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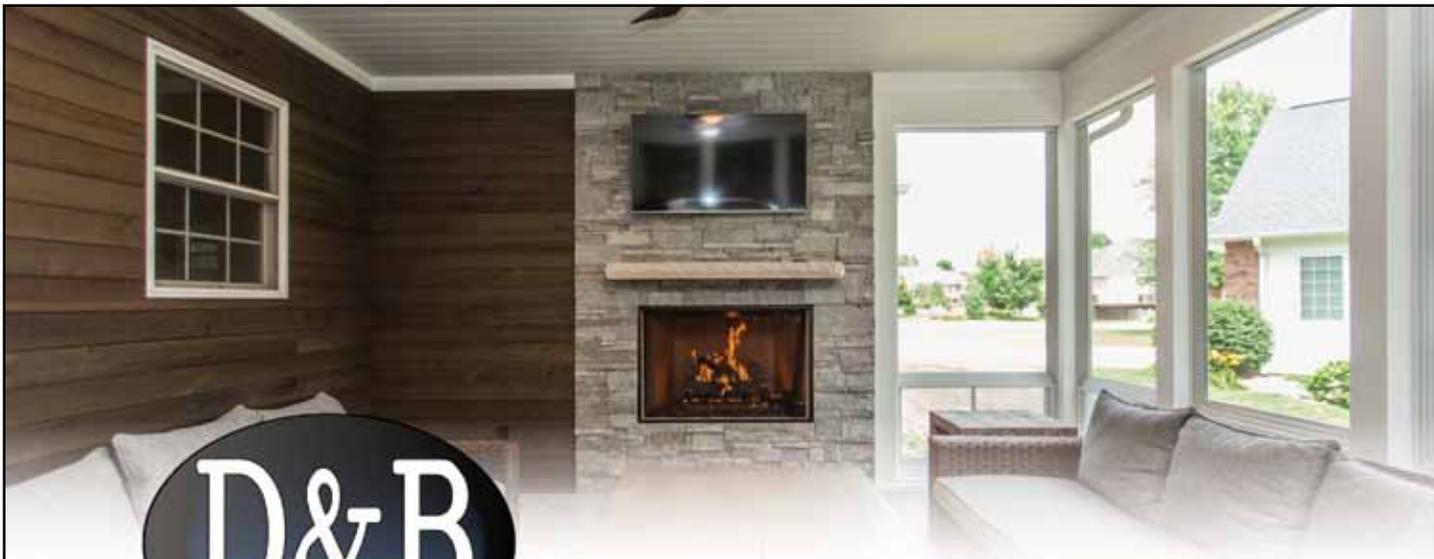
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Publisher's Note

Happy July! I can't believe we are already half way thru the year. With all the changes in our lives brought on by the Coronavirus, this year is going to one for the record books.

July 4th is certainly different. We are used to fireworks, and family gatherings with lots of good food. Now we must get creative and find a new way to celebrate. We are also missing out on many county fairs and of course the fair food! Check out the recipes from Charlotte at Macaroni Kid on making your favorite fair food at home. You can also take a drive on out to Joensy's in Center Point for their Family Fun Fair Food Night on Friday (4 - 8pm) and Saturday night (2-8pm). Bring your chairs, close your eyes and imagine the sounds of rides, music and friends in the air while enjoying some traditional fair food out front.

The temperature seems to be staying up there so be sure to keep yourself and any pets you have hydrated. It's pretty easy to get busy doing outside work or having fun and forget about your health. You also need to remember sunscreen to keep from getting burned or blistered. Our pets get busy playing outside also and sometimes forget to stay hydrated and cool. Take a look at our summer pet safety tips for some ideas to keep your pet safe this summer.

July is National Blueberry month. I am hoping I can beat the birds to mine this time. July is also National Hot Dog, Ice Cream and Picnic month. With social distancing, you may have to have your picnic in the back yard. Get out the slip and slide, some squirt guns or water balloons and have a ball.

Charolette also has some great recipes to enjoy watermelon this season. I hadn't thought about using the rind before, but I will give that a try. My grandma always made watermelon pickles using whole cloves and I always looked forward to getting a jar at Christmas.

