



April 7, 2023

It's the headline that grabs you and pulls you into the story. That's what headlines are supposed to do.

So this headline caught me and I started waving my hand in the air, because I knew the answer:

"What is the best way to eat cauliflower?" "I know, I know! Don't!" Sorry all you cauliflower lovers, but when you need a headline expounding the greatness of something, it's a pretty good clue that a PR person is involved, whose job it is to sell you something you don't need or want, so they make stuff up to dupe you into buying it.

Cauliflower, for me, falls into that worthless category of vegetables: white and flavorless. So much so that you have to invent ways to eat it – dump cheese on it, grind it into powder and make crusts, add it to other white foods or dump it in stews to hide it. In other words disguise it or use it as a cheap filler.

But the expert on this issue said, "Cauliflower is a nutritious and versatile vegetable that can be steamed, roasted or grilled. Cauliflower can be the main ingredient or added to a range of dishes including fried rice, stir fry, soup, pasta, curry and fritters. Alternatively steamed and cooled cauliflower can be added to smoothies to create a creamy texture."

Mmmm, cauliflower smoothie.

You can tell I'm not a fan. To make it palatable you have to add stuff to it that has flavor. For me, zucchini falls into this same category, but that's another story. And vegetable.

Here's another grabber of a headline: What is pea salad?

Now this sort of headline falls into the category of: I don't care. I don't really have a lot of use for peas, unless they are really really crispy crunchy. I could never be a Brit 'cause they eat their peas mushy, which sounds exactly what it is: Cook the peas to incredibly soft, add lots of cream and then puree it. In other words, put it in a blender until it mashes into a soft paste. Delightful. Now the Brits add stuff like more cream, onion, bacon, etc. And I think they do this to make an inedible meal slightly more appealing.

I used this same tactic on Spam once, for a party. Never puree Spam. But all the men at the party gobbled up the white bread crustless finger sandwiches I made. Their wives knew better.

Now some of you may be saying, but eating cauliflower and peas is a healthy food choice. And you may be right, until you add all that cheese, cream, bacon, and fried rice into the mix. I figure if I eliminate those two foods from my diet, I'm saving myself from all that extra fat and calories, so I'm ahead of the game.

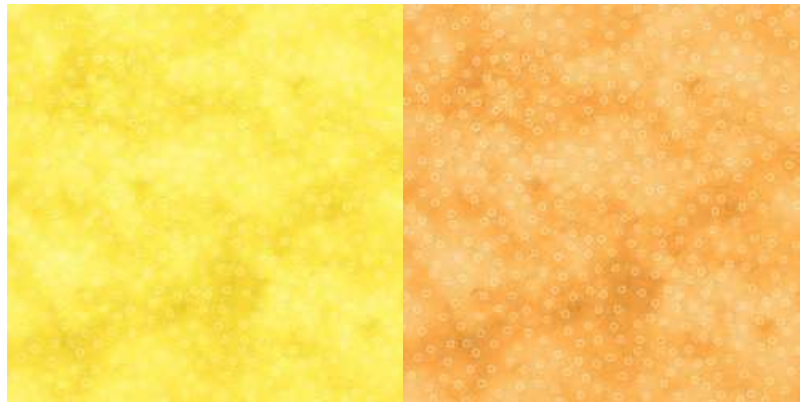
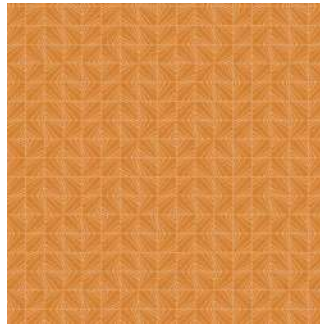
Here's the next headline: "Why Did Scientists Make Meatballs Out of Ancient Mammoth DNA?" "I know, I know! Because they could. Because they had nothing better to do, like curing cancer, finding a cure for the common cold, making cold fusion work." I mean there are so many worthy areas of study, that making meatballs out of an extinct creature seems, well, purposeless?

