

Getting Started with Sour Dough

I have baked and cooked since I was a young girl. Meals, sweets and savories - I've done them all. Pies still present a challenge (I think I take after my paternal grandmother who vowed that her pastry was her most useful creation as they made great hinges for the barn door) but I reasoned that if I did a really good job with the fillings, nobody would notice. So far that theory has worked. One very long summer I baked cookies for Hennigar's Farm Market - 50 dozen a week. Cookies have never figured very high on my favourites list since then.

I have made bread all my married life. Since Covid-19 cast its long shadow over baking supply availability, flour and yeast are in short supply. I finally managed to get my hands on a fifty pound bag of flour, so then all I needed was yeast. None. Nada. Anywhere. What to do? What to do? But wait! W-A-Y back when I baked bread with sour dough. I like sour dough bread but the starter always managed to stump me. I went to the oracle (Google) and voila! Entries upon entries on sour dough, how to make the starter, how to keep it going, recipes, etc.

I picked the easiest starter. Mind you, I had to wade through pages of information to get to the "recipe", but all that was needed was water, flour and a large jar with a tight-fitting lid. And time. I have lots of all of those.

Each day I added to the original mixture. By day 3 there were bubbles. I felt like an expectant parent. So excited. By day 4 the bubbles were working their way up the side of the jar! By day 6 it was ready.

Baking sour dough bread isn't at all like baking yeast breads. Kneading is kept to the barest minimum. Start the bread in the evening, bake next morning.

Sour dough bread is dense, chewy, delicious, and, if Google is to be believed, rates second behind sprouted grain breads in nutritional value. Sour dough starter uses air-borne bacteria and varies by the household and season. Fermented foods are all the rage now - keep our collective guts healthy- and sour dough fits right in there. Has been used the world over for millenia and it is down-



Sour dough starter

right tasty. If all else fails, for those challenged to teaching children, this is a great science experiment.

I include the recipe and directions I used.

First day, in a large mason jar add 3/4 cup plus 2 tablespoons flour (any kind) and 1/2 cup warm water. I thought the mixture was too thick so I added a little more water until the mixture resembled a thick-ish slurry. Put the jar on your counter where the temperature ranges between 20-22 degrees Celcius.

Second day, add 3/4 cup plus 2 tablespoons flour and 1/2 cup warm water. Mix with a fork. Lid on and back on the counter.

Third-Fifth days, repeat day 2, mixing well and re-closing the jar lid.

Day 6 - in a deep bowl, add 4 cups plus 2 tablespoons flour mixed with 1 teaspoon salt. A generous 1/4 cup of the sour dough mixed with 1/2 cup plus 1 tablespoon slightly warm water. Add to the flour. Stir until mixed into a sticky ball.

Place greased parchment paper or waxed paper to cover the dough. On top of that place a barely wrung out wet tea towel. Cover bowl tightly and leave overnight.

continued on page 3

Herbs for Healthy Lungs

It was suggested to me that perhaps an article on herbs and lung health would be appropriate during our current life with Covid-19. This virus attacks the lungs, so keeping an eye on the health of your respiratory system seems logical. Nearly all of the following herbs can be used by pouring hot water over the leaves and breathing in the steam. Another way of using them is to brew a cup and enjoy it. *** Some of these plants are of the mint family so if you have a sensitivity to these types of plants, please take care.**



Lobelia: More commonly known as Indian Tobacco, it was once used in Appalachian traditional medicine to treat bronchial asthma. We now know it contains an alkaloid named Lobeline, which helps to ease congestion and thin mucus. *Due to its anti-spasmodic quality, it's used in over the counter medicine for treating bronchitis, resulting in deeper and easier breathing.*

Lungwort: Lungwort was thought in the past to resemble human lung tissue and was widely used as an effective remedy for respiratory ailments. Modern research has shown that the antioxidant and mucus clearing traits in lungwort may be beneficial to boosting lung health. *In modern herbal medicine, it is commonly used as a respiratory aid for its ability to reduce irritation in airways and for its soothing properties.*

Oregano: It is packed with powerful nutrients that can give your immune system a boost and contains certain compounds containing anti-histamine and decongestive properties. To relieve a pollution-induced headache, try rubbing a small amount of oregano oil on your temples and forehead. *A recent article by Phytotherapy Research asserts that this herb is almost as strong as morphine in its ability to kill pain. And it is also an extremely effective antibiotic and has excellent germicide capable of killing a wide range of fungi and bacteria.*

Plantain Leaf: The major components of plantain, native to North America, are believed to reduce irritation, curb the effects of harmful organisms, and alleviate respiratory troubles. It's used in modern medicine and can be found in balms and medication meant for soothing the respiratory system, managing cardiovascular problems and treating rheumatism. *Trials conducted in Germany concluded that plantain leaf is helpful for reducing lung tissue irritation and curtailing coughs.*

Peppermint: Menthol is the main chemical component of peppermint and is effective as a decongestant, which shrinks swollen membranes in the nose, making it easier to breath. Also used as an expectorant and is an anti-histamine and anti-oxidant. *Scientists concluded that: "Based on its wide antimicrobial properties peppermint can be a useful agent for the treatment of uncomplicated infection of skin and respiratory tract."*

Tea: Black tea like other food sources that can help improve lung health is high in antioxidants.

