

The Cookie List

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Many years ago, at our first meeting of LIHORT, it was announced that the cookie list was going around the room and to sign up if you want to. No one really explained what the Cookie List was since appears all the members knew, but we thought what could be bad about a Cookie List? We loved everything about cookies, even Fig Newtons! It was not until the next monthly newsletter came out where we read that we were to bring cookies to the following month's meeting.

That was the beginning of our monthly contribution to what has evolved into the Refreshment Hour. It expanded from just cookies to sweets and savory and meeting so many dietary restrictions and desires: kosher, gluten free, protein, diabetic, raw, and high fiber. A big leap was when Chris Douglas brought in her home-made deviled eggs, then the savory, non-sweets started to come in.

We have found so many ways to find new ideas, sometimes with less work and money. So, want to share my suggestions to encourage greater participation in the Refreshment Hour since we all enjoy the treats and opportunity to socialize and catch up with our horticultural friends. We often have a new recipe we want to try out so here is the perfect opportunity.

Last month we made a Churro Chocolate Chip Banana Loaf and it was gone within minutes, so that recipe will be a keeper. Also there are times we have a bountiful of an item, I will be making applesauce cake

and applesauce raisin cookies since found this large jar of applesauce that I was moved to buy one day and don't remember why I bought it. Like those sales you cannot resist, but then wonder what to do with the sale item like all that cantaloupe or watermelon or 1 pound of Cheddar Cheese. Cut it up and put in some sturdy toothpicks and bring it on in. What about those BOGO sales? Maybe two boxes of cookies are more than you should keep in the house so, bring one in. Jars of nuts and dried fruits have become popular too.

Besides feeling good about your participation, you will get one free raffle ticket and might win a wonderful prize! So please be generous with your fellow LIHORT friends and contribute. To keep down the use of plastics and paper and to minimize any spread of germs, bring in sliced single serve items, use toothpicks and single wrap items are good too. And don't forget to sign the sheet indicating you contributed so we can thank you in the next newsletter!

