

Welcome

Spring is here, the sun has an added warmth, the snow is melting and the spring rains are just around the corner. My spring flowers are starting to push their first leaves thru the ground, I wait impatiently for the beautiful colours and scents that are to follow as they will slowly come to bloom over the next couple of months.

Here at Timeless Essentials we have been busy working on new product, I have been listening and taking notes for months, now to put it all into play.

New food products, new soup mixes and BBQ rubs as well as new bath and body products, new soap molds, and a new foot care line and new spa facial line.

All new products will be unveiled at this years Spring in the Village April 9 and 10th - join us during our 2 day open house.

Spring in the Village

Gallery on the Farm

www.galleryonthefarm.com

Features art demos and product tasting

Timeless Essentials

www.timelessessentials.ca

*** herbal talks and product sampling***

Cedar Creek Studio

www.cedarcreekcanada.com

jewelry and stone lighting

Saturday April 9, 2011 10am - 5pm

Sunday April 10, 2011 10am - 5pm

Come experience **Spring** in the country,
Learn the **what? where? when? and why?** about our **products**.

Learning and shopping made easy.

Be sure to mark your calendar

Spring has sprung, what are you doing to welcome the warm weather and the rainy season ahead ?

When the sun is not shining take advantage of the rainy day and finish your spring cleaning by sprucing up your pantry, a well stocked organized pantry will allow you the luxury of knowing what to buy at the grocery store and meal planning will be easier. The cost of food is climbing, so make use of all that you have, waste is an added expense that you have complete control over.

How's your pantry looking? Do you have 5 cans of tuna scattered about the cupboard instead of all stacked up together. Can you find cereal boxes here, there and everywhere? How about your staples, like flour, sugar, baking powder, cornstarch, etc.? Are they grouped together into a baking center or do you have to go on a pantry scavenger hunt to find them all?

Let's do a little pantry perk-up, shall we? Set your timer for 15 minutes and start getting your dry goods in logical order. Like goes with like. You'll want a shelf for the canned goods (and put the same thing all together, too). A big basket to hold your bags of dried beans, a smaller basket to hold envelopes of spice blends, mixes, etc. (look around the house, I bet you have what you need), and if you haven't done it already, big containers (I like big glass jars) for your flour, sugars, oatmeal, etc. Do a quick wipe off of the shelves with a water/vinegar/lemon essential oil mixture sure to clear away the grease and grime with out using chemicals. Once fully clean be sure to sprinkle a few drops of Japanese Peppermint essential oil in the back corners to ward off mice, ants and other little critters that like to come for a visit.



Be sure to Get rid of the stuff you don't use (donate it to a food bank if it's good, usable food) and watch your pantry "spring" to new life, blossoming with all sorts of possibilities!

While you are in the cleaning groove, be sure to go thru your spices, old, stale spices do nothing to liven up your new recipes and with BBQ and gardening season just around the corner it is important to have your spice cupboard fresh and alive with flavour.

Spice Basics

- Buy spices in small amounts, as they are perishable. Some specialty stores and markets offer spices in bulk containers so you can purchase the exact amount you need.
- Store your spices in airtight containers out of direct sunlight.
- Take a sniff to test for freshness. Hold the open container at chin height—if you can't detect the aroma, your spice is past its prime.
- Replace spices that are over 9 months old. Mark the purchase date on the container so you'll always know what's fresh.
- Use spices to enhance foods. A dash or two is all you need.

Here's a wonderful spring dinner recipe to get you in the mood for a good pantry routing:

Chicken ala France

Serves 4

1 cup dry white wine, or use low sodium chicken or vegetable broth (remember you are cleaning out your pantry not creating a reason to travel to the grocery store...)

4 boneless skinless chicken breasts

2 cloves garlic, pressed

1/3 cup frozen pearl onions or 1/3 cup finely chopped onion

1 tablespoon olive oil

1 teaspoon Italian seasoning or a combination of oregano, basil, rosemary and parsley

1 small red bell pepper, deribbed, deseeded and sliced into strips

4 olives for each chicken breast

Heat 1/4 cup of the wine (or chicken broth) to boiling in a non-stick skillet. Cook chicken in wine, turning once, until brown. Remove chicken and keep warm.

Add garlic, onions, olive oil, Italian seasoning, bell peppers, olives and remaining wine (or broth) to skillet and heat till boiling. Simmer for 5 minutes.

Add chicken back to the skillet, reducing heat to medium low. Cook 10 to 15 minutes until chicken is cooked thoroughly.

Wanting to use some of your favourite abundant herbs, be sure to chop finely and add to the last 5 minutes of cooking. We enjoy this chicken served with a pot of Whipped garlic potatoes and a fresh green salad with a light dressing.

Enjoy your creation

You are always welcome to drop by the house to enjoy our in home shop. Before driving to Enniskillen, please give us a ring first to ensure that we will be home (905-263-4771) or enjoy the ease of shopping on line, check out our full line of products on line in the comfort of your own home – www.timelessessentials.ca - or join us at one of our many up and coming shows. And yes feel free to order online and we will ship to your home, or we will prepare your order ahead of time and you can pick it up at our home store or at anyone of our many events.

or

Some of the local stores where you will find our products include

Gallery on the farm -Enniskillen - soaps with a purpose, lip balm and insect repellent

Tyrone Mill -Tyrone - soaps with a purpose and buzz off #2

Violet Door - Church street Bowmanville - soaps with a purpose, pretty soaps and some massage bars

Terren's Wellness Center - Orono - soaps, salts, herbal all in one bags, buzz off #2, bare naked line

Archibald's Orchards and Estate Winery - Tyrone - soaps

Please feel free to share this letter with your family and friends.

.....Remember, as we embrace the joys of the spring, spend some quality time with your family and friends. Also take some quiet time to invigorate, pamper and improve your physical wellbeing with timeless, beautiful, affordable products. Our full range of products provides many different aromatherapy solutions to improve your well being, plus the well being of those that you love. The time is here to treat yourself and the ones that you love; the time is here to be the best that you can be

Thank you all for your support in the past years, I look forward to a wonderful year ahead