



"This simple Chowder comes just in the nick of time. Fall has begun and October usually brings cold weather, which means warm hearty soups on the table with fresh locally baked bread, especially an 'Old Towne Bakery Bread Bowl' available at the Phelan Farmers Market, every Mondays"

NEWSPLUS RECIPE OF THE MONTH

Priscilla's Vegetable Chowder
Courtesy of Taste of Home Magazine

SERVES: Makes 3 quarts

- 3 cups diced peeled potatoes
- 2-1/2 cups Broccoli Florets
- 1 cup Chopped Onion
- 1 cup Grated Carrots
- 2 Celery Ribs, Diced
- 4 teaspoons Chicken Bouillon granules
- 3 cups Water
- 3/4 Cup Butter, cubed
- 3/4 cup all-purpose flour
- 4 cups Milk
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 1 cup Cubed Fully Cooked Ham
- 1 cup (4 ounces) Shredded Cheddar Cheese

DIRECTIONS

1. In a Dutch oven, combine the potatoes, broccoli, onion, carrots, celery, bouillon and water; simmer for 20 minutes or until vegetables are tender.
2. In a large saucepan, melt butter; stir in flour. Cook and stir over medium heat for 2 minutes. Whisk in the milk, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Add to vegetable mixture with the ham; simmer 10 minutes until heated through. Stir in cheese just until melted.

Mea Ola's Place Is For Horses And Humans

Help A Horse Day & Open House

Mea Ola's Place is a non-profit therapeutic horse rescue now located at the former White Shadow Ranch on Johnson Road in Phelan. For the past three years, they have served the High Desert community using rescued horses, and other animals, in a therapeutic and educational setting. They have served service members from Fort Irwin, Sexual Abuse Survivors, people suffering from depression, and adults/children suffering from various emotional challenges. Mea Ola's Place (MOP) dedicates one Saturday a month to seniors in

the community, hold camps each summer for children, facilitates various other programs designed to help people overcome victimization, along with many other issues. MOP also hosts birthday parties, as well as other fun and educational events.

In April, Mea Ola's Place is participating in the ASPCA's National Help A Horse Day with two separate events. On April 23, they will be hosting a Fun Horse Show, and on April 24, 2016 they are having an Open House event called "Lend a Hand...Save a Hoof" from 10am to 3pm on Sunday, April 24th.

The community is invited to tour the ranch, participate in games and activities, as well as attend educational demonstrations by veterinarians, other rescue organizations, and various professionals. There will be horses, as well as burros, up for adoption via the BLM Burro Adoption Incentive and the Platero Project. The event is free to the public and free to vendors.

For more information about the organization you can visit their website at www.meaola.org. You can find daily updates about the activities going on at the ranch via their Facebook page, Mea Ola's Place.

This year, Mea Ola's Place will be offering their programs and services at no charge to the victims and families of the San Bernardino shooting. This offer is extended to the first responders as well.

For inquiries about programs, volunteer opportunities, or the upcoming events send an email to info@meaola.org or contact Ann Kline, President/Founder, directly at 661-557-2680.

"MOONSTRUCK"

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course the good old standbys including jalapenos and green peppers, and don't forget the flowers!!

Come and join the Phelan Certified Farmers Market on April 11th 2-6pm at 4128 Warbler Road in Phelan to celebrate their 2nd Anniversary. We will have extra visiting vendors, lots of hot food including our local favorite Up N Smoke BBQ and the High D Boys will be returning to celebrate with us. The Wrightwood Certified Farmers Market will begin their outdoor season beginning April 29, 2016 4-7pm so look for them in the Wrightwood Community building parking lot and come and check out what is new as they double in size and move outside!

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