



Solstice Publishing Presents

Summer Thrills

Summer Chills

Cookbook

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Solstice Publishing is growing and becoming what many of the authors see as a family. As part of being in a diverse and widespread family, our authors are eager to share the recipes they love best. And those recipes reflect upon the diverse group of people who make a family in all ways—from laughter to tears, from joy to sadness, all the emotions, all the stumbles, and all the triumphs are here.

Please enjoy the recipes in this book, as we celebrate the first day of summer, 2015.

Main Dishes

Beans and Beef Shanks **Gary Winstead**

A mainstay of the poor folks from my Ma's recipe
We had this at least once a week growing up.

It is as bland as you make it.

Always pour on lots of ketchup to help the flavor
From Maggie Winstead

- 1 bag dry beans plain ole' pinto
 - 4 -6 shanks
 - 1 large onion, minced
 - 6 cloves garlic, minced (if you could afford them)
 - That funny smelling leaf (later explained by my sister as bay)
 - About that much oregano
 - A pinch of pepper
 - salt
1. Wash beans and remove all gravel and such. Soak overnight, checking every few hours to refill the water. Beans should be soft to touch.
 2. Place beans, shanks, onions, and garlic in a large Dutch oven filled with water.
 3. Add spices.
 4. Bring to boil.
 5. Simmer on med-low heat for 4 to 5 hours, adding more water as needed.
 6. Remove shanks when they are tender and falling apart. Allow to cool so they can be handled.
 7. Remove meat from bone leaving fat and return to the soup.

Welsh Rabbit

Margaret Egrot

There is no meat in this dish, rabbit or otherwise, and it probably doesn't come from Wales (the English often used to use the term Welsh to mean 'foreign').

If you add a poached egg on top it is known as a 'Buck Rabbit.'

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients:

- 25g / 1oz flour.
- 25g/ 1oz butter.
- 100ml / 5 Tablespoons beer or milk.
- 125g / 5oz strong flavoured cheese such as cheddar, grated.
- 1 egg yolk, beaten.
- 1 teaspoon English mustard.
- ½ - 1 tablespoon Worcestershire sauce.
- Black pepper to taste.
- 2 thick slices of bread, preferably wholemeal.

Method:

- Melt the butter in a small saucepan and add the flour to make a roux.
- Slowly add the beer or milk, stirring constantly.
- Add the grated cheese and beaten egg yolk. Stir until the cheese is melted.
- Add the mustard, Worcestershire sauce, and pepper.
- Mixture should look like a smooth paste.
- Turn off the heat under the saucepan
- Lightly toast the bread.

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- Pour the mixture evenly over each slice and place under warmed grill.
- Serve piping hot with a side salad – and the rest of the beer!

Enough for two people as a light lunch / supper, or one really hungry person.

Bickford Burgers **Vicki-Ann Bush**

Ingredients:

Chop Meat

English Muffins (Must be Thomas's brand)

Softened butter

Onions

Ketchup

Grill thick burgers. Not the thin flat kind, these have to be clunkers.

Sauté onions in olive oil and then toast the English Muffins. Butter both slices of the English Muffin and place burger on top of bottom half. Then top with sautéed onions and ketchup.

Greek Chicken and Quinoa Pitas

Rachel Stapleton

This dish is loaded with fresh and exciting flavors that remind me of summer. Just be sure to add plenty of Tzatziki and Feta, everything is better with cheese and sauce.

For serving: You will need

6 - 8 Greek Pita Flatbread

Barbecued chicken, Tzatziki sauce, Diced Roma tomatoes, feta cheese, cilantro and Kalamata olives

Filling:

2cups chicken stock
1cup quinoa
1/2cup red pepper, diced
1/2cup green pepper, diced
1/2cup cucumber, diced
1/4cup green onion, diced
1/4cup black olives
1/4cup red onion, diced
(optional* I don't add this to mine)

3ounces reduced-fat feta cheese

Dressing:

(Homemade or Store-bought)

1/4cup lemon juice

2tablespoons olive oil
1teaspoon minced garlic
1/2teaspoon basil
1/2teaspoon oregano
pepper

DIRECTIONS:

In a saucepan, bring stock to a boil.
Stir in quinoa.
Reduce heat to med low and cover.
Cook 15 minutes, until liquid is absorbed.
Transfer to a large bowl and cool.
Stir veggies and cheese into cooled quinoa.
Whisk together dressing ingredients.
Pour over quinoa mixture and toss.

To assemble pitas:

Layer chicken in a row along center of pita, top with tomatoes, Kalamata olives, feta, cilantro and tzatziki sauce.
Add the Quinoa Salad filling

.

Wrap and serve.

Quinoa Salad can also be ate on the side as a side salad.
Tastes really good the next day too!

Hamburgers

John L. deBoer

1 ½ to 2 pounds ground beef
1 heaping tsp sour cream/pound
½ small onion/pound—chopped
½ small green pepper/pound—chopped
½ tsp/pound garlic powder
¼ tsp/pound cayenne pepper
Salt and pepper to taste

Mix all ingredients and form into patties. Grill to perfection.

Spaghetti and Meatballs

John L. deBoer

Meatballs:

1 pound ground beef
½ pound ground pork sausage
1 cup fine bread crumbs
½ cup grated Parmesan cheese
1 sprig parsley, chopped
1 clove garlic, minced
½ cup milk
2 well-beaten eggs
Salt and pepper to taste

Combine ingredients and form into meatballs. Brown in shortening or bake in 350-degree oven for thirty minutes

Sauce:

1 onion, chopped
3 tbsp shortening
1 28-oz can crushed tomatoes
2 6-oz cans tomato paste
2 cups water
1 tsp salt
1 tbsp sugar
1 bay leaf
¼ to ½ tsp cayenne pepper
¼ tsp mace
¼ tsp allspice
¼ tsp ground cloves
½ to ¾ tsp oregano
2 cloves garlic, minced

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Brown onion in shortening

Add tomatoes, tomato paste, water, and seasonings

Cook slowly one hour

Lovers Steak Vanayssa Somers

You will need:

A friend who perhaps holds some promise and two others.
(This serves four) and a barbeque.

Ingredients:

Olive oil—a bit more than half a cup

Oyster sauce—almost quarter of a cup

1 – 2 garlic cloves, chopped finely

Your favorite herbs for beef—herb de Provence, oregano,
whatever you prefer—to your taste—don't overwhelm
though.

Dry red wine – one or two cups

Low-salt soya sauce – almost half a cup

Pepper

Finely chopped white onions to your taste

Four rib eye or fillet steaks

Four pats of butter

One T each of wine and finely chopped onions

Okay—this step is key!

Marinate the steaks for several hours in the fridge in a
solution of the olive oil, wine, oyster sauce, soya sauce,
herbs, and garlic. That's your marinade.

Remove from fridge and prepare a baking dish with a little
oil in the bottom.

Take a large spoon and use the back of it to cream the pats of butter with the T of wine together. Add the finely chopped onions.

