



BY BETTY KAISER
For the Sentinel

Cook's Corner

Simple soup from scratch

need really good eyeballs and taste buds. My tendency is to add too much liquid. So remember, be stingy at first (follow the recipe) because you can always add more. If your soup is simmering all day, brown your raw meat and add it first thing but hold off on adding the vegetables until an hour before serving. Unless you're dumping everything in the crockpot!

Soup Basics

Heat a large soup pot over medium heat. Sauté the onion, garlic, celery and carrots in oil or butter. Brown/cook the meat if needed (i.e. stew meat). Add liquid, spices and veggies (milk or cream comes later). Taste and adjust. Simmer for a couple of hours. Taste and adjust again. Add any milk or cream just before serving.

Now, I know what you're thinking and you're right...making soup is a day long project. It's usually an hour-plus to prep and put together. Then it's five minutes here and there of tasting and adding spices, etc.

Today's recipes, however, will only take about an hour to put together and they're ready to eat.

If you're in a hurry, try the Turkey Meatball Tuscan Soup made with meatballs from the grocery store freezer. If you're going to be gone all day you can even put all the ingredients (except the spinach) in a Crockpot on low. Add the spinach when you get home, taste for seasonings. Serve it with a lettuce wedge and some corn bread and you've got dinner!

The Turkey and Wild Rice Chowder is a great luncheon or dinner dish. Do your chopping and other prepping in the morning. Then, a couple of hours before serving put everything together to let the flavors meld. People will think you've worked all day long! Enjoy!

This is where things get tricky and you

TURKEY MEATBALL TUSCAN SOUP

20 each Homestyle Turkey Meatballs
1/4 cup olive oil
1 onion, chopped
2 garlic cloves, chopped
2 carrots, sliced
6 cups chicken broth
1 15-ounce can diced tomatoes
1-15 ounce can white beans, drained
1-6 ounce package fresh spinach, chopped
Salt and pepper to taste

In a large pot heat oil. Add onions and garlic. Sauté 3-5 minutes. Add remaining ingredients. Bring soup to a boil. Reduce to a simmer and cook covered about 20 minutes. Serve with a generous topping of grated Parmesan cheese. Serves 4 generously.

TURKEY and WILD RICE CHOWDER

1 cup wild rice
1/2 pound mushroom, cleaned and sliced
1 medium onion, diced
2 celery ribs, sliced
1/2 cup red bell pepper, chopped
2 cloves garlic, minced
4 cups chicken broth
1 teaspoon basil
1/2 teaspoon rosemary
1/2 teaspoon salt
2 cups diced, cooked turkey

1. Cook wild rice according to directions.
2. Sauté onion, celery, red pepper and garlic until onion is opaque. Add mushroom, chicken broth and spices. Bring to boil and reduce to simmer.
3. In another pan: Melt 1/2 cup butter and stir in 1/2 cup flour; cook until bubbly. Slowly add 2 cups milk, stirring well until it comes to a boil.
4. Add flour mixture to broth and veggies, whisking until smooth. Stir in the rice and turkey. Heat until thickened and hot. Serves 4-6.

Keep it simple and keep it seasonal!
Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email bchaty@bettykaiser.com

BEYOND THE GROVE

News from Lane County and
Cottage Grove's neighbors

Kickoff dinner for local farming and forestry group aimed to bridge rural-urban divide

A dinner at Sweet Checks Winery outside Eugene this week, a group of Lane County farmers and foresters kicked off what they intend to be an ongoing conversation with the Lane County community on the value of farming and forestry.

"Our Feast in the Forest event this week highlighted nearly 20 different crops grown right here in Lane County, either in the food we sourced from local growers or in the decorations created with donations from local growers," said Marie Bowers, a grass and wheat farmer who serves as the Lane Families for Farms and Forests chair. "Those of us who grow the food and produce the fiber in this county are quite literally coming to the table to talk with our neighbors about what we do and why we do it."

The event attracted roughly 100 attendees including growers, elected officials and other influencers and community members from throughout the county.

"This is a unique group," said Gordon Culbertson, small woodlands owner and Lane Families for Farms and Forests vice-chair. "We've brought together farmers and foresters to talk to each other and to the

community in a way that hasn't been done before. Collectively, between agriculture and forestry, this group represents about 9,000 jobs in Lane County. It's imperative that we remind folks why we're here and how important what we do is to the vitality of this community. If you've never worked on a farm or in the forest, you might have questions about some of our practices. We're here to answer those questions and hear your thoughts."