This month we are featuring a great looking 1962 Corvette this month. Be sure to check it out. There have been a lot of car cruises going on and it is great to see many classics getting road time.

Have a great July and stay safe.

God Bless



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Gardening with Water

By Master Gardener Lisa Slattery
Information also from Iowa State University Extension

You may want to consider adding a water feature to your garden. A backyard pond or water garden creates soothing sounds of water and adds beauty. Water gardens can be incorporated into your landscape as a fountain, waterfall, container or pond in any size.

Water gardening has expanded over the last two decades due to new products now available for pond construction. There are all kinds of items like flexible and pre-formed liners that have made it simple to install a pond. These are quite affordable and come in a variety of materials like polyethylene, polyvinylchloride (PVC) and thick butyl rubber, all different sizes and depths. The flexible liners allow you to create pools, streams, and waterfalls in different shapes and sizes.

But you don't necessarily need a pond to have a water feature. Small decks or yards are perfect for a container water garden, which features a ceramic bowl that holds a couple gallons of water and some small aquatic plants. If you want to add the sound of water a fountain is perfect. Fountains come in endless designs and sizes.

There are a few things to consider before adding a water feature. Most important is the safety of small children that may be in your yard. That must be a priority. Then consider location. Slopes make nice waterfalls but ponds need to be on fairly flat ground. Stay away from underground utilities as well. The location needs some sunlight since many water plants require at least three to four hours of sunlight a day to prosper and bloom. Choose a location you can see and enjoy from a window or deck. If you want fish you'll need a pond depth of at least two-and-a-half or three feet.

When planning a water garden or pond, do some research and visit some water gardens for ideas. There are several water garden enthusiast groups to seek out such as the Eastern Iowa Pond Society and the Northern Iowa Association of Pond and Water Gardens. There are lots of books on water gardening and local nurseries are a good source of information.

Choosing plants for your water feature is the fun part. Some are hardy to our Zone when placed in the bottom of a three-foot-plus pond to encourage over-wintering and some are treated as annuals. There are natives like Marsh Marigold, Yellow and Blue Flag Iris, Water Lily and Sweet Flag. There are non natives too like some of the plant "floaters" which help shade the pond like Water Lettuce and Water Hyacinth. These two plants can be invasive in the south but aren't a problem in Iowa due to winter freeze. They do help to keep your pond clean and clear. Wait to plant these two plants until temperatures are consistently above 70-degrees.

Other plants to consider are Parrot's Feather, Floating Heart, dwarf cattails and Anacharis or "water weed."

Hardy Water Lilies grow in the same garden soil as most plants, but are happy growing in water gardens. They share a name but are not related to common garden lilies. These can be a bit invasive so it's good to grow these in pots for easier management in a water garden. They come in red, pink, white and yellow. They require six hours of sun to bloom well and will winter over when placed in the deepest part of a pond, at least two-and-a-half feet.

Tropical Water Lilies are vibrant and beautiful but are different than Hardy Water Lilies. The Tropical ones hold their blooms above the water, while the Hardy ones bloom at water level. The bloom times are different too. Hardy and day-blooming Tropical Water Lilies bloom mid-morning to late afternoon, and there is a night-blooming Tropical that blooms from dusk to noon. Tropical Water Lilies are grown as annuals in Iowa since they are hard to winter over. As with other plants, aquatic plants in water gardens also benefit from monthly applications of aquatic plant fertilizer.

These are just some very basics of water gardens, which can range widely to fit your yard. They can be as large or small as you like, and the plant materials are widely varied with lots of different shapes, sizes and colors to achieve the style of water garden you would like. For specific water gardening questions, you can call the Linn County Master Gardener Hotline at 319.447.0647. And don't forget there are lots of local and online resources as well.



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Summer Pet

Safety Tips

Follow these tips for a fun summer for you and your furry friend.

Flea and tick season is here. Choose a quality preventative from the start of spring such as oral tablets available from your veterinarian. Over-the-counter treatments rarely work and waiting can make it much harder to get rid of them.

Heartworm in common in summertime. Make sure to have your pet tested at the beginning of summer and treat as needed.

Allergies affect pets just as much as humans. Signs include persistent scratching, chewing on paws or legs, and ear infections.

