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WM Barbara Spencer WP Joe Spencer

OCTOBER 2022 WEEKLY READER #1

- VOL.4 ISSUE. 39

Grab a pencil and piece of paper. How many words can you make using the letters in **"State Fair"** We found 49!

October:

<u>Flower:</u> calendula(marigold). <u>Birthstone</u>: tourmaline and opal.. <u>Zodiac Signs:</u> Libra (until October 22) and Scorpio (from October 23 onwards)

<u>Marigold</u>

Also known as "poor man's saffron, " the petals are edible



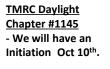
and can be used fresh in salads or dried and used to color cheese or as a substitute for saffron. Calendulas have a mildly sweet taste that is slightly bitter, and as it dries these flavors become more intense. It can be used to add color to soups, stews, poultry dishes, custards and liquors.

The common name for Calendula officinalis in Britain is 'pot-marigold,' named so because of its use in broths and soups.

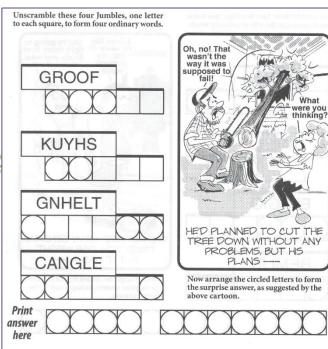
Dye can be extracted from the flower and produce shades of honey, gold oranges, light browns, and vibrant yellows.

Calendula oil is still used medicinally as an anti-inflammatory and a remedy for healing wounds. Calendula ointments are available for use on minor cuts, burns, and skin irritation. Studies have suggested that Calendula extracts have antiviral, antigenotoxic, and anti-inflammatory properties in vitro. Limited evidence indicates Calendula cream or ointment is effective in treating radiation dermatitis. Calendula has been used traditionally for abdominal cramps and constipation.





 Next Stated meeting - October 24th at 1:30 pm



PIZZA TOPPINGS EXTRA CHEESE PEPPERS Ρ R S Α Е A Ρ R 0 т 0 Ρ Ρ А TOMATOES С R Μ 0 Х н Ε 0 Ν 0 Α Ι Ι Α HAMBURGER т Ρ S 0 0 A Ε т Ν R Α L Α Μ BASIL R Ε 0 Ι R Μ Ρ Ρ Ρ Ν Ε Ν Μ A MUSHROOMS Ρ Ε J т Ε Ν R v А В Α 0 А 0 PARMESIAN G D Ε С U R Α 0 С Ρ I S н L ARUGULA Ρ Α S S н R 0 Е Α Ε А Ρ Ν Ι PESTO S Ε R U R Ε G Ν L J В L 0 Α PEPPERONI Ρ U Μ Ε Ε Ε I Ε Ι U Ρ Ε D Ν BACON S R 0 Ρ Ρ S Α Ε S Ρ G Μ R G RED ONIONS R Ρ PINEAPPLE Ε U Ι Ε Ε J Е I Ρ н Ν А OLIVES Ε S R L Ι U Ε A 0 L U В Ε Α JALAPENO S Α U Α G С Т Μ Т S ٧ L D L ANCHOVY Ι т 0 Ε R Α Ν С н 0 v Υ н Ε





Nat'l Pizza Month https://en.wikipedia.org/wiki/History_of_pizza The history of pizza begins in antiquity, as various ancient cultures produced basic flatbreads with several toppings.

A precursor of pizza was probably a flatbread known to the Romans to which toppings were then added. Modern pizza evolved from similar flatbread dishes in Naples, Italy, in the 18th or early 19th century.

The word pizza was first documented in 997 AD in Gaeta and successively in different parts of Central and Southern Italy. Pizza was mainly eaten in Italy and by emigrants from there. This changed after World War II when Allied troops stationed in Italy came to enjoy pizza along with other Italian foods.

Some commentators have suggested that the origins of modern pizza can be traced to pizzarelle, which were kosher for Passover cookies eaten by Roman Jews after returning from the synagogue on that holiday, though some also trace its origins to other Italian paschal bread. Some scholars think [pizza] was first made more than 2,000 years ago when Roman soldiers added cheese and olive oil to matzah.

In 16th-century Naples, a galette flatbread was referred to as a pizza; it was known as a dish for poor people, particularly as street food, and was not considered a kitchen recipe until much later. It was not until the Spanish brought the tomato from the Americas and developed the modern variation that Pizzas in their modern conception were invented.



Family Day is coming soon – Oct 8th We need volunteers to help at the TMRC Table to sell and talk to visitors. The shifts are about 2 hours. To sign up please contact Barbara or Lavell.



