

VOLUME 3 • ISSUE 7 JULY 2025

ALWAYS TASTEFUL



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WHAT'S IN HERE?



Niagara Falls is a must-do for any American. Take the boat tour !

THE QUESTIONS I GET...

WHO'S IN YOUR EAR?



LET'S EAT

CHICKEN SAUTÉ



LET'S EAT

JULY 4TH POTATO SALAD



FOR YOUR HEALTH

SPECIAL EDITION: SPEAK UP FOR YOUR HEALTH



GO DO

FHIMA



GO DO

RIVER RATS



GO DO

FIREWORKS



GO DO

JULY 4TH PARADE



\$2 BILLS

TWO-FER



WHAT ELSE?

CHRONICLE: LIVING IN A LOVE STORY

QUARTER ROUND



FLOWER POWER

THE STORY OF THE PEONY



TASTY TREATS

THE TASTE OF MINNESOTA



HELPFUL HINT

STORE IT ALL



HELPFUL HINT

A CLEANER CAR



FINAL THOUGHT JULY



I love a road trip. This was in 2013, near the Canyonlands National Park.

PAUL FOLGER EDITOR-IN-CHIEF

July has arrived. This month, I have picked several things for you to do. Summer is wonderful, so go have fun.

Here at my old house, I want to show you the finishing touches on the entryway. It looks great.

Be safe and Happy 4th.



THE QUESTIONS I GET....

Who's In Your Ear?

If you look carefully when I'm on the air, you'll see I wear an earpiece. So, who's talking to me? The Producer or the Director.

The Producer might say, "Page B4 is dropped, go to page B5," or "The live shot is dead." Dropping a page means there's not time for that story. A dead live shot means there's an issue with the live video or audio.

The Director, talks rarely, but might say, "Camera 2." When a Director talks, it's urgent and technical, an "immediate" command; you do what they tell you.

This is all done while I'm talking on the air. So the challenge is talking about a news story and hearing technical issues in my ear. That's just part of the job.



LET'S EAT

Chicken Sauté

"This recipe is inspired by my friend Debbie. She makes this all the time. It's a quick chicken dish with an Asian flair. It has soy sauce, ginger and peanut butter. She calls it Peanut Butter Chicken. I call it delicious."

INGREDIENTS:

3 Tbs Peanut Butter
½ Cup Soy Sauce
⅓ Cup Veg Oil
¼ Cup Wine Vinegar
¾ tsp Ginger Minced
¼ tsp Red Pepper Flakes
2 Tbs. White Sesame Seeds
4-5 Carrots Sliced into thin sticks 3-4 inches
Green Onion Chopped
2 Tbs. Chopped Peanuts
¾ pound of Spaghetti Noodles or Angel Hair Pasta
4 Boneless Chicken Breasts cut into cubes.

DIRECTIONS:

Cut the Raw Chicken into cubes. Cook this over medium heat with the oil until done, and set aside.
In a saucepan, on medium heat, toast the sesame seeds. Set aside.
In a saucepan, add soy sauce, peanut butter, and ginger. Stir vigorously and let it come to a simmer.
Cook the noodles according to directions. In the last 5 minutes, toss carrot sticks in with the pasta.
Drain pasta and carrots, then put them in a large bowl. Add chicken and sauce and mix it all together with tongs.
Serve in bowls, sprinkle sesame seeds and green onions on top.



LET'S EAT

July 4th Potato Salad

"My parents' church is potluck perfection. They even have set recipes for certain events. This potato salad hits the spot. It has cucumber, which gives it a little crunch. Try it out."



INGREDIENTS:

3 lbs. plus 3-4 small Russet potatoes
12 hard-boiled eggs
1 small Cucumber
1 tsp. Kosher Salt
1 tsp. Celery Salt
½ tsp. Pepper

DIRECTIONS:

Peel and cube potatoes. Place in a pot with cold water (salted to taste) and bring to a boil. Once tender, drain and cool to room temperature, then refrigerate til cold.

Dice eggs into small pieces.
Dice the cucumber into pea-sized pieces

In a bowl, combine mayonnaise, salt, celery salt, pepper, and cucumber. Refrigerate.

When ready to serve, mix potatoes, eggs, and mayo mixture and stir thoroughly. Adjust seasonings to your taste.

