

Recipe of the month

Spring Pea Pasta

1 pound pasta
3-4 cups fresh peas
5 scallions, thinly sliced
1 shallot, very finely diced
1 cup chopped fresh mint
1 cup chopped Italian parsley
½ cup olive oil

2 lemons – zest and ¼ cup juice
2 cups fresh pea shoots, baby spinach or arugula
1 teaspoon salt (*plus more to taste*)
½ teaspoon pepper
1 tablespoon truffle oil
Optional: goat cheese crumbles

Prep Time: 15 mins. Cook time: 10 mins. Yield: 4 (main) or 8 (side)

- Boil pasta in a generous amount of salted water per directions.
- During the very last minute of cooking, if serving this as a warm entrée, add the peas to the pasta and just lightly blanch.
- While the pasta is cooking, prep the rest of the ingredients.
- Chop the scallions, shallots and herbs.
- Zest two lemons, and measure out ¼ cup lemon juice.
- Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper.
- Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs and lemon zest. Stir.
- Taste, adjusting salt and lemon juice, adding more of both, if necessary.
- Drizzle with truffle oil; serve immediately.

If making this as a pasta salad, rinse pasta and peas in very cold water to stop the peas from cooking any longer. Add goat cheese right before serving.

Source: www.feastingathome.com

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Everybody's Talking

Raining chocolate: People might use the expression, “It’s raining cats and dogs,” but no one ever says, “It’s raining chocolate!” That’s what happened in the town of Olten, Switzerland, recently. Many people reported seeing chocolate powder in the air, and others mentioned that vehicles were covered with an accumulation of the sweet, brown stuff. Turns out that there was a logical reason for the phenomena. The town is home to a chocolate factory that had a problem with its ventilation system. The chocolate powder made its way outside and was blown around by strong winds.

Working the land: Apartment dwellers in cities expect to look out their windows to see such things as parking lots, malls, stores, and gas stations. At one apartment complex in Lublin, Poland, the view is a little different. At harvest time, the buildings’ occupants can look out and see a farmer in a combine harvesting the crop. While other farmers in the area sold their land to urban developers, this one decided to keep his property so he could keep farming. Most people living in the nearby buildings don’t seem to mind at all; they like seeing agriculture in action, rather than asphalt and urban sprawl.

Artsy hairstyle: Clients who get haircuts from stylist Truong Xuan Tuan wish their hair would never grow again! That’s because the stylist, of Hanoi, Vietnam, creates works of art on the backs of people’s heads using razors and trimmers. He might trim hair to form a celebrity’s face, a cartoon character, a spider, or an urban scene. Because he cannot simply rub out any mistakes, he only creates designs that he has practiced making in the past. Those coming into his shop can browse through a portfolio and pick something they like. Warning: the designs become a bit fuzzy as the person’s hair grows back!

Manhole lights: City planners in Tokorozawa, Japan, have a novel idea to decorate manhole covers. They outfitted 27 of these necessary, but usually unattractive, pieces of the city’s infrastructure with solar-powered LED lights. The lights reveal designs that incorporate anime characters, which are popular in Japan. The 27 artistic designs are illuminated every evening at 5 p.m., and those who are out late can enjoy them until they go off at 2 a.m. Another motive that inspired the city’s planners is that the extra lighting may help to prevent nighttime crime.

Quoteable Quotes

“The plants have enough spirit to transform our limited vision.”

—Rosemary Gladstar

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.” —Mark Twain

What's Happening

Online event posting During the Pandemic, we are happy to post your online event in the What’s Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

Jun 10 to Aug 12 - Lac La Biche Biking Group Thursdays from 6:30-7:30 Explore the trails of Lac La Biche County. 8702 91 Avenue Bold Centre

Jun 19 to 20 - Cold Lake Fishing Derby \$10,000 First prize. Over \$12,000 in runner up prizes. Register at www.anglersatlas.com/tournament477cold-lake-fishing-derby-2021. Max 250 participants. \$125 Entry Fee. Lake Trout

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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NEW FEATURE!

Trivia

1. Zane Grey was a popular American author of what type of novel?
2. What are small plates of Spanish appetizers/snack foods called?
3. What is the favourite food of pandas?
4. In which sport would you see a “flying mare”?
5. The ATM is a feature of most banks today. What does ATM stand for?

