



In This Issue

- It Happens in May
- More Salty Stuff
- The Wine Corner
- Recipe of the Month: Jambalaya
- A Final Word

Fascinations

I am fascinated by the kind and amount of information I get about my [Glen's Place](#) website from StatCounter. It even includes a recent visitor map like this one.



Amazing Useless Information

Cyprus has a map on it's flag.

New Zealand is the only country that contains every type of climate in the world.

Brain Teaser

Rearrange the following letters in three different ways to give three different 8-letter words.

A A E L N P R T

See page 3 for the answer.

It Happens in May

A simple internet search will show that there is something to celebrate on just about any day of any month of the year. Here are a few days that we celebrate annually in May.

- International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. The IND theme for 2010 is: *Delivering Quality, Serving Communities: Nurses Leading Chronic Care*. Let's take time to show our appreciation for the overworked and underpaid nurses around the world.
- The second Sunday in May is Mother's Day in the United States. Since 1914 this day has been recognized as a day to honor mothers and motherhood. Do something special for your mother (or someone who seems like a mother to you.)
- The Kentucky Derby is held on the first Saturday in May, capping the two-week-long Kentucky Derby Festival. It is widely considered the most prestigious horse race in the world. The Kentucky Derby is the first leg of the United States Triple Crown of Thoroughbred Racing.
- The last Monday of May is Memorial Day in the United States. This day it commemorates U.S. men and women who died while in the military service. In addition to remembrance, Memorial Day is also used as a time for picnics, barbecues, and family gatherings. One of the longest-standing traditions is the running of the Indianapolis 500 which has been held in conjunction with Memorial Day since 1911.
- The Indianapolis 500 is held each year on the Sunday before Memorial Day. It is one of the oldest, and considered one of the three most significant motorsports events in the world.

Thank a Teacher

National Teacher Day is always the Tuesday of the first full week of May. This year it is May 4. This day is part of a week-long celebration honoring our teachers. On Teacher Day, be sure to honor the special teachers in your life for the hard work they do each day.

Here is a little Teacher's Day humor:

Teacher: I told you to stand at the end of the line.

Pupil: I tried, but there was someone already there!

Not funny? Maybe this one.

A little girl came home from school and said to her mother, "Mommy, today in school I was punished for something that I didn't do."

The mother exclaimed, "But that's terrible! I'm going to have a talk with your teacher about this. By the way, what was it that you didn't do?"

The little girl replied, "My homework."

The Wine Corner



Twenty million acres are planted to grapes worldwide.

Among the world's fruit crops, wine grapes rank number one in number of acres planted.

California wines are imported by 164

countries.

The average cost of the grapes used to produce a \$20 bottle of wine is \$2.64.

More Salty Stuff

Last month in this column, I wrote about the high sodium content in processed foods and some restaurant food. The Centers for Disease Control and Prevention estimates that most Americans consume at least twice as much sodium as they need. This can contribute to high blood pressure and increased risk of heart disease.

Help is on the way, maybe. On March 22, according to the Wall Street

Journal, PepsiCo

Inc. announced

plans to start

churning out

batches of a secret

new ingredient to

make its Lay's

potato chips

healthier. Now I say

if you can make my favorite potato chips healthier, that's a good thing!

"They can have my salt shaker when they pry it from my cold dead fingers."

~ Comment from Dan Smith, Wall Street Journal Community

The ingredient is a new "designer salt" whose crystals are shaped and sized in a way that reduces the total amount of sodium consumers ingest when they munch. Tests are still underway but PepsiCo hopes the powdery salt will cut sodium levels by 25% in its Lay's Classic potato chips and could help reduce sodium levels even further in seasoned Lay's chips like Sour Cream & Onion. It could also be used in other products like Cheetos and Quaker bars.

Sodium intake recommendations may be lowered substantially in new U.S. dietary guidelines this year. In addition, First Lady Michelle Obama is pressing food companies to cut fat, salt, and sugar in their products. Maybe Pepsico is just trying to get a head start. They say it could take two more years before the new salt is introduced. I'll be waiting! In the meantime, don't mess with my salt shaker!

***Fun Fact:** Just a fifth of the salt content of a chip is actually tasted. The remaining four-fifths is swallowed before it is dissolved, making it essentially useless except for the fact that it has to be there for the other fifth to work.*

Spice It Up!



Cilantro

Cilantro is one of the most widely used and loved herbs in the world. It is loved by many and

abhorred by some but it is an essential ingredient in many cuisines around the world.

Cilantro, the leaves and stems of the coriander plant, (see note below) was originally grown around present day Greece, and has been used as a culinary herb since at least 5,000 B.C.

Cilantro has a very pungent odor and is widely used in Mexican, Caribbean and Asian cooking. The Cilantro leaves look a bit like flat Italian parsley and in fact are related. It is sometimes called Chinese Parsley. Leaves and stems pair well with piquant foods. Flavors are used to enhance and promote other pronounced flavors.

Cilantro can normally be found fresh in your local grocery store and is available year round. Before you store cilantro it should be rinsed and left moist (not wet) and placed in a plastic bag. The cilantro may be stored for up to 1 week.

Note: Coriander is the name of the plant from which we get cilantro. It refers to the spice produced from the seeds of the plant. The leaves of the plant are commonly called cilantro, which comes from the Spanish word for coriander. Coriander and cilantro have entirely different tastes and are not to be interchanged in recipes.

Featured Recipe: Jambalaya

2 tablespoons olive oil, divided
1 tablespoon Cajun seasoning
12 ounces Aidells® Cajun Style Andouille sausage, sliced into rounds (or use your favorite Andouille)
1 pound boneless skinless chicken breasts, cut into 1 inch pieces
1 large onion, diced
1 small green bell pepper, diced
2 stalks celery, diced
3 cloves garlic, minced
1 (16 ounce) can crushed Italian tomatoes
1/2 teaspoon red pepper flakes
1/2 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon Tabasco or your favorite hot pepper sauce
2 teaspoons Worcestershire sauce
1 teaspoon filé powder
1 1/4 cups uncooked white rice
2 1/2 cups chicken broth

Heat 1 tablespoon of olive oil in a large heavy Dutch oven over medium heat. Season the sausage and chicken pieces with Cajun seasoning. Sauté sausage until browned. Remove with slotted spoon, and set aside. Add 1 tablespoon olive oil, and saute chicken pieces until lightly browned on all sides. Remove with a slotted spoon, and set aside.

Using the same pot, saute onion, bell pepper, celery and garlic until tender. Stir in crushed tomatoes, and season with red pepper, black pepper, salt, hot pepper sauce, Worcestershire sauce and filé powder. Stir in chicken and sausage. Cook for 10 minutes, stirring occasionally.

Stir in the rice and chicken broth. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes, or until liquid is absorbed. Makes 6 hearty servings.

A Final Word

Thanks again for reading the newsletter. Send comments or questions to Glen@Glen's Place.

Until next time remember: *The best way to convince a fool that he is wrong is to let him have his way.*

Answer to brain teaser: parental, paternal, prenatal

If for some reason you no longer wish to receive the Glen's Place Newsletter, you can [unsubscribe here](#). If you know someone who would like to be on the mailing list, they can [subscribe here](#). Send your comments or questions to [Glen @ Glen's Place](mailto:Glen@Glen's Place).