SPEAK UP FOR YOUR HEALTH

Archelle Georgiou, MD

"Lessons Learned!"



You may know I work with Dr. Archelle Georgiou at KSTP. She's our medical expert. She also has a podcast and just celebrated her 40th episode.

We recently met for coffee. Her latest episode is about the lessons she's learned in creating this podcast. After listening to it, I think you'll pay very close attention to your own healthcare from now on. I encourage you to check it out.

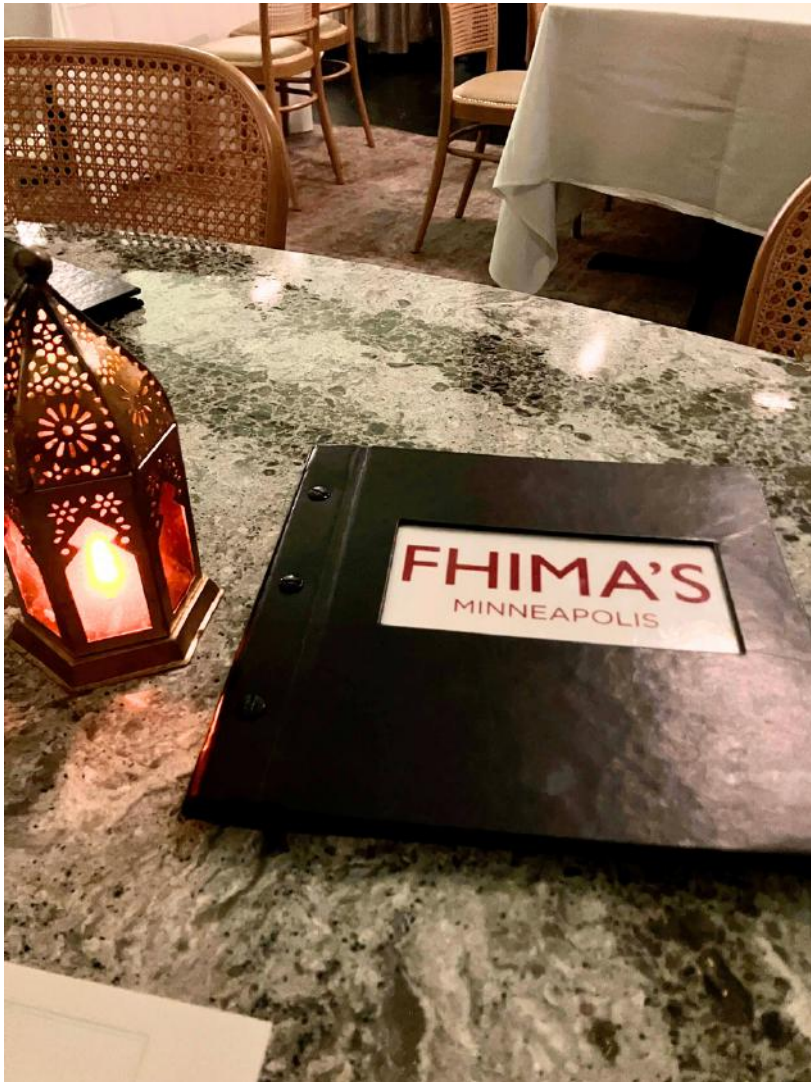
Click here: [Speak Up For Your Health With Archelle Georgiou](#)

Fhima

How often do you try something new? I'd like to challenge you to find a restaurant you've wanted to try and go do it.

Recently, I had my first meal at Fhima's in downtown Minneapolis. One of the appetizers was the Moroccan Sampler. It had things like Hummus, Moroccan Olives, Tahini, Baba Ganoush with a traditional flatbread. It was quite good. I'd order it again.

The bar is the first thing you see when you walk in the door. It's beautiful, cool, and green. A great spot to spend an evening.



GO DO!

Fhima's Beautiful Bar

"Delightfully Downtown"



River Rats

I've seen water skiers performing on TV, so when I heard about the River Rats, I just had to go. This is a team of water skiers that performs several times during the summer on the Mississippi. It's free to attend. It has a large crowd, so go early. Here's the website page on their shows: www.tcriverrats.com



Aquatennial is truly a one-of-a-kind event. This is a celebration in the city of Minneapolis. It's being held July 23-26, and it's a good time. It includes a fireworks show and a parade.

