



In This Issue

- A Note from Glen
- Fun Facts and Trivia
- Brain Teaser
- Ban the Light Bulb?
- Kiwifruit
- Pumpkin Raisin Cake

A Note from Glen

It's time to get out those Halloween costumes once again. It may be hard to find new ones. Hint: They are mixed in with the Christmas and other Holiday merchandise. And it's only October!

At [Glen's Place](#), you can find some of those delicious [recipes](#) for October and the coming months.

The featured recipe this month is Pumpkin Raisin cake. Now is the perfect time to try it!

Fun Facts and Trivia

No piece of paper can be folded in half more than 7 times.

The wingspan of a Boeing 747 is longer than the Wright brother's first flight.

Brain Teaser

What English word has three successive double letters?

Answer at the bottom of Page 3.

Ban the Light Bulb?



Can you imagine a world without light bulbs? This century old technology is about to go by the wayside as lawmakers here and abroad consider banning it because of its contribution to global warming. California and Canada have decided to ban the sale of incandescent bulbs by 2012. They will be banned in Australia in 2010. The European Union is looking at banning production of the bulbs. And here, a U.S. Senate committee is working on a proposal that would phase out the light bulb in 10 years.

The task before us is to find a replacement. Right now, fluorescents, which are 5 times more efficient, are the only alternative. Consumers are not, however, warming up to compact fluorescents for several reasons including cost, light quality, and the fact that most are not dimmable.

So what comes next? LEDs, or light-emitting diodes, are quickly emerging as a challenger. These have been used in electronics for many years. They were usually red or green until a scientific breakthrough in the 1990s paved the way for the production of LEDs that produce white light. White LEDs have become more common in flashlights since they use less power than incandescent bulbs.

According to the U.S. Department of Energy, widespread use of LED lighting could cut consumption in half. By 2027, LED lighting could cut annual energy use by the equivalent of 500 million barrels of oil, which would reduce emissions of carbon dioxide, the gas believed to be responsible for global warming.

One of the greatest challenges is the cost of LED lighting, but the cost is going down. It is projected that by the middle of next year, they'll be priced for consumers but they will not be ready to replace incandescent bulbs in all their uses for the next five to 10 years.

I guess we will just have to wait and see what will light up your future. In the meantime, you can help by exchanging at least some of your bulbs to compact fluorescents.



Tips and Techniques

What dish doesn't taste better with cheese? Whether it's a pizza or potato topping, a tasty addition to soups and salads, a main ingredient, or all by itself, cheese is a flavorful and versatile favorite. Here are some tips for serving cheese:

- For best flavor, serve cheese at room temperature.
- Only remove the amount of cheese you will be using from the refrigerator.
- Keep the cheese wrapped so it doesn't dry out. Unwrap it just before serving.
- Have individual knives or serving tools for each cheese served.
- If you are presenting cheeses on one cheese platter, do not cut them into individual servings in advance. It is best to let guests slice their own portions.
- Avoid placing strong, pungent cheeses right beside delicately flavored cheeses.
- Serve with crusty French bread as an alternative to crackers.
- Wrap and refrigerate any leftover cheese as soon as possible.

Quotable Quotes

If you change the way you look at things, the things you look at change.
~ Wayne Dyer

It is forbidden to kill; therefore all murderers are punished unless they kill in large numbers and to the sound of trumpets. ~ Voltaire

The only source of knowledge is experience. ~ Albert Einstein

Kiwifruit: A Nutrient-Dense Fresh Fruit



Is there any fruit that is more elegant looking when sliced than kiwifruit? Kiwifruit, or simply kiwi, is egg-shaped and about 3 inches long. It has a thin, fuzzy, brown skin. The flesh is

bright green with tiny edible black seeds in a beautiful sunburst pattern. It has a taste that varies from sweet to tart. Some people say it tastes like a blend of pineapple and strawberries.

Kiwifruit is available year round. California provides 99 percent of the kiwifruit consumed in the United States. Most of the remainder comes from New Zealand. Since California and New Zealand have opposite growing seasons. California kiwifruit is available from November through May, while the New Zealand crop hits the market from June through October. Chile provides additional fruit from May through July.

