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### A Note from Glen

Spring is here. It's that annual transition from winter to summer. New growth is appearing and flowers are appearing. What a wonderful time of year to get outside, get some fresh air, and enjoy the beauty.

### Fun Facts and Trivia

Lethologica is the temporary inability to remember the word or name you wanted to use.

The United States Shreds 7,000 tons of used currency each year.

### Brain Teaser

Fill in the sentence below so that the first two words combine to make the third word. For example, given "The \_\_\_ was closing in, making his \_\_\_ harder but through his \_\_\_ of contacts he was able to evade the police." you would fill in NET, WORK, and NETWORK.

The \_\_\_ count in the imported food was particularly worrisome as there weren't \_\_\_ holes in the package, which had been shipped from \_\_\_.

See Page 3 for the answer.

## Going Green to Save Our Planet

Taking responsibility for our actions is becoming more and more crucial. Many people think they can't possibly make a difference but if we each make a commitment to start with small steps, together we can make a huge difference.

What are your green plans? Everyone starts with the light bulbs. That was the focus of a previous issue of this newsletter. After replacing light bulbs, the focus usually turns to recycling. Then what? Here are some ideas that might be helpful. Many of them are free or inexpensive.

- **Stop Junk Mail.** The junk mail we receive is not only a nuisance but a huge waste of energy. It's been suggested that the junk mail we Americans receive in just one day could produce enough energy to heat a quarter of a million homes! DMAchoice is a mail preference service offered by the Direct Marketing Association. [Fill out the form online here](#) to reduce the amount of junk mail you receive in your mailbox daily.
- **Purchase products that are recycled.** By purchasing these products you are helping to conserve natural resources and protecting our earth. Look for "made from recycled waste" or "made from post-consumer waste."
- **Use silverware and dishes instead of plastic and paper.** Not only will you help our earth, you'll save money as well.
- **If you don't need the light, turn it off.** If there is sufficient natural light in the room, don't reach for the light switch. And don't forget to turn off the light when you leave the room.
- **Check your hot water heater.** Your water heater uses about 20% of all the energy in your home. Turn it down to 130-140 degrees.
- **Use wood products that have the FSC logo.** The Forest Stewardship Council logo guarantees the wood came from a certified, well-managed forest.

There are numerous "green lists" available on the internet. These ideas came from **101 Ways to Help Planet Earth**, a 27-page ebook by Sandi Valentine. It's free and you can get your own copy [HERE](#).

## Tech Tip

Some of us need a little help with memory as we get older. Have you thought about using your cell phone as your digital photographic memory? How about using your phone's camera to capture the place where you parked? Use it to capture the label on the bottle of wine your spouse enjoyed. Take a picture of the price of a new gadget that you want to research online later. You might even use the camera to take a picture of a nice meal which you would like to try to reproduce at home. Just remember, your phone can be good for more than snapping pics of your buddies' bar shenanigans so you can blackmail them later!

## Gadgets and Goodies

Remember those large bulky camcorders that we used to lug around? It's hard to believe that you can get pocket sized ones in HD now. Of course they don't have all the bells and whistles of some of the larger ones but you're more likely to use it.

The new Kodak Zi6 HD mini camcorder was the MacWorld Eddy winner at the consumer electronics show. It shoots video at 720p resolution and comes with an HDMI cable to plug it into your HD TV. Or you can upload it to your Mac via a USB cable and view the movie using Quicktime. Best of all, it comes in several colors for around \$175. [Read the review here.](#)

## Quotable Quotes

Never mistake activity for achievement.  
~ John Wooden

About the only thing that comes to us without effort is old age. ~ Gloria Pitzer

## Pineapple: A Balance of Sweet and Tart



It's the season for fresh pineapple. The season runs from March through June, however, they are available year-round in local markets. Did you know that pineapples are actually not just one fruit but a composite of many flowers whose individual fruitlets fuse together around a central core? Each fruitlet can be identified by an "eye," the rough spiny marking on the pineapple's surface.