Barbecue the steaks to suit the choice of each friend.

Put the steaks in the prepared baking dish and spot the top of each steak with a bit of the wine/butter/onion mixture.

Place in medium oven for a few minutes to let the sauce drip all over the steaks.

Heavenly!

May your romance prosper!

Taco Soup

Lizzy Stevens

Ingredients

1 pound of ground beef (browned and drained)
1 large onion chopped
14.5 oz diced tomatoes
1 can rotel
1 can kidney beans drained and rinsed
1 can pinto beans drained and rinsed
1 can black beans drained and rinsed
1 can whole kernel corn drained
14.5 oz chicken or beef stock
1 package of taco seasoning

To Mix

Put all in large pan and simmer for 15 – 20 minutes then serve.

Chicken Nachos

Lizzy Stevens

Fast and super easy to make. Perfect for the picky kid.

1 package of tortilla chips

1 can of queso blanco cheese (usually found by taco items in the grocery store)

1 (8 oz) package of shredded Mozzarella cheese or cheddar cheese

1 package of grilled chicken strips

To Make

In a saucepan, heat the can of cheese with a splash of milk to help make it not as thick.

Heat chicken in skillet

take 9 x 13 pan and start layering the items.

Chips down first

Next the white cheese

Then chicken

Start next layer of chips, then white cheese, then chicken

Top with shredded cheese

Bake in 350 degrees oven long enough for all the cheese on top to melt.

Baked Potato Soup **Lizzy Stevens**

Ingredients

4 large baked potatoes
4 green onions, chopped
2/3 c butter or margarine
12 slices bacon, cooked and crumbled
2/3 c flour
1 ¼ cups (5 oz) shredded cheddar cheese
6 c milk
8 oz carton sour cream
¾ tsp salt
1 heaping tbsp. chicken base
½ tsp pepper

To Mix

Wash potatoes and poke several times with a fork.
Bake in preheated 400 degrees oven for 1 hour or until done.
Let cool.
Cut potatoes into half inch cubes, leaving the skin on potatoes.
Melt butter in heavy saucepan over low heat.
Add flour, stirring until smooth.
Cook 1 minute, stirring constantly.
Gradually add milk.
Cook over medium heat, stirring constantly, until mixture is thick and bubbly.
Add potato cubes, salt, pepper, green onions, crumbled bacon, cheddar cheese, and chicken base.
Cook until thoroughly heated.
Stir in sour cream.
Add extra milk if necessary, for desired thickness.
Garnish with additional bacon and cheese if desired.

Yields 10 cups.

Bratwurst K.C. Sprayberry

I learned to love Bratwurst long before it became popular in the U.S. Weekends in Germany often meant Volksmarching through the countryside. One of the most popular, and delicious, things to do once we'd completed our walk was to hang out with the locals, and sample whatever wurst was roasting on the "swinging" grill.

This grill was the community center of a Volksmarch, a place to get to know the people of Germany, and enjoy some really great food. Once back in "the land of round doorknobs" as many military people referred to the U.S. at that time, we discovered another way to serve up this summertime treat. I hope you enjoy our version of brats as much as we do.

Bratwurst (count on at least 2 per person)

A good beer or ale. We prefer Blue Moon, any of their varieties. You should use 4 bottles for every 8 wursts.

1 onion (a red works best here)

Place the wursts into a large pot. Add the beer. Slice the onion and add to the mix. Bring to a low boil and simmer for about 20 minutes.

While this is going on, you should have your grill going, or if you are lucky enough to own a swinging grill, be lighting the wood. Once the bratwursts have finished simmering, remove from pot and set on grill. (You won't want to use the onions that have been simmering with the brats, they will contain most of the grease in these sausages.) Turn

constantly, for about 10 minutes. The beer bath has served two purposes—to partially cook the sausages and to remove the most of the grease, while the beer adds moisture and a delightful taste.

While one person cooks the sausages, someone else can be preparing the sides. A good hot dog bun, grilled onions, mustard (hot or standard yellow), and any other toppings you love on your hot dog. Coleslaw is a must with this meal, along with a tray of fresh veggies, chips, or whatever your family and friends love.

As a side note, if bad weather drives you indoors, you can always use the broiler on your oven to finish off these wursts. Although not as exciting as working with that swinging grill, you still get to experience a summer treat.

Apple wood Smoked Pork Tenderloin, Beef Tenderloin, Hamburgers, and Chicken

T.W. Embry

First, you will need a large charcoal grill with a lid that closes and vents to control the temperature

1 bag of smoking chips soaked in water

1 whole beef or pork tenderloin

Chicken thighs bone in or bone out.

I prefer bone in chicken thighs as the end product is juicier. I have done breasts before if you like breast meat then prepare in the same way. Be prepared for the fact that if you over smoke them they will be very dry. That is why I use dark meat.

Salt, black pepper or cayenne if you want it spicy, Onion powder, Garlic powder and an aromatic herb, basil, oregano, marjoram, sage, basil use that which you like most. Basil and marjoram for a sweet taste, the others are more of an acquired taste but it really depends on what you like.

Sprinkle the topside, not the fat side in the order above, light on the salt, pepper to taste lots of onion and garlic powder followed by your aromatic herb. Most of this will come off after the first turn over except the salt and pepper they tend to stick once the smoking has begun.

If you use charcoal you will need to soak the apple wood chips before you start your fire, this gives a heavier and longer lasting smoke. You can use real wood if you like but the taste of whatever wood you use will end up in the

smoke coating or pellagra as the pit masters call it. That is why I suggest Royal Oak or Kingston barbecue briquettes. I have never had much luck with lump charcoals; it does not burn as consistently as regular briquettes. The charcoal does not have to be any kind of fancy wood unless. If you use apple wood, hickory or mesquite charcoal, then you will use matching smoking chips and the same method of meat prep. I prefer apple wood with pork and chicken and hickory or mesquite for the beef. If you are using a beef tenderloin, be sure and remove all of the fat and silver skin veins that runs throughout most beef tenderloins. Pork tenderloin does not have any fat veins and only occasionally a small bit of silver skin

After your fire is well into the glowing ember stage, rake the out to onside of the grill. Leave a space for the meat out of the direct heat of the fire. Put a few extra briquettes and your wet smoking chips on the ready coals. This is called offset smoking. It takes a little longer than just barbecuing but the patience is worth the wait.

It is time to put your meat on the grill spice side up, opposite the fire and close the lid, almost close any top vents and restrict any bottom vents if your temperature ever gets above 275 to 300 after you close the lid tightly.

The first round of chips last about 15 to 20 minutes. When the smoke has mellowed out, it is time to turn and rotate your meat. The tenderloins will only have to be turned, spice side down. If one end of the tenderloin is cooking faster than the other then pivot the smaller further away from the fire. The use of a proper meat thermometer will tell you if one end is cooking faster than the other. The chicken will have to be turned and the smaller pieces moved away from the fire with the larger and less done pieces moved closer to the fire.

