

VOLUME 4 : ISSUE 8 : SEPTEMBER 2026

ALWAYS TASTEFUL



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SEPTEMBER

Shoulder Season

"Summer Wanes"

September shifts us into gear for the fall. The great thing about it, though, is that we still have those warm afternoons. Labor Day falls a little late this year on September 7th. Labor Day has to fall on the first Monday of September, and this year that happens to be on the 7th. So yes, it's a late one. I hope you will get out and enjoy the month. The summer heat is leaving. This month, I want you to try my salmon recipe. It's very good. The seasoning gives it such great flavor. There is also time for fall cleaning. If you do it now, you can enjoy the cooler weather as it approaches. Make it a great month!



LET'S EAT

Savory Salmon

"Potlatch Is So Tasty!"

Ingredients:

- 1 tsp. Potlatch Seasoning
- 1 Salmon Filet
- 1 Tbs. Olive Oil

Directions:

Heat oven to 400 degrees. Coat salmon with olive oil. Sprinkle on Potlatch seasoning. Place on baking sheet and cook this for 12-15 minutes. The internal temperature should be 145 degrees.

Mix these ingredients for seasoning

- 1 teaspoon each paprika, chili powder, oregano, garlic powder.
- ½ teaspoon celery salt
- 1.5 teaspoons crushed red pepper flakes
- 2 teaspoons black pepper



Fried Green Tomatoes

Ingredients:

3 or 4 Green Tomatoes
½ Cup of Flour
½ Cup of Cornmeal
Salt and Pepper
2 Eggs
Hot Sauce (optional)
Canola oil
2 Tablespoons of Butter

Directions:

Slice across the tomato, making each slice about 1/4 inch thick.

On a plate, pour all the dry ingredients and mix with a fork.

On another plate, crack both eggs and add hot sauce. Mix this with a fork, breaking the yolk.

Take each tomato slice and dredge it in egg and then cornmeal mixture. Cover both sides.

In a skillet, add oil (enough to cover the bottom of the skillet for frying) and butter then place over medium heat.

When that is hot, add tomatoes and fry in batches, flipping as they fry. (You may have to add a little more oil as you go).

Once they are golden brown on both sides, take them out and place them on a paper towel. Add salt and pepper to taste.



I think the oven thermometer is an item you either have or you don't. Let me encourage you to get one. These can make your meals turn out perfectly. No more overcooked chicken, beef, or seafood. They are also useful in baking bread and cakes. Get one. [Thermometer](#)

INTERNAL TEMP GUIDE

Food	Temp (°F)	Note
Beef (steaks)	145°	Rest 3 min
Ground Beef	160°	No pink
Chicken	165°	All cuts
Pork	145°	Rest 3 min
Fish/Salmon	145°	Flakes easily
Turkey	165°	Breast & thigh
Lamb	145°	Medium rare
Cheesecake	150°	Jiggly center
Sponge Cake	210°	Spring back
Pound Cake	210°	Clean skewer
White Bread	190°	Fully baked
Dinner Rolls	190°	Golden brown
Banana Bread	200°	Center set



EYE PROTECTION

Just wear it

"Eye Protection Every Time!"

We only get one set of eyes. Do what you can to protect them. When you are working in the yard with mowers and trimmers, keep your eyes protected. If you are like me, you just want to get it done and are tempted to skip the eye protection when you're in a rush. But I make myself stop and go dig out the safety glasses. According to the National Library of Medicine, 120,613 lawnmower-related eye injuries occurred in the U.S. from 2004 to 2023. Take the time to get and wear eye protection. [Eye Protection](#)



WHAT DO YOU KEEP?

What do you have that you just can't throw out? For me, it's license plates from all the states where I've lived. I have these on a shelf in the garage. I would like to hang them on the wall one day, but I never get around to it. I have nearly thrown them out dozens of times, yet I just keep hanging on to them. There are two states I don't have plates for, and those are Tennessee and Virginia. I suppose I'll just keep them until I finally hang them in the garage. That seems like the perfect spot for them. What do you keep that is really just a relic of your past?



DIY-REFRIGERATOR

If You Are Handy

"Leaking Fridge Fixed!"



Recently, I walked by my refrigerator and there was water coming from the front. It was leaking from the inside. I was going to call for service but wanted to be able to tell them where it was leaking. I YouTube'd it and found the problem was probably a clogged drain. So I tried to check it out. By the time I found it, I decided to try to repair it myself. I was able to do it, and it wasn't terribly hard thanks to YouTube. If you are handy, I think you could repair this issue yourself, but it is a little intimidating. I started it about 6 PM. I realized this was a freezer drain issue and it needed to thaw. So I left. By morning, I was able to finish up the work.

THE WHITE PANT

"Old School!"

I wear white pants throughout the summer, as it's a fun way to celebrate the season. You've probably heard you shouldn't wear white pants after Labor Day. So I went to AI to ask about the history of that white pant tradition. I found that in the late 1800s and early 1900s, white clothing in the United States represented a VIP ticket to summer leisure, enjoyment, and even affluence. Today, we all wear white, and many of us wear it all year round. Labor Day marks the conclusion of summer festivities, which is how the "no white after Labor Day" rule came into existence. You can thank fashion magazines for making that statement popular.



TAKE A WALK

Cedar Lake

"Good Walks!"

I have enjoyed finding cool places to take a walk this late summer. It's just a time to clear your head and spend time in nature. I like this walk along Cedar Lake. It's not too busy, and it's a time to get away and reset. Take the time to find a place to take a walk. Soon we will have changing leaves, and it will be really beautiful.



TAKE A WALK

"Good Walks!"

Cedar Lake



CHRONICLE: LIVING IN A LOVE STORY

Cleaning Solutions

"Easy Clean!"



September is a month to start wrapping things up as we head toward fall. I like to give the windows one last touch-up cleaning. This is an easy job because things are still in good shape from the spring cleaning. I take a cloth and wipe them down first. Then I use a simple solution of equal parts water and white vinegar with just a couple of drops of Dawn detergent. I spray it on and wipe it down. Enjoy some time to open up the windows and clean!

Final Thought:

"September signals the end of summer, and that's hard to accept because I do love the heat and warm weather. I hope you've enjoyed what Minnesota has to offer so far this season, and I hope you enjoy what's left."



**Til
Next
Time**
Paul