Not only is pineapple delicious, it also provides health benefits. It contains a large amount of Vitamin C which is the primary water-soluble antioxidant. It is also an excellent source of Manganese and Vitamin B1 for energy production and antioxidant defenses.

When shopping for pineapple, look for one that is heavy for its size. While larger pineapples will have a greater proportion of edible flesh, there is usually no difference in quality between a small and large size pineapple. It should be free of soft spots, bruises and darkened "eyes," all of which may indicate that the pineapple is past its prime. Pineapple stops ripening as soon as it is picked, so choose fruit with a fragrant sweet smell at the stem end. For the most antioxidants, choose fully ripened pineapple. Research conducted at the University of Innsbruck in Austria suggests that as fruits fully ripen, almost to the point of spoilage, their antioxidant levels actually increase.

Pineapple can be left at room temperature for one or two days before serving. While this process will not make the fruit any sweeter, it will help it to become softer and more juicy. Since they are very perishable, you should still watch them closely during this period to ensure that they do not spoil. After two days, if you are still not ready to consume the pineapple, you should wrap it in a plastic bag and store it in the refrigerator where it will keep for a maximum of three to five days.

Pineapple that has been cut up should be stored in the refrigerator in an airtight container. It will stay fresher and retain more taste and juiciness if you also place some liquid, preferably some juice from the pineapple, in the container. Although pineapple can be frozen, this process greatly affects its flavor.



## The Wine Corner



Sulfites, or sulfur dioxide, is a fruit preservative widely used in dried fruits as well as wine. Winemakers have been adding additional sulfites to wine for millennia. Sulfur helps prevent damage to the wine by oxygen, and it helps prevent organisms from growing in the wine. This allows the wine to last longer too, which lets it age and develop all of those complex flavors we all love and enjoy. If you didn't add sulfites, the wine would turn into vinegar in a matter of months.

Sulfite allergies are a problem for some wine drinkers, just like some people are allergic to peanuts. Humans can be allergic to about anything. You have probably noticed the words "contains sulfites" on the wine label. That is because U.S. law requires it if the amount is over 10 ppm (parts per million). You don't have to drink wine to see if you are allergic to sulfites. Eat some dried apricots instead if you are concerned. Two ounces of dried apricots have more sulfites than a glass of wine.

There is no such thing as sulfite-free wine. A totally sulfite-free wine would be an accident of nature; but wines low in sulfites or free of added sulfites do exist. Sulfites are a natural byproduct of the fermentation process. Fermenting yeasts present on all grape skins generate naturally occurring sulfites in amounts ranging from 6 to 40 parts per million.

If you want wine with less sulfites, look for organic wines which contain only natural sulfites. This means no additional sulfites have been added.

## Recipe of the Month

Here is a recipe for one of our favorite sandwiches. Serve with a bowl of fresh fruit for an elegant lunch.

### California Chicken Salad Sandwich

3 cups diced, cooked chicken breast  
1/2 cup celery, diced  
1/4 cup chopped pecans (or walnuts)  
1 apple, peeled and diced  
1/2 cup mayonnaise  
1/2 teaspoon salt  
1/2 teaspoon onion salt  
1/2 teaspoon poultry seasoning  
1/4 cup golden raisins  
8 croissants  
Green leaf lettuce

Mix the first 9 ingredients. Refrigerate until ready to use.

When ready to assemble the sandwiches, slice the croissants. Add the preferred amount of chicken salad. Top with a leaf of lettuce. Makes 8 delicious sandwiches.

## A Final Word

Thanks again for reading the Glen's Place Newsletter. Thanks to many of you, the mailing list continues to grow. If you know someone who would like to receive this monthly publication, they can sign up at [www.newsletter.glensplace.com](http://www.newsletter.glensplace.com). Just forward your copy to them or send them the link. Questions or comments are welcome and appreciated as usual, Express yourself [HERE!](#)

Until next time remember:

The only person who ever got everything  
done by Friday was Robinson Crusoe.

**Answer to Brain Teaser:** germ, any, Germany

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