



Elderberries August Newsletter

This month we will be having a beach/potluck day in Musquodoboit Harbour on August 13th. We will be gathering at 2124 East Petpeswick Rd. Please bring a lawn chair if you have one. Please contact us if you are planning to attend so that we can secure a number. We have three cats in case you may have allergies. You can contact Ken @ kv782915@gmail.com

We gathered to watch the Pride Parade on July 22, 2017.





Book of the Month:

Boy Meets Boy is a [young adult](#) novel by [David Levithan](#), published in 2003. It is set in a [gay-friendly](#) small town in America, and describes a few weeks in the lives of a group of high school students. As the title suggests, the central story follows the standard [romantic](#) plotline usually known as "boy meets girl, boy loses girl, boy gets girl" except that the main characters are both boys, the [narrator](#) Paul and newcomer Noah. The novel won a [Lambda Literary Award](#).



Recipe of the month:

Potato – Leek Soup

This soup is quite easy to make and is always delicious. If you haven't tried leeks before or maybe don't really like them this recipe will definitely make you a fan.

1. ½ cup sliced leek, washed well
2. 2 cans chicken broth (powdered broth works equally well with water added)
3. 4 medium potatoes, cut in one inch cubes
4. 1 onion, diced
5. ¾ cup of heavy cream (18% is good)

6. ½ teaspoon of pepper
7. ½ teaspoon of salt.
8. 1 teaspoon of dried thyme
9. ½ teaspoon celery seed
10. 1/8 teaspoon of garlic powder

Bring broth to a boil and reduce to medium

Add leeks, potatoes and onion

Simmer, covered, 25 – 30 minutes

Add seasonings and cream

Simmer 5 minutes more

Slightly mash with potato masher to desired consistency (I use a hand blender instead)

Serve with salad and crusty bread

I got this recipe from a good friend from Ontario.

Submitted by Aileen

This will be my last edition of the newsletter. Because of my heavy schedule I have decided to give up my position of Newsletter Editor. I wish the next Editor the best of luck as he/she continues to keep us all informed.

Wayne Collette