

VOLUME 3 • ISSUE 3 MARCH 2025

ALWAYS TASTEFUL



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MARCH €0.0

IT €0.00

FR €0.00

GB €0.00

USA \$0.00



WHAT'S IN HERE?



The year was 1993. They did have color film.

LET'S EAT
LITHA'S NOODLES



LET'S EAT
BANANA CREAM PIE



LET'S EAT
ICE CREAM TRICK



LET'S EAT
GARLIC BREAD



GO! DO!
BROADWAY ON HENNEPIN



EVER WONDER?
THE PICTURES



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I'M THERE MARCH 22



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FOLLOW STEPHANIE MARCH

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FINAL THOUGHT:

MARCHING TO SPRING

PAUL FOLGER

EDITOR-IN-CHIEF

In Minnesota, I feel like March is our month of hope. Yes, we can have big snow storms but we know April is coming next and that gives us a light at the end of the tunnel.

This picture of me is a spot where I work on this magazine. You might think I always work in my little writing room but sometimes I change up the space and write while I look out the window. Speaking of this window, flip thru a few more pages here and you'll see what's just outside in the tree. The tree I call my giving tree. Here's to our month of hope.



LET'S EAT

Litha's Noodle Casserole

"I was 5 years old and my mom had a friend named Litha. She made this tasty dish for me. It's an old recipe but a good one."

INGREDIENTS:

1 8oz. pkg. Noodles
4 Cups Salted Water
2 (3oz) pkg. Cream Cheese
1/4 Cup Sour Cream
1 Cup Cottage Cheese
1/2 Tsp. Oregano
1/2 tsp. Salt
1/4 tsp. Pepper
2 Tbs. Minced Green Pepper
1 lb. Ground Beef
2 Tbs. Minced Fresh Onion
2 Cups of Your Favorite
Marinara Sauce, plus extra for
serving

DIRECTIONS:

1. Boil noodles in salt water for 7 minutes and drain. Rinse and drain again.
2. Spread 1/2 of the noodles in a buttered casserole dish.
3. Blend Cream Cheese, sour cream, cottage cheese, salt, pepper, oregano, green pepper and spread across the noodles.
4. Then spread remaining noodles over the mixture.
5. Brown onions and beef. (drain if necessary) Add marinara sauce. Pour this over noodles.
6. Bake at 350 for 30 to 45 minutes covered.
7. Serve: Pour a little hot marinara in the bottom of the serving bowl before dishing out servings.



LET'S EAT

Banana Cream Pie

"Your Guests Will Go Bananas"

"This recipe is similar to a restaurant in North Carolina.
So good."

Ingredients:

1 Graham Cracker & Cinnamon Pie Crust
3/4 Cup White Sugar
2T Cornstarch
1/4 tsp. Salt
2 Cups Milk
3 Egg Yolks
2 Tbs. Butter
1 1/4 tsp. Vanilla Extract
Whipped Cream
1 or 2 Sliced Bananas
Chocolate Sauce
Caramel Sauce
Chocolate Shavings
(optional chocolate chips)



Directions:

Prepare crust. Take 1.5 cups of crushed Graham Crackers, 1 tsp. cinnamon, 1/3 cup of sugar and 6 Tbs. of melted butter. Stir until moistened. Press into a pie dish and (I add a few chocolate chips on the top) bake at 375 for 7 minutes. Take out and cool.

Combine sugar, cornstarch and salt in a saucepan. Add milk gradually while stirring gently. Cook over medium heat, stirring constantly until the mixture is bubbly. Keep stirring for two more minutes.

In a separate dish, temper your egg yolks and add to back to the mixture. Cook for two more minutes stirring constantly. It will thicken. Remove the mixture from the stove and add butter and vanilla. Stir until the whole thing has a smooth consistency. Pour into a bowl and cover with plastic wrap to prevent a skin. Let this cool and firm up into a pudding.

Then in a completely cooled crust add the pudding and smooth out. Again, cover the mixture with plastic wrap touching it to prevent a skin and place in refrigerator.

Just before you serve prepare whipping cream. In a bowl, take 1 cup whipping cream and add 2 Tbs. of white sugar and 1 Tbs of vanilla. Mix on high until it peaks. Slice a banana in small chunks. Mix this into the whipping cream and top the pie. Add some chocolate shavings and caramel and chocolate sauce. Cut and serve.

I always ask people what they choose at Dairy Queen. Seems like the Blizzard is the top answer. I love the dipped cone there. In fact, I don't think I've ever had a blizzard. If you like the dipped shell as much as me, next time you go ask for a dipped cone without the cone. The treat will come in a cup and the dip settles all around the ice cream. I love it. Give it a try!



This is the easiest garlic bread ever. All you have to do is take a slice of your favorite artisan bread, I like a nice sourdough. Toast it up under the broiler in your oven and when it comes out hot take a fresh clove of garlic and rub it over the bread. The oils from the garlic will cover that slice of bread. Add a touch of salt and you'll see it's delicious. It has almost a spicy flavor to it. Try it!