Not quite. This Australian company is trying to make meat without making animals. Take some cells, turn it into "sustainable meat protein," and you can feed the world. "It's the best possible way to make better food available to billions of people," the company says. "We cultivate the perfect combination of cells for their ability to self-renew, and for ideal flavor, texture, and aromas." Making a Mammoth meatball was just a way for them to get attention. It's called marketing. And for me, sustainable meat protein falls into the cauliflower and mushy peas category.

So by now you may be wondering, does this column have any useful purpose other than telling you about foods I don't like. Well, yeah. Duh. It's Easter. So what are you making for Easter dinner? Or Passover? Or for celebrating 70 degree weather this weekend?

And my answer is: I don't know. I know what I'm not doing. And I do have a bottle of wine that I bought to go with whatever I'm doing. I've got some good things to grill if I remember to thaw them out. And there is always popcorn. It's often the perfect solution.

What's New



From P&B



From Clothworks



Prism: From In the Beginning
We have a couple of extra kits
available. Patterns are subtle in the
fabrics.

!"



From Michael Miller



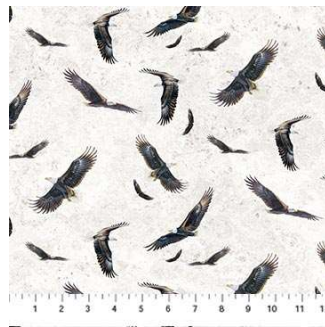
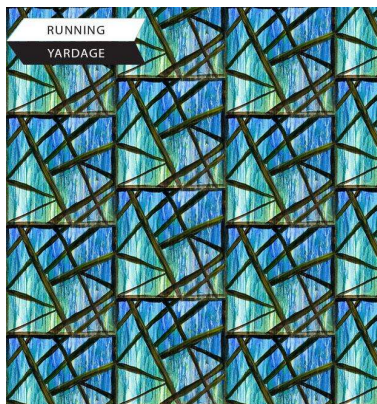
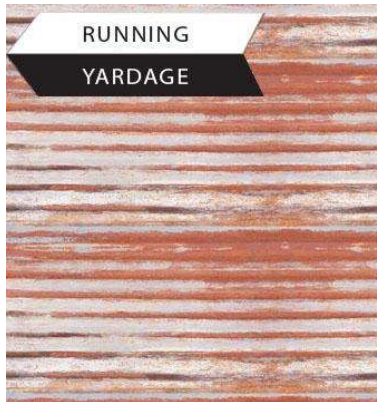


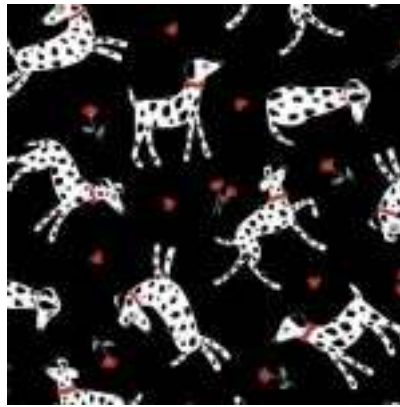
From Windham



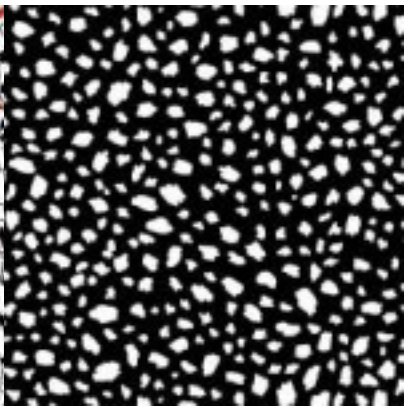


From Northcott





From Michael Miller





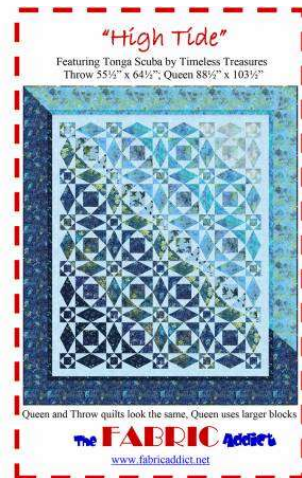
From Kennard & Kennard



PANEL SIZE APPROX 24" x 44"



