



The Terrace Times

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"The Eggplant"

By Avrora Moussorlieva



Eggplant equals summer in my mind but here it is available year round and you can use it to add sophistication to many dishes.

The eggplant (*Solanum melongena*) is closely related to the tomato and potato and is native to southern India and Sri Lanka where it is often described as the 'King of Vegetables'. This annual plant, usually not very tall has large leaves and white to purple flowers. The fruit is a fleshy berry with numerous small, soft seeds, less than 3 cm in diameter on wild plants, but much larger in cultivated forms. Colors vary from white to yellow or green as well as reddish-purple and dark purple.

It has been cultivated in southern and eastern Asian countries since prehistory and around 2000 years ago it started its journey North and West. The lack of ancient Greek and Roman names shows that it conquered Western Europe later, probably around 1500. It traveled along the Silk Road first to the former Spain and Italy and then to other countries. Its late acceptance in the West was due also to the belief that it was poisonous.

The name eggplant in the United States, Australia, and Canada developed from the fact that the fruits of some 18th-century European varieties were yellow or white and resembled eggs. *Aubergine* is the British name given to this fruit, from the French *aubergine*, derived from Catalan *albergínia*; from Arabic *al-bādhinjān*, from Persian *bādinjān* itself from the Hindi *baigan* and the Sanskrit *vatinganah*.

The raw fruit can have a bitter taste but, when cooked, becomes tender and develops a rich, complex flavor. Salting and then rinsing after about 20-30 minutes the sliced eggplant will soften and remove much of the bitterness. The eggplant is capable of absorbing large amounts of cooking fats and sauces, allowing for very rich dishes. On the other hand, if it is undesirable for the fruit to absorb a lot of oil, then the salting process will reduce this effect. The numerous seeds and the thin skin are soft and edible along with the rest of the fruit.

It is served stewed, roasted, deep-fried and with various sauces: yogurt, tahini, or tamarind-based. The eggplant can also be stuffed with meat, rice, vegetables or walnuts.

Nutritionally, eggplants are low in calories (30 kcal/100g), protein (1.2%) and vitamin C (5mg/100g), but rich in potassium and calcium. There is also some folate and phosphorus. Recent studies showed that eggplant is effective in the control of the cholesterol.

You could try a recipe, the favorite of the great composer Rossini. Either fry or roast a midsized eggplant. Cut it in small cubes and cook a sauce with some roasted bell peppers, tomatoes, onions and garlic. Serve with spaghetti and mozzarella or feta cheese.

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Commonwealth Terrace Cooperative

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All maintenance emergencies and lock-outs call CTC office 651-646-7526 for a live operator.

Dear neighbors,

We would like to read in *Terrace Times* about the interesting celebrations, places, and traditions pertaining to all residents. Currently, we are trying our best to offer the interesting articles, poems, recipes and Kids' corner materials. However we can't do it without you, that's why we are also asking you for your assistance. Write an article and submit or you give us an idea about one. Share your experience with the community when you travel to an interesting place. Tell us what are your favorite things to do in the Twin Cities. If you write a poem or a story we would consider publishing it. We invite all of you to share your talents: parents and children, locals and coming from far away, with artistic and scientific minds. Our community is diverse and our newspaper can be one of the things that unite us.

The Terrace Times Committee (ctccedit@auxs.umn.edu)

Kids Korner

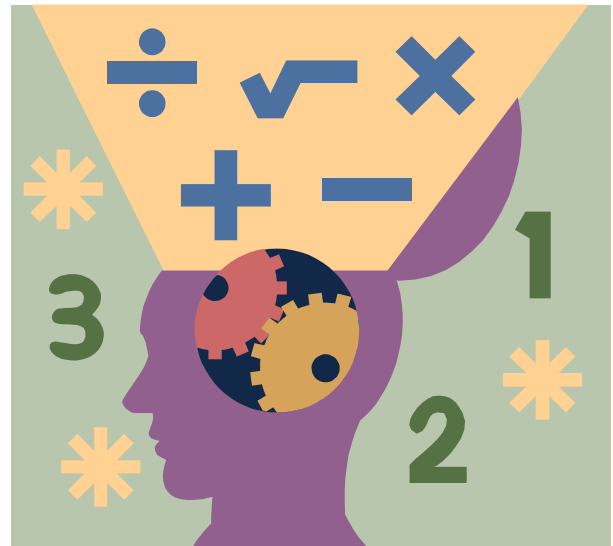
MATH MAZE

1			
5			
6	3	3	
		1	4



☺ Add or subtract your way through the squares below to connect the two shaded boxes. (See the example to the left.)