(Flip bottom of page for answers)

(Over)

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Your Weekly Horoscope

ARIES
(March 21 - April 20)



Adapting to new information may be a challenge for you. While you might be excited about new ideas, you may be hesitant to embrace them. Lucky Numbers: 8, 11, 16, 22, 24, 34.

TAURUS
(April 21 - May 21)



You may have important discussions with people you are very close to. Connecting with your roots might be the theme, with an emphasis on looking objectively at the past. Lucky Numbers: 1, 2, 9, 12, 32, 42.

GEMINI
(May 22 - June 21)



You may be more perceptive than usual. You could see other people's true colours more clearly, and you might discover the hidden aspect of the situation. Lucky Numbers: 6, 19, 24, 36, 40, 47.

CANCER
(June 22 - July 22)



Superficial answers may not satisfy you. This might be an ideal time to look for something that could have been hidden, in order to learn more about your true feelings. Lucky Numbers: 11, 16, 21, 26, 31, 36.

LEO
(July 23 - Aug. 23)



You may start to feel as if you have been following the crowd for far too long. You might now seek a more spontaneous and creative lifestyle for yourself. Lucky Numbers: 5, 15, 25, 30, 35, 40.

VIRGO
(Aug. 24 - Sept. 23)



Your efforts may be well received, allowing your inner harmony to prevail. You could move forward with creative projects and express yourself more comfortably. Lucky Numbers: 14, 27, 29, 35, 41, 47.

LIBRA
(Sept. 24 - Oct. 23)



You may want to beautify your home. You might decide to paint or rearrange furniture, done simply, but to your tastes. Changes now could be good for you. Lucky Numbers: 3, 4, 10, 13, 33, 43.

SCORPIO
(Oct. 24 - Nov. 22)



You may need feedback from others. Conversations with your partners and friends could be critical. You might have to really listen and learn from others. Lucky Numbers: 6, 8, 17, 23, 30, 42.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Making decisions may be favoured right now. Reaching out to others who can help you take care of business in an orderly way could happen. Lucky Numbers: 10, 12, 15, 30, 35, 47.

CAPRICORN
(Dec. 22 - Jan. 20)



This may be a good time to reach out to people and to get their input or counsel. Listen to your partner or a friend who can enlighten you on the situation. Lucky Numbers: 9, 19, 20, 29, 39, 49.

AQUARIUS
(Jan. 21 - Feb. 19)



Your life's direction may come into greater focus. You might gain a stronger sense of purpose, which could energize your efforts to move toward your goals. Lucky Numbers: 2, 22, 27, 32, 37, 42.

PISCES
(Feb. 20 - March 20)



You may want to reveal your concerns regarding a professional matter. Contact with those in charge might be appreciated and could be a positive for you. Lucky Numbers: 5, 6, 21, 36, 41, 45.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 6.

Did You Know...

Powerful quote: Sir Francis Bacon is famous for first using the phrase "knowledge is power," in 1597. He was an English philosopher, statesman, and essayist, and known for ardently supporting the scientific revolution.

Transparent car: For the 1939 World's Fair, General Motors built the Pontiac Ghost Car, billed as the first transparent car. Created in partnership with Rohm and Hass, which invented plexiglass, the Ghost Car offered a clear view of the vehicle's engine.

Big bill: A shoebill is a large bird with stalk-like legs and a huge bill that resembles a shoe. These birds live in parts of East Africa, usually close to where they can find fish and other small prey, such as frogs and snails.

Old gum: When enjoying your next stick of gum, here is something to think about. The oldest chewing gum ever found dates back 5,000 years! It was found in a lump of bark tar that showed well-defined tooth prints.

Take a swing: It's generally agreed that the game of golf originated in Scotland during the 15th century. But there's also evidence that the Scots' game was inspired by stick-and-ball games played at the time in France, Germany, and the Low Countries.

On the Lighter Side

Teacher: "I hope I didn't see you looking at Fred's test paper."
Student: "I hope you didn't see me either."

Stop playing at being so serious and start playing seriously.

If it's zero degrees outside today, and it's supposed to be twice as cold tomorrow, how cold it is going to be?

Genius may have its limitations, but stupidity is not thus handicapped.

What did the two strings do in the race? They tied.

Answers

Trivia answers: 1. Westons 2. Tapas 3. Bamboo 4. Wrestling 5. Automatic Teller Machine

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