Visit your veterinarian for treatment if you notice these signs.

Toxic ingestion. Make sure to put up and away toxins such as antifreeze and rat poison that will be deadly if ingested.

Prevent heat stroke.

Avoid long walks on hot days and do not leave pets outside for long periods of time. Provide adequate shelter/shade and water when pets are outside. Look for these signs of a heat stroke. Excessive panting, wobbly walking, bright red tongue.

What to Do if Your Pet Overheats:

Do:

- Get them out of the elements (somewhere cool)
- Try to give them some water
- Spray paw pads with rubbing alcohol (safely brings body temp down)

Don't:

- Cool pet's temperature too quickly (with shower or hose)
- Force them to drink water





14 Ways to Serve Watermelon This Summer

When you think of summer, what foods come to mind for you? For me, I think of corn on the cob, pasta salad, grilled dogs and burgers, smores, and WATERMELON! Summer just wouldn't be summer without watermelon, right? Watermelon adds a new twist and a sweet flavor to different recipes that your taste buds will not be expecting.

Here are a few ways to enjoy watermelon this summer:

Add to your salads

- Summer Watermelon Salad
- Watermelon Salad with Mint and Lime
- Slice watermelon thin and add to a caprese salad
- Wrap in prosciutto and add to your antipasta platter or charcuterie board

Add to salsa and jams

- Add to your favorite salsa or mango salsa for a sweet element
- Chop into your favorite chutney or jam recipe

Don't throw out the rinds!

Just remove the green and you can make all kinds of treats!

- Pickle the rinds for a tart treat
- Grate the rinds and add to coleslaw

Slice it

- Eat it as is, or bring out the sweetness by sprinkling a little sea salt on your slices
- Add to toast with goat cheese, honey and thyme

Grill it

- For a savory treat, grill slices or chunks and try different spices and flavors like chili powder and lime or honey
- Grill Caribbean kabobs with chicken, pineapple, peppers, and watermelon

For dessert

- Granitas are so refreshing. We love this one from The Pioneer Woman using ... you guessed it...watermelon
- How about a cake made out of watermelon? Peel, cut in the shape you'd like, ice with whipped topping and top with berries. So fun!

Watermelon is not only delicious but healthy too — it is full of vitamins A & C, lycopene, potassium, and amino acids. So don't just grab this big round ball of goodness for the holiday — enjoy it all summer long.





Not-So-Stuffed Peppers: A Vegetarian Recipe

Use leftovers and common pantry items to make this delicious dish.

I had a few random leftovers on hand after a taco Tuesday night at our house and I needed to come up with a delicious way to use up a half a can of black beans, some chopped peppers, and cooked rice. Cooked rice is always hard to use up the next day — unless you plan to put it into a soup or casserole — which is what I did here.

I ended up with a delicious recipe with Mexican flavors I'm calling not-so-stuffed peppers.

You really can mix up the vegetables and spices to your liking and it's such a forgiving recipe you can't mess it up.

Now get playing with ingredients and mix it up! Here is what I used:

Vegetarian Not-So-Stuffed Peppers

Ingredients:

Casserole:

- 2 cups cooked rice
- 1/2 cup beans (we used black beans)
- 1/2 cup chopped green olives (black would be good too!)
- 1 cup chopped sweet peppers
- 1/2 cup shredded cheese
- 1/2 cup salsa
- 2 tablespoons olive oil
- 3/4 cup vegetable stock (or any you have on hand)
- 2 tablespoons Parmesan cheese
- Salt and pepper to taste

Topping:

- 3 tablespoons olive oil
- 4 tablespoons Parmesan cheese
- 1/2 cup bread crumbs (we used Panko)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley
- 1/2 tsp cumin
- salt and pepper to taste

You can also use 2 tablespoons of taco seasoning in place of dried spices.

Add cooked ground beef, cooked shredded chicken, cooked shrimp, or even cooked fish for more protein!

Directions:

1. Preheat oven to 350 degrees.
2. In a large glass baking dish, mix all casserole ingredients together.
3. In a separate bowl, mix the dry topping ingredients together and sprinkle on top of the casserole.
4. Drizzle olive oil evenly over the top.
5. Put in the oven for 20-25 minutes or until heated through.

