

VOLUME 4 : ISSUE 3 : MARCH 2026

ALWAYS TASTEFUL



Peanut Butter: pg.7

Swimming: pg.12

What To Wear: pg.16

€0.0

IT €0.00

FR €0.00

GB €0.00

USA \$0.00

WHAT'S IN HERE?

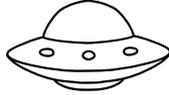
LET'S EAT
SAUSAGE SANDWICH



LET'S EAT
CELERY SALAD



JUST FOR FUN
ANCIENT ALIENS



HAVE A DRINK
GRASSHOPPERS



CHRONICLE: LIVING IN A LOVE STORY

PICTURE RAIL



HAVE A SNACK
PEANUT BUTTER



BEHIND THE SCENE
WHAT TO WEAR



DOING GOOD
ANGEL FOUNDATION



CENTURY SWEATER
SO WELL LOVED



FINAL THOUGHT
MARCH

FOR YOUR SAFETY
HANDWASHING



GO DO
PARADE



GO DO
GOPHER GAMES



FOR YOUR HEALTH
SWIMMING



PAUL FOLGER EDITOR-IN-CHIEF

March is my birthday month. It also means our winter in Minnesota continues, but we know spring is coming. We just have to be patient.

This month, I've got a recipe for Grasshoppers, I think you should try. It's a drink, but it's more dessert than anything else. There's also a St. Patrick's Day Parade on the way, go do it!



LET'S EAT

The Simple Sausage Sandwich

"Love The Simplicity"

Ingredients:

1 lb. Sausage
Sliced Sour Dough Bread
Mustard and Butter

Directions:

Form the sausage into patties and pan fry them up. Toast and butter your bread. Then add a bit of mustard. It's fast and easy.

Have you ever turned breakfast sausage into a quick lunch? This is simple but so tasty. I think if you give it a try, you'll have a new item on your lunch menu.



LET'S EAT

Celery Salad

"Healthy Helping"

The Celery Salad seems like one you'd have in the summer. But it's good year-round and takes just a couple of minutes to prepare.



Ingredients:

4 stalks of Celery
5 or 6 Radishes
½ cup of Pecorino or
Parmesan Cheese
½ cup of Cashews
3 to 4 tsp Olive Oil.
½ tsp Salt
½ tsp Pepper
juice of one Lemon
1 tsp of Honey

Directions:

Slice celery on an angle. I cut fairly thin slices.

Slice radishes.

Add to the bowl with cashews and cheese.

In another bowl, mix oil, honey, salt, pepper and lemon juice. Pour over veggies. Mix and serve.

LET'S EAT

"So Good"

Grasshoppers

My friend Ryan makes these Grasshoppers. He gave me the recipe a couple years ago. It's so tasty I thought I'd post it again. Give them a try.

Ingredients:

2 Cups Creme de Mint
2 Cups Creme de Cacao
10 Scoops Ice Cream
Chocolate Bar Shavings

Directions:

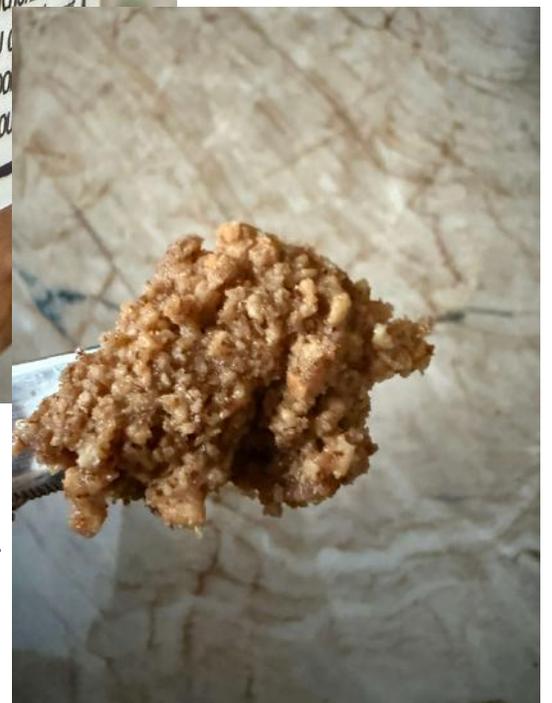
In a blender add all ingredients. Blend on a medium speed. Optional-serve with chocolate shavings. This makes several servings.