I like to stand on the Hennepin Bridge and watch. It starts at 10pm and it's a great show. Yes, it's a big crowd. Yes, it's hard to park and takes about an hour to get home, but it's worth the time.





GO DO!

July 4th Parade

"You Gotta Love A Parade"

The Edina Parade happens on Friday, July 4th, at 10am. The route begins at City Hall and continues eastbound on 50th Street to Halifax. There are many parades around the 4th of July. I always stop and reflect on what the country means to me. Happy 4th.

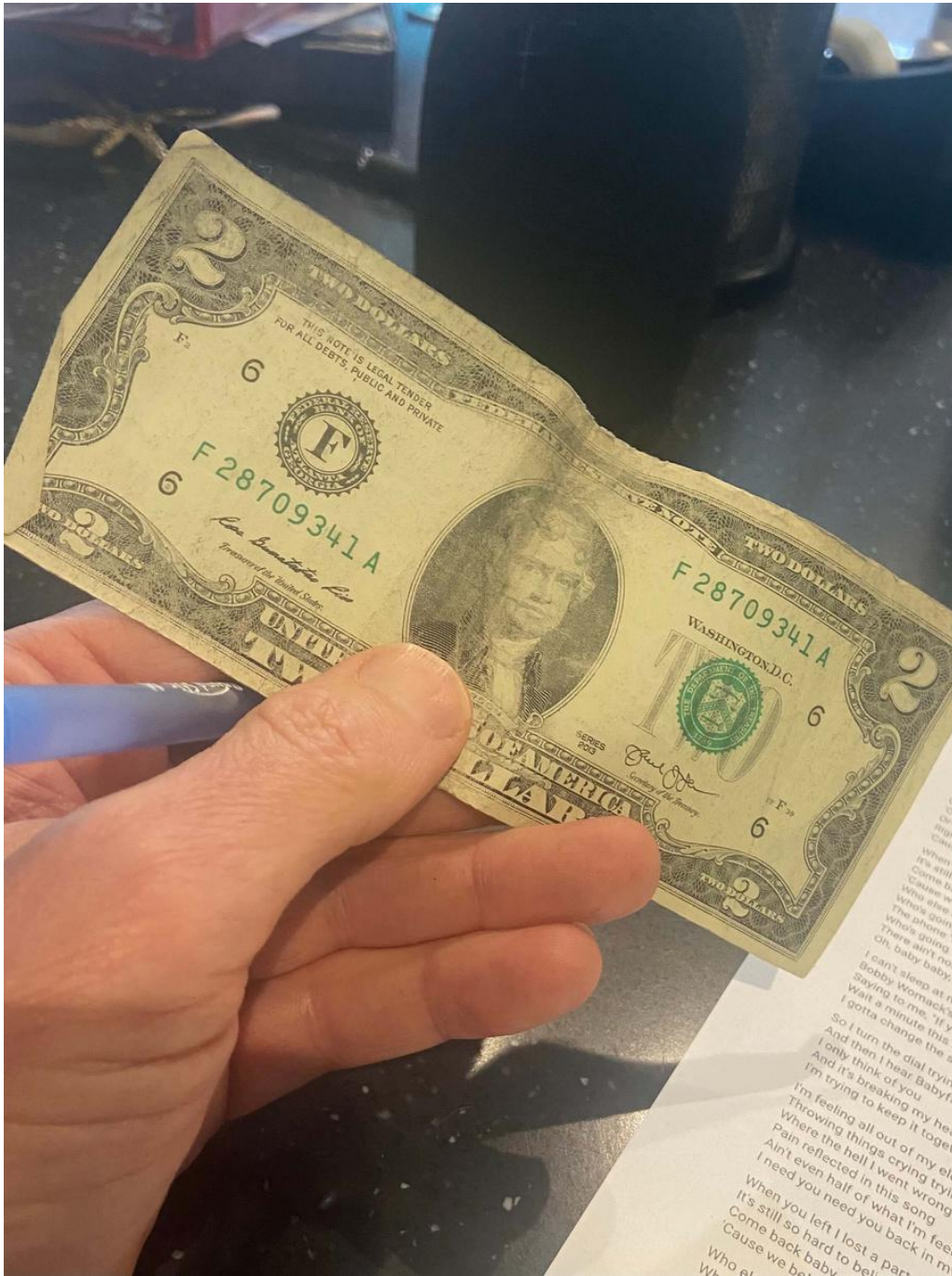


THE 2 DOLLAR BILL

"Two Is Better Than One"

Just Ask For Them

When was the last time you had a \$2 bill in your hand? I bet it's been a while. It's still around. Next time you are at the bank, ask for a few. If they don't have them in stock, I bet they can get them.



