

ALWAYS TASTEFUL



WHAT'S IN HERE?



LET'S EAT
CHICKEN SOUP



LET'S EAT
KALE SALAD



LET'S EAT
POPCORN WITH FRANK'S HOT SAUCE



LUMINARY LOPPET
LAKE OF THE ISLES



GO DO
VALENTINE'S DAY



GO DO
ICE CASTLES



CREATURE COMFORTS
FAN-TASTIC



WHAT'S IN HERE?



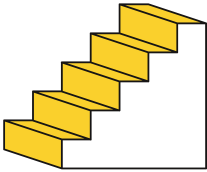
RECHARGABLE VEST

HEAT AND GO



FOR SAFETY

HANG ON



CHRONICLE: LIVING IN A LOVE STORY

EASY WALL ART



BEHIND THE SCENE

REAL PROS



FINAL THOUGHT

FEBRUARY

PAUL FOLGER EDITOR-IN-CHIEF

February has arrived and I'm ready. January was difficult in Minnesota. I hope you'll grant me these few pages as a creative outlet. Don't forget February 14th is Valentine's Day, a Saturday this year. If you're looking for reservations, you may have trouble; they go fast. This month I've got a couple of nice recipes that are easy and tasty. There are also reminders to be healthy and take your time. Be safe and stay warm this month.



LET'S EAT

"Heat and Eat Meal"

Chicken Soup

Ingredients:

1 lb. Ground Chicken or 2 Breasts
Shredded from a Rotisserie Chicken
1 Medium Onion sliced and diced
3 large Carrots sliced
1 carton of Chicken broth or 4 cups
water and Chicken bones
2 cups water
1 tsp salt
1 tsp pepper
½ tsp. turmeric

Directions:

In a large pot, add 4 cups of water and the chicken bones after you've picked all the meat off a rotisserie chicken. Place the bones in the water, add onion, carrots, and potatoes, and bring to a boil. Let this simmer for about 20 minutes. Take out the bones, and you have a nice base. Then add the 2 cups of water. If you want to skip this step use a 4 cup box of your favorite chicken broth.

In a skillet, brown the ground chicken and add it to the pot (or the shredded breast). Add salt, pepper, and turmeric. Let simmer on low for about 30 minutes. This soup is great to serve immediately, or you can freeze it for a heat-and-eat meal.



LET'S EAT

Kale Salad

"Healthy Helping"

I've shared this recipe before and I think it's worth another spin. It's kale salad. Before you say you don't like it, hear me out. The key here is to chop the kale in small pieces. Try it. I think you'll like it.



Ingredients:

1 bunch of washed and dried kale chopped into fine pieces.
2 Tbs. slivered almonds
¼ tsp red pepper flakes.
3 Tbs. chunked blue cheese or parmesan cheese.
2 to 3 Tbs. light olive oil.
3 slices fried bacon
⅔ cup cooked rice.

Directions:

In a large bowl, add kale, cheese, crumbled bacon, and red pepper flakes. In a skillet, toast almonds. Just as they brown, add olive oil. As that gets hot, the nuts will fully brown, then immediately pour that onto the kale. Mix it all together. Serve warm.

LET'S EAT

"So Good"

Popcorn with Frank's Hot Sauce

I make popcorn on the stovetop. I like white kernels and coconut oil. It makes the house smell like a movie theater. I really enjoy sprinkling a little Frank's Hot Sauce on popcorn. It adds great flavor, and it's not too hot. Give it a try.

Ingredients:

1 Tbs. Coconut Oil
¼ cup white Popcorn kernels
Frank's Red Hot Sauce
Salt

Directions:

In a large pan, heat the oil until it is melted. Add popcorn and let it pop. Then sprinkle on Frank's and salt to taste.



LOPPET

Loving The Night



LUMINARY LOPPET

February 7th!

"Lovely Lights"

Have you ever been to the Luminary Loop? It's a fun event where you can just walk around at Lake of the Isles and check out ice sculptures in the winter cold. Dress warm; it's fun and it's a fundraiser. Here's a link: [Luminary Loppet 2026](#)



I recently delved into the history of Valentine's Day. According to HistoricalSociety.org, Americans likely started creating hand-made Valentines in the early 1700s. In the 1840s, Esther A. Howland introduced the first mass-produced Valentines in the United States. Nowadays, celebrations typically include cards, candies, flowers, or special dinners. Wishing you a Happy Valentine's Day!



