IN
Bacon Swamp	449476	Swamp	Marion	IN
Bacon	450640	Populated Place	Orange	IN
Bacon Creek	450641	Stream	Orange	IN
Patoka River	451316	Stream	Gibson	IN
Bacon Station Indianapolis Post Office	2094823	Post Office	Marion	IN
Bacon Creek	472410	Stream	Lincoln	KS
Bacon (historical)	482315	Locale	Lincoln	KS
Bacon Branch	486192	Stream	Monroe	KY
Bacon Cemetery	486193	Cemetery	Fulton	KY
Bacon Cemetery	486194	Cemetery	Trigg	KY
Bacon Creek	486195	Stream	Graves	KY

Bacon Creek	486196	Stream	Trigg	KY
Bacon Creek	486197	Stream	Hart	KY
Bacon Creek	510336	Stream	Whitley	KY
Bacon Creek Baptist Church	510337	Church	Whitley	KY
Bacon Run	532267	Stream	La Salle	LA
Bacon Branch	546990	Stream	Grant	LA
Bacon Brook	619295	Stream	Worcester	MA
Bacon Hall	1972056	Building	Middlesex	MA
Bacon Free Library	1974165	Building	Middlesex	MA
Bacons Farm	1978618	Locale	Berkshire	MA
Bacon-Morse Historic District	1979500	Park	Worcester	MA
Bacon Ridge	582993	Ridge	Anne Arundel	MD
Bacon Ridge Branch	582994	Stream	Anne Arundel	MD
Bacon Hall	589678	Populated Place	Baltimore	MD
Bacon Hill	589679	Populated Place	Cecil	MD
Bacon Hill	589680	Summit	Cecil	MD
Bacons Wharf	1697711	Locale	St. Mary's	MD
Bacon Ridge Natural Area	1710545	Park	Anne Arundel	MD
Bacon House	2082602	Building	Baltimore	MD
Bacon Brook	561422	Stream	Waldo	ME
Bacon Island	561423	Island	Hancock	ME
Bacon Ridge	561424	Ridge	Washington	ME
Bacon Hill	580920	Summit	Oxford	ME
Bacon Creek	620417	Stream	Montcalm	MI
Bacon Island	620418	Island	Chippewa	MI
Bacon Lake	620419	Lake	Shiawassee	MI
Lake Bacon	620420	Lake	Marquette	MI
Bacon School (historical)	1624362	School	St. Clair	MI
West Bacon Cemetery (historical)	2418464	Cemetery	Hillsdale	MI
Bacon Farm Grave	2419747	Cemetery	Hillsdale	MI
Bacon Cemetery	2559019	Cemetery	Saginaw	MI
Roger Bacon Center	2052026	Building	Winona	MN
Bacon Cemetery	713521	Cemetery	Gasconade	MO
Bacon Chapel	735492	Church	Shelby	MO
Bacon Spring	738010	Spring	Osage	MO
Bacon	740650	Populated Place	Moniteau	MO
Bacon School	741526	School	Laclede	MO
Bacon (historical)	745559	Locale	Cass	MO
Stivers School	747995	School	Franklin	MO
Bacon Hollow	748634	Valley	Dent	MO
Bacon Memorial Park	748635	Park	Butler	MO
Bacon School	757061	School	St. Charles	MO
Township of Bacon	767478	Civil	Vernon	MO
Bayou Bacon	666595	Stream	Hancock	MS
Bacon Springs	689858	Populated Place	Tishomingo	MS
Bacon (historical)	705362	Populated Place	Chickasaw	MS
Bacon Ditch	779229	Canal	Deer Lodge	MT
Bacon Ranch	779230	Locale	Deer Lodge	MT
Bacon Rind Creek	779231	Stream	Gallatin	MT
Burnt Bacon Lake	794623	Lake	Carbon	MT
L Bacon Ranch	794813	Locale	Beaverhead	MT
Bacon Rind Creek Road Camp	800373	Locale	Gallatin	MT
Ray Bacon	801948	Locale	Beaverhead	MT
Bacon School (historical)	1715670	School	Prairie	MT
Bacon Rind Ski Trail	1797773	Trail	Madison	MT
Bacon Inlet	1004628	Bay	Brunswick	NC
Slay Bacon Branch	1015579	Stream	Graham	NC
Bacon Street Building	2454570	Building	Durham	NC
Bacon Lake	1027779	Lake	Renville	ND
Bacon Creek	1034695	Stream	Slope	ND
Bacon Ledge	865310	Summit	Cheshire	NH

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Bacon Pond	865311	Lake	Sullivan	NH
Bacon School	874454	School	Cumberland	NJ
Coolidge	923585	Populated Place	McKinley	NM
Bacon Canyon	838549	Valley	Pershing	NV
Bacon Rind Flat	838550	Flat	Washoe	NV
Cold Spring	845133	Spring	Nye	NV
Consolidated Imperial Mine	848408	Mine	Storey	NV
Bacon Mill	852423	Locale	Lyon	NV
Bacon Flat	858776	Flat	Nye	NV
Bacon Springs	862585	Spring	Nye	NV
Bacon Springs	863119	Spring	Nye	NV
Bacon Brook	942762	Stream	Fulton	NY
Bacon Brook School	942763	School	Fulton	NY
Bacon Hill	942764	Populated Place	Saratoga	NY
Bacon Hill	942765	Summit	Madison	NY
Bacon Pond	942766	Lake	Washington	NY
Bacon School (historical)	2353078	School	Jefferson	NY
Bacon School (historical)	2375642	School	Steuben	NY
Clara S Bacon Elementary School (historical)	2392422	School	Montgomery	NY
Battery Bacon (historical)	2417392	Military	Richmond	NY
Bacon Hill Cemetery	2426134	Cemetery	Saratoga	NY
Roger Bacon Hall	2427052	Building	Albany	NY
Haight Cemetery	2542855	Cemetery	Madison	NY
Bacon Hollow	1037568	Valley	Meigs	OH
Bacon Run	1037569	Stream	Coshocton	OH
Bacon School	1037570	School	Portage	OH
Montgomery Cemetery	1043455	Cemetery	Jefferson	OH
Bacon Run School (historical)	1050375	School	Coshocton	OH
Bacon Flat School (historical)	1055811	School	Adams	OH
Roger Bacon High School	1056213	School	Hamilton	OH
Bacon	1057280	Populated Place	Coshocton	OH
Bacon Flat	1062639	Populated Place	Adams	OH
Mill Hollow Bacon Woods Park	1067139	Park	Lorain	OH
Bacon Hill	1067182	Summit	Portage	OH
Bacon Ridge	1070332	Ridge	Jefferson	OH
Bacon Post Office (historical)	1967612	Post Office	Coshocton	OH
Bacon Camp	1117129	Locale	Harney	OR
Bacon Camp Draw	1117130	Valley	Harney	OR
Lower Bacon Camp	1123553	Locale	Harney	OR
Bacon Camp Waterhole	1131086	Reservoir	Harney	OR
Bacon Camp Lake Waterhole	1131087	Reservoir	Harney	OR
West Bacon Waterhole	1131088	Reservoir	Harney	OR
Bacon Creek	1137385	Stream	Grant	OR
Bacon Spring	1137386	Spring	Morrow	OR
Bacon Flat	1154402	Bend	Curry	OR
Pyle (historical)	1167740	Locale	Union	OR
Bacon Flat Riffle	1638050	Rapids	Curry	OR
Bacon Reservoir	1638650	Reservoir	Wheeler	OR
Bacon Run	1168564	Stream	Greene	PA
J C Bacon Dam	1194919	Dam	Beaver	PA
Asylum	1202995	Populated Place	Bradford	PA
Bacon Mill	1203007	Populated Place	York	PA
Bacon Run	1212735	Stream	Greene	PA
Boon Lake	1217917	Lake	Washington	RI
Bacon Hill Church (historical)	1244448	Church	Sumter	SC
Bacon Hill School (historical)	1244449	School	Sumter	SC
Bacon Bridge	1244943	Bridge	Dorchester	SC
Slay Bacon Hollow	1270500	Valley	Sevier	TN
Bacon Bend	1276061	Bend	Monroe	TN
Bacon Cemetery	1276062	Cemetery	Roane	TN
Bacon Cemetery	1276063	Cemetery	Hamblen	TN

