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A Note from Glen

Aloha! I guess you could refer to this issue of the newsletter as the Hawaii issue. Does it seem possible that the fiftieth star on the United States Flag was added 50 years ago?

I was just thinking that maybe it's time to start planning another trip to Hawaii soon!

Fun Facts and Trivia

The first letters of the month from July to November spell the name JASON.

About 9 million people in the world share the same birthdate.

Brain Teaser

The following questions give a clue to a word. Choose the answer which best fits the clue. The only catch is that the answer options are scrambled...

1. A thick soup or stew.
etma, yvrnga, gtepaot, eucsa
2. A synthetic resin.
Tntcoo, lowo, replyteso, klis
3. A subtle or slight degree of difference.
Yegr, necnau, sphaes, qupaoc, tartar

See page 3 for the answers

Aloha: Fifty Years for the Fiftieth State

Fifty years ago this month, on August 21, 1959, Hawaii joined the union as the 50th state. It is the only state composed entirely of islands. In what is officially the State of Hawaii, there are eight major islands, from east to west: the Big Island of Hawaii, Kahoolawe, Kauai, Lanai, Maui, Molokai, Niihau and Oahu.



The Hawaiian Islands are the most isolated, inhabited pieces of land in the world. They are located almost 2,400 miles from California, 3,800 miles from Japan, 4,900 miles from China and 2,400 miles from the Marquesas Islands from which the first settlers arrived in Hawaii around 300-400 AD. This explains why Hawaii was one of the last inhabitable places on earth settled by man.

Here are some more interesting facts about Hawaii:

- ❖ Hawaii is the only state in United State that is not geographically located in North America.
- ❖ The wettest place on earth is Mount Waialeale on Kauai. It receives an average of 460 inches of rain per year.
- ❖ Hawaiian time runs two hours behind Pacific Standard Time, and five hours behind Eastern Standard Time.
- ❖ Hawaii has its own time zone i.e. Hawaiian Standard Time and there is no daylight savings time.
- ❖ Hawaii does not have a straight line in its state boundary.
- ❖ Hawaii is the only US state that grows coffee.
- ❖ More than one-third of the world's commercial supply of pineapples comes from Hawaii.
- ❖ The state of Hawaii has two official languages - English and Hawaiian.
- ❖ There are only 12 letters in the Hawaiian alphabet. Vowels: A, E, I, O, U and Consonants: H, K, L, M, N, P, W

Tech Tip

Most of us have accumulated a handful of email addresses that we are not prepared to stop checking altogether. If you are a Gmail user, you can consolidate all of your email addresses so that you don't have to log into several different accounts every day. You can set up your other accounts to forward all incoming mail to your Gmail account or you can use Gmail's "Get mail from other accounts" feature to automatically import every message you receive to your Gmail address. In addition you can use Gmail to send mail on behalf of any of your other email addresses. Did I mention that it's free?

Kitchen Tip

Instead of buying dry bread crumbs, consider making your own. Fresh homemade breadcrumbs are one of the little things that make a big difference in your cooking.

To make bread crumbs, use a crusty bread with a soft inside, like a baguette. Cut the bread into large cubes, leaving the crust on. Pulse the cubes in small batches in a blender or food processor until they form crumbs that are the size you want. Use the crumbs immediately or freeze them in a resealable plastic bag for future use.

Quotable Quotes

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.
- Harold Wilson

There is nothing in a caterpillar that tells you that it's going to be a butterfly.
- R. Buckminster Fuller

The Incredible Macadamia Nut



In the world of nuts and berries, macadamia nuts are almost as precious as gold. These delicious, exotic nuts with their rich flavor and oil are considered delicacies and are sometimes served as dessert nuts. They are popular gifts at holiday times, both alone and when covered with chocolate.

They are prized as souvenirs from Hawaii, and, thanks to Mrs. Fields' Cookies, macadamia and chocolate chip cookies have brightened many afternoons at the local mall.

