

HOURS: HOURS: MONDAY-FRIDAY 9-5; SATURDAY 9-3; CLOSED SUNDAY

# June-August 2024

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#### Good Morning,

I will try to have a silent visit with each one of you in this early morning hour. It sounds like it is raining or drizzling outside. But not enough to keep Harvey from cleaning out the barn. Over the next couple days their plan is to have all the barns cleaned out and manure hauled over to the compost pad, and put on windrows, ready to start the next years Incred-A-Soil humus compost supply. They dump everything in rows, then add carbons like old straw, hay, or corn fodder, to get a 55 to 1 carbon to nitrogen ratio. Then after that compost turner is used for 12 to 16 weeks, moisture and temperature is monitored to keep it where it needs to be for best results. If it gets to dry he can sprinkle water on, and if it gets to wet he watches the rain clouds, and then puts covers on windrows before it rains. Temperatures should be from 130 degrees to 150 degrees. They have one more day of bagging compost and then the compost crop from last year will all be gone. A few orders will have to wait till fall.



Farmers that were out early, their crops are looking nice. Rains were very spotty this spring, so there are farmers that were not able to get into fields, so those are the ones waiting till fields dry off and are fit for planting.

Last evening Marnita & children came to work in the garden, and she brought 2 granddaughters along to help plant or then hold baby Kate. So we got a lot done before it started raining. We did get a little wet before we stopped, but it was fun anyway. We even got our new strawberry patch mulched. I want to take good care of them, so that hopefully next year we will have our own again. The strawberry patch is always a highlight for all the grandchildren when the berries are ripe to eat. I tell them they can eat all they want but no one is allowed to step on the strawberries. Then next is the red raspberries they always remember to check to see if there is any ripe berries. We have those mostly for fresh eating so it's okay if they eat what they find. Then come the grapes, they always find some to eat, before i think they are ready. Again, eat all you want but don't waste them! For some reason our grandchildren often walk thru the garden when they come, boys and girls, to see what they can find to eat. They check everything, may it be the first tomato, red pepper, or cucumber, especially a big cucumber that Grandma missed, our ground cherries that are starting to drop. (Harvey's favorite pie is ground cherry pie). That big cucumber i missed, the grandsons cut in half length wise, scrape out the center, and now they have a boat that floats. And yes, they even know where the butcher tubs are to fill with water to float their "boats".

Then its the flower garden, I make paths to walk on, a highlight for the granddaughters and even some of the grandsons. I give them all my little scissors and they are all allowed to cut a small bouquet to take home. After this rain most all my flowers are ready to be planted, and the dahlia tubers to put out as they don't like wet or cold. After May full moon we should be safe from dangers of frost. Maybe this year it would have worked to plant earlier, but one never knows when the last frost will hit.

For a Mothers Day gift, son Melvin built me a raised garden bed. I kind of feel lost on how and what to do with it. Yesterday Harvey filled it with his composted raised bed mix. He has been experimenting with it for a few years already to get the right blend for raised beds, so that he could bag and sell it. So i guess I'll be the Guinea pig to try it first. No more back aches they claim, if you garden with raised beds, but i am happy to say my backache is hopefully gone to stay away. I drank lots of stinging nettle tea, and also had numerous Advanced BioStructure Treatments. Stinging nettle is known to help with inflammation, pain, aching joints, arthritis, etc. It's worth a try. I gather and dry my own stinging nettle, it just grows out in the wild. Or you can buy it, we sell it here at Country Fabrics. And you just make a really strong tea with the crushed leaves.

New Christmas fabrics are arriving, and along with that older ones have been moved to the discount rack. Daily the delivery trucks seem to bring us new shipments of fabrics.

Kate Barbara joined Eric and Marnita on March 2nd. She weighed 7lb 8oz. At almost 3 months, she is a very content baby. The other children all enjoy her and are pretty good babysitters, Toby Earl-6, Liz Rachel-4, Lance Harvey-2.

Blessings is wished upon your summer, that it may be filled with lots of peace.

Rachel for County Fabrics

ONE FURNACE MELTS ALL HEARTS - LOVE ONE BALM SOOTHES ALL PAIN - PATIENCE ONE MEDICINE CURES ALL ILLS - TIME ONE LIGHT ILLUMINATES ALL DARKNESS - HOPE

# **Classes by Laura**

### STASH AND DASH Fold-over organizer

This is the perfect project to start with to make a "ByAnnie" bag. Learn to sew with vinyl, mesh and zippers while making an organizer for your cosmetics, sewing supplies or other items.

Friday, June. 28th 10:00am - 4pm \$40.00

# **BLOOMING NINE-PATCH**

This stunning quilt is simple to make with your choice of fabrics. It can be made in a variety of sizes. Join in to learn this fun technique with others and use the day to get a great start on a beautiful project.