WORTH IT!

Peanut Butter

"Peanut Love!"



Recently, Hell's Kitchen in downtown Minneapolis brought in their small batch peanut butter for Minnesota Live at KSTP. I thought nothing of it until I tried it. This is peanut butter you'll want to eat with a spoon and nothing else. It's great!

ANGEL FOUNDATION

They Help Cancer Patients

"Angels On Earth"

In February, I hosted an event for the Angel Foundation. Their mission is to help adults with cancer take care of the little things that can turn into big things. They provide gift cards for groceries, money for gas, and help with bills. It's so the patient can focus on getting better. I encourage you to find a worthy cause and give financially or with your time. [Angel Foundation](#)



THE CENTURY SWEATER

"Long Lasting!"

So Well Loved!

Check out the sweater I'm wearing. It was my great-grandfather's. He had it for many years. I call it my century sweater because it's decades old. It's great to keep something from people who've meant so much to you in life. I hope I can pass this sweater on one day too; by then it will be over 100 years old.



GO DO

"I Love A Parade!"

St. Patrick's Day Parade

When was the last time you attended a parade? I've got the perfect opportunity this year, the St. Patrick's Day Parade. It's on Saturday, March 14, 2026, at 1 p.m. along Nicollet Mall. I went last year and it was really quite fun. Meet Minneapolis says it runs from 6th Street to 12th Street. Put on some green and go have fun!



GO DO

Gopher's Games

"Go Gophers!"

I'm pretty lucky to go hang out with the Gophers on behalf of KSTP. This year I attended a basketball game. What I do is go and give a quick weather update during halftime. I appreciate the invitation. Go Gophers! Here's a link for tickets: [Gopher's Basketball](#)



FOR YOUR HEALTH

Swimming.

"Winter Water!"