Once you raise the lid and the smoke clears, you will notice an orange color on all of the meat. That is exactly what you want. That is what gives the meat its apple wood, hickory or mesquite flavor. Now it is time to put the second batch of wet smoking chips on the fire and close the lid again. NONE of your meat should be anywhere near done, so close the lid and let the smoke build again. It is very important that the temperature never gets above 300 degrees at this point or the meat will burn before it is done. Once the smoke clears for a second time it will be time to check your meat temperatures. Pork should be 140 to 145 depending on the thickness of the tenderloin. Beef should be tempted to taste. I like mine rare so I go for 135 -140 on the beef. Chicken must be cooked to 155-160 to ensure food safety. Salmonella is no fun, trust me I know from personal experience. If your temps have not yet been met then put on a third batch of soaked smoking chips and recheck your temps every 10 minutes. Once your temperatures have been achieved and you have removed the meat to a platter, the tenderloins must rest for at least 20 minutes, 30 is better, before carving. If carved too soon, the juice will run out during the carving, leaving the meat dry. It will be much juicier if the meat is allowed to rest before carving. Chicken needs to rest about 10 minutes but is not as crucial as the rest period for the tenderloins as the chicken will not be carved until after the meal has been served, not before the meal like the tenderloins.

"Breakfast Anytime"
Golden Delicious Made from Scratch Pancakes
and Homemade Maple Syrup
Jennifer Dawn Anderson-Bounds

1 1/2 Cups Flour
3 1/2 Teaspoons Baking Powder
1 Tsp Salt
1 Tablespoons White Sugar
1/1/4 Cups Milk
1 Egg
3 Tablespoons Melted Butter

Directions

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg, and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Serve draped with 'Made from Scratch' Maple Syrup:

1 1/2 Cups Light Corn Syrup
1/4 Cup Brown Sugar
2 Tablespoons water
1 tsp. each: Vanilla Extract, Maple Flavoring

Mix corn syrup, brown sugar, and water in medium sized saucepan. Heat to boiling, stirring constantly, and boil for two minutes.

Remove from heat and stir in maple flavoring and vanilla extract.

Sides

Green Tomato Bread

April Erwin

2 cups finely diced green tomatoes
2 cups white sugar
1 ½ cups chopped walnuts
1 cup canola oil
2 eggs
1 tbsp vanilla
1 tsp salt
3 cups all-purpose flour
1tbsp ground cinnamon
1 tsp baking soda
¼ tsp baking powder

Preheat oven to 350° Grease and flour two 9x5 loaf pans.

Mix tomatoes, sugar, walnuts, canola oil, vanilla extract, and salt together in a large bowl until well blended. Mix flour, cinnamon, baking soda, and baking powder in a separate bowl; stir into egg mixture until just blended. Spoon batter into prepared loaf pans. Bake in pre-heated oven until toothpick in the middle of each loaf comes out clean, about 1 hour. Let cool in pans for about 10 minutes before transferring loaves to wire racks to cool completely.

Best Baked Beans
E.B. Sullivan

1-15 oz. can Bush's baked beans (remove fat)

1-tablespoon mustard

½-cup ketchup

½-cup maple syrup or molasses

½ -cup brown sugar

Mix together & Bake @ 325degrees for 1 Hour.

Taylor Stuffed Mushrooms
KateMarie Collins

Mushrooms
Lemon Juice
Tabasco Sauce
Green Onions
Deviled Ham

Pull off stems. Boil tops with a “glub-glub” of lemon juice for 5 minutes. Dice stems and green onions. Brown in butter. Mix stem mixture with one can of deviled ham. Add 3-4 drops of Tabasco sauce. Add mayo if needed to stick. Stuff tops. Bake at 350 for 5-10 minutes or until bubbling.

Rotell Dip
Lizzy Stevens

1. Buy 1 Velveeta cheese, 2 cans of mild Rotell.
2. Turn on crockpot low.
3. Add 1 or 2 pounds of drained hamburger or sausage.
4. Put all ingredients in crockpot.
5. Serve with tortilla chips.

Stuffed Mushrooms

Arthur Butt

4 Portobello mushrooms - stems and gills removed - wipe with damp cloth

1 1/2 sticks unsalted butter

1 1/2 cups crabmeat

1/2 cups chopped onion

1/2 cups chopped celery

1/2 cups chopped green bell pepper

3/4 cups Italian bread crumbs

1 1/2 teaspoons minced garlic

1/2 teaspoon dried thyme

Salt, black pepper, white pepper, red pepper - to taste

4 slices Mozzarella cheese

Melt 1 stick butter in pan, add onion, celery, green pepper, and garlic. Sautee 4 minutes or until soft. Add seasonings and thyme, cook 3 minutes more. Add crabmeat, cook 5 minutes. Add bread crumbs cook 1 minute more. Remove from heat and add remaining 1/2 stick butter and stir in until butter is melted.

Rub mushroom caps with veg. oil. Divide stuffing mix by four and fill mushroom caps. Top with mozzarella cheese. Cook 10 minutes on grill until mushroom is tender.

Salads

Celadine's Spicy Salad
From the Magic World of Bracken Lea by
Esma Race

This is an excellent way of using left-over food from a barbecue feast, as the tablespoon quantities are approximate. Try suing cold potato or pasta instead of the cooked pulses, or cold chopped, cooked vegetables instead of one of the chopped raw vegetables. It's a clever way to sneak healthy broccoli into a child's diet. If finely chopped in a blender, you can't tell what it is and it won't be noticed. Use some of the vegetables stir-fried if you prefer, and substitute leftover cold cooked meat with hot, fried, diced bacon or sausage for an interesting "warm salad." Useful to prepare ahead as a quick, cold lunch too.

- 1 tablespoon chopped raw hard white cabbage
- 1 tablespoon chopped raw carrot or butternut squash
- 1 tablespoon finely chopped raw onion or roughly chopped spring onions
- 1 tablespoon sunflower seeds
- 1 tablespoon chopped, cooked meat (e.g. leftover spicy sausage, smoked bacon, beef, etc.)—or use grated cheese for a vegetarian meal
- 1 tablespoon chopped nuts
- 2 tablespoons shredded lettuce, watercress, or other salad leaves
- 1 tablespoon finely chopped broccoli or Brussel sprouts
- 1 tablespoon cooked pulses (e.g. butter beans, haricot beans, chickpeas, etc.)
- 1 tablespoon chopped cucumber
- 1 tablespoon finely chopped raw beetroot or roughly chopped cooked beetroot
- 1 tablespoon chopped tomatoes

1 tablespoon mayonnaise
1 tablespoon cider vinegar
1 tablespoon olive oil
Sprinkling of black pepper
Sprinkling of Basil, fresh or dried

To make the dressing, put the olive oil, mayonnaise, cider vinegar, pepper, and basil into a bowl and beat together with a fork. If you have no fresh tomatoes, you can add a squirt of tomato puree at this stage instead.