Bacon Cemetery	1276064	Cemetery	Hawkins	TN
Bacon Cemetery	1276065	Cemetery	Washington	TN
Bacon Cemetery	1276066	Cemetery	Washington	TN
Bacon Creek	1276067	Stream	Monroe	TN
Bacon Creek	1276068	Stream	Carroll	TN
Bacon Gap	1276069	Gap	Roane	TN
Bacon Ridge	1276070	Ridge	Roane	TN
Little Bacon Creek	1291368	Stream	Carroll	TN
Bacon Cemetery	1304910	Cemetery	Washington	TN
Bacon Ferry	1304911	Locale	Monroe	TN
Bacon Hospital	1304912	Hospital	Loudon	TN
Bacon Spring	1304913	Spring	Anderson	TN
Bacon Shoals	1309521	Bar	Loudon	TN
Bacon Island (historical)	1311586	Island	Hamblen	TN
Bacon Cemetery	1321254	Cemetery	Washington	TN
Bacon Branch	1327485	Stream	Bradley	TN
Bacon Branch	1327486	Stream	Washington	TN
Bacon Cemetery	1329910	Cemetery	Smith	TX
Bacon Cemetery	1351390	Cemetery	Cooke	TX
Bacon Cemetery	1364386	Cemetery	Anderson	TX
Roger Bacon College	1366824	School	El Paso	TX
Bacon Creek	1372365	Stream	Rusk	TX
Bacon Draw	1372366	Valley	Brewster	TX
Bacon	1379376	Populated Place	Wichita	TX
Warren and Myrta Bacon House	2032468	Building	Lubbock	TX
Bacon Slide	1425221	Slope	Wayne	UT
Bacon Rind Canyon	1438321	Valley	Emery	UT
Bacon Rind Ridge	1438322	Ridge	Sanpete	UT
Bacon Branch	1462662	Stream	Prince Edward	VA
Bacon District Elementary School	1462663	School	Charlotte	VA
Bacon Hollow	1462664	Locale	Greene	VA
Bacon Hollow	1462665	Valley	Greene	VA
Bacon Hollow Overlook	1462666	Locale	Greene	VA
Bacons Castle	1462667	Locale	Surry	VA
Hen and Bacon Run	1467915	Stream	Orange	VA
Bacon School	1478128	School	Richmond (city)	VA
Layton Bacon Dam	1490578	Dam	Pittsylvania	VA
Bacon Pond	1490579	Reservoir	Pittsylvania	VA
Victory School	1706406	School	Greene	VA
Bacon Hill	1739160	Populated Place	Northampton	VA
Bacon Race School (historical)	1761107	School	Prince William	VA
Bacons Quarter Branch	1848406	Stream	Richmond (city)	VA
Bacon District (inactive)	1927083	Civil	Charlotte	VA
Bacon District Volunteer Fire Department	2057292	Building	Charlotte	VA
Bacon Siphon	1503101	Locale	Grant	WA
Bacon Tunnel	1503102	Tunnel	Grant	WA
Bacon	1510799	Populated Place	Grant	WA
Bacon Creek	1516020	Stream	Yakima	WA
Bacon Creek	1516021	Stream	Skagit	WA
Bacon Creek	1516022	Stream	Ferry	WA
Bacon Creek Campground (historical)	1516023	Locale	Skagit	WA
Bacon Creek Siding (historical)	1516024	Locale	Skagit	WA
Bacon Peak	1516025	Summit	Whatcom	WA
Bacon Point	1516026	Summit	Skagit	WA
East Fork Bacon Creek	1519085	Stream	Whatcom	WA
Bacon Point Lookout	1530101	Locale	Skagit	WA
Bacon Branch	1561059	Stream	Grant	WI
Bacon Creek	1846494	Stream	Douglas	WI
Roger Bacon Hall	2119275	Building	Milwaukee	WI
Bacon Hollow	1535108	Valley	Raleigh	WV
Bacon Creek	1597859	Stream	Teton	WY

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Bacon Creek	1597860	Stream	Weston	WY
Bacon Ridge	1597861	Ridge	Teton	WY
West Bacon Creek	1604031	Stream	Campbell	WY



Figure 57. Spaghetti

Spaghetti

From the kitchen of Georgiabelle Messenger

3	Rashers	American style bacon
1	Cup	Onion (chopped)
1	Cup	Green pepper (chopped)
1	Cup	Celery (chopped)
1	Tbsp	Oregano flakes
1	Cup	Mushrooms (chopped) (optional)
1	Large can	Tomato juice
1	Tbsp	Sugar
		Cooked spaghetti

In a Dutch oven (although my mother always made this in an electric skillet) cut the bacon into pieces and fry until very crisp. If there is a lot of grease in the pan, pour off most of the grease. Add the onions, celery, oregano flakes and green peppers. Sauté until onions appear clear. Add the tomato juice, sugar and mushrooms if using them. Bring to a boil, then simmer until ready to use on the cooked spaghetti pasta.

NOTE: Instead of using the pasta try baking a spaghetti squash. Once baked cut open, remove seeds and throw away, then remove squash with a fork. The squash will come out looking like short spaghetti. Put the sauce over it.

Spaghetti Carbonara Roma

Carbone is coal in Italian; carbon in Italian is *carbonio*. To me spaghetti carbonara is made with crisp bacon (*pancetta* in Italian) with all of the fat cooked out and **VERY** crisp – so crisp that pieces of it will look like coal or carbon.

I was given this recipe by a Roman whose name was Romano. Being Roman he was, of course from Rome or *Roma* as it is known in Italy. I've adapted his recipe so that it can be made for one to however many people are to be served. His original recipe would serve a dozen. I've found that most Italians who cook, cook enough for at least a big family plus several unexpected guests.

This recipe is not much like the spaghetti carbonaras found in the American version of Italian restaurants. It does not have a heavy creamy cheese (alfredo) sauce. Instead it is lighter in nature with the flavor of your favorite bacon predominating. I suggest serving it with a green vegetable like peas or asparagus or broccoli and a crisp salad.



Figure 58. Spaghetti Carbonara Roma

Spaghetti Carbonara Roma

From the kitchen of Jane Messenger

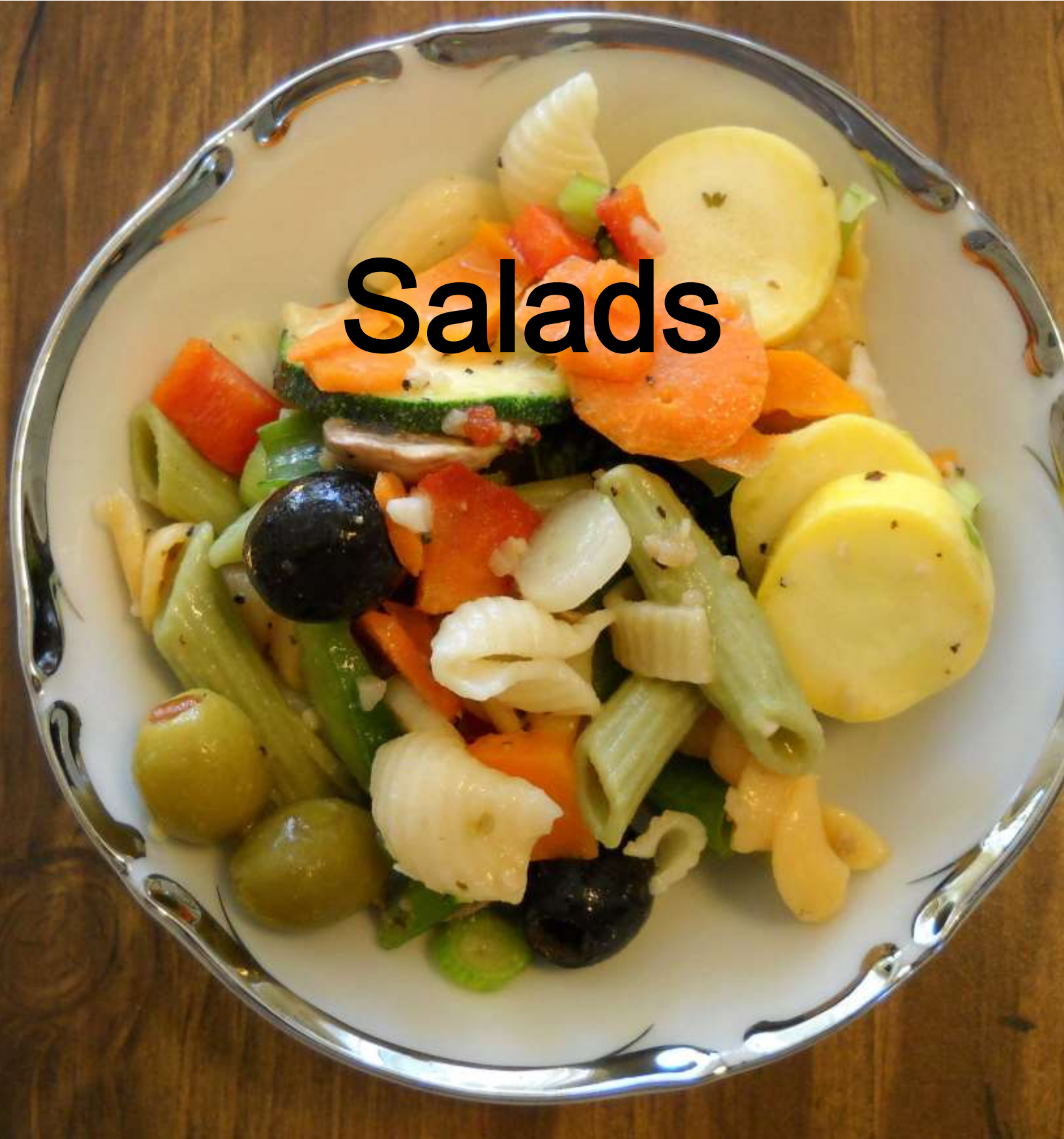
This recipe is for one. Multiply the quantities for the number of people you are planning to serve.