Thyme: Thyme is a potent medicinal herb that supports lung health. The tiny aromatic leaves are used to flavour food and the aerial parts are all used to make essential oils.

Mullein: Mullein has long been considered one of the best herbs for lung health. Common mullein is considered a weed locally but it can help clear phlegm, is effective in combating inflammation as well as containing antiviral, antifungal and antibacterial properties. A tea, extract or decoction can be made from the flowers and leaves and then consumed to support lung health.

Ed Schofield

Black River

... from the *Wolfville Acadian*

This column was originally printed in the *Wolfville Acadian*. The column was printed without the wife's name, as was the practice of the time. Where it is known we have included it in brackets.

September 4, 1947 (continued)

Mrs. Ian (Hazel) Long and children spent Sunday with her parents, Mr. and Mrs. Howard (?) Smith, of White Rock.

Mrs. Lawson (Bessie) Atwell and daughter, Mrs. Lenna Cunningham, recently visited with Mr. and Mrs. Ralph (?) Redden, Kentville.

Mrs. Eliza Volker, of Valley Falls, R.I. arrived home Thursday to visit her brother, Leander Long, for two weeks.

Mr. and Mrs. Allison (Verna) Chute and baby, of Waterville, spent Sunday with her parents, Mr. and Mrs. Rupert (Inez) Long. Miss Verna Clem, of Wolfville, was a visitor at the same home.

Mr. and Mrs. Freeman (Lexie) Levy and family and Mr. Lawson Levy spent Sunday with Mr. and Mrs. Charles (?) Schofield, of Windsor Forks.

Mr. and Mrs. Clifford (Ada) Long and sons motored to Truro on Sunday and were guests of the latter's parents, Mr. and Mrs. Hugh (Arabella) Taylor, and visited in Halifax on Monday. On their return they were accompanied by Mrs. Taylor who will spend several days with them.

Mrs. Frank (Hattie) Ells visited relatives in Halls Harbour on Thursday.

Sunday visitors of Mr. and Mrs. Joe (Blanche) Smith were Mr. and Mrs. George (?) Bishop, of New Minas and Mrs. Eugene Schofield and three grandchildren from Gaspereau.

Mr. Jeremiah, of Rhode Island, arrived recently to visit at the home of Mr. and Mrs. R. (I) Long.

Mr. and Mrs. Raleigh (Abbie) Eagles, of Greenwich, spent Sunday with the latter's sister, Mrs. Leverett (Mabel) Long, and Mr. Long.

Mrs. Leanna Cunningham and children, accompanied by her mother, Mrs. Bessie Atwell, and Mrs. Volker were supper guest of Mr. and Mrs. R. A. (Rosie) Ells on Sunday.

Bookmobile: Unfortunately the bookmobile service has been cancelled. This is sad news for some of us who considered the arrival of the bookmobile an event, and the arrival of new reading material a sunny day. Its demise signals the end of an enlightened era when having books, magazines, movies available to a rural community, whether it was financially viable or not, was considered valuable. Such was its initial importance that the first bookmobiles were drawn by horse and wagon. Whilst it has been dangling by a thin financial thread it would seem that some things are of such importance that they are beyond financial viability. It has got to be less ecologically responsible to have rural readers all driving to town to pick out books, etc. and it is a big loss for non-driving seniors, retired folk and one of the benefits to a rural way of life.

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(continued from page 1)

- In the morning, remove the cover, the tea towel and the waxed paper.
- Coax the dough out of the bowl and on to a floured surface.
- Give the dough enough kneading (10-15 seconds) to make it stick together and not to the counter.
- With finger tips of both hands, punch the dough, spreading it out and creating little pockets.
- Fold the top towards the centre, quarter turn, fold that top to centre, quarter turn, fold top to centre, quarter turn, fold top to centre. Quickly flip over and you should have a smooth-ish top.
- In greased deep metal bowl or 2-litre cooking pot (no plastic on handle or knob), place dough, greased paper, wrung out tea towel and place lid on top. Set aside an hour.
- Set oven to 500 degrees.
- Remove tea towel but keep greased paper on the dough and lid on the pot.
- Place in oven and immediately turn the oven back to 450 degrees.
- Bake 20 minutes.
- Remove pot lid but leave paper on and continue baking for 30 minutes. Watch for excessive browning.
- Remove from oven, turn out immediately on cooling rack. Place dry tea towel over bread to cool.