Twisted Shrimp Diablo with Artichoke Hearts

Ingredients:

- 3 tablespoons olive oil
- 1/4 cup onion, diced
- 1 tablespoon basil (dried or fresh)
- 1 pound peeled shrimp
- 1 tablespoon garlic, chopped
- 1 can of quartered artichokes; drained
- 1/2 cup red wine
- Salt and pepper, to taste
- 1 can of crushed tomatoes
- 1 teaspoon red pepper flakes (more if you like it hotter)
- One spaghetti squash

Directions:

1. Set oven to 350 degrees. Drizzle a cookie sheet with olive oil.
2. Halve and de-seed the spaghetti squash and sprinkle inside with a little olive oil, salt, and pepper. Place face down on the cookie sheet and cook for 20 minutes.

While the squash is cooking:

1. Add olive oil to a saucepan.
2. Add onions and garlic and let them soften and lightly brown. (about 3-5 min)
3. Add red wine and red pepper flakes. Let it bubble. (about 3 min)
4. Add tomatoes, basil, and the can of drained artichokes.
5. In a separate pan, melt 1 tablespoon of butter and a dash of olive oil.
6. Add and cook shrimp for about 5-7 minutes, or until pink and cooked through.

Remove the spaghetti squash from the rind with a fork and divide between plates. Top with sauce and shrimp. Finish with more fresh basil if you wish.



Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids and Macaroni Kid Iowa City. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit www.cedarrapids.macaronikid.com (Cedar Rapids) or www.iowacity.macaronikid.com (Iowa City) charlottel@macaronikid.com



Bringing Big Flavor to Iowa: **Authentic Jamaican Jerk Seasoning**

By Charlotte Linde

Giving the chef spotlight to Iowa Chef Anthony Green "Food is one of the most powerful ways to a person's heart."

That's true for Chef Anthony Green, whose first kitchen training began at the apron of his uncle while growing up in Jamaica. His Uncle Beres taught him how to make authentic Jamaican jerk seasoning, a fresh marinade that flavors food with the unmistakably delicious flavor Jamaica is famous for. While there was no written recipe to pass down, the love of food and family provided an unbreakable bond in Anthony's life, sending him on a trajectory that brought him to where he is today.

For 15 years, Anthony has been spreading his culinary knowledge and skills to others as a college chef instructor. He feels a deep sense of responsibility and love for his family in Jamaica and has dedicated his life to the ministry of food to honor them.

Currently, Chef Green is instructing at Kirkwood College in Cedar Rapids, Iowa. He is also bringing big authentic flavor to this midwest city with his new venture, Chef Green & Co. Their product? Uncle Beres Jamaican Jerk Seasoning.

I can attest, having visited Jamaica and fallen in love with jerk cuisine, that his seasoning is the real deal. I've had the honor of calling Chef Green and his family friends for many years, and I can tell you that his passion and love for food, family, and Caribbean cuisine is as authentic as you can get.

I often joke with Chef that we need to have a cook-off and he tells me every time — in his very cool and laid back Jamaican accent — that he will crush me. Well my dear friend, if the challenge was to make jerk seasoning? You'd win hands down! But that would be my only disadvantage — well that and that awesome accent.

You heard it here first folks! We'll keep ya posted!

What is jerk seasoning?

The word "jerk" started as a noun and then became a verb as in "jerking," which meant to poke holes in the meat so the spices could permeate it. Jerk cooking experts say that the name jerk also could have come from the turning of the meat in the marinade, or from the way some folks will just jerk a strip from the roast on the BBQ.

Historically, jerk seasoning started in the hills of Jamaica by the Maroons (runaway slaves who escaped the plantations) who were building a life for themselves. They used what they had from the land, including wild boar, to sustain their families. Jerk refers to a way that a meat, vegetable or fruit is seasoned and cooked. The typical cooking style uses a marinade or paste that includes at least pimento, which is often called allspice, and scotch bonnet peppers. The meat is then marinated and slow smoked over pimento wood. Pimento is a Spanish word for pepper and early European explorers mistook this for black pepper, so they called it pimento.

A great jerk seasoning is magical — and Chef Green & Co's Uncle Beres Jamaican Jerk Seasoning is just that.