Spring Newsletter



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Class Pictures of some of the quilts: Storm at Sea (High Tide); Shakespeare in the park; Two Scoops, Prism; Happy Stripes (Striper); San Marcos, English paper piecing bag (one of several options); Exploding Hearts.

Please look on the calendars above for times and dates.

Ongoing Classes & Clubs

Block of the Month First Sat of month 10:30-11:15 FREE Barb Boyer

Join at any time. You get a free fat quarter if you come to class with the previous month's completed block. This year the challenge will be Starry Skies. Challenge #1 is to use at least 25 different fabrics in the quilt – should be easy. Challenge #2 is to choose backgrounds for the blocks that aren't the typical cream/white neutrals that we generally use. Instead, we will mix it up a bit, using both traditional backgrounds for some blocks, and then choosing "colors" in both light and dark fabrics for other blocks.

Hand Embroidery Club 2nd Sat. of the month, 10-noon FREE Kathy Sconce

If you want to learn to hand embroider or just brush up your technique, join us on the second Saturday of the month from 10 to noon. You can work on your own projects or you can join the project we are doing, which is Garden Belles. Each block features a lady in vintage costume, in the garden, or similar outdoor setting. These are old fashioned ladies in dresses, which offer all sorts of stitchery creativity.

Knit Pickers' Club 2nd and 4th Wed of each month, 2-5 Carol Moler

Come join our Knit Pickers= Club. We knit 2 days a month every second and fourth Wednesday, from 2-5. The Club is open to all skill levels and, despite the name, includes crocheters as well. We want to share what we've learned, find new patterns, and simply just

sit and knit. We may work on some felting projects, fingerless mittens, mittens, and socks. We can even help you get started—teach you the basics.

Hand Sewing Club every Tuesday afternoon 2-5

This club is open to everyone. Bring your hand sewing (embroidery, binding, knitting, crochet, etc) and sit & stitch.

Third Monday (usually) Open Sews 10-4 \$10

The classroom is now open on the third (usually, check calendar) each month for open sewing. There is a charge for the use of the space, but you will have access to the flannel boards, all the cutting tables, AccuCutter, fabric (of course) and help, if you need it. I chose the 3rd Monday because in January & February, that day is a holiday. If I get enough interest, we can look at having other open sew days.

April Classes

Prism Strip Quilt Sat April 8 1-5 \$35 Jean Korber or Barb Boyer

This is the first of the In the Beginning Prism quilts. The class is intended for those who purchased the strip kits from the Prism collection. If you do not have these precut strips, you are still welcome in class, you will just have to choose fabrics for your strips and have them cut prior to class.

Storm at Sea Sat April 15 10:30-4 \$40 Barb Boyer

This quilt used to be intimidating—then a ruler was developed and now it's a breeze! We will work with Deb Tucker's ruler for the construction of the block. We will also talk about various color schemes, one of which includes coloring the blocks to make a heart appear within the design.

San Marco 10:30-4 \$40

This quilt is made from Northcott's collection called Surfaces. While we have a sample quilted for display, we did not piece it – it's a digitally reproduced image of the quilt. We haven't looked at the pattern yet, but we know that it is paper pieced and it is not constructed in the round, although it looks like it. That means ... it isn't as hard as it looks and it is well suited for beginning paper piecers.