In the minds of most Americans, macadamia nuts are associated with Hawaii. Even though macadamias are a commercial crop in Hawaii, they originated in northeastern Australia in the rain forests along the coast. The macadamia migrated to Hawaii courtesy of William Herbert Purvis who gathered macadamia nuts near Mount Bauple in Queensland, Australia, and brought them to Hawaii's Big Island in 1882. He nurtured the imported nuts and planted them as seedlings in Kukuihaele, Hawaii.

Today, Mauna Loa Macadamia Nut Corporation is the largest manufacturer of macadamia nuts in the world. The firm's plantation was founded in 1948, the trees began to bear fruit in 1954, and the first commercial crop was harvested and processed in 1956. Over 10,000 acres of rich, volcanic soil host Mauna Loa's orchards. Macadamia nuts provide a wide range of beneficial compounds. They are a high energy food, full of protein and fiber. They are loaded with other important nutrients. They have the highest amount of beneficial monounsaturated fats of any known nut. They also contain 9% protein, 9% carbohydrates, 2% dietary fiber, calcium, phosphorus, potassium, sodium, selenium, iron, thiamine, riboflavin, and niacin.

Macadamia nuts were first introduced to Hawaii in 1881 by William H. Purvis as a windbreak for sugar cane.

The macadamia is a tough nut to crack. It takes 300 pounds per square inch to break the macadamia nut shell, hardest of all nut shells.

The Wine Corner



One key aspect in the taste of wine is the degree of sweetness or dryness.

To put it simply, a dry wine is one that is not sweet. That means it has little or no residual sugar after the fermentation process. Sauvignon Blanc and Riesling are good

examples of dry wines. Sauterne, White Zinfandel, and Muscat are examples of sweet wine. A good contrast between sweet and dry can be found in sparkling wines. A Brut Champagne will exhibit no sweetness at all while a lush Asti Spumanti will demonstrate ample sugar on the palate.

The sweetness in wines can be deceptive, however. True sweetness is a result of sugar left in the wine after the fermentation process. There are other components in wine that can increase your perception of sweetness that are unrelated to residual sugar. Intense fruit flavors can be confused with sweetness but a wine can be fruity without being sweet. Other components such as acidity and tannin counterbalance the perception of sweetness. Lower levels of tannin and acidity can create, by their absence, a stronger impression of sweetness. For example, many fine German Rieslings have such high levels of acidity that they taste crisp and dry even though they contain high levels of residual sugar.

Consuming wine in moderation daily will help people to die young as late as possible.

- Dr Phillip Norrie

Recipe of the Month: Oven Porcupines

I recently received the following message from the Contact page on [Glen's Place](#):

"You were a life saver! My daughter called up at the last minute, wanting my oven porcupine recipe. I was ripping my kitchen apart searching for the right cookbook. I finally went online and there it was on your web site. Thanks so much. Most people up here have never heard of them before, but we grew up loving them. Thanks, Cathy"

This is a recipe that I had forgotten about, but that message inspired me to try them again. I had forgotten how delicious and easy they were. Maybe you will like them too. (B.C. In Florida, this one's for you!!)

1 pound ground beef 1/2 cup rice, uncooked
1/3 cup chopped onion 1 teaspoon salt
1/2 teaspoon celery salt 1/8 teaspoon garlic powder
1/8 teaspoon pepper

1 15-ounce can tomato sauce
2 teaspoons Worcestershire sauce

Combine ground beef, rice, onion, salt, celery salt, garlic powder, and pepper with 1/2 cup water in bowl. Shape by rounded tablespoonfuls into balls. Place in 8 x 8-inch baking dish.

Mix remaining ingredients with 1 cup water in bowl. Pour over meatballs. Bake covered for 45 minutes. Remove cover and bake 15 minutes longer. Makes 4 servings.

A Final Word

Keep those comments coming to Glen@Glen's Place.

Until next time remember: It's what you learn after you know it all that counts!

Answer to brain teaser:

A thick soup or stew.

Answer: gtepaot. Unscrambles to give pottage.

A synthetic resin.

Answer: replyteso. Unscrambles to give polyester.

A subtle or slight degree of difference.

Answer: necnau. Unscrambles to give nuance.

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