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THE MUSTARD SEED

Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed
1/2 cup chopped onion
2 garlic cloves, minced
4 cups fresh broccoli florets (about 8 ounces)
1 large carrot, finely chopped
3 cups chicken stock
2 cups half-and-half cream
2 bay leaves
1/2 teaspoon salt
1/4 teaspoon ground nutmeg

1/4 teaspoon pepper
1/4 cup cornstarch
1/4 cup water or additional chicken stock
2-1/2 cups shredded cheddar cheese
6 small round bread loaves (about 8 ounces each), optional

Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.tasteofhome.com

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Everybody's Talking

Disguised buns: A schoolteacher who lives in Ho Chi Minh City, Vietnam, has a hobby that is drawing attention. She likes to bake, and one of her specialties is steamed buns—with a twist! Once the buns are made, she decorates the outside to make them appear to be tangerines. When people see one, they want to pick it up and peel it. But instead of finding juicy tangerine segments, they are surprised to discover a spongy, soft, steamed bun inside. Through research, Le Thuy taught herself to make the buns. She has also decorated the outside to make her creations look like freshly dug potatoes

Gutsy thief: A conman tried to steal a fancy car and a handful of Rolex watches, but he didn't get away with it. Casey William Kelley gave the salesman at a Porsche dealership in Destin, Florida (U.S.), a fake cheque for almost \$140,000 (USD). He had printed the cheque on his home printer. The salesman let him take the car on the spot. The next day, Kelley tried the same trick at a jeweller, in an attempt to get the watches. The owner of the store tried to cash the cheque and, when it wouldn't go through, he reported the incident to the police. By then, the car dealership had also called the cops, and Kelley was soon arrested.

Farming the airport: Farmland is often surrounded by woods or rolling hills or other such pastoral scenery. Not so for the farm owned by Takao Shito. His land is surrounded by one of Japan's busiest transportation centres: Narita International Airport near Tokyo, Japan. This airport had its beginnings back in the 1960s, when many other farmers in the area accepted buyouts for their land. At that time, Shito's father was running the farm, and before that, his grandfather ran it. The airport has since offered Shito compensation to turn over his land, but his family's tradition of farming has kept him from taking the money.

Fish story: People who fish love to have a good fish story to tell. It seems that Garry Goodyear, who hails from Templeman, Newfoundland (Canada), has a story that will be hard to top. While fishing for turbot, Goodyear cast his nets to a great depth. When he and his crew pulled them up, an unfamiliar and very weird-looking creature was caught in the net. It had a long, pointed nose and fins that appeared to be wings. At first, Goodyear thought it was a platypus. Eventually, the fish was identified as a long-nosed chimaera, a relative of the shark. It is rarely seen.

Quoteable Quotes

"It is always a mistake not to close one's eyes, whether to forgive or to look better into oneself." —*Maurice Maeterlinck*
"A handful of sand is an anthology of the universe." —*David McCord*

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.

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

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Trivia

- Who was the first woman aviator to fly solo across the Atlantic Ocean?
- A seal is a relative of the walrus—T/F?
- Does ebb mean to increase or decrease?
- Which Russian author wrote War and Peace?
- Sonja Henie and Peggy Fleming were professionals in what sport?

(Flip bottom of page for answers)

(Over)

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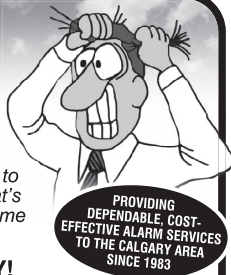
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Your Weekly Horoscope

ARIES
(March 21 - April 20)



You may feel a surge of positive energy. Your most important personal goals might receive a boost, primarily through your own initiative to assert yourself. Lucky Numbers: 5, 9, 15, 19, 25, 29.

TAURUS
(April 21 - May 21)



Your interest in promoting the arts may be brought out. Your personal charm could have a positive effect on your public image. Others might be willing to cooperate. Lucky Numbers: 6, 8, 14, 24, 34, 44.