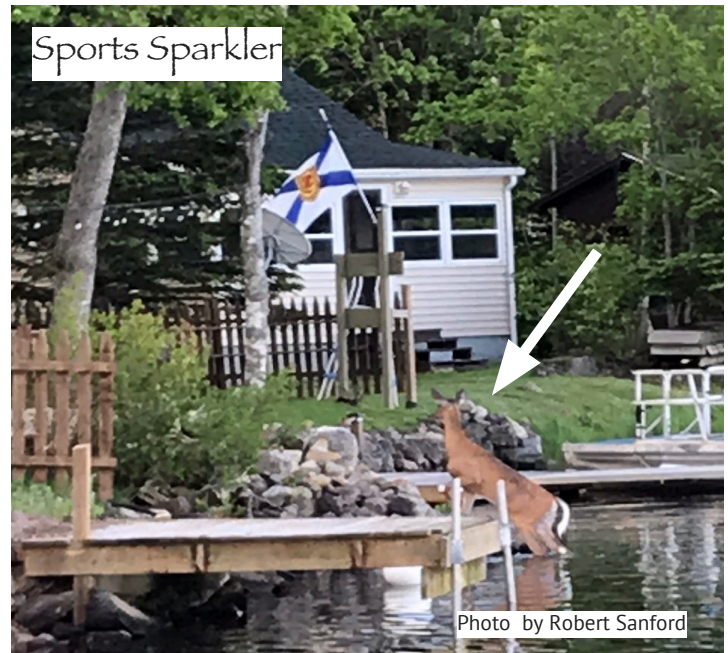
Four + water + time = Magic you can eat.

Note: The remaining starter can be used in all kinds of recipes. I have made chocolate cake, crackers and banana bread and all were yummy. The remaining starter can be kept going by adding the flour and water as before, you can give some to friends or, if you've had enough, toss it. But why would you?

- Gladys Long



Bernard Forsythe and Pauline Meldrum banded 3 young Barred Owls found on the Miner Meadow Road - May 30/2020.



The first reported swimmer to cross Sunken Lake 2020. Swam from the outlet side of the lake to Jake Tupper's wharf.

NEWSLETTER

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Looking for KINDLING for the winter season? Look no further. **Jack Spinney is offering QUALITY, DRY KINDLING** at the great price of \$5 for a full feed bag. Call Jack at 902 542 1552.

Birthdays

Leander Clancey	July 1
Zelma Long	July 2
Keigan Levy	July 2
Emily Levy	July 6
Charlene Davies	July 7
Diane Ells	July 9
Don Feltmate	July 12
Lucie Levy	July 16
Philip Pick	July 17
Gladys Long	July 21
Victoria Tait	July 23
Abby Davies	July 25
Shawn Munro	July 26
Morris Ells	July 27
Paul Russell	July 29
Cohen Munro	July 29
Justin Davies	July 30

Anniversaries

Jack & Reta Spinney	July 14
Leonard & Mildred Levy	July 23

Condolences

Dale Buckley passed away in April. Formerly of Black River and Lumsden. He began his education in Black River's school and became a marine biologist and scientific writer of note. Our sympathy is extended to his family and friends. serenityfuneralhome.ca/tribute/details/8265/dale-buckley/html

On May 26, **Marie Carol Spinney** passed away unexpectedly. As an adult she completed her schooling, with honours, to become a PCW. Our sympathy is extended to her son, Larry and daughter, Maryellen, family and friends and neighbours. whitefamilyfuneralhome.com/obituaries/146670

On June 3 **James "Jim" Davison** passed away at the age of 100. He was formerly of Black River. Condolences are extended to his sister, Gertie Ells and family, friends and neighbours. whitefamilyfuneralhome.com/obituaries/146815

Helen Levy passed away at the age of 96 in June. She was mother to 7 children, former post-mistress of Black River (Vesuvius), a former teacher, kept a vegetable garden into her senior years, designed and quilted many quilts, had a very alert and excellent mind, was an integral part of the family owned farm until her move to a nursing home and lived alone in her home in Black River until her early nineties. She will be remembered fondly by many in the community. Condolences to her children, her extended family, friends and neighbours. serenityfuneralhome.ca/tribute/details/8301/Helen-Levy/obituary.html

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Sunken Lake and Area Journal of Wildlife Observations recorded by Clara Spinney

May 16 - Hummingbirds showed up today. Very hungry

May 23 - Have a least eight hummingbirds at my feeders, if I'm seeing eight at once that means there is probably sixteen. If you watch them you will see that they have so many different ballet moves that don't mean anything to us.

May 30 - Bernard and Pauline dropped by this am to report that they just banded three baby owls on the Miner Meadow Rd. See below and on page 3. These are just a few of the many they



Photo by Pauline Meldrum

Baby barred owls

have banded this spring.

May 31 - Mother Black duck came by today to show off her nine babies.

June 4 - Mother Mallard brought her 3 babies visiting.

June 9 - Robert Sanford snapped a wonderful shot early this am of a deer swimming ashore at Jake Tupper's wharf. See photo page 3.

June 11 - Been quite awhile without seeing a beaver, until this evening, when 3 came up while potting some flowers. My yelling turned them away.

June 12 - Have a junco nesting under a piece of bark among my blueberry bushes.

June 14 - Now have ducks fighting over the corn I was feeding them. They are such brats.

June 15 - Turtles are laying their eggs early this year - usually in July.



black duck



junco



painted turtle

Telephone Clara 902.542.3180 with any of your wildlife observations and she will add them to her own or email: claraspinney123@gmail.com