3-4	Rashers	Bacon (your favorite)
1		Egg (beaten)
2	Tbsp	Freshly ground imported Parmesan cheese
1/2	Clove	Fresh chopped garlic
	Spaghetti	Enough for one serving

In an iron skillet, cut up the bacon into small pieces, add the garlic and fry the bacon until all of the fat is removed. Alternately, cook the bacon strips in the microwave until all of the fat is cooked out and then break it up and put it into the iron skillet with the chopped garlic and a tablespoon of bacon grease and sauté until pasta is cooked.

Boil the spaghetti until done. Drain. Quickly add 1/4 of the beaten egg, freshly ground parmesan cheese and crisp bacon pieces. Stir and serve.

Salads



Salads

Salads are, for the most part, healthy for you. Lettuce salads are the most common salad served in restaurants. Lettuce has been cultivated for more than 2500 years. The Romans grew many varieties and in an 1885 agricultural report of the United States, no fewer than 87 varieties were listed. Lettuce aids digestion and promotes liver health. It can reduce the risk of heart disease, stroke and cataracts. Other research indicates that lettuce may reduce the risk of cancer and ease nervous insomnia.

A lot of us grew up thinking iceberg lettuce was the only type of lettuce there was (unless you were a gardener). For many years it was the only type of lettuce found in the grocery store. Even today, iceberg lettuce is second only to potatoes as the most popular vegetable in the United States. Iceberg lettuce is crispy, crunchy, low in calories (like all lettuces), always plentiful, always in season, inexpensive and almost tasteless. Although one of its drawbacks is size (it is too large to fit in the typical vegetable crisper and there is too much of it for one person), it keeps for at least a week in the refrigerator and will not go limp when doused with dressing or put on a sandwich. To solve the problem of size, genetic engineers have developed an iceberg head that will fit in the palm of the hand. Since iceberg lettuce is 90 percent water, it may not be long before the light green color of the typical head is replaced by a rainbow of colors.

However, the least healthful lettuce is the iceberg lettuce. Generally speaking, the darker green the leaf the more nutritious the lettuce. For instance, romaine or watercress have seven to eight times as much beta-carotene, two to four times the calcium and twice the amount of potassium as iceberg lettuce. Although iceberg lettuce has been called a nutritional blank slate (although it does contain some vitamin A and K) other lettuces contain higher nutritional values of vitamin A (through the concentration of the pro-vitamin A carotenoid, beta-carotene), vitamin K, folate, vitamin C, manganese and chromium. Today as many as 30 different types of salad greens may be found in the fresh produce section of most grocery stores. Go for the more nutritious and buy something in addition to iceberg lettuce.

A search of GNIS reveals 12 features containing the word Lettuce in their names.

Feature Name	ID	Class	County	State
Lettuce Lake	244754	Lake	San Luis Obispo	CA
Lettuce Patch Springs	176055	Spring	Eagle	CO
Lettuce Lake	285474	Lake	Broward	FL
Lettuce Lake	285475	Swamp	Manatee	FL
Lettuce Lake	294269	Lake	DeSoto	FL
Lettuce Lake Cutoff	294270	Gut	DeSoto	FL
Lettuce Creek	307513	Stream	Okeechobee	FL
Lettuce Lake Regional Park	1986227	Park	Hillsborough	FL
Bears Lettuce Hollow	2565539	Valley	Harlan	KY
Lettuce Hollow Church	988367	Church	Franklin	NC
Lettuce Branch	1012829	Stream	Swain	NC

Although this cookbook does not contain any recipes for lettuce salads, I will make a few suggestions: when you make a lettuce salad, use a variety of lettuce greens; when putting

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lettuce on sandwiches and as garnishes, use anything but iceberg. In my opinion, buying a head of iceberg lettuce is paying a pretty penny for solid leaf water. You will notice that the lettuce you see in pictures in this book are romaine, green leaf, or red leaf.

Beef Salad

Beef salad was always one of those salads my mother made with left over roast after she had made the hash. Although my grandfather insisted that he hated carrots, he always ate plenty of this beef salad that is actually a spread.

Interestingly enough, for all the beef we eat in this country, only 106 features are found in GNIS using the word Beef in their name.

Feature Name	ID	Class	County	State
Beef Corral Draw	1191	Valley	Graham	AZ
Beef Corral Tank	1192	Reservoir	Graham	AZ
Wild Beef Trap	13750	Cliff	Gila	AZ
Beef Corral Dam	22409	Dam	Graham	AZ
Beef Eater Canyon	26181	Valley	Greenlee	AZ
Beef Tank	2091707	Reservoir	Coconino	AZ
Beef Corral Gulch	256789	Valley	Siskiyou	CA
Cold Beef Mine	270532	Mine	San Diego	CA
Beef Unit	1804968	Building	Fresno	CA
Beef Draw	173917	Valley	Garfield	CO
Beef Trail Reservoir	176517	Reservoir	Dolores	CO
Beef Pasture	178891	Flat	Montezuma	CO
Beef Canyon	184463	Valley	La Plata	CO
Beef Pasture Point	185599	Summit	Mesa	CO
Washington Monument	531850	Park	District of Columbia	DC
Beef Camp Branch	278399	Stream	Osceola	FL
University of Florida Beef Research Unit	292689	School	Alachua	FL
Beef Ridge	532889	Ridge	Vermilion	LA
Beef Ridge	532890	Ridge	Calcasieu	LA
Pine Ridge	538193	Ridge	Calcasieu	LA
Beef Branch	560130	Stream	St. Tammany	LA
Horse Beef Point	568272	Cape	Oxford	ME
Beef Rock	581683	Island	Sagadahoc	ME
Mallison Falls	1912700	Falls	Cumberland	ME
Beef Branch Church	713879	Church	Newton	MO
Beef Branch	729841	Stream	Newton	MO
Boeuf Creek	731536	Stream	Franklin	MO
Boeuf Island	731537	Area	Warren	MO
Walnut Grove	735899	Populated Place	Greene	MO
Township of Boeuf (inactive)	766643	Civil	Franklin	MO
Beef Slough	768664	Stream	Richland	MT
Beef Slough School (historical)	1715080	School	Richland	MT
Beef Straight (historical)	1762518	Locale	Jefferson	MT
Beef Creek	1000856	Stream	Gates	NC
Beef Market Top	1019058	Summit	Jackson	NC
Beef Corral Bottom	1034710	Bend	Billings	ND
Beef Corral Wash	1034711	Stream	Billings	ND
Beef Canyon	900123	Valley	San Juan	NM
Beef Spring	901094	Spring	San Juan	NM
Beef Pass	862449	Gap	Nye	NV
Beef Creek	1089968	Stream	Garvin	OK
Beef Creek	1089969	Stream	Comanche	OK
Beef Flats	1089970	Flat	Comanche	OK
Maysville	1095194	Populated Place	Garvin	OK
Beef Creek Apache Cemetery	1101068	Cemetery	Comanche	OK
Beef Pond	1102145	Reservoir	Comanche	OK
Beef Creek Post Office (historical)	1794523	Post Office	Garvin	OK