**Stash and Dash** 

Friday, July 12th 10:00am - 4:00pm \$40.00

### **Classes by Joanne**

## LOG CABIN

#### \*\*Beginner Friendly\*\*

This is a great beginner's class! You'll learn some basic rotary cutting skills, how to achieve the perfect quarter inch seam allowance, as well as a fast and easy way to make this traditional quilt that has a multitude of layout possibilities.

Wednesday, July 31

10:00am - 4:00pm

### **GIRL'S BEST FRIEND**

Learn to use a 60-degree triangle ruler to create this spectacular quilt. There are no inset seams to sew! This 63" x 72" quilt dazzles whether you choose to work with solids or prints.

Tuesday, August 20 10:00am - 4:00pm \$40 plus pattern and 60-degree ruler



\$40 plus book

### Girl's Best Friend



### HALF-SQUARE TRIANGLE QUILT

This gorgeous quilt can be made using your scrap stash or use selected fabrics for a more coordinated look. A variety of sizes is available - your choice of number of blocks, size of blocks, center medallion design, and border will allow you to determine the size of your finished quilt. **Friday, Aug. 23rd** 

10:00am - 4pm \$40.00





### SIT AND SEW - BYOP (BRING YOUR OWN PROJECT)

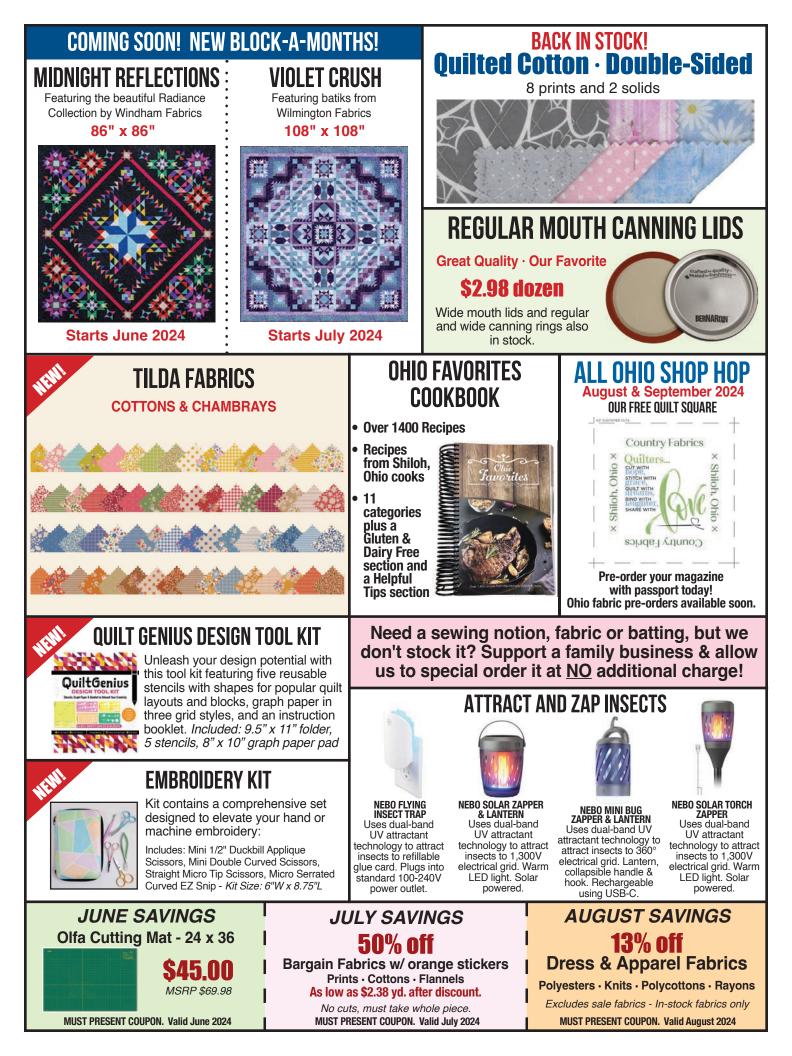
Bring a project (or two) of your own choosing and get some serious work done on it. There is always lots of sewing, laughter, & fellowship, so come join the fun! This is a great time to finish up those UFOs.

Thursday, June 27, or Tuesday, July 30, or Friday, August 16

> 10:00am - 4pm Cost: \$40



HAPPINESS DOES NOT COME FROM POSSESSIONS, BUT FROM OUR APPRECIATION OF THEM. IT DOES NOT COME FROM OUR WORK, BUT FROM OUR ATTITUDE TOWARD THAT WORK. IT DOES NOT COME FROM SUCCESS, BUT FROM THE GROWTH WE ATTAIN IN ACHIEVING THAT SUCCESS.







My arms were full of packages as I turned from the counter in the post office and moved toward the door, I figured I would lean on it and push it open no problem. But Mary Ellen Livingston grabbed it and opened it for me. She is our fourth grade teacher and she was coming for her mail as I was leaving with mine.