Lane Families for Farms and Forests has been meeting regularly since last summer. The Feast in the Forest event served as an initial event to start a dialog with the community, and the group is planning future events such as farm and forest tours and meet-and-greet opportunities.

Lane Families for Farms and Forests (LFFFF) is a non-profit organization committed to harnessing support for Lane County's rich heritage of agriculture and forestry, two cornerstones of our local community. For more information on Lane Families for Farms and Forests, visit www.lanefamilies.com or follow us on Facebook @Lane-FarmsForests.

LORANE COUNTRY NEWS

BY LIL THOMPSON
For the Sentinel

Lorane Grange meets this Thursday, Nov. 3 at the regular time of 7:30 p.m. Lorane Christian Church will

hold its annual Thanksgiving dinner at the Grange in a couple of weeks. Watch for the date, as everyone is welcome to come.

Be sure to vote. The school bond will really help with needed updates and safety for our buildings.

There will be no school on Veterans Day, Friday, Nov. 11.

Affordable Care Act OPEN ENROLLMENT Starts November 1st



Call Paul to
help simplify
the complicated.

541-517-7362

Paul Henrichs ~ Independent Agent
coverage4oregon@gmail.com

ZEN PAWS

WOULD LIKE YOU
TO COME CELEBRATE OUR
ONE YEAR ANNIVERSARY
WITH US!

Mention this ad and get a
free conditioning treatment
with the purchase of a
regular grooming service.

(Expires November 30th)

541 942 9634
zenpawsgrooming@gmail.com

Zen Paws is located at 160 Gateway Blvd in the BI-Mart shopping center



Congratulations! to our

Employee
of the
Month
Suzanne
Hansen



Resident
of the
Month
Dee
Carpenter

for the Month of October, 2016

Magnolia Gardens 541-942-0054

1425 Daugherty Ave. • Cottage Grove

Worship Directory

WORSHIP
WITH US

DRAIN:
Gateway Family Fellowship
Church of the Nazarene
337 "C" St. Drain, OR
Sunday School 9:30am
Worship 10:45am
Living Hope Free Lunch
Wed. at 12:30pm
541-836-7051 www.drainnaz.org

HOPE U.M.C.
131 W "A" St. Drain, OR
541-315-1617
Pastor: Lura Kidner-Miesen
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

COTTAGE GROVE:
6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Youth Group Bible Study
Child Care 10:45am Service Only
www.cgcalvary.org

Center for Spiritual Living
Cottage Grove
700 Gibbs Ave. (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
cslcottagegrove@gmail.com

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd. • 541-942-4851
Lead Pastor: Isaac Hovet
www.cg4.tv
Summer Schedule: Sunday Service 10am
Full Children's Ministry available

Covered Bridge Nazarene Church
152 S. M St.
541-942-4422
Pastor: Cindy Slaymaker
Sunday School: 9:30am
Worship 10:30am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the
Auditorium

First Presbyterian Church
3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Grove Community Church
77820 Mosby Creek Rd.
Cottage Grove, OR 97424
541-942-0123
Pastor: Bryan Parsons
Worship: 10:30 a.m.
Nursery: Infant - Pre-K
Kid's Church: K to 5th grade

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
"FINDING HOPE IN YOUR LIFE"

Living Faith Assembly
467 S. 10th St. • 541-942-2612
Pastor Rulon Combs
Worship & Children's
Church 10:00 am
Youth 180 Mondays 5:30-8pm

**Non-Denominational
Church of Christ**
1041 Penroy Ave • 541-767-0447
Preachers: Tony Martin & Robert Evans
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravcoc.com

Old Time Gospel Fellowship
103 S. 5th St. • 541-942-4999
Pastor: Jim Edwards
Sunday Service: 10:00am
Join us in Traditional
Christian Worship

**Our Lady of Perpetual Help
and St. Philip Benizi**
Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Holbrook Lane • 541-895-8686
Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 1:00 pm

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education 9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Comm. Dinner (Adults \$5, Kids Free)
2nd & 3rd Monday 5-6:00pm
cottagegroveumc.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
"WE BELIEVE IN MIRACLES"

Our Worship
Directory is a
weekly feature in
the newspaper. If
your congregation
would like to
be a part of this
directory, please
contact the
Cottage Grove
Sentinel
at 541-942-3325.