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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Remembering Summer in Winter

By Arleen M. Kaptur

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Summer's bountiful harvest can be well-remembered and renewed by freezing items you enjoy.

Fruit:

Work with small amounts at a time to allow for quick handling and prompt freezing.

Gently wash the fruit in cold water. Drain well. Never allow the fruit to stand in water. Remove stems from berries, and pits from cherries, plums, apricots, peaches and pears. The peels should be removed from peaches, apples, and pears. The fruit can be sliced, quartered, or mashed, depending on future use.

To prevent discoloration while working, apricots, peaches, nectarines, apples, pears, plums, etc. should be dipped in water with lemon juice. (1 gallon water to 3 tbs. lemon juice).

Sweetening fruits before freezing helps retain flavor and color. Rolling the fruit pieces in sugar is a simple way to guarantee that summer-fresh flavor. This is called a dry sugar pack. It is great with very juicy fruits as the sugar and the juice will make a great syrup.

A simple syrup can also be used. Allow 1 cup of syrup for each quart of fruit.

(Medium-2 cups sugar/4cups water

Heavy - 4 cups sugar/4 cups water).

Choose fruits that are at the perfect eating stage. Over-ripe fruit will not freeze well and flavor, and appearance will be affected.

Pack fruit carefully, pour syrup over to within 1" of top, close and freeze.

Also, all fruits can be packed unsweetened for those special dietary needs.

Holiday times are great for snacking on nutmeats or including them in dessert ideas or menu items.

Nutmeats can be frozen successfully by simply cleaning them, packing into glass jars or plastic bags, sealing, and freezing.

A fast, simple way to preserve Summertime flavor and fruit - freezing some for Holiday Meals or cold-winter nights when remembering Summer will bring back great memories and great taste.

ENJOY!

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Dream Interpretation: Summer Dreaming

By Mary Shadow

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I usually am pretty good at remembering my dreams, but for some reason this one slipped through.

The dream went like this: I was walking along the beach and I could feel the sand between my toes, and a faint cool breeze washed the sweet smell of the ocean over my face. The sea lapped at the shore and it was very calm and serene, whilst full of warmth at the same time. It all seemed so perfect, and I am grateful to be able to remember that happy place again.

My dear friend at Destiny Psychics [<http://www.destinypsychics.com>] who do dream interpretations tell me that dreaming of summer indicates that joyous events are on the horizon– days full of prosperity. So it looks like happy days for me this summer.

For those who dream about the winter season, it's not all doom and gloom. It signifies a time of rest with happiness and financial gains upcoming. Autumn/Fall is a period of transformations and a change in the surroundings therefor if you dream about this, you may experience many ups and downs at this stage in your life. Spring is another happy time, full of cheerful companions.

Blessings from Mary

Mary Shadow has been performing psychic readings for over 10 years. Her and her team are renowned for reuniting lost lovers and showing the way to happy long lasting relationships. She has become an expert in online and phone psychic readings.<http://www.MaryShadow.com>/<http://www.PsychicGuild.com>



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