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Beef Hollow	1117477	Valley	Gilliam	OR
The Beef Trail	1127950	Trail	Harney	OR
Beef Island	1217760	Island	Washington	RI
Beef Creek	1253829	Stream	Corson	SD
Rosebud Beef Corral (historical)	1264031	Locale	Todd	SD
Beef Camp Ranch	1265870	Locale	Ziebach	SD
Beef Creek	1266773	Stream	Fall River	SD
Beef Draw	1266774	Valley	Dewey	SD
Beef Island	1305072	Flat	Shelby	TN
Glenwylde	1306491	Populated Place	Dickson	TN
Beef Hollow	1330338	Valley	Edwards	TX
Beef Well	1330339	Well	Refugio	TX
Beef Bayou	1351788	Stream	Waller	TX
Beef Canyon	1351789	Valley	Kinney	TX
Beef Gap	1351790	Gap	Brewster	TX
Beef Hollow Creek	1351791	Stream	Zavala	TX
Beef Pasture Gap	1351792	Gap	Jeff Davis	TX
Beef Pasture Tank	1351793	Reservoir	Jeff Davis	TX
Beef Pasture Tank	1351794	Reservoir	McCulloch	TX
Beef Pasture Tank	1351795	Reservoir	Cottle	TX
Beef Pen Spring	1351796	Spring	Lampasas	TX
Beef Trail Campground	1351797	Locale	Newton	TX
Beef Trap Windmill	1351798	Locale	Frio	TX
Lower Beef Tank	1361900	Reservoir	Jeff Davis	TX
Upper Beef Pasture Windmill	1370489	Locale	Dickens	TX
Beef Canyon	1372480	Valley	Brewster	TX
Beef Head Creek	1372481	Stream	Liberty	TX
Beef Hollow	1372482	Valley	Dickens	TX
Beef Tank	1372483	Reservoir	Webb	TX
Little Beef Tank	1374552	Reservoir	Webb	TX
Beef Creek	1381388	Stream	Sabine	TX
Beef Creek	1381389	Stream	Jasper	TX
Beef Basin	1425395	Basin	San Juan	UT
Beef Basin Wash	1425396	Valley	San Juan	UT
Beef Hollow	1425397	Valley	Salt Lake	UT
Beef Hollow Reservoir	1425398	Reservoir	Wayne	UT
Beef Slide Canyon	1425399	Valley	Carbon	UT
Beef Basin Spring	1435109	Spring	San Juan	UT
Beef Hollow	1438561	Valley	Cache	UT
Beef Meadows	1438562	Flat	Garfield	UT
Little Beef Meadows	1448600	Flat	Garfield	UT
Beef Pasture	1451190	Area	Wasatch	UT
Barrel of Beef	1613700	Island	St. Thomas	VI
Beef Pasture Cabin	1516371	Locale	Okanogan	WA
Big Beef Creek	1516465	Stream	Kitsap	WA
Big Beef Harbor	1516466	Bay	Kitsap	WA
Little Beef Creek	1522159	Stream	Kitsap	WA
Little Beef Harbor	1522160	Bay	Kitsap	WA
Iowa Beef Processors Waste Pond	1532468	Reservoir	Walla Walla	WA
Buffalo River	1562371	Stream	Buffalo	WI
North Fork Buffalo River	1570431	Stream	Trempealeau	WI
South Beef River Lutheran Church	1574392	Church	Jackson	WI
South Fork Buffalo River	1574442	Stream	Trempealeau	WI
West Beef River Cemetery	1576452	Cemetery	Trempealeau	WI
Beef Acre	1585352	Basin	Carbon	WY
Beef Gap	1585353	Gap	Natrona	WY
Beef Steer Creek	1585354	Stream	Sweetwater	WY
Beef Steer Spring	1585355	Spring	Sweetwater	WY



Figure 59. Beef Salad



Figure 60. Beef Salad Lunch

Beef Salad

From the kitchen of Georgebelle Messenger

3	Cups	Chopped (I chop it in a food processor) leftover roast or boiled beef
1	Cup	Grated raw carrots (about 1/2 lb)
1	Medium – large	Grated raw onion
6-8		Grated hard-boiled eggs
3/4	Cup	Mayonnaise or salad dressing
2	Tbsp	Milk or 1/2 & 1/2
2	Tbsp	Sugar or
1	Tbsp	Splenda®
		Salt & Pepper to taste

Mix all ingredients. If the mixture is too dry for your taste, add more mayonnaise or salad dressing. Serve as a sandwich filling, with crackers or Melba toast, stuff celery sticks or stuff individual cream puffs with the beef salad for a festive presentation. Makes approximately 6 cups.

NOTE: Although my Kitchen Aid® mixer comes with a meat grinder attachment, I've found it to much easier to use the food processor for finely chopping or grinding the foods. Clean up is also easier.

Broccoli Bacon Salad

Versions of this salad have been around for decades. I have heard of people putting all sorts of different vegetables in it – even garbanzo beans. My version adds almonds. One of my favorite restaurants serves this salad only on special occasions: their Thanksgiving Buffet, Christmas Buffet, Easter Buffet and Mothers’ Day Buffet. This is best prepared at least one day in advance.

Although one of our former U.S. Presidents gave broccoli a bad wrap, he was wrong to do so. The health benefits of broccoli are many. It contains a high amount of vitamin C that is an aid in the absorption of iron in the body, prevents cataracts (and I don’t mean waterfalls) and eases the symptoms of the common cold. Broccoli helps in the battle against high blood pressure as well as providing a large amount of calcium to help fight osteoporosis. The folic acid in broccoli helps women sustain normal tissue growth and is often taken with birth control pills. It is good for those who are pregnant because of the vitamin C.

Fiber-rich broccoli enhances the gastrointestinal tract. It aims to reduce blood cholesterol. Like other cruciferous vegetables (those vegetables with cross-shaped flowers such as kale, Brussels sprouts, cabbage, carrots and scallions) broccoli may play a significant role in reducing the risk of certain forms of cancer. Recent studies indicate that indole-3-carbinol, found in broccoli, may help prevent hormone-related cancers such as breast and prostate cancer. The I3C promotes good hormones while working against the destructive ones. The sulforaphane in broccoli aids to increase the level of enzymes that block cancer. Broccoli’s beta-carotene transforms into vitamin A within the body, supplying an effective antioxidant that destroys the free radicals that are responsible for weakening the defense of cells.

Broccoli is also thought to prevent or help control Alzheimer’s disease, diabetes, calcium deficiencies, stomach and colon cancers, malignant tumors, lung cancer, heart disease, arthritis and even the aging process.

Not only is the head of the broccoli bunch good to eat so is the stalk. When you’ve pulled off the flowerets trim off the outer tough skin of the stalk and cut, chop, or slice the stalk to use in salads, quiches, vegetable trays for dipping, casseroles, rice, or just steam and top with butter and possibly melted cheese. Consider shredding the broccoli stalk and using that instead of cabbage in your favorite slaw recipe.

There is only one record found in GNIS using the word Broccoli in its name.

Feature Name	ID	Class	County	State
Corwin-Russell School at Broccoli Hall	2342155	School	Middlesex	MA

The recipe Broccoli Bacon Salad calls for white or distilled vinegar. What is vinegar? It is an acidic liquid produced from the fermentation of ethanol in a process that yield’s vinegar’s key ingredient, acetic acid (also known as ethanoic acid). Vinegar is one of the

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oldest fermented foods only predated by wine. The word is derived from the French *vin* (wine) and *aigre* (sour) indicating it first occurred naturally from the spoilage of wine.

Vinegar cause the taste buds to atrophy and, by squeezing out the last drops of moisture from the mouth, a temporary illusion that thirst has been quenched is attained. This may be why the Romans gave a vinegar soaked sponge to Christ when he cried out for water – not as a cruel action, but rather as a well-intentioned gesture.