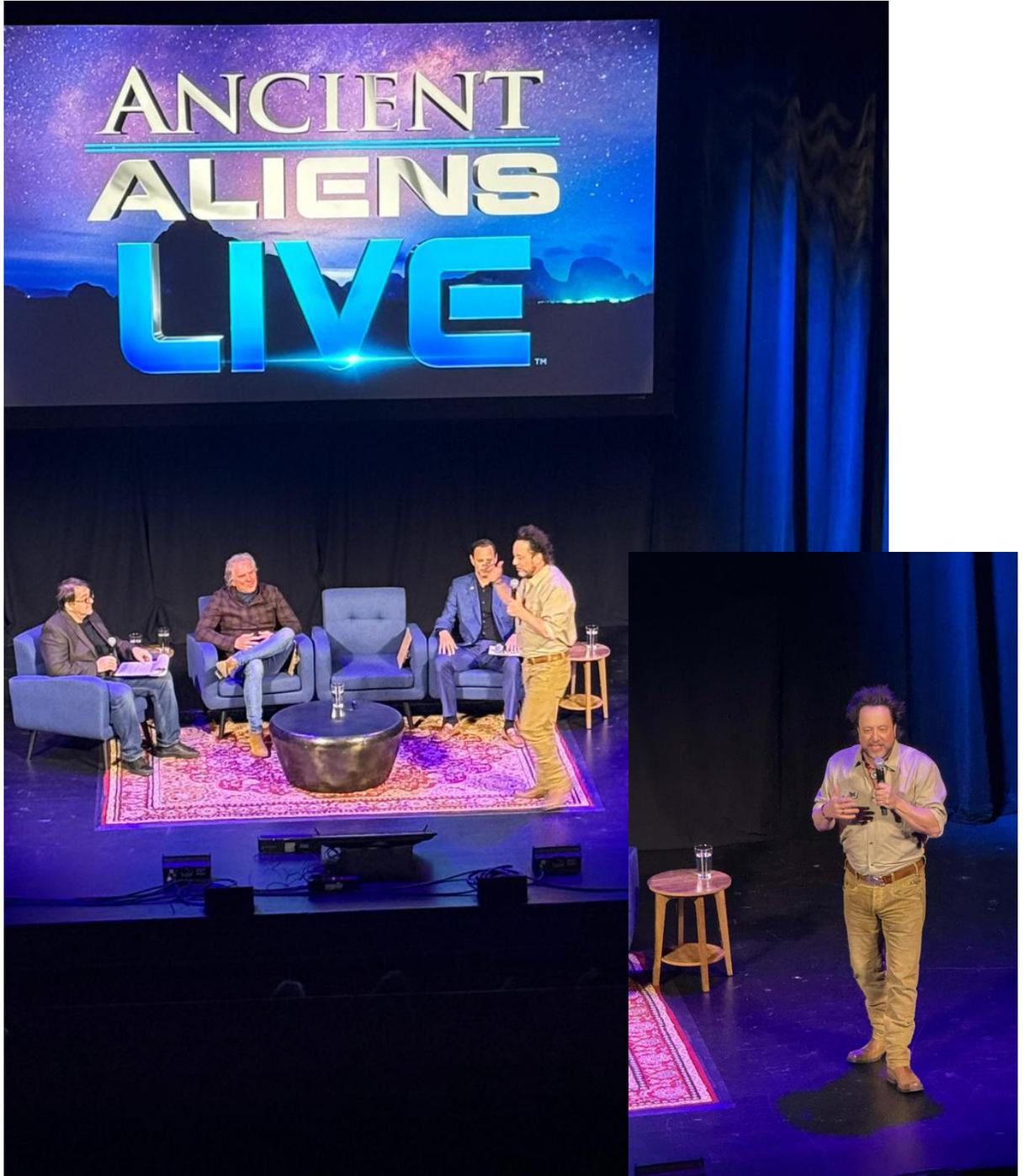


Winter is one of my favorite times to swim. The indoor pool is warm and it reminds me of summer. Swimming is also a great way to work your way toward fitness. I'd suggest starting slowly, but keep going. Soon you'll be doing lots of laps.

JUST FOR FUN

Ancient Aliens

"What A Fun Show!"



It finally happened! If you know me, you know I love to watch a television show called Ancient Aliens. Do I believe in aliens? Nah. But it's a lot of fun to watch the show. It also gives me a chance to see UNESCO sites around the world from my television. This event with the cast of Ancient Aliens in Washington, DC.

FOR YOUR SAFETY

Hand Washing

"Keep It Clean"

It's still winter, but now and always make sure you are washing your hands thoroughly. This can really help you stay well. You know the drill; you should be washing them for at least 20 seconds. I use my watch to time handwashing. Or sing Happy Birthday! We did it during the pandemic.



CHRONICLE: LIVING IN A LOVE STORY

Picture Rail

Here's an old house quirk that many people don't know is a thing. It's called picture rail. This house was built with plaster walls. They are like concrete, so you can't really put nails in them for pictures. So, they came up with picture rail. This is a rail placed high along the wall so you can hang pictures by a wire. It works well, and the wire actually adds interest because so many people have never seen it.



BEHIND THE SCENES

"Smile!"

What To Wear

When I go to a photoshoot, there are so many things that go into it. Here you can see the television station was taking new pictures of us. They wanted me to bring a suit and ties so they could look. Generally, it seems blue and red ties work best. Here I have 5 or 6 ties that we are picking from to use for the final picture.



Final Thought:

March

"March is the heart of winter in Minnesota. It's snowy and cold. The good news is the sun is staying up longer and it's just a signal spring is coming. Happy St. Patrick's Day! Enjoy the month!"



**Til
Next
Time**
Paul