GO DO

Ice Castles

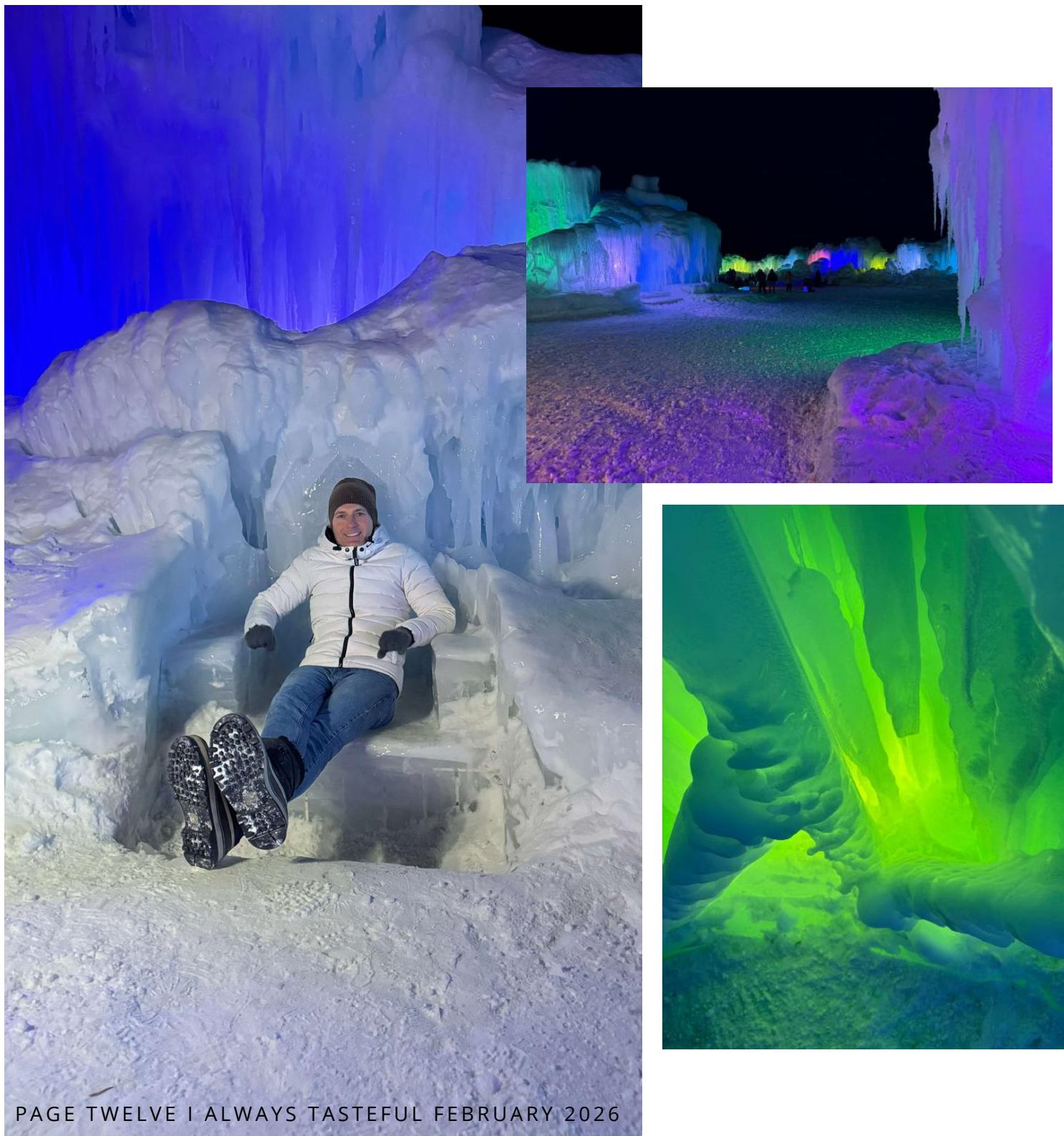
"Stone Cold Fun"



GO DO

Ice Castles

Have you ever been to an Ice Castle? This is one I checked out, and now you can go to the one located on the State Fairgrounds. There's parking, and you can see sights similar to what I captured here. It makes for great pictures. I've been to them during the day and at night, and I prefer going when it's dark. Go do it because you'll always love the pictures you take from being there. Here's a link for tickets: [Ice Castles](#)





January brought extremely cold temperatures to Minneapolis, with some daily readings dropping well below zero. My home has boiler heat and old radiators, which means heat rises to the upper floors. To improve air circulation, I turned on the “Fan Only” mode on the Central Air System. This helps distribute the warmer air. It seems to even out those hot and cold spots throughout the house. While it's not a perfect solution, it certainly makes a difference.

HELPFUL GIFT

Rechargeable Vest

"Warm It up"



A surprising gift that I never expected to use as much as I do is an electric vest. It really helps keep me warm on chilly Minnesota days. This rechargeable vest effectively takes the edge off the cold. It lasts for several hours, and when it runs out of power, I simply recharge the battery. It took me a couple of weeks to start using it, but now I wear it consistently.

You can find these vests on Amazon at reasonable prices, typically ranging from \$60 to \$100.

FOR YOUR SAFETY

Use The Railing

"Hold On"

Here is a simple reminder to use the railing when you walk up and down stairs at home.

We all get in a rush and run up and down stairs.

If you fall, it can have dire consequences. Take your time and think about it everytime you go up and down.



CHRONICLE: LIVING IN A LOVE STORY

Easy Wall Art

"Original Art"



This is an affordable way to see your past while creating new memories today. These are photographs of the homes I've owned or the apartments I've rented. I had them printed and enlarged in black-and-white, then framed them. They are wonderful memories of the places I've lived, and I get to enjoy them every day. Websites like Shutterfly offer this service, while frames can easily be found at HomeGoods or IKEA. Inexpensive yet impactful!

BEHIND THE SCENES

Be Flexible

"Fun People"

A great thing about working at KSTP is the opportunity to work with lots of different people. Recently, I got to cohost Twin Cities Live with Kristin Haubrich. We had a lot of fun.

Working with different people is a great way to grow your craft, they are real pros.

If the job looks easy and effortless to you at home, then we have done our job!



Final Thought:

February

"February is the heart of winter in Minnesota. It's snowy and cold. I try to think of it as the time to really do some organizing inside and work to keep up with the daily grind of life. I hope you have a great Valentine's Day and embrace the winter season!"



Til Next Time

Paul