Combine all the other ingredients in a salad bowl, add the dressing, mix well, and serve. Enough for a bowlful each as a light meal for two people, or use as an extra relish as part of a larger meal.

Delightful Salad Marie Lavender

In the hot days of summer, there is nothing you want to do less than a lot of detailed cooking by turning your oven on. This is a quick dish that will go with any meal from barbecue chicken on the grill to hamburgers.

1 bottle of Italian dressing, chilled
1 box of pasta (your choice)
Fresh vegetables (also your choice—probably not too many, but enough for about six servings or so.

Instructions:

The first thing you need to do is to cook your pasta and your veggies, but not together. Follow the directions on the packaging on the pasta. For this dish, medium sized pasta shapes work well (such as rotini or ziti). Boil your pasta. Always strain, but make sure to run cold water over the pasta for a while. You want this dish cold, not warm. Some people place their pasta in the refrigerator to set for a bit in order to ensure that it will stay cold. That's up to you.

Then make sure all of your vegetables are peeled if necessary and sliced in manageable bite-sized pieces. Some really good types of veggies for this dish are cauliflower, broccoli, yellow summer squash, and zucchini. You can, of course, add whatever you like, even lightly steamed asparagus cut up in small pieces. Boil or steam your vegetables. You want them right in between crunchy and tender, but you can cook to whatever your preference is as well. I must advise that overdone veggies will probably not work for this dish so if you can, just monitor and keep checking until the texture seems about right.

Let's assume your vegetables have been cooked to perfection. Now, go check on your pasta, add some more cold water, shake it up, and strain for the final time. It should bounce nicely and not be mushy or stick together. Add pasta to a large mixing bowl. If you like, you can also strain and run cold water to ensure that cool, summer texture stays with the dish. When the vegetables are the right temperature, add them to the pasta. Now, add your Italian dressing to your preference. Stir everything together and taste. Your taste buds will let you know how much dressing to add. Some people use the whole bottle. You don't want it too watery, but you want the flavor to spread throughout the dish as well. If the dressing isn't enough (everyone has their own preferences), feel free to experiment with seasonings. Add dill, oregano, basil, whatever you like. That's the fun of cooking, isn't it? To see what works and what doesn't.

Okay, you have the right taste for your dish. Put it in a serving bowl and chill for a bit before you let your family try it. I guarantee it will be a welcome addition to your main dish.

Want to make this dish more exciting? Change it up by throwing salami, olives, and fresh parmesan in! Or get creative and come up with your own flavor combinations. I doubt you'll be sorry!

Easy Broccoli Summer Salad **Penny Estelle**

Broccoli—cut into small pieces

cauliflower—cut into small pieces

grapes—cut in half

Bacon—crumbled (as I am always looking for the easy way, I buy the crumbled bacon in the salad dressing section)

Put into a salad bowl.

3/4 c. mayo

1/2 c. sugar

1/4 c. white vinegar

Mix well. Toss into salad.

The longer it sets the better. Stir in between.

Fruit Fantasy **Maighread MacKay**

Dressing:

Beat 2 eggs add
4 tablespoons of sugar
4 tablespoons of lemon juice
2 tablespoons of butter
Cook until thickens. Let cool.

Fruit:

2 cups seeded red grapes
2 cups oranges
2 cups canned pineapple
2 cups bananas
1 small bottle maraschino cherries
½ bag small marshmallows

Put all the fruit and marshmallows in a bowl and stir together. Combine with dressing. Fold in ½ pint whipping cream already whipped. Cool in refrigerator for 24 hours.

“Tuna” Salad Sandwiches (4 servings)
S.C. Alban

1 cup of cooked lentils
1 cup of pumpkin seeds
1/3 cup diced celery
¼ cup (or a bit less) of diced red onion
1/3 cup of diced pickles
2 tablespoons of finely chopped fresh dill
3 tablespoons of lemon juice (squeezed from a lemon)
½ teaspoon of red sea salt
Freshly ground pepper to taste
Dijon mustard
Whole Grain Bread
Lettuce
Tomato

Blend the lentils and the pumpkin seeds in a blender or food processor until finely minced. Empty into a large bowl.

Add the celery, onion, pickles, dill, lemon juice, salt and pepper to the lentil/seed mix and stir thoroughly. Set mixture aside.

Spread Dijon mustards on whole grain bread and dress sandwich as you like (with lettuce or tomato or both).

Scoop a large spoonful of the “tuna” on each slice of bread and serve to your friends on a nice afternoon.

Enjoy with a tall glass of your favorite lemonade, iced tea or ice cold water for a refreshing and delicious heart healthy lunch that will leave you pleasantly surprised and

the fish happily swimming in the ocean.

Summer Strawberries and Cream Fruit Salad **April Erwin**

Ingredients:

2 boxes – Strawberry gelatin
1 24 oz. tub – Frozen Strawberries Sweetened
1 20 oz. can – Crushed Pineapple with Juice
2 large – Bananas, ripe and mashed
1 pint – Sour Cream
1 ½ cups – Boiling Water

Optional: Fresh strawberries, mint leaves or whipped cream for garnish

Instructions:

Dissolve both Strawberry gelatins in 1 ½ cups hot water. Add frozen Strawberries and let thaw.

Add pineapple with juice and mashed bananas, and then stir well.

Pour half of mixture in serving bowl. Refrigerate serving bowl to firm gelatin mixture, but leave the other half on the counter to stay soft.

Spread half of Sour Cream in an even layer over set Strawberry gelatin in serving bowl.

Pour remaining soft fruit mixture on top of Sour Cream layer and refrigerate again.

Spread remaining Sour Cream over set gelatin and garnish

as desired.

Fresh sliced strawberries, mint leaves or dollops of real whipped cream look very pretty and summery.

Asparagus Scones

Lizzy Stevens

1 $\frac{3}{4}$ cups cut fresh asparagus (1/4" pieces)
2 cups all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{4}$ cup cold butter or margarine
 $\frac{3}{4}$ cup plus 2 tablespoons buttermilk *divided*
 $\frac{1}{2}$ cup shredded cheddar cheese

In a large saucepan, bring $\frac{1}{2}$ " of water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry; set aside

In a large bowl, combine the flour, sugar, baking powder, salt, baking soda, pepper, and cayenne. Cut in butter until mixture resembles coarse crumbs. Stir in $\frac{3}{4}$ cup buttermilk just until moistened. Stir in cheese and asparagus.

Turn onto a floured surface; knead 10 times. Transfer dough to a baking sheet coated with cooking spray. Pat into a 9" circle. Cut into eight wedges, but do not separate.

Brush with remaining buttermilk. Bake at 425 for 18-20 minutes or until golden brown. Cool on a wire rack.