What is the difference between white vinegar, apple cider vinegar and all those other vinegars? White distilled vinegar has the strongest, sharpest taste of all vinegars because it is fermented naturally from ethyl alcohol. Cider vinegar has the sharp taste of the apples from which it is made. The wide spectrum of wine vinegars is derived from the grapes that form their base. Sherry vinegar is the aged-in-wood vinegar that is best coming from Spain and has a full-bodied flavor. Balsamic vinegar is from Modena, Italy, and is deep brown in color with a complex, smooth, mellow taste. This particular vinegar is made from the Terbbiano grape and aged in a series of casks made of different woods. Malt vinegar is the vinegar used for flavoring the traditional English fish and chips, but may also be used to rescue over-salted French fries. There are also several different herb- and fruit-flavored vinegars often used in salad dressing and sauces.

There are 71 records in GNIS containing the word Vinegar in their feature name.

Feature Name	ID	Class	County	State
Buckeye Cemetery	76452	Cemetery	Woodruff	AR
Epworth - Vinegar Bend Fire Department	2331047	Building	Washington	AL
Eugene Field School	735604	School	Butler	MO
Gregory Vinegar Works	2031144	Building	Lamar	TX
Muscatatuck County Park	439898	Park	Jennings	IN
Pleasant Hill Cemetery	415823	Cemetery	Fulton	IL
Poplar Bluff	751712	Populated Place	Butler	MO
Township of Vinegar Hill	429873	Civil	Jo Daviess	IL
Vinegar Bend	153854	Populated Place	Washington	AL
Vinegar Bend Post Office	166978	Post Office	Washington	AL
Vinegar Branch	728207	Stream	Johnson	MO
Vinegar Branch	1576104	Stream	Lafayette	WI
Vinegar Creek	392740	Stream	Idaho	ID
Vinegar Creek	792716	Stream	Flathead	MT
Vinegar Creek	792717	Stream	Flathead	MT
Vinegar Creek	1099268	Stream	Nowata	OK
Vinegar Creek	1151775	Stream	Grant	OR
Vinegar Creek	1411688	Stream	Nome (CA)	AK
Vinegar Creek Boat Ramp	400324	Locale	Idaho	ID
Vinegar Creek Rapids	400467	Rapids	Idaho	ID
Vinegar Gulch	1527716	Valley	Okanogan	WA
Vinegar Hill	211746	Summit	New London	CT
Vinegar Hill	398307	Summit	Valley	ID
Vinegar Hill	445306	Summit	Clay	IN
Vinegar Hill	577732	Summit	Penobscot	ME
Vinegar Hill	577733	Summit	Penobscot	ME
Vinegar Hill	589579	Populated Place	Cecil	MD
Vinegar Hill	612836	Summit	Essex	MA
Vinegar Hill	653661	Ridge	Houston	MN
Vinegar Hill	732414	Summit	Marion	MO

Vinegar Hill	735300	Populated Place	Butler	MO
Vinegar Hill	738368	Summit	Jefferson	MO
Vinegar Hill	778029	Summit	Beaverhead	MT
Vinegar Hill	968562	Summit	Greene	NY
Vinegar Hill	996633	Populated Place	Columbus	NC
Vinegar Hill	1008146	Populated Place	Beaufort	NC
Vinegar Hill	1101715	Summit	McCurtain	OK
Vinegar Hill	1151776	Summit	Grant	OR
Vinegar Hill	1190435	Summit	Indiana	PA
Vinegar Hill	1207463	Locale	Lackawanna	PA
Vinegar Hill	1273467	Summit	Stewart	TN
Vinegar Hill	1327307	Populated Place	Sullivan	TN
Vinegar Hill	1370657	Summit	Mills	TX
Vinegar Hill	1595937	Summit	Niobrara	WY
Vinegar Hill	1690512	Populated Place	Charlottesville (city)	VA
Vinegar Hill	2081405	Populated Place	Kings	NY
Vinegar Hill Historic District	2418058	Park	Kings	NY
Vinegar Hill Mine	420321	Mine	Jo Daviess	IL
Vinegar Hill School (historical)	63284	School	Polk	AR
Vinegar Hill School (historical)	420322	School	Stark	IL
Vinegar Hill School (historical)	420323	School	Carroll	IL
Vinegar Hill School (historical)	1695228	School	Jo Daviess	IL
Vinegar Hill-Indian Rock Scenic Area	1167308	Park	Grant	OR
Vinegar Hollow	1077123	Valley	Scioto	OH
Vinegar Jack Hill	425602	Summit	Pope	IL
Vinegar Lake	653662	Lake	Morrison	MN
Vinegar Lake	1527717	Lake	Okanogan	WA
Vinegar Mine	1685097	Mine	Boulder	CO
Vinegar Mountain	792718	Summit	Flathead	MT
Vinegar Peak	237092	Summit	Tehama	CA
Vinegar Peak	844590	Summit	Washoe	NV
Vinegar Ridge	1576105	Ridge	Crawford	WI
Vinegar Run	1047462	Stream	Clermont	OH
Vinegar Run	1488134	Stream	Highland	VA
Vinegar Spring	856730	Spring	Washoe	NV



Figure 61. Broccoli Bacon Salad

Broccoli Bacon Salad

From the kitchen of Jane Messenger

This is best made at least one day in advance.

2-3	Bunches	Broccoli, separated into flowerets
1	Cup	Mayonnaise (NOT salad dressing)
2	Tbsp	White Vinegar (it must be the white vinegar to help break down the broccoli)
2	Tbsp	Sugar
8 – 10	Rashers	Bacon, fried very crisp and broken into pieces
1	Small to medium	Red onion (chopped)
1 - 1 1/2	Cups	Raisins
1/2 – 3/4	Cup	Sliced almonds

Mix the mayonnaise, vinegar and sugar. Add broccoli, bacon and onion. Mix well. Add raisins and sliced almonds.

Brussels Sprout Salad

Mon petit chou is the French name for this very nutritious vegetable which I'll agree smells like cabbage when cooking. Maybe because the French name means "little cabbages". I like Brussels sprouts cooked as well as raw. To cook them, boil them in a large amount of salted water, until just barely tender and drain. I add a little butter although you could add, bacon bits or chopped nuts (such as chestnuts), poppy seeds, sour cream, cheese, or a white sauce.

Three-fourths of our supply of Brussels sprouts comes from the Santa Cruz County and Monterey Bay area of California. The peak growing season is August to April – yes, August to April. Brussels sprouts are rich in vitamins A and C, potassium and iron, contain folic acid that is also found in dark-green leafy vegetables and which may protect against cervical cancer and some birth defects. Brussels sprouts are low in sodium, high in fiber, low in calories and virtually fat free.

The salad below is made with raw thawed Brussels sprouts. The marinate is the same marinate used in the recipe for 9-day coleslaw (cole slaw) also included below.

There are nine records in GNIS containing the word Brussels in their name, none of which are natural features and five records in GNIS whose feature name contains the word Sprout.

Feature Name	ID	Class	County	State
Brussels	1562313	Populated Place	Door	WI
Brussels Hill	1562314	Summit	Door	WI
Town of Brussels	1582880	Civil	Door	WI
Brussels	740701	Populated Place	Lincoln	MO
Brussels School	742461	School	Lincoln	MO
Brussels	405068	Populated Place	Calhoun	IL
Brussels School	405069	School	Calhoun	IL
Brussels High School	1808826	School	Calhoun	IL
Village of Brussels	2397479	Civil	Calhoun	IL

Feature Name	ID	Class	County	State
Sproutsprings Post Office (historical)	2440507	Post Office	Estill	KY
Little Sprouts Creek	1484978	Stream	Smyth	VA
Sprouts Creek	1487480	Stream	Smyth	VA
Sprouts Run	1487481	Stream	Botetourt	VA
Sprouts Creek School (historical)	1500550	School	Smyth	VA



Figure 62. Brussels Sprout Salad

Brussels Sprout Salad

From the kitchen of Jane Messenger

This is best if prepared the day before first use.

Salad

2	12 oz	Bags of frozen Brussels sprouts – thawed OR 24 oz raw Brussels sprouts cleaned
2	Bunches	Green onions chopped including the green tops
1	Medium	Green pepper chopped
1	Medium	Red pepper chopped
2	Cups	Small button mushrooms (optional)
3/4	Cup	Sugar or
1/2	Cup	Splenda®
		Salad marinade

Mix the vegetables and cover with sugar or Splenda®. Let stand while making the marinade.

Salad Marinade

1/2	Cup	Vegetable oil
1/2	Cup	Vinegar
1	Tbsp (scant)	Salt
1	Tbsp	Celery seeds

Bring ingredients for the marinade to a boil. Remove from heat and pour over the salad ingredients. This will keep in the refrigerator for 9 days. Use as wanted.