Quilt #4, CHANGE: TIC-TAC-TOE: Fat Quarter Favorite Quilts Sat April 29 10:30-4 Jean Korber & Barb Boyer \$35 (or \$120 for all 6 quilts)

The **FOURTH** quilt is called **Tic-Tac-Toe**. We're making our sample from kitty paw fabrics for the background, and then 16 theme related fat quarters in brights. This quilt uses two-at-a-time half square triangles, and modified flying geese constructions for the blocks. Borders are pieced, so the lesson to be learned is how to keep an accurate quarter inch seam allowance in order to get the borders to fit. Don't worry, we'll show you how to "fudge" if something goes wrong.

May Classes

One Block Wonder Saturdays May 6 noon-5 & 20 10:30-4 \$45 Jean Korber

If you haven't tried making a one block wonder quilt from panels, you are missing out on a spectacular quilt. This quilt uses 7 panels; 6 are cut into triangles and the remaining panel is incorporated intact into the quilt. You will learn how to accurately stack your 6 panels, cut them apart into strips, which are then cut into 6 identical triangles. After piecing your half hexagon units, you will design your own quilt. Jean has

great tips and suggestions on how to make this quilt, how to incorporate additional fabrics into your quilt, and how to evaluate what panels make the best One Block Wonder quilts.

Shakespeare in the Park Sat May 13 1-5 \$35 Barb Boyer

This quilt is made up of stars and Snail's Trail blocks. The pattern is an old time favorite from the legendary Judy Martin. It is a classic quilt, one of those on the bucket list of "to do" quilts.

Quilt #5, CHANGE: SSEARCHLIGHT: Fat Quarter Favorite Quilts Sat May27 10:30-4 Jean Korber & Barb Boyer \$35 (or \$120 for all 6 quilts)

The fifth quilt is called Searchlight. This quilt takes 15 fat quarters plus background. You'll learn the "square in a square" technique plus a unique way to make pieced corner triangles. It's a speedy version that doesn't involve cutting triangles!

CLUBS

HAND EMBROIDERY CLUB FREE!

If you want to learn to hand embroider or just brush up your technique, join us on the second Saturday of the month from 10 to noon. You can work on your own projects or you can join the project we are doing.

Hand Work Club FREE!

Every Tuesday afternoon from 2-5, join us to just sit & hand stitch, crochet, bind, or knit group. Bring what you're working on, sit up at the table in front by the window and work on your projects for a while. You can get advice & suggestions from your fellow quilters and share your experiences about your projects.

Knit Pickers' Club FREE!

This is another get-together class to sit & knit, work on our projects, share information and get some help. We will share techniques, suggest patterns, but mainly we'll sit & knit (or pick).

Block of the Month Club FREE!

First Saturday of the Month, 10:30-11:15. Join at any time. You get a free fat quarter if you come to class with the previous month's completed block.

Toad Toters Club

On full moon days (as noted in the calendar) you will get 20% off all purchases (not otherwise discounted) that you can fit in your bag. You must bring your bag to participate.

Full Moon Days: January 6; February 4 (observed); March 7; April 6; May 5

Discount Policy

We will honor only one discount -- whichever is largest. You can't combine a 10% with a 25% discount to get a 35% discount. On this we can't be bribed.

Color of the Month

January purple; February red; March green; April yellow; May whites

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Long Arm class 10:30	2 Long Arm Rental Day	3	4 BOM 10:30 Pieced Baltimore Beauty quilt 1-4
5 Beginning Quilt 1-4	6 Hand work Club 2-5 Full moon	7	8 Knit Pickers' Club 2-5	9 Long Arm Rental Day	10	11 Embroidery Club 10-noon Happy Stripes 1-5 \$35
12 Beginning Quilt 1-4	13 Hand work Club 2-5	14	15 Long Arm class 10:30	16 Long Arm Rental Day	17	18 National Quilt Day Demos TBA

19	20	21	22	23	24	25
Beginning Quilt 1-4	Open Sew 10-4 \$10	Hand work Club 2-5	Knit Pickers' Club 2-5	Long Arm Rental Day		6 fat quarter quilts: Quilt #3 10:30-4 \$35
26	27	28	29	30	31	
Beginning Quilt 1-4		Hand work Club 2-5	Long Arm class 10:30	Long Arm Rental Day		Color of the month: green