Stuffed Zucchini Boats

April Erwin

Ingredients

1 tbsp sour cream
1/4 to 1/2 tsp salt
Pepper to taste
1 1/2 tsp curry powder
1/2 Roma tomato
1 tsp basil
¼ cup finely chopped goat cheese OR feta
4 slices bacon crumbled
2 zucchinis
1 onion
Shredded Sharp Cheddar cheese
Small bunch of fresh Cilantro

Serves: 4

Directions:

Preheat your oven to 400 (200C). These could also be cooked on a grill.

Wash the zucchinis and slice them in half length-ways. Trimming the ends is optional, not required.

Spoon out the guts until you end up with a boat like shell (leaving about 1/2 an inch all around).

Chop the zucchini pulp and set aside. Also chop a small onion and 1/2 a Roma tomato. Remove the seeds and pulp inside the tomato before chopping to avoid the filling being to watery.

Cook 4 slices of Bacon and let them drain on a paper towel. When cool crumble into bowl.

Sautee the onions in bacon drippings. It's okay for them to brown a little. Add to bowl with bacon.

Now (in no particular order), add to the bacon and cooked onions: 1 heaping tbsp sour cream , 1/4 to 1/2 tsp salt, a good pinch of pepper, 1 1/2 tsp curry powder, 1 tsp dried basil, chopped tomato, 1/4 cup finely chopped goat cheese OR feta, and the zucchini pulp. Mix well.

Lightly butter a baking dish and put the zucchini boats in. They're best served straight out of the oven. Spoon filling evenly between the zucchini shells and then sprinkle Cheddar cheese on top.

Place in a preheated oven and bake for about 20 minutes and then turn on the grill until the top is golden brown.

Before serving sprinkle with fresh chopped cilantro.

“Tuna” Salad Sandwiches **S.C. Alban**

(4 servings)

1 cup of cooked lentils
1 cup of pumpkin seeds
1/3 cup diced celery
¼ cup (or a bit less) of diced red onion
1/3 cup of diced pickles
2 tablespoons of finely chopped fresh dill
3 tablespoons of lemon juice (squeezed from a lemon)
½ teaspoon of red sea salt
Freshly ground pepper to taste
Dijon mustard
Whole Grain Bread
Lettuce
Tomato

1. Blend the lentils and the pumpkin seeds in a blender or food processor until finely minced. Empty into a large bowl.
2. Add the celery, onion, pickles, dill, lemon juice, salt and pepper to the lentil/seed mix and stir thoroughly. Set mixture aside.
3. Spread dijon mustards on whole grain bread and dress sandwich as you like (with lettuce or tomato or both).
4. Scoop a large spoonful of the “tuna” on each slice of bread and serve to your friends on a nice afternoon.
5. Enjoy with a tall glass of your favorite lemonade, iced tea or ice cold water for a refreshing and delicious heart healthy lunch that will leave you pleasantly surprised and the fish happily swimming in the ocean.

Desserts

Jumbles **Jacqueline T. Moore**

Adapted from Eliza Leslie's 1857 cookbook

Makes about 3 dozen

1 cup lard, softened

1 cup sugar

1 egg

1 tablespoon rose water (use $\frac{3}{4}$ teaspoon vanilla)

3 cups sifted flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon cinnamon

$\frac{3}{4}$ cup raisins

$\frac{3}{4}$ cup large semisweet chocolate chunks

$\frac{1}{2}$ cup chopped pecans

$\frac{1}{2}$ cup sliced almonds

Additional sugar

Preheat Oven to 375 degrees F. Sift flour with spices. Set aside. Cream lard and sugar until very light. Add egg and rose water, blending thoroughly, Add dry ingredients all at once to creamed mixture, blending well. Drop by teaspoon on ungreased cookie sheets. Bake 10-12 minutes or until lightly browned around edges. Remove to a rack, sprinkle with sugar, and cool.

(note) Myra used lard because she couldn't afford butter. Butter is better.

Plunkets

Jacqueline T. Moore

**Adapted from Janet McKenzie Hill's 1902 cookbook
Practical Cooking and Serving; A Complete Manual of
How to Select, Prepare, and Serve Food**

1 cup lard
½ cup flour
1 cup sugar
¾ cup cornstarch
6 eggs
2 teaspoons baking powder
1 teaspoon vanilla

Cream lard, add sugar, beating until foamy. Separate eggs. Beat whites until dry. Beat yolks until thick. Pour yolks over whites and gently fold together. Sift, twice, flour, cornstarch, baking powder. Slowly add eggs to creamed lard mixture. Then add dry ingredients and vanilla. Bake in individual greased tins. Ice or not as desired.

(note) Bake time and temperature were not recorded. I am suggesting 350 degrees for 10 minutes and then check. Please remember, butter is better.

Crybabies
Jacqueline T. Moore

Adapted from a collection of recipes from the 1800's submitted by Frances Lindsey and Helen Gravell. to Heritage Cook Book. (author unknown)

½ cup lard
½ cup brown or white sugar
½ cup molasses
½ cup raisins
½ cup chopped pecans
1 teaspoon baking soda
½ cup strong hot coffee
½ teaspoon ginger
½ to 1 teaspoon cinnamon
¼ teaspoon salt
2 cups flour

Preheat oven between 350-375 degrees

Mix lard, sugar, molasses, raisins, and pecans. Dissolve soda in the hot coffee and add to batter. Sift dry ingredients and stir into liquid mixture. Drop from spoons onto greased cookie sheets.

Bake 12-15 minutes. Let set up 5 minutes before removing from sheet.

(note) Please remember, butter is better.

Lavender Strawberry Shortcakes **Raegyn Perry**

2 cups unbleached all- purpose flour
1/4 cup of granulated sugar
2 tablespoons honey
2 teaspoons baking powder
1/8 teaspoon salt
1/2 cup cold **unsalted** butter cut up into chunks
1 large egg lightly beaten
1 teaspoon lavender extract
1/2 cup heavy cream (or half and half)
Dried culinary lavender buds (garnish)

Filling/Topping:

1-2 pounds of fresh strawberries, washed, hulled, sliced, and mixed with sugar, honey & a hint of extract. (Be careful here)

1 cup of heavy whipping cream. You could flavor w/a hint of vanilla (optional)

Preheat oven to 400F.

Line a baking sheet with parchment paper or very lightly grease it. I use Pam spray-it works too.

Mix sugar, baking powder, flour, and salt in mixing bowl. Stir to combine.

Add cut up butter to bowl Cut until it resembles coarse crumbs. (This is important for light and flaky cakes!)

Combine the egg, cream, extract together then quickly mix

into the dry ingredients. (don't overmix, learned this the hard way)

Turn out the dough onto a lightly floured surface, press into 8 inch round with a thickness of about an inch.

Cut out shortcakes using a biscuit cutter, or a drinking glass that is floured works too.

Put on a baking sheet. Bake 15-20 minutes (check them after 15) Let cool.

Carefully slice shortcakes in half, spread cream mixture over bottom. Add top and drizzle strawberry mixture over top. Go ahead –add a small dollop of cream on top!

Garnish shortcake and plate with dried lavender buds.