Uncle Beres Jamaican Jerk Seasoning is a blend of bright spices that embody the spirit of the Caribbean people, with notes of nutmeg, cinnamon, and allspice brought together with the warmth of scotch bonnet pepper.

You can choose one of two flavors:

- The Original, which has light heat and is full of island flavor.
- The Spicy, which is also full of island flavor with a nice punch of scotch bonnet (on a scale of 1-10 of heat - it's an 8). This is my favorite!

At the moment, I'm the lucky one because you can



only find Chef Green & Co.'s Uncle Beres Jamaican Jerk Seasoning at Iowa farmer markets and at Lion Bridge Brewing Company in Cedar Rapids, Iowa. But it's so delicious that we just know it will be available to all one day and when it is you will hear about it first from us here!

For now, you can follow more of his story on his Facebook and Instagram pages and be sure to watch for the announcement of his new website, which will be live soon. Connecting through food is Chef Green's mission, and at the end of the day, that is what we love the most.

Cheers to you Chef!





Fair Foods You Can Make at Home

Even if you can't make it to the fairgrounds, you can try some of these homemade versions of some classic fair foods right in your own back yard or kitchen. Enjoy fair foods like Turkey Legs, Deep Fried Cheese Curds, and Fried Candy Bars. So, skip those lines and make your fair favorite - anytime!

Turkey Legs with Oprah's Favorite Marinade

Ingredients:

- 1 1/2 cups Dijon mustard
- 3/4 cup soy sauce
- 3/4 cup fresh lemon juice
- 4 turkey legs

Directions:

Preheat oven to 375°. Mix first 3 ingredients together in a large bowl and reserve 1/2 cup for basting. Add turkey legs to bowl of marinade and toss to coat. Remove drumsticks from marinade to a foil-lined 15x10x1-in. baking pan; discard marinade. Bake covered for 45 minutes. Then uncover and bake an additional 45 minutes or until a thermometer reads 175°, basting occasionally with reserved marinade. You can also finish on grill for the final ten minutes to get that char flavor.

Bacon Wrapped Corn on the Cob

Ingredients:

- 4 large ears sweet corn, husks removed
- 4 bacon strips

Directions:

Wrap each ear of corn with a bacon strip and then place on a piece of heavy-duty foil. Wrap securely, twisting ends to make handles for turning. Grill corn over medium heat for about 20 minutes or until corn is tender and bacon is cooked.

Chocolate Covered Bacon on a Stick

Ingredients:

- 12 thick-sliced bacon strips
- 6 ounces of semisweet chocolate chips
- 1 tablespoon shortening
- Skewers - soaked
- Optional toppings: Sea salt, chopped nuts, coconut, cayenne pepper

Directions:

Preheat oven to 400°. Thread bacon strips onto twelve soaked wooden skewers. Place on a rack in a large baking pan. Bake until crisp, 20-25 minutes. Drain on paper towels; cool completely. Place bacon skewers on a waxed paper-lined baking sheet. In a microwave, melt chocolate chips and shortening; stir until smooth. Brush onto both sides of bacon; decorate as desired. Refrigerate until set.

Chicken on a Stick

Ingredients:

2 tablespoons peanut oil (canola oil works too)
2 tablespoons lemon juice
2 tablespoons soy sauce
4 garlic cloves, minced
2 teaspoons honey
1/2 teaspoon ground ginger
1 tablespoon sesame seeds
1 pound skinless chicken breasts, cut into thin strips

Directions:

In bowl, combine all ingredients but the chicken and mix well. Reserve half of the marinade and set aside. Add chicken to bowl and coat. Cover and refrigerate for 2-3 hours. Preheat grill to medium hot. Thread chicken onto metal or soaked wooden skewers. Grill over while basting with remaining marinade over medium hot grill for 4 minutes on each side or until cooked through.

Deep Fried Cheese Curds

Ingredients:

1/4 cup all-purpose flour for coating
1 cups all-purpose flour for batter
1 pound of your favorite cheese curds (or cubed cheddar cheese)
1 cup beer
Favorite ranch dressing
Oil for frying

Directions:

In a skillet or deep fryer, heat oil to 375°
Add 1/4 cup flour in a large resealable plastic bag. Add cheese curds and shake to coat. In a large bowl, whisk beer and remaining flour. Dip cheese curds, a few at a time, into batter and fry for 2-3 minutes on each side or until golden brown. Drain on paper towels. Serve with ranch dressing.