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BOM 10:30 Domestic Machine Quilting \$40 1-4
2 CLOSED	3 Hand work Club 2-5	4	5 Long Arm class 10:30	6 Long Arm Rental Day Full moon	7	8 Embroidery Club 10-noon Prism strip Quilt 1-5 \$35
9 CLOSED	10 Hand work Club 2-5	11	12 Knit Pickers' Club 2- 5	13 Long Arm Rental Day	14	15 Storm at Sea 10:30- 4 \$40

16 CLOSED	17 Open Sew 10-4 \$10	18 Hand work Club 2-5	19 Long Arm class 10:30	20 Long Arm Rental Day	21 San Marco 10:30-4 \$40	22
23 CLOSED	24 Hand work Club 2-5	25 Knit Pickers' Club 2-5	26 Long Arm Rental Day	27	28 6 fat quarter quilts: Quilt #4 10:30-4 \$35	29
30 CLOSED					Color of the month: yellow	

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Hand work Club 2-5	Long Arm class 10:30	Long Arm Rental Day	Full moon	BOM 10:30 One Block Wonder noon-5 \$45
7	8	9	10	11	12	13
CLOSED		Hand work Club 2-5	Knit Pickers' Club 2-5	Long Arm Rental Day		Embroidery Club 10-noon Shakespeare in the Park 1-5 \$35
14	15	16	17	18	19	20
CLOSED Mom's Day		Hand work Club 2-5	Long Arm class 10:30	Long Arm Rental Day		One Block Wonder 10:30-4

21	22	23	24	25	26	27
Shop Is now open 1-5!		Hand work Club 2-5	Knit Pickers' Club 2-5	Long Arm Rental Day	6 fat quarter quilts: Quilt #5 10:30-4 \$35	
28	29	30	31			
Shop Is now open 1-5!	Open Sew 10-4 \$10	Hand work Club 2-5	Long Arm class 10:30		Color of the month: whites	



Nolting Quilting Machines



Nolting Longarm Machines

Nolting has 5 main machines, each with different reaches: from 17" to 30" depending on the machine. They are sold with or without a frame, but after I saw & helped set up one of the steel frames this week, I recommend buying the frame. All machines, except for the Standard--the most economical machine-- have a stitch regulator. I recommend a stitch regulator. All machines can be equipped with a computer and there are a couple of different ones to choose from. In addition, you can get an extended table base so that you can use rulers, you can get larger bobbins on some of the models and on the frames you can get hydraulic lifts to raise and lower the tables. In the coming weeks, I will print out more information on each model.

The best entry level machine is the Fun Quilter. It comes in 17", 20" & 23" reach. It comes with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.

The Pro Machine has the Intellistitch Turbo stitch regulator, single stitch option, standard speed control, needle up/down and customizable handles in the front & rear. The Pro Machine comes in 20", 24" and 30" reach with 10-12" of inside height. There are easy dials on the front to set stitch length and other options. This machine can also be equipped with a computer.

The NV Machine is the newest in the fleet of Nolting machines. This machine has a touch screen with programmable stitch regulation. You can stitch in 4 different stitch modes plus single stitch and needle up/down. It also has an adjustable brightness LED work light. This machine can also be equipped with a computer.

Normal Shop Hours:
Monday-Saturday 10-6
Sunday 1-5

Closed first Sunday of month (and some holidays)

New Hours for Winter Time (starting Nov 7-May 22)

Monday-Saturday 10-5, closed Sundays unless a class is scheduled. Then we're open 1-5.
Check the schedule.

Join the fun and come feel the difference of quality fabrics.

Happy quilting!

Sincerely, Barbara Boyer
Around the Block
307-433-9555

www.aroundtheblockquilts.com