Peanut Butter Teddies

Lizzy Stevens

1 can (14 oz) sweetened condensed milk
1 cup creamy peanut butter
1 teaspoon vanilla extract
1 egg
2 cups all-purpose flour
2 teaspoons baking soda
½ teaspoon salt
mini chocolate chips

In a large mixing bowl, beat the milk, peanut butter, vanilla and egg until smooth. Combine the flour, baking soda and salt; add to peanut butter mixture and mix well.

For each bear, shape the dough into one 1" ball, one ¾" ball, six ½" balls, and one ¼" ball. On an ungreased baking sheet, slightly flatten the larger ball to form the body. Place the ¾" ball on top for head. Use the six balls as arms, legs, and ears. The smallest ball is for the nose. Place mini chocolate chips as eyes and belly button. Bake at 350 for 6-8 minutes or until lightly browned. Cool on baking sheets.

Spiced Pear Cake **Lizzy Stevens**

1—15oz can Lite pear halves
1—18 ¼ oz white cake mix
¼ cup fat free sour cream
¼ cup brown sugar
1 egg
2 egg whites
¼ tsp cinnamon
1/8 tsp nutmeg
2 tsp powdered sugar

Coat a 10” fluted tube pan with nonstick spray. Drain pears, saving juice. Chop pears. Place in bowl. Add juice, cake mix, sour cream, brown sugar, egg, egg whites, cinnamon and nutmeg. Beat on low until moistened. Beat on high for 2 minutes. Pour into pan. Bake at 350 for 60-65 minutes. Let cool. Dust with powdered sugar when completely cool.

Drinks

Cool Summer Drinks **Susanna Hargreaves**

Raspberry Lime Rickey

Fill a pitcher 3/4 full with Sprite (or store version) and 1/4 full of ice.

Add a hand full of frozen raspberries

Cut one lime in half. Squeeze one half into the pitcher and thinly slice and quarter the other half. Stir.

Sweet Summer Sangria

In a large punch bowl

Add one bottle of pink lemonade (I love Paul Newman's)

One bottle of sparkling water

One bottle of Pinot Grigio

Sliced oranges, lemons, peaches, and strawberries. Add ice.

Enjoy!

Sangria Recipe **Rocky Rochford**

As far as Sangria is concerned, there isn't just one authentic recipe, but many, as most traditional Spanish families have their own, and most recipes are up to modification, using alternative ingredients to alternate the flavour, but no matter how you do it different, unless you sweeten it and add liquor, you won't be making Sangria, but Tinto de Vernano (summer wine), a drink served in most bars to tourists, through-out Spain.

Usually takes between 8-12 minutes to make.

Ingredients: (Below are the ingredients I use, but as stated above, creative free reign is encouraged and recipes interchangeable)

*Red wine (a full bottle is best, but an almost full bottle, is still more than enough, even if there is a sneaky mouthful or two missing)

*A sparkling lemon drink such as lemonade, fizzy gas, or Sprite (etc.)

*Brandy, but Whiskey would also do

*Fruit—an apple, an orange and a peach

*Ice

*Sugar (5-10oz)

*Cinnamon

How it's Done: *The Prep Work*

-If using fresh mushrooms, now is a could time to chop them up, followed by the pancetta, bacon or whatever meat you have chosen to use.

If you plan your sangria a day in advance, you could chop

the fruit and soak in the liquor in the fridge overnight, though this is far from necessary. Any liquor will do (well, perhaps not vodka or gin). If you are worried about mixing your drinks, stick to grape-based beverages and choose brandy. You can be adventurous with the fruit - kiwi is popular and I've seen banana used. But peach is always good - the flavor nicely infuses into the drink.

How it's Done: *The Prep Work*

- Preferably, what you want to do is start making the beverage a full day in advance as this allows you time to cut up your chosen fruit and then leave to soak in your liquor of choice, in your fridge overnight. If however making the beverage on the day, than if possible, try to do this step a couple of hours before hand.
- With the fruit and liquor now ready, strain off the fruit.
- Now take out your jug and to ensure your Sangria is packing the *fizz*, first you want to pour in your lemonade, or whatever you're using for your sparkling lemon drink. With the lemon drink in, next slowly pour in the rest of the ingredients, wine, liquor, and freshly chopped fruit and let's not forget the ice now either, the last thing you'd want after the whole process is to be stuck with warm Sangria.
- So close but not just yet, you'll have to deny those desires to sip now, as we have still yet to sweeten the drink and turn the Tinto de Verano into full-blown Sangria, so now is time to take out that pinch of cinnamon and pour in the sugar, which leads us to the important part. Sangria can take a lot of

sugar, but ultimately, that finished sweetness depends on you and how sweet you want it to be, so this is the part where you have to step up as official taster and keep adding sugar, stirring and tasting until you feel it hits your sweet satisfaction perfectly.

- Once sweet enough and all stirred in, you're good to go and start pouring, so get your friends round, get those glasses raised and fill them to the brim before you should, sip, savour and soak up the sun.

And that is just one recipe of many Sangria recipes that I hope you enjoy.

Apple Cranberry Cider **Lizzy Stevens**

1 quart apple cider
2 cups cranberry juice
1/3 cup brown sugar
4 whole cloves
2 cinnamon sticks

In large saucepan, combine cider, juice, and sugar. Place cloves and cinnamon in double thickness cheesecloth. Tie at corners, add to pan.

Bring to boil over medium heat. Reduce heat and simmer, uncovered, for 15-20 minutes. Discard spice bag before serving.

About the Authors:

Gary Winstead:

Gary Winstead, the youngest of eleven children, was born in 1948 and grew up in Pontiac, Illinois, an obscure farm town in the middle of the Illinois Corn Belt. At the age of eighteen, he joined the United States Marine Corps and served for four years, rising to the rank of corporal (E-4) before earning his honorable discharge. He went on to receive a bachelor's degree in physical education, a master's in educational administration from California State University, Fullerton.

He is a roper (header) and member of the USTRC and National Senior Rodeo Cowboys Association. He has been married to Faye, the love of his life, for forty-five years and has three stepchildren, all grown, and four grandchildren.

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Margaret Egrot lives in the UK. She has worked with the Probation Service, the Police Authority, and in the charity sector. She currently sits on the boards of two charities: one that runs assessment centers for families experiencing problems, and one that provides services for the elderly (well, you've got to think ahead...)

Margaret enjoys reading, going to the theatre, and writing—short stories, plays, and novels.

She tries to keep fit by swimming and racing her cairn terrier round the park. He usually wins.

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Vicki-Ann Bush:

Vicki-Ann Bush currently resides in Las Vegas, Nevada. Originally from Floral Park, New York, she gains most of her inspiration from the beauty of the surrounding desert and the lush landscapes from her childhood memories.

Her other works include, The Dusk Chronicles trilogy and the children books, Winslow Willow the Woodland Fairy and The Queen of It. In addition, Ms. Bush will have the release of her paranormal novella, The Fulfillment, in late fall 2014, published by Solstice Publishing.