Grilled Italian Brat Subs

Ingredients:

8 Brats
3 cans (12 ounces each) beer or nonalcoholic beer
2 large onion, halved and sliced

1 large red bell pepper seeded and sliced
1 large yellow bell pepper seeded and sliced
2 garlic cloves
2 tablespoons fennel seed
1 tsp red pepper flakes
3 tablespoons olive oil
8 split hoagie rolls

Directions:

Place brats in a large dutch oven and add the beer and 1 onion. Bring to a boil. Reduce heat, cover and simmer for about 8 minutes. Drain and discard beer mixture. In sauce pan, heat olive oil and add the other onion, peppers, garlic, fennel seed, and red pepper flakes. Saute until soft and set aside. Grill brats on grill for about 8 minutes turning occasionally until browned on all sides. Serve brats in rolls and top with pepper and onion mixture.



Strawberry Lemonade

Ingredients:

4 cups water, divided
1 cup sugar
1 cup lemon juice
1 tablespoon grated lemon zest
1 cup strawberries

Directions:

In a large saucepan, bring 2 cups water and sugar to a boil. Boil for 2 minutes, stirring occasionally. Remove from the heat. Stir in the lemon juice, zest and remaining water and then cool. In a blender, combine 1 cup of lemon mixture and the strawberries and blend well. Pour strawberry mixture and remaining lemon mixture into a pitcher; stir well. Refrigerate until chilled. Enjoy

Fried Candy Bars

Ingredients:

Frozen Mini candy bars (we like snickers or milky way)
1 egg
1 cup milk
Pinch salt
1 1/2 cups self-rising flour
4 cups oil or shortening for frying

Directions:

Whisk together egg and milk in a large bowl. Add flour and salt and whisk until combined. Cover and refrigerate for 30 minutes. Heat about 4 cups of oil or shortening in a large pot to 365 degrees. Dunk the frozen candy bars into the chilled batter, and then gently drop them in small batches into the oil, being careful to drop in away from you so not to splatter. Cook until light golden brown. Remove and place them on a paper towel lined plate and let set for one minute to drain excess oil and cool slightly.



Macaroni
Kid

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A Family Jewel

1962 Corvette Roadster



Article and photography by Richard Butschi

1962 represents the 10th and final year of the first generation of Corvette production, often referred to as "C1s" by Vette enthusiasts. Generational divisions are brought about by major styling and/or engineering changes, and some purists feel that the second generation should have ended with the introduction of the 1958 model. It sported dual headlights, as did most American made cars that year, which dramatically changed its styling. In this case, all C1s had "solid axle" suspension until 1963 when GM smoothed out the ride with independent rear suspension and the second generation was born.

The Corvette was the brainchild of GM styling guru Harley Earl, who noticed the influx of foreign sports cars brought home by soldiers from WWII in the late '40s. In 1951, Nash-Kelvinator Corp, an American company, debuted their high-end, European-flavored Nash-Healey. With that, Earl talked GM into producing a "moderately-priced" sports car. He produced 3 prototypes – the Corvette (roadster), the Corvair (a fastback, which never saw production) and a 2-door wagon which was later produced as the Nomad – another classic!

The Corvette debuted at GM's Motorama in NYC in January of 1953 and a mere 300 units rolled off the assembly line 6 months later. The price listed around \$3,500 – more costly than Earl envisioned. In '54, production increased to 3,640 units and the base price dropped to around \$2,800. 1955 saw the introduction of the 265 V8, which saved the Corvette. By 1962, production was at 14,531 units with a price around \$4,000. Engine size had increased to 283 (in '57) and then to 327 in '62. There were 4 power options: 250, 300 and 340hp, with new fuel-injected version making 360hp. Other 1962 model claims-to-fame included the last Corvette trunk until the '97 C5s arrived, along with the last fixed exposed headlights until 2005. It also had a cool, sinister-looking blacked-out grill with chrome grill surround and chrome rocker panels under the doors.