CHRONICLE: LIVING IN A LOVE STORY

"Looks Nice"

Quarter Round

You know, one thing always leads to another when you are working on an old house. After I replaced the foyer tile, which had been updated in the 90s, I knew it needed quarter round to look properly finished. This is a DIY project my father helped me with over a few days. It's not hard, but there is a skill set you have to learn to get it done.



CHRONICLE: LIVING IN A LOVE STORY

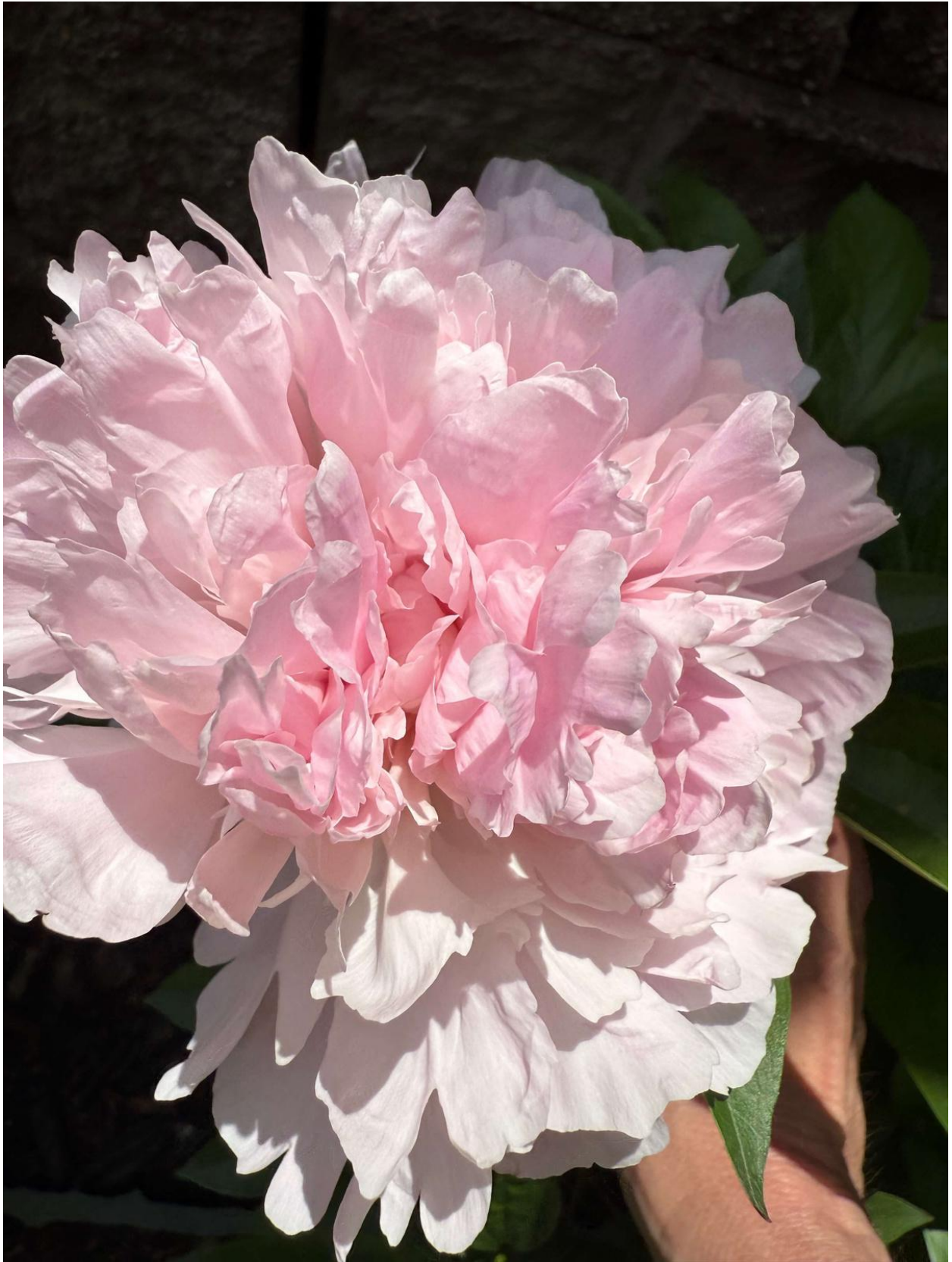
"Looks Nice"