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Rachel Stapleton spent her youth cultivating a vivid imagination inside the book lined walls of an old Victorian library where she consumed everything from mystery to biography, creating magical worlds, hidden elevators, and secret spiral staircases. At sixteen, she penned a column for the local newspaper and in 2006, wrote her first book featuring an adventurous librarian. She lives in a Second Empire Victorian with her husband and two children in Ontario and enjoys writing in the comforts of aged wood and arched dormers. She is the author of *The Temple of Indra's Jewel* and is currently working on a third book in the Temple of Indra series. Visit her website and follow her on social media or sign up at www.rachaelstapleton.com to receive email updates.

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After graduating from the University of Vermont College of Medicine, John L. DeBoer, M.D., F.A.C.S. completed a surgical residency in the U.S. Army and then spent three years in the Medical Corps as a general surgeon. Thirty years of private practice later, he retired to begin a new career as a writer. The author lives with his wife in North Carolina.

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Vanayssa Somers:

Born in a Yukon winter, Vanayssa Somers moved to beautiful British Columbia as a toddler and grew up in the deep forests of Vancouver Island. Over the years she trained as a Registered Nurse, earned a B.A. in Sociology from University of Victoria, worked as a Reiki Master, Psychic, and NLP counsellor. She was blessed to mother a beautiful daughter who, unfortunately, passed away in her twenties. Through that loss she discovered a gold mine of new depth in herself and in life itself, as her daughter returned to visit her and open a new awareness of life after death. The greatest gift of all is life itself. A graduate of The Monroe Institute and a follower of Bruce Moen's books and website, Vanayssa works in soul retrieval and connection with her family in the Afterlife. She believes romantic love to be one of life's highest experiences. Writing romance is

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Lizzy Stevens is an International Best Selling author. She writes paranormal/romance and women's fiction. She's a wife and the mother of two awesome boys.

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Born and raised in Southern California's Los Angeles basin, K.C. Sprayberry spent years traveling the United States and Europe while in the Air Force before settling in Northwest Georgia. A new empty nester with her husband of more than twenty years, she spends her days figuring out new ways to torment her characters and coming up with innovative tales from the South and beyond.

She's a multi-genre author who comes up with ideas from the strangest sources. Some of her short stories have appeared in anthologies, others in magazines. Three of her books (Softly Say Goodbye, Who Am I?, and Mama's Advice) are Amazon bestsellers. Her other books are: Take Chances, Where U @, The Wrong One, Pony Dreams, Evil Eyes, Inits, Canoples Investigations Tackles Space Pirates, The Call Chronicles 1: The Griswold Gang, The Curse of Grungy Gulley, Paradox Lost: Their Path, Canoples Investigations Versus Spacers Rule and Starlight. Additionally, she has shorts available on Amazon: Grace, Secret From the Flames, Family Curse ... Times Two, Right Wrong Nothing In Between, and The Ghost Catcher.

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T.W. Embry:

T.W. Embry is a navy brat thanks to his dad's attachment to the US Pacific Fleet. His family is from Kentucky and both sides have lived there since just after the revolutionary war. He is a long time resident of St Lucie county Florida. His wife of 19 years is a Florida native, born in Stuart Fl, a cracker and proud of it. They have one daughter, Corri, who is currently a full time college student. Then there is the family dog Hobo and his two feline friends Oscar the grouch and Biggin kitty. All of who have inspired characters to write about.

How T.W. got into writing is an unusual chain of events culminating in his first book, Revenge from Mars. He was working for Bellsouth as an information operator and had been for fifteen years when the office he was in was closed due to downsizing. As he had just enough seniority to receive severance pay equal to a years' salary, he decided to go back to school, culinary school to be exact. Although he graduated with honors, he soon discovered that a fast paced kitchen wasn't his forte.

Thanks to the advice of one of his teachers, he settled down to sketch out an opening scene from Revenge From Mars.

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Jennifer Dawn Anderson-Bounds is an author, radio broadcaster, VFX creator and designer, and film producer and director. She writes under her real name as well as her pen name: Kateland Black. Jennifer live a peaceful life in a quaint little city surrounded by the beautiful and majestic Ouachita Mountains. She enjoys relaxing along the White River and the surrounding lakes taking in her favorite sport of angling—in the ever so fun rainbow and brown trout.

She is a writer of her own screenplays and scripts, and she enjoys helping new indie artists to become successful in their own works. Jennifer also enjoys my work in VFX for film producers and directors.

Recording and producing is a craft, whereas writing is an art... film and music are a passion...A love for creating that which the viewer can become lost within.

Film, radio, visual effects, and writing... all are my passions!

Live, love, laugh, journey, and experience life!

There is color, beauty, intrigue, and amazement all around us!

"Don't follow me into the madness of the world, just accompany Me within My own!" Jennifer Dawn Anderson>> 6/15/2011

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Dream big, be bold, no fear! April Erwin is the author of suspenseful and humorous inspirational contemporary stories that reflect her faith and the life motto created with her sister and best friend. A lifelong resident of Independence, MO, April loves living in her hometown surrounded by family and her Cocker Spaniel, Buddy. Raised in the Gospel of Jesus Christ, she's thrilled to achieve her dream to become a writer and use that to witness of her Christian faith. She holds an Associate in Graphological Science, the study of handwriting analysis, tutors dyslexic and reading challenged individuals, enjoys photography, is a singer/songwriter and records original music with her sister, Angel. Also the author of Dysfunction Junction and Missing Pieces, Justice Burning is her third published novel.

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E.B. Sullivan is a clinical psychologist who loves to write fictional tales. She lives in California with her husband, dogs, cats, and horses. Elizabeth describes her life as a continuous and exciting adventure.

E.B. Sullivan is the Solstice Published author of novels *Different Hearts*, *Bloom Forevermore*, *Grandfathers' Bequest*, *Alaska Awakening*, and novellas "Christmas Guardian Angel" and "Spotlighting Crime."

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KateMarie Collins:

Born in the late 60's, KateMarie has lived most of her life in the Pacific NW. While she's always been creative, she didn't turn towards writing until 2008. She found a love for the craft. With the encouragement of her husband and two daughters, she started submitting her work to publishers. When she's not taking care of her family, KateMarie enjoys attending events for the Society for Creative Anachronism. The SCA has allowed her to combine both a creative nature and love of history. She currently resides with her family and two cats in what she likes to refer to as "Seattle Suburbia".

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Esma Race was born and raised in the small Cheshire village of Weaverham. She has a great love for the natural world, and has always been able to sense the nature spirits, which are featured in her stories. She is very interested in natural healing, and is a practicing reflexologist in the North of England, where she now lives with Geoff, her husband of 45 years. She is a mother, grandmother, and great-grandmother, and enjoys reading, walking, traveling, gardening, and English history.

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Marie Lavender lives in the Midwest with her family and three cats. She has been writing for over twenty years. She has more works in progress than she can count on two hands.

