



# She Chats

SEPTEMBER 2009

Welcome to spring! Time to brush off the winter blues and spring into longer days and warmer weather. Spring is a great time for socialising. The Bible speaks of hospitality as a gift. What better time to give than spring. Maybe you don't have enough matching chairs to seat a party of six, it doesn't mean you can't entertain. Open your back door and be hospitable alfresco style. Not alfredo, alfresco! Host a party in the great outdoors.

The good news about sharing the outside of your home is you don't need to fret over the inside. Clear the cobwebs from your front entrance, give the bathroom a quick wipe down, and you're ready. Greet your guests at the front door and escort them out the back for the party. If you don't have enough chairs throw down a couple of picnic blankets and a few cushions.

Of all the things my family and I do, extending hospitality is among our favourites. We get to be together, spend time with people we enjoy, and never leave home. It also forces us to focus on the task at hand and prepare as a team.

Proverbs 11:25 says, "Those who refresh others will themselves be refreshed" That's so true! When the party's over, we feel good knowing we've worked together to encourage others.

Ready to give it a try? Start with these tips for stress-free springtime hospitality.

**Be spontaneous.** With our busy schedules, sometimes the best way to gather a few friends is impromptu and just order some pizzas.

**Keep the food simple.** Proverbs 15:17 reminds us, "Better a meal of vegetables where there is love than a fattened calf with hatred." In other words, keep the food simple and enjoy just hanging out with others.

**Bless, don't impress.** 1 Peter 4:9 encourages us to "offer hospitality . . . without grumbling"

Love you, Ps Chris

## CAJUN CHICKEN

- 1/4 cup sour cream
- 2 tsp Cajun seasoning
- 8 large chicken tenderloins
- 1/4 cup oil
- 2 tbsp red wine vinegar
- 1 tbsp brown sugar
- 1/4 tsp garlic powder
- 1 avocado
- 1 yellow capsicum
- 1/2 red onion
- Mixed lettuce leaves
- Pine nuts

Place cream and seasoning in a bowl. Whisk until smooth. Add chicken and toss. Cook under a hot grill, for about 7 minutes on each side, or until cooked through. Whisk oil, red wine vinegar, brown sugar and garlic powder in a large bowl. Season with salt and pepper. Add thinly sliced avocado, yellow capsicum, red onion, mixed lettuce leaves. Toss gently. Arrange salad over four serving plates. Top with chicken. Sprinkle with pine nuts.

Try serving this dish with warm tortillas for a tasty, spring meal.

## Food Fit for Your Nana with Sandy Lawson

Brooook, Brook, Brook, Brook.....Brooook, Brook, Brook, Brook.....

No I haven't gone crazy, just talking chicken! What came first the chicken or the egg? Old question, but today it seems the question is more like, "Chicken or the money?" Believe me, money comes first. It has been the call of money that has heralded the start of the battery chicken system and it is the demand of money that causes us to buy cheap (excuse the pun). Unfortunately, cheapest is not always in the interest of the chicken or the egg. You have probably heard about the atrocities that take place at battery farms, not because the people who run them are depraved or mean, but because, in the name of money, the natural behaviour of the chicken is denied. They are looked at only as a form of food, or food producers, not as animals in their own right.

Most chicken eggs are laid in a cage/battery system where the chickens are fed grain only, and live their short lives in a cage. This not only affects the chicken, but the egg you get for your breakfast in the morning. A chicken is an omnivore, which means it eats vegetable and animal, it is not meant to live on grain alone. Chickens are meant to forage for greens and eat insects and other protein sources. Birds that have a natural diet have better vitamin content to their eggs and that is better for us. Eggs produced by chickens such as this are "free range" eggs. They are better for us and better for the chickens. Free-range eggs are expensive however there are a few cheaper alternatives that will give you healthy chickens and golden eggs.

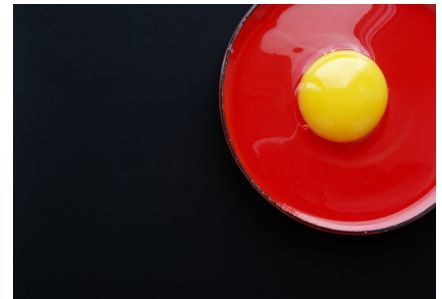
I have had chickens for almost three years and it only took a few months to realise how wrong I was to think they were dirty, stupid, menacing things. I started keeping chickens initially because I was interested in the quality of the eggs I had access to, and the cost. I bought day old chickens so the kids would also enjoy them as they grew up, and boy, did they grow up fast! Compared to other animals we use for food and even some plants, chickens grow useful very quickly. In five months they are ready to lay eggs and will lay for years if you continue to feed them right. But eggs are not all they are good for. We currently have a couple of teenage chickens in the garden. They eat all the weeds and cultivate the soil with their pecking. Also I get mulch from their house that is based on sugar cane mulch and chicken poo which once aged is very high in nitrogen and very good for the garden or fruit trees.

I have been cataloguing how many eggs my seven chickens have been giving me and how much food they eat (organic layer). It costs me approximately \$3 per dozen. Now that is a good deal! Chickens also work wonderfully as garbage bins since they eat almost any leftovers, which they then make into glorious eggs. A couple of chickens are about as easy to keep as guinea pigs, but they give more back. If you don't want/can't keep your own chickens, ask around. A lot of organic farms and market stalls sell free-range eggs that are usually cheaper than the supermarkets, and a lot fresher. Once you find a good supplier, make them your best friend and you will always be able to know the history of the eggs you buy.



*There was once a man who threw a great dinner party and invited many. When it was time for dinner, he sent out his servant to the invited guests, saying, "Come on in; the food's on the table." Get out into the city streets and alleys. Collect all who look like they need a square meal, all the misfits and homeless and wretched you can lay your hands on, and bring them here. Whoever you find, drag them in. I want my house full!*

- Luke 14:16-23



## CREPES

Here is an easy recipe that is great with fresh golden yoked eggs...Crepes.... Put 2/3 c of wholemeal flour in a bowl and add 1 3/4 c of milk, whisk well. Leave overnight either on the bench or in the fridge. In the morning crack four eggs into the mixture and mix in well with a whisk. Then using a ladle pour the mixture into a pan and off you go. Eat with strawberries and cream or maple syrup and banana or blueberries.

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