

GPL / GEO members,

SAT, JULY 26

Thank you for the Fun Card and kind words. Like the Roses on this card, I will try to find the flowers, rosehips and sweet fragrance amongst the occasional thorn in life. With my titanium hip and super blood vessels I should recover to enjoy more hikes, gardening and bicycling.

I do believe you would be impressed with the 'zipper-like' incision. It's healing quickly. Talk about ITCH. I'll just keep aloe and Vit E nearby.

My sweetie keeps the Bird Feeders stocked so that I have plenty of peaceful entertainment along with the amazing home-cooked healthy meals.

Resting, healing and a bit more aware —
Susan Reed



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 $\frac{1}{2}$ 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

Current, Inc.

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