How often do you say to yourself "I'd like to see that show?" If you are like me it seems like every time I hear about a show coming to the Orpheum. Now is the time to start thinking about the shows you'd like to go see for the 2025-2026 Broadway on Hennepin Season. Look up www.hennepinarts.org

Regular Season

A Beautiful Noise-The Neil Diamond Story Sept. 20-Oct. 5, 2025

Phantom Of The Opera- Nov. 21-Dec. 7, 2025

The Wiz-Dec 16-21, 2025

Shucked- Jan 6-11, 2026

Water For Elephants Mar 3-8, 2026

SUFFS-April 7-12, 2026

Harry Potter and the Cursed Child-April 25-May 23, 2026

The Great Gatsby June 2-7, 2026

Season Options

Chicago Jan 27-Feb 1, 2026

Les Miserable Feb 17-22, 2026

Wicked July 8-Aug. 9, 2026



EVER WONDER?

So That's How It's Done

You ever wonder about how I get my pictures of food? That little black box is one of the secrets. Putting this magazine together each month has made me realize food is extremely hard to photograph. You want it to look delicious and ready to eat.

This box has a ring light on the top shining down on the inside.

I almost always use a white interior. I think it helps make the food the star of the picture.

That's how I do it!





BEST TO THE NEST

You know I love to listen to MyTalk 107.1, it's just fun. The Weekly Dish is hosted by Stephanie March and Stephanie Hansen. This month I've been invited to guest host on Saturday, March 22. This will be with Stephanie Hansen. Weekly Dish is a show about local restaurants in the Twin Cities. We talk about lots of different places and what dishes we've been making lately. Click here to listen. MyTalk107.1.com



SUBSTACK SQUAD

Stephanie March's Musings

"Pickle"



Pickle by Steph March

If you are a new Substack user you may be looking for folks to follow.

Check out Pickle by Stephanie March. She knows what foods and restaurants to try in the Twin Cities.

Pickle is more than just local foods. It's a little slice of life into her thoughts. She just got back from a beautiful trip to Laos. Check out her pictures, click on the link in purple. [Pickle by Steph March](#)



A young monk greets a pup on the top of
Phou Si Hill

TURKEY TREE

"The Giving Tree For All"

Hungry Neighbors

I've mentioned the tree outside my den window, the Crabapple tree. It's got a big job. Every spring, its pink flowering blooms beautify my yard. Then, its leaves provide some nice shade and privacy. It's also a place where birds like to nest and have chicks. In the winter, it provides berries for deer, squirrels and smaller birds. Well, usually smaller birds.

You can see it's pretty clear the turkeys have discovered this tree. It's amazing to see how they can balance on these thin branches.



CHRONICLE: LIVING IN A LOVE STORY

In Living Color

After much thought, I finally picked a paint color. The bedroom had grey paint on the walls. Grey is fine, but I like something just a bit warmer in a bedroom.

A woman I know in Oklahoma shared this custom color with me. She used it at her home and gave me the formula. It's not too grey not too beige. I think it works well in this room. I wanted it to have a monochromatic feel and I think I achieved that look.



HELPFUL HINT

"Buy Two Bunches"

Banana Bunch

This seems like a "no-brainer" but how do you buy bananas? You buy them in a bunch. Problem is they are always at the same place in being ripe. So what I do is break up the bunch and buy two smaller bunches at different stages as they ripen. This way I have bananas all week. You really can have one every day. By the way, "banana police" don't exist. No one is going to arrest you for breaking up a bunch. Try it. It's liberating. Haha.



BEHIND THE SCENES

"The Words We Read"

The Teleprompter

I snapped this picture of our teleprompter last year on Leap Day. This is what I see when I'm on a newscast. The camera is actually behind the words, it's like a two-way mirror. That's how we look directly into the camera. This particular teleprompter is voice-activated, it moves as we read the words.



GIFT IDEA

"Gift Boxes"

Cookie Box

When you are invited to a friend's home you should always take a little something. I like to take cookies. Whether I make them or they are store-bought, you can always pop them in a nice little box. I keep these on hand from Amazon. Tie a ribbon and you've got a treat for your host. You can buy these at Michaels or any craft store. Or just order them from Amazon.



ST. PATRICKS DAY CELEBRATION "Lucky Day"

O'Shaughnessy

St. Patrick's Day this year is on Monday, March 17th. But you can celebrate on Saturday, March 15th with Staci and Hutch at O'Shaughnessy. It's a fun, modern pub that really knows how to celebrate St. Patrick's Day. My friends Staci and Hutch from KS95 will be there to celebrate with you. Staci says, "I love the atmosphere. I think it is decorated so beautifully." Hutch says, "The crowd is crazy, it's fun and it's exciting." You can listen weekdays to Staci and Hutch afternoons. Also check out their podcast here. [Listen to Staci and Hutch 94.5](#)



FOR YOUR HEALTH

Wash Your Hands

"Just A Reminder."



We heard it all the time during the pandemic. Wash your hands. I bet you know how long they asked us to wash our hands, at least 20 seconds right? The CDC says at least 15 seconds. Doctors wash their hands all the time. They know this is a very important step in keeping yourself healthy. I was reading through the CDC's guidance on handwashing and they also recommend using a paper towel to turn off the faucet after washing. I even prefer using a paper towel to grab the door handle as I'm leaving the restroom. I know it's a simple thing but wash your hands, your health depends on it.

Final Thought:

"March 2025"

Marching To Spring

March to me is a good month. It's lighter longer and we can feel spring is not too far away. It's also my birthday month. I'm a Pisces. But winter is still moving along in Minnesota. You'll still need your coat and have to be ready for snow. I like to place my coat over a radiator before I leave the house. When I put it on it's like a warm blanket getting me ready for the day. Spring is coming!"



Til Next Time

Paul