GPL/GEO members, SAT, JULYZ6

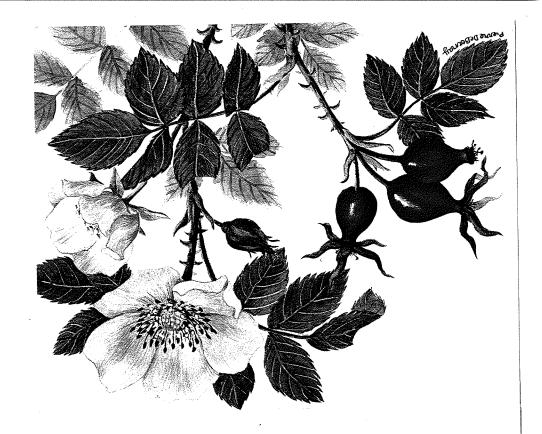
Thank you for the Fun Card and Kind words. Like the Roses on this cond, I will try to find the flowers, rosehips and sweet frangiance amongst the occassional thorn in life. With my titanium hip and super blood vessels of should recover to enjoy more hikes, gardening and bicycling. I do believe you would be impressed

with the 'zipper-like' incision. It's healing guickly. Talkabout ITCH.

I'll just Keep alreand Vit & nearby.

My sweetie Keeps the Bird Feders
Stocked so that I have plenty of
placeful entertainment along with the
amazing home -cooked healthy
meals.

Resting, healing and abit more aware — Sway rood



ROSE HIPS

The small, bright red, berry-like fruits of the wild rose, rose hips are both delicious and highly nutritional, being especially rich in vitamin C. Used in jellies, preserves and sauces, rose hips are also good raw as a snack.

Rose Hip Jelly

Gather rose hips and wash thoroughly. Snip the bud ends with scissors. Simmer rose hips in covered saucepan for twenty minutes, using one cup of water for each pound of fruit. Press pulp through a sieve, and add ½ pound of sugar for each pound of pulp. Ground cloves or cinnamon may also be added. Simmer the mixture until thick, remembering jelly will thicken more on cooling. Pack in sterilized jars and seal with paraffin. Store in a cool, dry place.

Note: Copper or aluminum utensils will destroy the Vitamin C, and should not be used in the preparation of the jelly.

NATURAL FOOD RECIPE NOTES

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