

VOLUME 3 • ISSUE 5 JUNE 2025

ALWAYS TASTEFUL



JUNE €0.0
IT €0.00
FR €0.00
GB €0.00

WHAT'S IN HERE?



Those Early Family Photos
This is my family. You can see I'm 3 or
4 years old. We took this at my
grandmother's house.

LET'S EAT

BAKED SALMON



LET'S EAT

FENNEL REPLAY



LET'S EAT

STRAWBERRY RHUBARB MASCARPONE



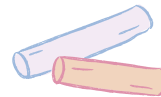
GO DO!

ELOISE BUTLER GARDEN



GO DO!

MAPLE GROVE CHALK FESTIVAL



SOCCER

THE LOONS



FLOWER POWER

SWISS CHEESE PLANT



FATHER'S DAY

DAD



WHAT ELSE?



Cadillac Ranch 2017. I was on a weekend trip to Palo Duro Canyon and stopped here in Amarillo. This piece of Americana is on the side of the highway on I-40.

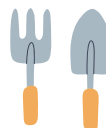
CHRISTMAS CLEARANCE

TIES



CHRONICLE: LIVING IN A LOVE STORY

BEFORE AND AFTER GARDEN BEDS



NOW FOR TENDING

THE WORK DOESN'T STOP



HELPFUL HINT:

FARMERS MARKET



HELPFUL HINT:

DISHWASHER FILTER



HELPFUL HINT:

THE KNEE PAD



CLEAN AND CLEAR

AC FILTER



FINAL THOUGHT: JUNE

PAUL FOLGER

EDITOR-IN-CHIEF

June is here, and I've been producing this little magazine for a year and a half. I'm so glad you are enjoying it.

I really appreciate you reading and looking thru the pages every month.

I want to elevate what I'm doing a little bit. That mostly means the recipes will be a little more difficult. Maybe more books to review. I'm open to comments on what you'd like to see in here. I hope you'll stay with me and tell your friends about this little publication too.

Cheers,

Paul



My yard is a bounty of flowers. I love these old hydrangea.

LET'S EAT FISH

Start With Salmon

INGREDIENTS:

4 Salmon Filets
2 to 3 Tablespoons Olive Oil
4 Teaspoons Potlatch

DIRECTIONS:

Preheat oven to 350 degrees . On a sheet pan or oven approved skillet lay a piece of parchment paper-you'll cook the fish on the paper.

Take the filets and coat them in the olive oil. Then sprinkle the Potlatch on the Salmon.

Bake this for 12 to 15 minutes or until this fish reaches an internal temp of 145 degrees.

SEASONING INGREDIENTS: YOU'LL HAVE ENOUGH TO STORE FOR NEXT TIME.

1 tsp. Dried Basil
1 tsp. Coriander ground
1 tsp. Paprika ground
1 tsp. Dried Oregano
1 tsp. Red Pepper Flakes
1 tsp. Garlic Salt
1 tsp. Celery Salt
1 to 2 tsp. Kosher Salt
½ tsp Cumin

"I can hear it already. You don't like fish. Well hear me out. I want you to try it. Go get filets of Salmon and try this seasoning mix. The recipe is enough to keep in a jar. . It makes Salmon quite tasty."



LET'S EAT

My Favorite Fennel

"I posted this fennel recipe during the holiday season but it's fantastic year round. Here's how I prepare it."

INGREDIENTS:

2 Fennel Bulbs
2 to 3 Tablespoons Olive Oil
Salt and Pepper to taste
1/2 Cup Grated Parmesan Cheese
1/4 Tsp to 1/2 Tsp. Red Pepper
Flakes

DIRECTIONS:

Preheat oven to 425 degrees. Slice the tops off the fennel and the outer layer. (Tossing the outer layer feels wasteful but I find it's too tough to eat.)

Slice and dice the bulbs into small bite-sized pieces. Spread them over a sheet pan and pour the olive oil over them. Add, Cheese, Red Pepper Flakes, Salt and Pepper. Toss with your hands.

Spread it out evenly.

Bake in the oven for 25 to 30 minutes. It will roast up beautifully.

Serve hot.



LET'S EAT

Strawberry Rhubarb Mascarpone

"It's A Cream Dream! This recipe was inspired by the Panko Breadcrumbs Box. Who knew you could make them sweet."

INGREDIENTS:

2 Cups Strawberries diced
1 Cup Rhubarb diced
⅓ Cup Sugar
Pinch of Salt
Mascarpone Cheese (yes cream cheese will work) room temp.
1 Juice of a Lime
¼ cup Milk
1 tsp Vanilla
1 cup Panko
½ cup Brown Sugar
1 Tbs Butter

DIRECTIONS:

In a saucepan, with medium heat, add sugar and rhubarb. Let this cook about 10 minutes. Add a pinch of salt, then add strawberries and let it cook another 5 to 6 minutes. Let cool.
Take the cheese at room temperature, add lime juice and milk and vanilla. Combine using a mixer.
Heat skillet on medium, add butter. When melted add brown sugar and Panko and stir slowly. Keep an eye on this stirring occasionally until golden brown. (This recipe is on the Panko Box)
In a small dish, layer the berries, cheese and Panko and chill. This makes 4 small servings.