For the sweetest, fullest flavor, look for ones that are plump and slightly soft to the touch like ripe peaches. Avoid shriveled or mushy fruit, or those with bruises or wet spots.

Ripen kiwifruit at room temperature for 3 to 5 days. You can speed up the ripening process by putting the fruit in a paper bag with an apple, or pear. These fruits give off ethylene gas, which speeds up the ripening process. Ripe kiwifruit will keep in a refrigerator for 2 to 3 weeks.

Kiwifruit can be peeled with a vegetable peeler or a sharp stainless-steel paring knife. Cut off both ends first, as this will make peeling easier. To eat the kiwifruit with a spoon, cut it in half and scoop out the flesh.

Here are some interesting ways to enjoy kiwifruit:

- ✓ Add kiwifruit cartwheels to fruit salads, chicken salads, or coleslaw.
- ✓ Top cereals with kiwifruit slices.
- ✓ Float kiwifruit slices in punch and cocktail recipes.
- ✓ Blend kiwifruit into frothy fresh fruit blender drinks.
- ✓ Use as a garnish on pies and cakes
- ✓ Give cheesecake a touch of elegance with a kiwifruit glaze.
- ✓ Scoop kiwifruit halves right from the skin with a spoon.
- ✓ Use as a meat tenderizer.

Not only is kiwifruit elegant and delicious, it is packed with more vitamin C than an equivalent amount of orange. One large fruit weighing about 3-1/2 ounces contains 61 calories and 140% of the RDA for vitamin C. Why not try one today for a healthy and delicious snack?

Life's Little Lessons

- I've learned that one person saying to me, "You've made my day!" makes my day.
- I've learned that money doesn't buy class.
- I've learned that everyone you meet deserves to be greeted with a smile.
- I've learned that opportunities are never lost. Someone else will take the ones you miss.
- I've learned that making a living is not the same as making a life.

The Wine Corner



Dessert wines are sweet wines that are served with (or instead of) dessert. As a rule of thumb, a dessert wine should be sweeter than the dessert that it accompanies.

In addition to being sweet, dessert wines have higher alcohol content. In the United States, dessert wines must have between 14 and 24 percent alcohol by volume (abv).

Late Harvest wines are made from grapes that have been left on the vine to become super ripe, shriveled, and full of sugar. They are often so sweet that you don't want to drink a lot of it. For this reason, you'll see dessert wines sold in smaller, 375 ml bottles.

One of our favorites is the EOS Estate (Paso Robles) 2001 Zinfandel Port. It was crafted from the single vineyard, original Estate planting and is particularly robust and fruity. It would be delicious served with a chocolate and raspberry cream torte! Or maybe a black walnut layer cake?

According to EOS, this wine will develop a pecan-like flavor with 10 to 20 years of aging. Can you wait that long?

Recipe of the Month

Pumpkin Raisin Cake

2 cups all purpose flour
2 cups sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon cloves
1 cup oil
4 eggs
1 (15 oz.) can (2 cups) pumpkin
1/2 cup chopped nuts
1/2 cup raisins

Frosting

1/3 cup butter, softened
1 (3 oz. pkg.) cream cheese, softened
2 cups powdered sugar
1 tablespoon milk
1 teaspoon vanilla

Heat oven to 350 degrees. Grease 13 x 9 x 2-inch baking dish. In a large mixing bowl, combine all ingredients except nuts and raisins. Beat at low speed until moistened. Beat 2 minutes at medium speed. Stir in nuts and raisins.

Pour into greased dish. Bake 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool completely.

In a small bowl, combine all frosting ingredients; beat until smooth. Frost cooled cake.

A Final Word

Once again I thank you for reading this 8th edition of my newsletter. (Can it really be that many?) Your response has been tremendous and your feedback has been appreciated. I am always looking for ideas. If you have suggestions or if you have something you would like to see included, just send it along to glendal@glensplace.com. If you have a favorite recipe that you would like to have published on my website, there is a form on the [Guest Recipes](#) page. Just paste your recipe on the page and click submit. It's easy! And you can become world famous, too!!!

Until next time, remember: Never do anything you would not want to explain to the paramedics.

Answer to Brainteaser: bookkeeper