GEMINI
(May 22 - June 21)



People may see you as a lovable person who is aware of their needs. Public recognition for your unique personal contribution to the world might be very possible. Lucky Numbers: 7, 11, 29, 31, 37, 41.

CANCER
(June 22 - July 22)



You may want a break from your usual routine. A more playful, fun attitude in your relationships might spark a new romance or the renewal of a current one. Lucky Numbers: 1, 22, 28, 30, 42, 46.

LEO
(July 23 - Aug. 23)



You may have an important professional conference about your career. This might be a good time to seek those in a position to help you advance your efforts. Lucky Numbers: 9, 12, 15, 18, 24, 36.

VIRGO
(Aug. 24 - Sept. 23)



You may experience sudden insights and seek alternatives to your usual routine. Your mental processes could speed up and you might move more quickly. Lucky Numbers: 22, 29, 31, 38, 40, 47.

Lucky numbers this week: This week's odds favour Scorpio winners with the luckiest number being 9.

LIBRA
(Sept. 24 - Oct. 23)



This may be an excellent time to eliminate unnecessary and outworn things. An unhealthy relationship might keep you from going after what you really want. Lucky Numbers: 5, 8, 9, 19, 21, 27.

SCORPIO
(Oct. 24 - Nov. 22)



There may be great depth to your conversations. You might find yourself revealing very private matters and asking very penetrating questions of others. Lucky Numbers: 9, 29, 36, 37, 46, 49.

SAGITTARIUS
(Nov. 23 - Dec. 21)



You may use charm, humour, and a light touch to get your point across. Your friendly attitude could make a favourable impression, and your artistic sense might be heightened. Lucky Numbers: 2, 4, 22, 24, 42, 44.

CAPRICORN
(Dec. 22 - Jan. 20)



Conversations about the past may be highlighted. It might be a good time to reach out to family members and maintain a positive flow of communication. Lucky Numbers: 6, 17, 27, 32, 37, 47.

AQUARIUS
(Jan. 21 - Feb. 19)



Discovery, inventiveness, and spontaneity may be major themes. Original ideas could excite you and you might seek people who offer different perspectives. Lucky Numbers: 1, 7, 22, 26, 33, 34.

PISCES
(Feb. 20 - March 20)



Friendship and material benefits may well come to you. Charitable and philanthropic impulses might be stronger and be followed with positive action. Lucky Numbers: 15, 17, 19, 35, 37, 39.

Did You Know...

Colourful critter: Chameleons change colours for good reasons. They turn dark to absorb heat, turn green to hide in trees, or become brown to live in a desert. They also use bright colours to attract mates or to warn enemies.

Zonkey: It's not hard to guess that a "zonkey" is an offspring of a zebra father and a donkey mother. A "donkra" or "zedonk" is an offspring of a donkey father and a zebra mother. A "zorse" is, of course, a cross between a horse and a zebra.

Oscar winner: The actress with the most Oscars was Katherine Hepburn, who died in 2003 at the age of 96. She won four Oscars in her lifetime. Meryl Streep is still making movies and has won an Oscar three times.

Largest train station: Grand Central Terminal in New York City is truly grand. It's considered the largest train station in the world, in terms of the number of platforms. Thousands of people come and go from its 44 platforms every day.

Largest planet: Jupiter, named after the king of the gods in Roman mythology, is the largest planet in the solar system and is nearly twice as massive as all the other planets combined. In 1610, Galileo discovered that Jupiter has four large moons.

On the Lighter Side

How do porcupines play leapfrog? Very carefully.

Most people are pessimists. When things go bump in the night, how many of us think it might be an undercover philanthropist on a secret mission to redistribute her wealth?

What is the opposite of cock-a-doodle-do? Cock-a-doodle-don't.

It's terribly bad luck to be superstitious.

If two is company, and three's a crowd, what are four and five? Nine.

Answers

Trivia answers: 1. Amelia Earhart 2. True 3. Decrease 4. Leo Tolstoy 5. Figure skating

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