Chicken Salad

There are as many recipes for chicken salad as there are for fried chicken. In fact there are dozens of recipes for fried chicken salad. I've included two versions of chicken salad for you to try. I enjoy a version of the Waldorf Salad that uses chicken, celery, grapes, marshmallows and almonds.

One cup of celery contains only 19 calories. I've heard it said that one uses more calories eating celery than they ingest. If this is true you might consider celery a negative calorie food. But celery contains many other good qualities. That one cup contains about 43 percent of your daily requirement for vitamin K, 14 percent RDV vitamin C and 10 percent RDV potassium. It also contains folate, dietary fiber, molybdenum, manganese, vitamin B6 (pyridoxine), calcium, vitamin B1 (thiamin), magnesium, vitamin A, tryptophan, phosphorus, vitamin B2 (riboflavin) and iron.

There are 9 records in GNIS with the word Celery in their feature name.

Feature Name	ID	Class	County	State
Celery Lake	240395	Lake	San Luis Obispo	CA
Celery Center School	622962	School	Van Buren	MI
Celery Lake	655690	Lake	Cook	MN
Wild Celery Creek	896586	Stream	Cibola	NM
Celeryville	1038919	Populated Place	Huron	OH
Celeryville Upground Reservoir Dam	1078846	Dam	Crawford	OH
Celeryville Reservoir	1078847	Reservoir	Crawford	OH
Celery Creek	1354173	Stream	Menard	TX
Celery Meadow	1517584	Flat	Pierce	WA



Figure 63. Chicken Salad

Chicken Salad

From the kitchen of Jane Messenger

2	Cups	Cubed cooked chicken
1/3	Cup	Celery, chopped
1/3	Cup	Green Pepper (optional), chopped
1	Cup	Craisins (optional)
1/2	Cup	Chopped pecans (optional)
1 1/2	Cup	Whipped topping (I cheat with this and use the prepared whipped topping found in the freezer department of my grocery store)
2	Tbps	Salad dressing (I use Miracle Whip® – original)
1	Tbsp	Sugar

Mix chicken, vegetables and nuts. Mix until creamy the whipped topping, salad dressing and sugar. Add to the salad fixings.

Chicken Salad #2

The Waldorf Salad gave me the idea for this salad. Although about the only things this has in common with the Waldorf Salad are the whipped cream dressing, apples and grapes. This makes a light and crunchy salad.



Figure 64. Chicken Salad #2 (Chicken Salad with Grapes and Apples)

Chicken Salad #2 (Chicken Salad with Grapes and Apples)

From the kitchen of Jane Messenger

Salad

2	Cups	Cooked Cubed Chicken
1	Cup	Apple (cubed)
1	Cup	Seedless red, green, or mixed Grapes (sliced in half)
1/2	Cup	Celery (finely sliced)
1/2	Cup	Almond slices

Dressing

1 1/2	Cup	Whipped topping, thawed
3/4	Cup	Salad dressing (I use Miracle Whip®)

Mix salad contents together. Mix well the thawed whipped topping and salad dressing. Add to the salad fixings.

Coleslaw (Cole Slaw)

Have you ever wondered why it is spelled “cole”? The word “coleslaw” comes from the Dutch *koolsla* which means cabbage salad. I grew up with coleslaw made with chopped cabbage, green peppers, green onions, bacon and a dressing made with Miracle Whip® mixed with a little of the melted bacon grease, salt, pepper, sugar and half-and-half to thin the dressing to a consistency that would mix well with the vegetables. Later my mother found a recipe for a 9-day slaw whose marinate I apply to the Brussels Sprout Salad as well as cabbage.

Cabbage is abundant, inexpensive and stores well in the refrigerator for more than two weeks without spoiling. One cup of cabbage will provide:

Percent Daily Value (approx)	Nutrients in Shredded or Boiled Cabbage
92	Vitamin K
50	Vitamin C
14	Dietary fiber
9	Manganese
8.5	Vitamin B6
8	Folate
7.5	Omega 3 fatty acids
7	Vitamin B1
6	Vitamin B2
6	Calcium
5	Potassium
5	Vitamin A
4	Tryptophan
3	Protein
3	Magnesium
33	Calories

For several years it has been known that many phytonutrients work as antioxidants to disarm free radicals before they can damage DNA, cell membranes and fat-containing molecules such as cholesterol. Phytonutrients (*phyto* from Greek meaning plant) are particular organic components of plants thought to promote human health. Fruits, vegetables, grains, legumes, nuts and teas are rich sources of phytonutrients. Because these components are not essential for life they are sometimes referred to as phytochemicals. Research is finding that phytonutrients in crucifers, such as cabbage, work at a much deeper level actually signaling our genes to increase production of the enzymes involved in detoxification, the cleansing process through which our bodies eliminate harmful compounds.

Science has proven that cabbage has many health benefits and much therapeutic value. It plays a role in the inhibition of infections and ulcers. Cabbage extracts have been proven to kill certain viruses and bacteria in laboratory settings. Cabbage boosts the immune system’s ability to produce additional antibodies. Cabbage also provides high levels of iron and sulphur. These minerals work in part as cleansing agents for the digestive system.

Phytonutrients in cruciferous vegetables optimize our cells' ability to disarm and clear free radicals and toxins, including potential carcinogens. This may be why cruciferous (cabbage family) vegetables appear to lower our risk of cancer including prostate, colorectal and lung cancer more effectively than any other vegetables or fruits.

One of my favorite dishes is fried cabbage and noodles. (See Miscellaneous recipes.)

There are no records in GNIS using Coleslaw, Cole Slaw, or Slaw. There are nearly 750 records, however, containing the word "Cole" in the feature name. There is no way to tell for certain if the word is commemorative (most likely) or Dutch for cabbage. There are however 122 records containing the word Cabbage, three of which are in Missouri.

Feature Name	ID	Class	County	State
Cabbage Branch	715170	Stream	Dallas	MO
Cabbage Neck School	715171	School	Lafayette	MO
Cabbage Head	2037827	Summit	Pulaski	MO



Figure 65. Coleslaw

Coleslaw

From the kitchen of Georgiabelle Messenger

1	Medium	Head of cabbage – chopped or shredded
2	Bunches	Green onions chopped
3	Rashers	Bacon, crisply cooked and broken into small pieces
1	Medium	Green pepper, chopped
1 1/2	Cups	Miracle Whip® or Mayonnaise
1/4	Cup	Bacon grease, melted
1	Tbsp	Sugar
1 – 2	Tbsp	Half & Half
	To Taste	Salt
	To Taste	Pepper

Mix all vegetables and bacon in a bowl. Set aside. Mix remaining ingredients in a separate container until smooth. Pour over salad vegetables and bacon and mix well. Serves six.

9-Day Slaw

Another version of the cole slaw recipe is this one which will keep in the refrigerator for up to nine days.

For those of you that are interested, there are seven records in GNIS using the word Refrigerator in their feature name and four using Ice Box in their feature name.

Feature Name	ID	Class	County	State
Refrigerator Campground	1529360	Locale	Chelan	WA
Refrigerator Canyon	801357	Valley	Lewis and Clark	MT
Refrigerator Canyon	1431741	Valley	Washington	UT
Refrigerator Canyon	1524984	Valley	Ferry	WA
Refrigerator Creek	1148367	Stream	Klamath	OR
Refrigerator Gulch	183666	Valley	Park	CO
Refrigerator Place Well	919694	Well	Catron	NM

Feature Name	ID	Class	County	State
Ice Box Canyon	1034938	Valley	McKenzie	ND
Ice Box Canyon	1589858	Valley	Park	WY
Ice Box Tank	22533	Reservoir	Graham	AZ
Icebox Gulch	1265659	Valley	Lawrence	SD



Figure 66. 9-Day Slaw

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9-Day Slaw

From the kitchen of Georgiabelle Messenger

3	lbs	Cabbage chopped extremely finely
1	Medium – large	Green pepper chopped
2	Whole	Yellow or white onions chopped (optional)
3/4	Cups	Sugar or
1/2	Cup	Splenda®

Salad Marinade

This is the same marinade that is used for the Brussels Sprout Salad

1/2	Cup	Vegetable oil
1/2	Cup	Vinegar
1	Tbsp (scant)	Salt
1	Tbsp	Celery Seeds

Chop the cabbage extremely finely. I use a food processor for chopping all of the vegetables. Sprinkle with the sugar or Splenda® and set aside while cooking the marinade. Bring the remaining ingredients to a boil, remove from the heat and pour over the vegetables. This salad will keep well in the refrigerator for up to nine days. Use as wanted. Serves twelve.