"Thank You." I gave her my best smile.

"You've got all you can carry," she said as she turned and walked across the sidewalk toward my car. "Where do you want to put them? In the back?"

"That would be great," I said. And the rear door swung open.

As I was arranging my packages on the back seat, I thanked her again and said, "I'm not used to such gracious service. I don't know what I would have done if you had not helped me." I reached to take her hand and said again, "Thank you so much."

"You're welcome," she replied. "It wasn't all that much. Just something for my book."

My ear perked up. "Your book? Are you writing a book?"

"Certainly," she said. "Mine never will be printed, but I'm writing one. As I tell the children at school, everybody is writing a book. Everything you do goes into it."

With that she gave me a tiny wave of her hand and walked away. Suddenly, she turned and said, "Each day is like a fresh new page of your life. You think about that."

And I did think about it. As I drove home, I began to understand what she had said. "Each new day is like a fresh, new page of your life." She is right. Not only that, you can put anything on that page that you want. You could do nothing all day long and end the day with a blank page. Or you could mess it up and have nothing but an ugly smear.

Or you could write a sonnet to show that your day had been filled with love and friendliness and appreciation for others. You might even use your page as a sign post or a sort of guide for some young person who might be following you and looking to you for inspiration and direction.

What makes a worthwhile page in a book?

Smiles can brighten a page. They add a color accent to an otherwise drab day. Smiles work on the "domino principle." You smile at two friends. They will smile— every time. During the day each of them will smile at two friends. And you have smiling "dominoes" falling all over the place.

A kind word makes a good paragraph on your page. Pay a compliment to someone who serves you; in a service station, at the dry cleaners, in a restaurant, or in the supermarket. Pick up the phone and call a friend you haven't seen in several weeks.

What about a thoughtful deed? That would add spice and excitement to your

page of life. The size of the deed is not nearly as important as the thoughtfulness behind it. Run an errand for a neighbor, save her a trip to the store. Pick a few flowers from your garden for a shut-in. Write a note congratulating somebody about something.

Yes, you are writing a book. What you put in it depends on you. Nobody else. Wouldn't it be wonderful to leave behind a volume that would hold a place of honor in the permanent library of a friend, to be read and reread and shared long after you have passed this way?





Sewing Service Center LLC 6142 Ganges 5 Points Road Shiloh, OH 44878 Prsrt. Std. U.S. Postage PAID Wooster, OH 44691 Permit No. 220



Chicken Fried Double Rice

6-8 green onions, diced 3-4 garlic cloves, minced

 $\frac{1}{4}-\frac{1}{3}$  cup soy sauce

1<sup>1</sup>/<sub>2</sub> lbs. boneless, skinless

chicken breast, thawed,

3<sup>1</sup>/<sub>2</sub> - 4 cups cooked brown rice

cut into 1/4 inch pieces

Red pepper flakes (optional)

#### Ingredients

1½ cups egg whites (carton or fresh)

- Mineral salt and black pepper
- Nutritional yeast (optional)
- 2 Tbsp. toasted sesame oil
- 1 cup frozen peas
- 2 carrots, finely chopped
- 1 (12-16 oz.) bag frozen riced cauliflower

#### Directions

1. Heat large skillet over medium-high heat & spray with coconut oil. Pour egg whites into pan & season with sprinkle of salt, pepper & nutritional yeast (if using). Let egg whites sit for a couple minutes until they set. Once set, turn whites over, then chop into pieces. Remove from skillet & set aside.

2. Increase heat to high & add 1 tbsp. of sesame oil. Add peas, carrots, cauliflower rice, green onions, & garlic. Season with sprinkle of salt & pepper and toss in hot oil for 3-4 minutes.

3. Push veggies to one side of pan, add remaining 1 tbsp. sesame oil to other side & add chicken pieces. Sprinkle lightly with salt & pepper and cook without stirring for 2 minutes, then flip & allow to cook on the other side for another 1-2 minutes.

4. Return egg whites to skillet and add brown rice & soy sauce. Reduce heat to medium and toss all ingredients for another couple minutes. Taste and add red pepper flakes (if using) and more seasonings if desired.

**Note:** A versatile dish. I use whole eggs and whatever meat I have in fridge that's ready to use.

No-Bake Fiber Balls

#### Ingredients

- 1¼ cups peanut butter
- 1 cup honey
- 1 Tbsp. vanilla
- 3 cups quick oats
- 1/2 tsp. salt
- 1/2 cup flax meal (optional)
- 1 cup coconut
- 2 Tbsp. chia seeds (optional)
- 1 cup mini chocolate chips (optional)
- 1 cup raisins (optional)

#### Directions

Mix together peanut butter, honey and vanilla. Add remaining ingredients. Shape into balls, or use a large container for flatter bars, or a small one for thicker style. Freeze.