The final version of a generation of any cool car is very desirable. Most all the bugs have been worked out, styling has been tweaked and it's about as good as it can get without major changes. Jim and Laura McLaughlin, of Midway, have owned 5 Corvettes over the years, the earliest being a '67 coupe. A '62 has always been on their "to-own list". Two years ago, they got the opportunity to add one to their stable - a very nice one with rare fuel-injection, aluminum heads, 4-speed tranny, good paint, flawless interior and removable hardtop. It's also a California car with a rust-free chassis. The seller took great care of it for 33 years. The McLaughlins didn't make a trip to San Jose, CA, to inspect the Vette up close, as one would expect, but felt they could trust the seller, Don Peterson. He is Jim's cousin. Jim remembers seeing it in '89, when Don drove it back to Iowa for a class reunion in Des Moines.

Peterson is a self-proclaimed "backyard mechanic"

who has owned and worked on many classic cars, including C1 and C2 Vettes, many '57 Chevies, a '55 Nomad, 6 to 8 El Caminos and currently owns a '51 Chevy 3100 pickup, a '57 Chevy with a 327 and 4-speed, a '67 383 El Camino, a '72 Olds Cutlass, a restored '65 Chevy C10 Suburban and a 2002 Corvette Z06. Don was also a charter member of The Outcasts, a car club in the San Jose area. He and other members would frequent the well-known drag strip at Sears Point, where a "Nifty '50s" night was set up for them to race. Don's best time with this '62 was 13.75 secs at 99mph - pretty good for that era.

In the early '90s, Peterson treated the '62 to new paint and interior work. Since the sale, McLaughlin has given it new stock-sized 6.70 x 15" whitewall tires, factory hubcaps and a lot of detailing TLC. Jim and Laura are looking forward to many miles and smiles in their new addition to the family.

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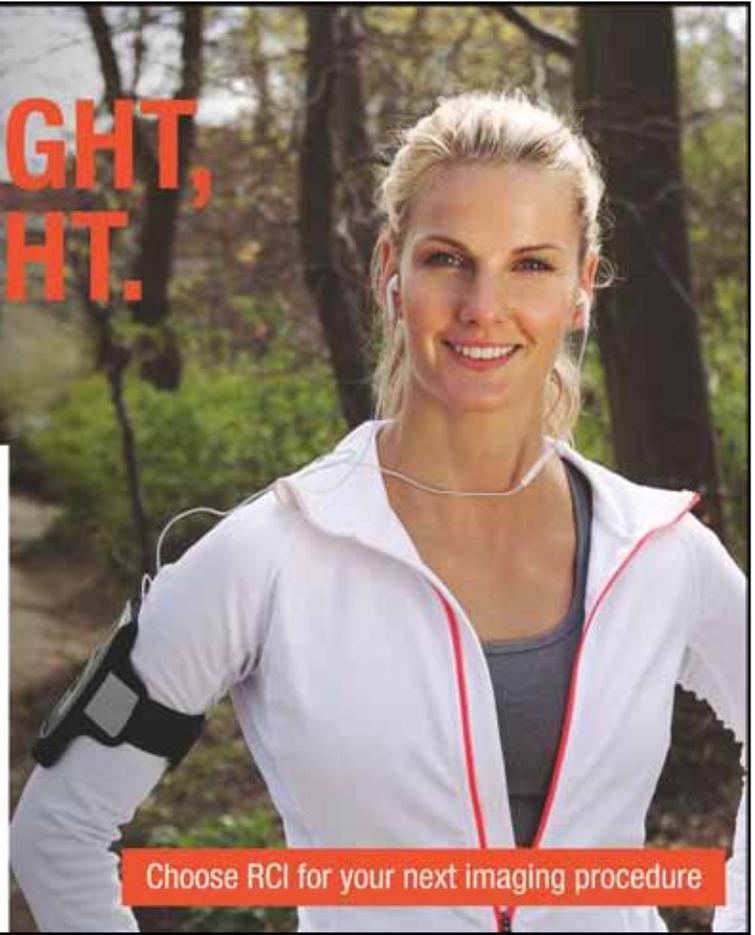
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