Pasta Salad

This is an extremely easy salad to make and may contain almost any of many different vegetables, pasta and an Italian salad dressing.

My favorite pasta to use in this salad is the colorful pasta. This adds color to the salad. Then adding various colorful vegetables and olives makes this a tasty and filling salad.



Figure 67. Pasta Salad

Pasta Salad

From the kitchen of Jane Messenger

1	Pkg	Colorful pasta
1		Zucchini, cubed
1		Summer squash, sliced
1	Medium	Green pepper, chopped
1	Bunch	Green onions, chopped including tops
1	Medium can (drained)	Whole medium black olives
1	Medium jar (drained)	Stuffed green olives
1	Cup	Carrots, sliced and very lightly cooked carrots
1	Cup	Broccoli flowerets
1	Jar	Italian salad dressing

Cook the pasta until done. Wash thoroughly to remove starch from the pasta. Cool. Add remaining ingredients and pour the salad dressing over the mixture. Mix.

Pea Salad

This salad was one of my family's favorite summertime salads. I preferred potato salad, my brother liked pea salad best. For picnics or back yard barbeques we generally had both. Growing up, we used canned peas and pea salad was the only way my mother could get me to eat canned peas. To this day, I much prefer the frozen peas and that is what I use to make this salad.

There are more than 314 records in GNIS using the word Pea in their feature name. Missouri alone has more than ten percent of them at 34.

Feature Name	ID	Class	County	State
Brewer Lake Ditch	714676	Canal	Mississippi	MO
North Fork Pea Ridge Creek	736025	Stream	Greene	MO
Pea Branch	739258	Stream	Vernon	MO
Pea Ridge	724120	Ridge	Phelps	MO
Pea Ridge	724121	Ridge	Osage	MO
Pea Ridge	724122	Ridge	Warren	MO
Pea Ridge	724123	Ridge	Lincoln	MO
Pea Ridge	751518	Populated Place	Washington	MO
Pea Ridge	751519	Ridge	Phelps	MO
Pea Ridge	751520	Ridge	Washington	MO
Pea Ridge Cemetery	724124	Cemetery	Wright	MO
Pea Ridge Cemetery	724125	Cemetery	Washington	MO
Pea Ridge Cemetery	751521	Cemetery	Phelps	MO
Pea Ridge Church	724126	Church	Wright	MO
Pea Ridge Church	724127	Church	Marion	MO
Pea Ridge Church	751522	Church	Texas	MO
Pea Ridge Creek	724128	Stream	Greene	MO
Pea Ridge Hall	742349	Building	Washington	MO
Pea Ridge Hollow	724129	Valley	Polk	MO
Pea Ridge Hollow	724130	Valley	McDonald	MO
Pea Ridge Hollow	724131	Valley	McDonald	MO
Pea Ridge Incorporated Lake Dam	765221	Dam	Washington	MO
Pea Ridge Mine	751523	Mine	Washington	MO
Pea Ridge Mine Dam	764284	Dam	Washington	MO
Pea Ridge School	724132	School	Wright	MO
Pea Ridge School	724133	School	Washington	MO
Pea Ridge School	747991	School	Franklin	MO
Pea Ridge School	756511	School	St. Louis	MO
Pea Ridge School (historical)	742413	Locale	Lincoln	MO
Pea Ridge School (historical)	751524	School	Texas	MO
Pea Ridge Tailings Pond	764285	Reservoir	Washington	MO
Pea Vine Hollow	751525	Valley	Shannon	MO
Peavine School	735773	School	Douglas	MO
South Fork Pea Ridge Creek	736038	Stream	Greene	MO



Figure 68. Pea Salad

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Pea Salad

From the kitchen of Georgiabelle Messenger

4	Cups	Raw peas (I use frozen peas that I've thawed)
1	Bunch	Green onions, cut
1	Small	Green pepper, chopped
1/2	Cup	Cheddar cheese, cubed
4	Hard boiled	Eggs, peeled and chopped
3/4	Cup	Mayonnaise or Salad dressing (I use Miracle Whip®)
1	Tbps	Sugar
1	Tbsp	Milk
	To taste	Salt
	To taste	Pepper

Mix the vegetables, cheese and eggs. Mix the mayonnaise or salad dressing, sugar, milk, sugar, salt and pepper then pour over the salad mix.

Turkey Salad

Besides the wonderful smell filling the kitchen while a turkey is roasting, there are the nice leftovers from cooking a full sized turkey. I will admit that I quickly tire of roast turkey dinners and the normal turkey sandwich. So I like to make a turkey salad. We make chicken salad all the time so why not turkey.

As there are many varieties of chicken salad, so too could there be as many varieties of turkey salad. In fact, you could just substitute turkey for chicken in your favorite recipe. However, I really like cranberries and cranberry sauces so I make my turkey salad (even my chicken salad) with craisins, cranberries, cranberry relish or cranberry sauce.

Making a turkey salad sandwich instead of just a turkey sandwich is also a way to stretch the leftover turkey if there just isn't enough to feed the leftover holiday guests.

There is only one record in GNIS using the word salad in its name (although well more than 150 using salada or salado – salado being the Spanish word for salty or salted or witty).

However, there are more than 2000 records nationwide using the word Turkey in their names. Missouri has more than 120.

Feature Name	ID	Class	County	State
Leach Turkey Ranch	731075	Locale	Reynolds	MO
Turkey Creek	732405	Stream	Marion	MO
Turkey Shin	732406	Area	Marion	MO
Turkey Knob	733853	Summit	Ozark	MO
Turkey Hollow	734611	Valley	Laclede	MO
Turkey Branch	738735	Stream	Monroe	MO
Turkey Flat	739460	Area	McDonald	MO
Turkey Pen Hollow	739461	Valley	McDonald	MO
Turkey Creek (historical)	744918	Locale	Benton	MO
Turkey Island	754535	Island	Ripley	MO
Turkey Knob	755500	Summit	Ripley	MO
Turkey Creek	727863	Stream	Putnam	MO
Turkey Grove School (historical)	727870	School	Harrison	MO
Turkey Branch	727840	Stream	Scotland	MO
Turkey Creek	727862	Stream	Atchison	MO
Turkey Creek	727853	Stream	Adair	MO
Turkey Creek	727861	Stream	Gentry	MO
Turkey Run	727881	Stream	Adair	MO
Turkey Creek	727852	Stream	Macon	MO
Little Turkey Creek	721345	Stream	Macon	MO
Big Turkey Creek	714232	Stream	Linn	MO
Little Turkey Creek	721344	Stream	Linn	MO
Turkey Creek School	727868	School	Caldwell	MO
Turkey Creek	727851	Stream	Caldwell	MO
Turkey Creek	727860	Stream	Chariton	MO
Turkey Creek	729404	Stream	Ralls	MO
Turkey Creek	727850	Stream	Carroll	MO
Turkey Creek	729405	Stream	Monroe	MO
Turkey Creek	727859	Stream	Carroll	MO
Turkey Creek	727858	Stream	Lincoln	MO