At the tender age of nine, she began writing stories. Her imagination fueled a lot of her early child's play. Even growing up, she entered writing contests and received a certificate for achieving the second round in one. She majored in Creative Writing in college because that was all she ever wanted - to be a writer. While there, she published two stories in a university publication, and was a copy editor on the staff of an online student journal. After graduating from college, she sought out her dream to publish a book.

Since then, Marie has published nineteen books. Marie Lavender's real love is writing romances, but she has also written mysteries, literary fiction and dabbled a little in paranormal stories. Most of her works have a romantic element involved in them. *Upon Your Return* was her first historical romance novel and *Upon Your Honor* is the second book in the Heiresses in Love trilogy. In March, she released *Magick & Moonlight*, a paranormal romance. Feel free to visit her website at <http://marielavender.webs.com/> for further information about her books and her life. Marie can also be found on Facebook, Twitter, LinkedIn and Google+.

Awards: Bestselling author of *Upon Your Return* and 18 other books. Finalist and Runner-up in the MARSocial's Author of the Year Competition. Honorable mention in the January 2014 Reader's Choice Award. Liebster Blogger

Award for 2013. Top 50 Authors on AuthorsDB.com.
Winner of the Great One Liners Contest on the Directory of
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A list of her books and pen names are as follows:

Marie Lavender: *Upon Your Return, Magick & Moonlight,
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Ransom; Leather and Lace*

Kathryn Layne: *A Misplaced Life*

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YouTube: <http://youtu.be/G5p9UijAgsQ>

Penny Estelle:

Penny Estelle is a best-selling writer for all ages, from the early reader to adult. Her books range from picture books for the little ones to fantasy and time travel adventures for ages 9 to 13. She also, under P.A. Estelle, has written adult stories, including a family drama and contemporary, paranormal, and historical western romances

Penny was a school secretary for 21 years. She and her husband moved to their retirement home in Kingman, AZ on a very rural 54 acres, living on solar and wind energy only.

Website: <http://pennystales.com/>

Blog: <http://www.pennyestelle.blogspot.com/>

Amazon: <http://www.amazon.com/Penny-Estelle/e/B006S62XBY>

Maighread MacKay:

Maighread MacKay is an author and visual artist from the Greater Toronto Area in Ontario, Canada. She is a member of the Writer's Community of Durham Region (WCDR), and the PRAC (Pine Ridge Arts Council).

Her publishing credits include three books for children: *Bedtime Treasures*, *The Mysterious Door*, and *the Crystal Grove* written under the name of Margaret L. Hefferman. Her novel *Stone Cottage* is her first foray into adult literature. Her book trailers can be viewed on You Tube under Margaret Hefferman—*Stone Cottage*. She has also published articles for a variety of magazines, including most recently, the Durham Region online magazine—*More 2 Life 4 Women* and the WCDR publication *Word Weaver*.

Website: <http://mhefferman.ca/author/>

Facebook: <https://www.facebook.com/mlhefferman?fref=ts>

S.C. Alban:

S.C. Alban was born and raised in Northern California. After completing her undergraduate degree at San Francisco State University, she went on to complete her M.A. at Sonoma State. Her debut novel, *A Life Without Living*, was released on December 5, 2014.

Much of her inspiration is found in the natural beauty of Northern California where she currently resides with her partner, three cats, and two dogs. She enjoys gardening, hiking, and kayaking.

Website/Blog www.scalban.com

Facebook www.facebook.com/scalban

Twitter www.twitter.com/muchasfloras

Jacqueline T. Moore:

Some people call Jacqueline Moore a snowbird because she spends so much time writing in South Carolina. Not so. She loves the Ohio winters with all the ice and snow. She says, “Traveling south in the summer makes me a sunflower...and a beach bum!” As a writer and educator, Jacqueline surrounds herself with words. She savors the sounds and sense of letters put together to create a lasting memory. Her debut novel, *THE CANARY*, is inspired by a most beautiful yellow diamond that rests on her finger and the whispered family secrets about how it got there.

Please visit her at www.jacqueline-t-moore.com and on Facebook at Jacqueline T. Moore for conversations and updates on her next book

Facebook: <https://www.facebook.com/pages/Jacqueline-T->

[Moore/476568419146045](https://www.facebook.com/476568419146045)

Website: www.jacqueline-t-moore.com

Email: Jacqueline@jacqueline-t-moore.com

Raegyn Perry:

Raegyn Perry is thrilled to soon (fingers crossed this summer!) share her debut novel, *Lavender Fields*, with readers. This is Book One in the Eternal Journey Series. It asks the question, ‘What if love found the right people at the wrong time?’

As an actor, she’s been in various productions over the years onstage in Ohio, then Seattle and even Everett. She played a doctor in front of the camera with Ned the Cactus in a Taco Time commercial, as well as other fun spots. Raegyn wrote a full-length play, she hopes to one day see brought to life. When not writing, Raegyn has been known to turn into a T.V. and movie-watching junkie, and is just as happy going to a movie, happy hour, concert, or theater show. She can be perfectly content curled up with a good book, or on a fun travel adventure. Anyone who knows her knows she loves to dance (a lot!) wherever and whenever possible! In addition to romance, Raegyn proudly claims to be a geek fan of most Sci-Fi, paranormal, or comic-book related media. She also just recently wrapped a teaser video for *Lavender Fields*, which she scripted and starred in with friends down in Portland, Oregon. She is currently working on the second book in the Eternal Journey series. Raegyn has called the beautiful Pacific Northwest home since 2001, and has one son she’s quite proud of.

Facebook:

<https://www.facebook.com/authorRaegynPerry?fref=ts>

Twitter: <https://twitter.com/RaegynP>

Website: <http://raegynperry.com/>

Susanna Hargreaves:

Susanna L. Hargreaves (MA) is the mother of three enchanting children, a writer, and educator from New Hampshire. For more information about Susanna's work, visit <http://susannahargreaves.com/>

Website: <http://www.susannahargreaves.com/>

Rocky Rochford:

Rocky Rochford is a scuba diving, photo taking, adventure seeking, sword collecting, writer & marine conservationist. He's a handful of years into his twenties, but after living life on the road, going town to town before finally settling down, he's gained great insight into the world and her workings. From day one, he has been a writer, and a writer he shall forever remain.

He likes to consider himself to be a student of everything, and yet a master of nothing, who does not choose what he writes, but writes what chooses him, be it fantasy, crime, poetry, philosophy or even adventure. After all life is a journey we all get to experience, just like a good book.

Every one of his typed works is another trip into the imagination of his mixed up, crazed, and deranged mind. Welcome to the World of Rochford.

Summer Thrills Summer Chills Cookbook

Facebook:

<https://www.facebook.com/IamRockyRochford?fref=ts>

Twitter: <https://twitter.com/RockyRochford>

Wattpad: <http://www.wattpad.com/user/RockyRochford>

Goodreads:

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