Eloise Butler Wildflower Garden

If you've never visited the Eloise Butler Wildflower Garden and Bird Sanctuary now is the time. It was founded in 1907 and is the oldest public wildflower garden in the country. There are tours available but it's really just a nice walk on a warm afternoon.

This is located in Theodore Wirth Park. Funny thing, pictures are allowed for personal use but not for publications, so I can't post my pictures. It is enjoyable, so go have fun.



GO DO!

"Chalk it up"

Maple Grove Chalkfest

The Maple Grove Chalkfest is time well spent. It's free, so check out. Chalk artists from all over come and spend the weekend creating beautiful works on Main Street. Go take a look the weekend of June 7 and 8.





I finally attended my first Minnesota United game and the Loons didn't disappoint! This is something you should try. The Loons Stadium in St. Paul is beautiful and the atmosphere is great. Click and find yourself some tickets. [Minnesota United](#)

FLOWER POWER

"So Unique!"

The Swiss Cheese Plant

Here's something I like to do. I cut Hydrangea from my yard and pair them with a Monstera Swiss Cheese Plant leaf. So where do I get them? At the Farmers Market. If you go to the Minneapolis Farmers Market walk straight back to the flower building on your right. In the cooler, you'll find them. They last for weeks with a little water.



FLOWER POWER

The Swiss Cheese Plant



FATHER'S DAY

Dad's Advice

"Always Asking"

I'm always asking my dad for advice. From the house, to the car, to finances, I want to know what he thinks. It's what we do I guess.

I'm excited I'll get to spend time with my dad pretty soon. He's coming up in July. He's bringing my mom and her sister for a visit. He's always been good to my mom's sisters and I know it's appreciated. Happy Father's Day!



This is us on a bridge between France and Germany last year.

TIES

"Tie Time"

Christmas Comes Early

I'm not into novelty ties. I'm just not. But I do like a holiday spirited tie. You know, Christmas reds and greens. So, I look for them in the summer. There's always one or two on the clearance rack. This is the perfect time to buy them. The sale makes them too hard to pass up.



CHRONICLE: LIVING IN A LOVE STORY

"Less Is More"

Before and After Garden Beds

So, I thought I would show you how less is more sometimes in life. When I moved into this old house these shade beds were full of hosta and day lilies. I ended up taking out the day lilies and moving the hosta around a little bit. The effort isn't too hard. You can split hosta with a shovel and move them around. Just take your shovel and cut straight down through the middle and move half to a new spot. They recover quickly from the move with proper watering and good soil.



CHRONICLE: LIVING IN A LOVE STORY

"Less Is More"

Before and After Garden Beds



FLOWER BED FOLLOW UP

"Picking up!"

The Work Doesn't Stop

I hope the previous page motivated you to work on your plant beds. I know it's a chore, but they look so nice. Here's what I hate to tell you but it needs to be said.. the work doesn't stop with these. Take 10 minutes every morning, grab a bucket and knee pad and work a section pulling out the little weeds jumping up. Next day, pick up where you left off. I might add that a cool straw hat will put you in the mood of a real gardener. Might as well play the part.



HELPFUL HINT

I like to hit the Farmers Market in Late June

"My Saturday Spot"



I say this yearly, but you should check out your local Farmers Market. It's a fun quick Saturday morning for me. By the end of June, Minneapolis' market is really starting to get local produce in and it's just an early sign of the bounty that will come in July and August. I'll see ya out there!

HELPFUL HINT

Dishwasher Filter

"Filter Flush

There's probably a filter similar to this one in the bottom of your dishwasher. I just rinse it out so it's clean like this one and pop it back in.



Life is not all beautiful and glamorous. Often, it's downright dirty. Here's the disgusting truth. If your dishwasher has a filter, it needs to be cleaned. Mine is easy. It twists out. I rinse it down and pop it back in. Figure out how yours works and clean it.

"This Is All You Knee-d!"

Knee Pad

The Garden Knee Pad is one of those things everyone needs. If you are motivated to do yard work this summer, get one of these. They are cheap and you'll use them all the time. I found them at Menards in the garden center.



CLEAN THE AC FILTER

"I Do Windows!"

Use Your Filter

It's just a reminder. You probably need to change the filter for your AC this summer. This is not just a winter thing. You know it makes the system run better, so just do it.

I change mine every 3 months.



Final Thought:

June

June, I'm so glad you finally made it. The cold May was nearly all I could handle. I'm just ready to move forward and it's a slow go when temperatures heat up like a snail. I hope you enjoy the month. Again, let me know if I need to add content you like. Make it a summer you'll never forget.



Til Next Time

Paul