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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!

Summertime Food on a Skewer

By Arleen M. Kaptur

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Try some great cool-kabobs when the heat intensifies and cooking has no appeal:

On a toothpick, a celery stick, a carrot stick, or tiny skewers, try:

assorted melon balls, apple chunks, orange chunks, pineapple chunks, small marshmallows, strawberries, raspberries, peaches, nectarines, blackberries, luncheon-meat cubes, chicken chunks, avocado slices, cooked and shelled shrimp in different combinations

Serve a fruit dip or marshmallow creme dip alongside for extra fun.

Hot-kabobs:

On skewers, thread pineapple chunks, green pepper chunks, pickled onions, mushrooms, ham cubes, shelled and cooked shrimp, scallops, or hotdogs, cut into 1" chunks

Marinated beef or lamb chunks, ham cubes, turkey or chicken breast pieces, pork cubes and small precooked potatoes, baby squashes, eggplant cuts, green peppers, whole mushrooms, quartered tomatoes, chunks of cucumber, pineapple chunks, green banana chunks

Marinated Beef:

1/2 cup salad oil, 3/4 cup vinegar, 3/4 cup chopped onion, 1 tsp. each salt and pepper, 2 tsp. Worcestershire sauce, 2 lbs. lean beef round cut into 1-1/2" chunks

Let cubes of meat stand in marinade in refrigerator overnight.

Wrap frankfurter cuts in partially cooked bacon, and skewer with Bologna slice chunks, and dill pickle chunks

Grill and enjoy!

Marinate cubes of sharp cheddar cheese in wine (Burgundy). Leave in refrigerator overnight. Drain well, skewer, and serve with crackers

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On a pretzel stick, string 1 sweet gherkin with 1 cube cheese and a slice of hard salami
Skewer a whole mushroom with a ham
chunk and a piece of Swiss cheese.

Lobster tails, fresh peeled shrimp, fresh scallops, cherry tomatoes, giant-size olives, butter sauce,
tartar sauce

Partially cook lobster tails in boiling water.

Snip shells open and remove meat. Lace

lobster meat, shrimp, scallops, tomatoes, and olives onto skewers. If using wooden, soak skewers in
cold water before using.

Brush seafood with lemon butter

(1 part lemon to 2 parts melted butter).

Grill until fish is done and tender. Brush additional butter sauce if desired. Serve sprinkled with finely
chopped parsley.

4 lbs. spareribs, cut in narrow strips

1 cup Fresh dressing

1/2 cup finely minced onion

1/2 cup chili sauce

2 tbs. light brown sugar

2-1/2 tbs. lemon juice

2 tbs. Worcestershire sauce

quarters of white onions

Rub rib meat with salt and pepper. Place in shallow pan. Combine dressing, onion, chili sauce, brown
sugar, lemon juice, and Worcestershire in bowl. Pour over rib meat. Let stand in refrigerator overnight.

Drain, but reserve some marinade. Skewer rib meat with onions. Brush with marinade and grill.

Serve with potato salad, and lemonade.

Summertime fun on a stick –

ENJOY !

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Arleen M. Kaptur has written numerous articles, motivational booklets, books (fiction/non-fiction)

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Hot-Weather Fish Feeding Facts

By Brett Fogle

Summertime provides the best time of the year to water garden - and also to be on the alert for
high-temperature problems.

Summertime Food on a Skewer

To remain healthy and continue growing, fish need to get all the nutrients available from their food, so feed them food they can easily assimilate in their systems. If fish seem hungry, feed them once to three times daily.

Feeding small amounts guarantees all the food gets eaten, preventing leftover food from spoiling in high, summertime temperatures and dirtying the water. Don't feed fish that aren't hungry - it only wastes money and soils their environment.

Oxygen dissolves easier in winter, when water temperatures are low. Warmer temperatures mean harder-to-acquire oxygen in water.

In summer, therefore, fish sometimes find it difficult to get enough dissolved oxygen - particularly in severe summer heat. Even when fish eat, the motion caused by their feeding further depletes oxygen supplies.

Avoid stressing your fish in the summer by feeding them in the cool, morning hours of the day. And to increase oxygen in the water, add a fountain or other aeration method to circulate and add air to your pond water. Submersible plants also help to increase the amount of soluble oxygen.

So, pay attention to your fish. The best rule of thumb is to never give them more than they'll eat in five minutes. Unlike people (!), fish eat only what they need to survive, and as water warms past 77 degrees Fahrenheit, your fish will eat less.

Brett Fogle is the owner of MacArthur Water Gardens and several pond-related websites including
and

. He also publishes a free monthly newsletter

called PondStuff! with a reader circulation of over 9,000 pond owners. To sign up for the free newsletter and receive a complimentary 'New Pond Owners Guide' for joining, just visit MacArthur Water Gardens at

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BACKYARD GRILLING TIPS
A Healthy Summertime Snack For Your Kids
Grilled Scallops with Ginger-Lime Sauce
Japanese Cuisine

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Recipes from the Heartland
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