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**Break the Chain**

Toward the top of my list of pet peeves is forwarded emails. There are all sorts of junk emails floating around the internet, but perhaps the worst is those we send each other. One way to stop the junk is to stop sending it. The more you send, the more you will get in return.

On page 2, I have listed 5 things to consider when forwarding emails.

**Amazing Useless Information**

Eighty percent of the world's food crops are pollinated by insects.

The only insect that can turn its head is the praying mantis.

Slugs travel at a top speed of 0.007 miles per hour.

**Brain Teaser**

What number should come next in this series?

479126    62974    4796    697    ?

**See page 3 for the answer.**

**As American as.....Baked Beans**

We all think of July as the month of Independence Day, July 4, but did you know that July is National Baked Bean Month? If you're like most Americans, you're probably



celebrating this summer with a hot dog or hamburger and a side of baked beans. Americans consume 50 million pounds of baked beans during the month of July. (Source: Bush's Baked Beans ) That is enough to build a trail of baked beans cans longer than Historic Route 66, which runs from Los Angeles to Chicago. It's only fitting that July is National Baked Beans Month and the perfect time to enjoy one of America's favorite side dishes.

**The Boston Molasses Flood of 1919**

Most Americans have a jar of molasses in the kitchen, quietly gathering dust at the back of a cupboard. Typically, we use it once or twice a year, when making gingerbread or baked beans. In Boston, in 1919, it caused a disaster.

The United States Alcohol Company owned the largest molasses storage tank in Boston. The steel structure was ninety feet in diameter, fifty-two feet high, and was filled to the top with 2.3 million gallons of molasses. Then, shortly before noon on January 15, the vat exploded, sending molasses splashing onto city streets in all directions, speeding as fast as a man could run. The molasses smashed freight cars, plowed over homes and warehouses and drowned both people and animals. The black sticky stuff filled cellars for blocks around and it took months for the hydraulic syphons to pump it out. For months afterwards, wherever people walked, their shoes stuck to the goo.

## E-Mail Forwarding Etiquette

If you want to be truly thoughtful when forwarding emails, here are some rules to follow. If everyone followed them, the associated problems of forwarding emails could be avoided.

1. Don't forward anything without editing out all the forwarding >>>>, other email addresses, headers and commentary from all the other forwarders.
2. If you cannot take the time to write a personal comment at the top of your forwarded email to the person you are sending to – then you shouldn't forward it at all.
3. Think carefully about what you are forwarding. Will it be of value? Is it accurate? Will it be appreciated?
4. Forwarding of chain letters, regardless how noble the topic may seem, simply shouldn't be done. Just because the email says "forward to everyone you know" doesn't mean you have to!
5. If you must forward to more than one person, put your email address in the To: field and all the others you are sending to in the Bcc: field to protect their email address from being published to those they do not know.

## The Wine Corner



Writing in my sixty-fourth year, I can truthfully say that since I reached the age of discretion I have consistently drunk more than most people would say is good for me. Nor did I regret it. Wine has been for me a firm friend and a wise counselor. Often...wine has shown me matters in their true perspective, and has, as though by the touch of a magic wand, reduced great disasters to small inconveniences. Wine has lit up for me the pages of literature and revealed in life romance lurking in the commonplace. Wine has made me bold but not foolish; has induced me to say silly things but not to do them. - Duff Cooper, *Old Men Forget*.

## Will He Never Stop?

Nobody likes their salt more than I do. Yes, I'm guilty of salting food before I ever taste it. That doesn't mean I am not aware of sodium content and buy lower sodium products when they are available. I'm sure most of you do the same. At the same time, I never cease to be amazed at the sodium content in some of our favorite foods at restaurants and from the supermarket. Here are some sodium content numbers from a Los Angeles Times article in the Health Section on May 17, 2010. I think you will be astonished also. Compare these numbers with the maximum 2,300 mg (about 1 teaspoon) that is recommended for daily consumption.