FLOWER POWER

The Story of the Peony

"They Smell So Good"



FLOWER POWER

The Story of the Peony

"They Smell So Good"

I do think the Peony is one of the best flowers around. I like them so much that I purchased 5 plants at the end of the 2024 season. They popped up this year and even bloomed. I think these are "The Sarah Bernhardt" peonies.

I read it was bred in France in 1906 and named after the famous French actress, Sarah Bernhardt. Famous peony breeder, Victor Lemoine named it after the actress because of her beauty, according to www.mypeonysociety.com.

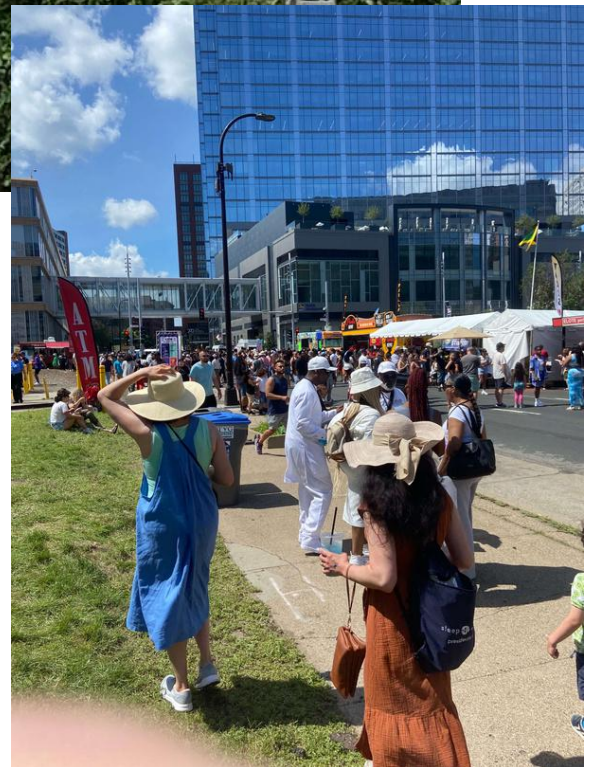


TASTY TREATS

The Taste of Minnesota

"The 1st weekend of July"

The "Taste of Minnesota" is back and in full swing. This is a free event on Nicollet Mall. It's lots of food and treats. This year, there are some big musical acts. On Saturday, it's Joan Jett and on Sunday, Ludacris. There's even a Juicy Lucy Contest. Here's the website for information. www.tasteofmn.com



STORE IT ALL

"Store It!"

Glass Containers

I keep reading that I shouldn't heat food in plastic containers. Ok fine, I won't. So I added some glass containers to my cabinet. Yes, they have plastic tops, but I don't heat those. It just seems to be a step in the right direction.

I dumped all the plastic containers. I purchased these on Amazon for under \$40. Let's see how I do with these container lids.



CLEAN CAR

"Cleaner Quicker!"

Cleaning Goo

You've heard me mention before that I keep cars for a long time. Here's a cleaner you might like to try to get rid of the dust and dirt. It's called Colorcoral. You take a little bit and roll it into a little ball. Then you press it into those crevices that gather dust and pull it out. Then the dust is gone. I purchased this at Amazon, and it was under \$10.



Final Thought:

July

Hard to believe we've made it through half the year. Have you accomplished your goals? If you are still working on them, you're in luck; there's still half a year to go. I hope you can stay on track or get back on track. July is the heart of the summer, so make a plan and have some fun. Cheers, Paul



Til Next Time

Paul