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Turkey Farm Lake Dam	761089	Dam	Boone	MO
Turkey Island	727874	Island	Lincoln	MO
Turkey Lake	727877	Lake	Lincoln	MO
North Fork Turkey Creek	751346	Stream	Boone	MO
South Fork Turkey Creek	752263	Stream	Boone	MO
Turkey Creek	752595	Stream	Boone	MO
Turkey Branch	727839	Stream	Montgomery	MO
Turkey Creek	727857	Stream	Pettis	MO
Turkey Creek	752603	Stream	Callaway	MO
Turkey Trot Creek	727882	Stream	Moniteau	MO
Turkey Creek	727849	Stream	Gasconade	MO
Turkey Creek	738002	Stream	Gasconade	MO
Turkey Knob	727876	Summit	Bates	MO
Turkey Creek	729827	Stream	Benton	MO
Turkey Creek	727848	Stream	Miller	MO
Turkey Creek Cove	727867	Bay	Benton	MO
Little Turkey Creek	721343	Stream	Benton	MO
Turkey Creek Chapel	727864	Church	Benton	MO
Turkey Hollow	727871	Valley	Benton	MO
Turkey Creek	727847	Stream	Washington	MO
Turkey Branch School (historical)	727841	School	Washington	MO
Turkey Bend	727837	Bend	Camden	MO
Turkey Hollow	756808	Valley	St. Clair	MO
Turkey Creek	727843	Stream	Maries	MO
Turkey Creek	756807	Stream	St. Clair	MO
Turkey Island	727873	Island	Ste. Genevieve	MO
Turkey Creek State Wildlife Area	758182	Park	St. Clair	MO
Turkey Hollow	738051	Valley	Washington	MO
Turkey Creek	756805	Stream	St. Francois	MO
Turkeypen Hollow	727885	Valley	Camden	MO
Turkeypen Hollow	727883	Valley	Camden	MO
Turkey Creek	756806	Stream	St. Clair	MO
Turkey Hill Lead Diggings	736802	Mine	Washington	MO
Turkey Ridge School	753323	Locale	Pulaski	MO
Little Turkey Creek	721342	Stream	Cedar	MO
Turkey Ridge	752609	Populated Place	Pulaski	MO
Turkey Hollow	753220	Valley	Ste. Genevieve	MO
Turkey Toe Canyon Lake Dam	764663	Dam	Perry	MO
South Fork Turkey Creek	726757	Stream	Cedar	MO
Turkey Creek	752602	Stream	Madison	MO
Maze Creek	729926	Stream	Dade	MO
Turkey Creek	752598	Stream	Madison	MO
Turkey Creek	727856	Stream	Polk	MO
Turkey Foot Mountain	752605	Summit	Iron	MO
Turkey Knob	727875	Summit	Polk	MO
Turkey Creek	727855	Stream	Cape Girardeau	MO
Turkey Creek Church	727866	Church	Polk	MO
Turkey Pen Hollow	753562	Valley	Madison	MO
Turkey Roost Hollow	752611	Valley	Shannon	MO
Turkey Creek	752597	Stream	Bollinger	MO
Turkey Creek	753728	Stream	Bollinger	MO
Turkey Ridge	738484	Ridge	Madison	MO
Turkey Hill	730527	Summit	Bollinger	MO
Turkey Ridge	727880	Ridge	Bollinger	MO
Turkey Branch	727838	Stream	Bollinger	MO
Turkey Roost Hollow	752610	Valley	Shannon	MO
Turkey Pen Hollow	727879	Valley	Shannon	MO
Turkeypen Hollow	752613	Valley	Shannon	MO
Upper Turkey Creek School (historical)	748008	School	Wayne	MO

Upper Turkey Creek Church	752680	Church	Wayne	MO
Lower Turkey Creek School	721648	School	Wayne	MO
Turkey Creek	752601	Stream	Wayne	MO
Lower Turkey Creek School (historical)	748021	School	Wayne	MO
Turkey Creek	469335	Stream	Cherokee	KS
Turkey Creek	713117	Stream	Jasper	MO
Turkey Creek	727842	Stream	Jasper	MO
Lone Elm	729923	Populated Place	Jasper	MO
Turkey Oak Cemetery	727878	Cemetery	Shannon	MO
Turkey Oak School	747783	School	Shannon	MO
Turkey Hollow	727872	Valley	Christian	MO
Turkey Creek Church	727865	Church	Douglas	MO
Turkey Creek	727846	Stream	Douglas	MO
Turkey Creek	727845	Stream	Stoddard	MO
Turkey Creek	752600	Stream	Christian	MO
Turkey Spring	752612	Spring	Howell	MO
Turkey Flat Hollow	727869	Valley	Douglas	MO
Turkey Flat School	734256	School	Douglas	MO
Turkey Point	752608	Cape	Ozark	MO
South Fork Turkey Creek	752262	Stream	Ozark	MO
Turkey Creek	727844	Stream	Oregon	MO
Turkey Creek School (historical)	734285	School	Ozark	MO
Turkey Knob	752606	Summit	Oregon	MO
Turkey Creek	752599	Stream	Ozark	MO
Turkey Creek	55711	Stream	Boone	AR
Turkey Creek	727854	Stream	Taney	MO
Turkeypen Ridge	727886	Ridge	Oregon	MO
Turkey Mountain Estates Airport	758938	Airport	Barry	MO
Turkey Mountain	752607	Summit	Barry	MO
Turkeypen Hollow	727884	Valley	Ripley	MO
Turkey Creek	752596	Stream	Ozark	MO
Turkeypen Ridge	727887	Ridge	Howell	MO



Figure 69. Turkey salad served with fresh apple.



Figure 70. Close-up of Turkey Salad with Fresh Apples

Turkey Salad

From the kitchen of Jane Messenger

2	Cups	Ground cooked turkey
1/2	Cup	Chopped celery
1/2	Cup	Chopped green pepper
1/4	Tbsp	Chopped green onions (optional)
1/2	Cup	Craisins
1/4	Cup	Mayonnaise or salad dressing
1	Tbsp	Milk or half & half
1	Tbps	Sugar
	Salt	To taste
	Pepper	To taste

Mix mayonnaise or salad dressing, milk or half and half, sugar, salt and pepper and add to the other ingredients. Mix to coat everything well

Serve as sandwiches with lettuce or on a bed of lettuce with crackers or Melba toast.

Turkey Salad #2

This turkey salad uses turmeric in the salad dressing. Turmeric is one of Mother Nature's most powerful healers. Originally used in India most likely as a dye, it has been used there for more than 2500 years. This yellow spice harbors plenty of antioxidants. It is a natural antiseptic and antibacterial agent. When turmeric is combined with cauliflower, it has been shown to prevent prostate cancer and stop the growth of existing prostate cancer. It has been revealed to prevent breast cancer from spreading and shows promise in slowing the progression of multiple sclerosis in mice. Other benefits include that it is touted to prevent melanoma and cause existing melanoma cells to die, reduce the risk of leukemia in children, prevent metastases from occurring in many different forms of cancer, has had positive effects on multiple myeloma and been shown to stop the growth of new blood vessels in tumors. Turmeric has been found to boost the effects of some chemo drugs while reducing their side effects. It is a natural liver detoxifier and may aid in fat metabolism helping in weight management.

Turmeric has long been used by the Chinese as a treatment for depression. It is a natural painkiller and has potent natural anti-inflammatory benefits that work well with many anti-inflammatory drugs but without the side effects. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis. Turmeric speeds up wound healing and assists in remodeling damaged skin. It may also help in the treatment of psoriasis and other inflammatory skin conditions.

Turmeric harbors antiplatelet activity and the herb reduces the ability of the blood to form clots thereby improving circulation as well as offering some protection against heart attacks and strokes. The spice is believed by some researchers to break up brain plaques of amyloid beta, the abnormal protein buildup that is a hallmark of Alzheimer's. In India, where people eat curry almost every day, the rate of Alzheimer's is 25 percent of that in the United States. A University of California study in mice found that curcumin, the active ingredient in turmeric, reduced the buildup of the amyloid beta brain plaques.

A healthy way to dish up turmeric is by using this spice in salad dressings or adding turmeric powder to some of your dishes. Turmeric may be taken in pill form or as a powder in cooking. When used in cooking this spice give a distinctive yellow color to foods.

Although turmeric is considered a "safe herb" it should not be used by people with gallstones, bile obstructions, obstructive jaundice, acute bilious colic, or extremely toxic liver disorders. If you are pregnant, trying to conceive or have a history of fertility problems, or are nursing consult a doctor before using turmeric as this spice can be a uterine stimulant. Also consult your doctor if you suffer from congestive heart disease whose cause remains unidentified, a blood clotting disorder, are on any type of medication, or have health conditions.

Alas, there are no names found in GNIS using the word Turmeric in their feature name.



Figure 71. Turkey Salad #2

Messenger

Turkey Salad #2

From the kitchen of Jane Messenger

Salad

2	Cups	Cubed cooked turkey
2	Medium	Apples
1/3	Cup	Chopped celery
2	Tbsp	Raisins
2	Tbsp	Chopped raw cranberries
2	Tbsp	Chopped Parsley
1/2 – 3/4	Cup	Turmeric Dressing
	To taste	Salt
	To taste	Pepper

Mix all ingredients

Turmeric Salad Dressing

From the kitchen of Jane Messenger

2	Tbsp	Mayonnaise
2	Tbsp	Cream
1	tsp	Turmeric
	Dash	Salt
1/2	tsp	Sugar or Sweetener

Mix well

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