### Restaurant Foods:

- Applebee's Crispy Orange Chicken Bowl (my favorite): 4,330 mg
- Houlihan's Thai Chile Style Chicken Wing Appetizer: 4,979 mg
- Chili's Jalapeño Smokehouse Burger with Jalapeño Ranch Sauce (includes cheese and two thick strips of bacon): 6,460 mg

### Packaged Foods:

- Hungry-Man Grilled Bourbon Steak Strips: 1,990 mg
- Boston Market Meat Loaf with Mashed Potatoes and Gravy: 1,680 mg.
- Hormel Compleats Beef Pot Roast with Potatoes and Carrots in Gravy: 1,470 mg.
- Maruchan Instant Lunch Chicken Vegetable Soup (one serving): 1,420 mg
- Rold Gold Pretzel Rods (6 pretzels): 1,220 mg. Does anyone eat just 6 pretzels?
- Hebrew National Quarter-pound Franks (one frank): 1,070 mg
- Oscar Mayer Lunchables (ham, cheddar cheese, crackers): 1,060 mg
- Kraft Easy Mac Microwavable Macaroni and Cheese Dinner: 1,050 mg.

What can you do? Read the labels, make wise choices, and cook at home more often so you will know what's in your food.

## Spice It Up!



### Horseradish

When I think of roast beef, I think of horseradish. Many people think of it as a perfect accompaniment for a delicious roast beef sandwich! Horsey

Sauce? Delicious! I can't imagine an Arby's roast beef sandwich without it!

In the United States commercial cultivation of horseradish began in the mid 1850s, when immigrants started horseradish farms in the Midwest. By the late 1890s, a thriving horseradish industry had developed in an area of fertile soil on the Illinois side of the Mississippi River. Later, smaller centers of horseradish farming sprouted in Eau Claire, Wisconsin. After World War II, homesteaders in the Tulelake region of Northern California began cultivating the root in the West. Other areas in the country followed suit. Today, approximately 6 million gallons of prepared horseradish are produced annually in the U.S. That's enough to generously season sandwiches to reach 12 times around the world.

### Horseradish Trivia:

- Horseradish is still planted and harvested mostly by hand.
- Horseradish is added to some pickles to add firmness and "nip".
- The bite and aroma of horseradish root are almost absent until it is grated or ground. During this process, as the root cells are crushed, volatile oils known as isothiocyanate are released. Vinegar stops this reaction and stabilizes the flavor.

## Featured Recipe: Farfalle with Chicken, Sun-Dried Tomatoes, Gorgonzola, and Pine Nuts

1/2 cup chopped, drained, oil-packed, sun-dried tomatoes (2 tablespoons oil reserved)  
2 skinless, boneless chicken breast halves (about 9 ounces total)  
1 pound farfalle, radiatori, or fusilli pasta  
4 garlic cloves, minced  
1/2 cup chopped fresh basil  
1/2 cup canned low-salt chicken broth  
1/2 cup crumbled Gorgonzola cheese (about 2 ounces)  
1/4 cup chopped prosciutto  
1/4 cup pine nuts, toasted

Heat 1 tablespoon oil reserved from tomatoes in a large heavy skillet over medium-high heat. Add the chicken to the skillet and sauté until cooked through, about 3 minutes per side. Transfer the chicken to a plate and cool; do not clean skillet. Cut chicken into 1/2-inch pieces.

Cook the pasta in a large pot of boiling salted water according to package directions until al dente. Drain and transfer to a large bowl.

Meanwhile, heat remaining 1 tablespoon tomato oil in same skillet over medium-high heat. Add the garlic and sauté about 1 minute. Add sun-dried tomatoes, chicken, basil, broth, cheese, and prosciutto to skillet and bring to boil.

Add sauce to pasta and toss to coat. Season to taste with salt and pepper. Top with pine nuts and serve. Serves 4.

### A Final Word

Thanks again for reading the newsletter. Share it with anyone who might be interested. Send questions and comments to [Glen@Glen's Place](mailto:Glen@Glen's Place).

Until next time remember: *There's always free cheese in a mousetrap.*

**Answer to brain teaser:** 79. The digits of the preceding number are reversed and the lowest one omitted.

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