1	2	4	6	5	3
5	3	7	9	6	4
8	4	1	2	3	5
2	7	6	7	4	8
5	3	8	1	9	7
4	9	5	2	6	1



Community Activities & Events

In CTC

- Today! Friday, February 23, 4:30-6:00 pm, CTC Fireplace Room and Upstairs – **CTC Community Coffee Hour** - Free snacks and children's activities with Camp Fire USA
- **Tuesdays, New days!!!** 4:30 - 6:00 p.m. CTC Community Center – **Friendship Club Winter Special (Cross-Cultural Discussion Group)** – Bring your own ongoing art and craft projects (knitting, scrapbooking, sewing, calligraphy, etc.). Hot beverages are provided. Bring your own snacks. Sponsored by ISSS (Culture Corps) and The Aurora Center for Advocacy and Education of U of MN.
- Every Monday from 4:30-5:30 at CTC Community Center Upstairs – **The Teens Club** – For teens aged 11 and up!
- Every Thursday and Saturday from 7:00pm to 9:00pm at CTC upstairs – **Meets the CTC Ping Pong Club.**
- Every Sunday 3:00pm at St. Paul Gym – **CTC Volleyball Club.**

Committee Meetings in CTC

- Thursday March 1, 2007, 6:30 p.m. – **C&E Committee monthly meeting.**
- Saturday, March 3, 2007, 10 a.m. - noon, in the CTC Play Center – **Programs Committee monthly meeting.**
- Monday, March 12, 2007, 6 p.m. – **Executive Committee monthly meeting.**
- Tuesday, March 13, 2007, 6:30 p.m., in the CTC Fireplace Room – **Sports Committee monthly meeting.**
- Wednesday, March 14, 2007, 7 p.m. – **Grounds Committee monthly meeting.**
- Thursday, March 15, 2007, 7 p.m. – **Board monthly meeting**

The City

- Fridays at 10:30 a.m. at Saint Anthony Park Library – **Story Times** – 651-642-0411, www.stpaul.lib.mn.us
- Till February 24 at The Museum of Russian Art – **Masterpieces of Russian Lacquer Art** – Over 100 lacquer boxes, jewelry and related items. It helps to read some Russian folk tales. Also till April 21 – **Colors of a Russian Winter** – Admission is \$5, students make voluntary donation. 5500 Stevens Ave South, Minneapolis, MN. 55419, 612-821-9045 www.museumofrussianart.com
- February 23-25 in the city of Lanesboro – **Ibsen Festival** – Features the Commonwealth Theatre Company's production of Ibsen's masterpiece, Ghosts; a collection of artwork by Norway's greatest contemporary artists inspired by Ibsen's works, Norwegian jewelry and ornaments, various film showings, a Norwegian sweater trunk sale, workshops, live music and dance performances, traditional Scandinavian artist demonstrations, a lecture on Ibsen's legacy in literature, a fashion show and luncheon, a Norwegian/English worship service, and much more! 1-800-944-2670, www.commonwealththeatre.org/ibsen_fest.html

- Friday March 2, 7 p.m. at the Metropolitan State University, St. Paul and Saturday March 3, 2 p.m. at the Basilica of Saint Mary, Minneapolis – **Sinfonia and Anna Polonsky, piano** – Works by Copland, Mozart, Smoot, Finzi and Debussy. Free, children are welcome. Arrive early! 612-871-1701, www.mnSinfonia.org
 - March 4, 1 pm at the Landmark Center – **Urban Expedition: Australia!** – Find out more about the land down under! If we're lucky, we might even feature an Outback critter or two! Free. Landmark Center, 75 West 5th Street, St. Paul, MN 55102, www.landmarkcenter.org
 - Till March 4 at the Minnesota History Center – **Baseball As America** – the first major exhibition to examine the relationship between baseball and American culture with more than 500 artifacts from the National Baseball Hall of Fame and Museum. Fee: \$8 to \$4 for children ages 6 to 17. Minnesota History Center, 345 Kellogg Blvd W., St. Paul, <http://events.mnhs.org>
 - Saturdays and Sundays, till March 18, 1-3pm at Colvill Park in Red Wing – **Eagle Spot Weekends** – Head to Colvill Park and use the spotting scopes and binoculars for spectacular close up views of the bald eagles. Experienced volunteers will answer questions about eagle behavior, ecology and recovery. 1-800-498-3444, www.redwing.org
 - Saturdays and Sundays, till end of March Wabasha – **Eagle Viewing** – at the National Eagle Center, when the deck will be staffed with volunteers to answer questions. 1-800-565-4158, www.wabashamn.org
 - Science Museum – **RACE: Are We So Different?** – It brings together the everyday experience of race, its history as an idea, the role of science in that history, and the findings of contemporary science that are challenging its foundations. This exhibit offers an unprecedented look at race and racism in the United States. A Project of American Anthropological Association. Science Museum of Minnesota - Great discounts for limited-income families check the website. 120 West Kellogg Blvd, St. Paul, (651) 221-9444, <http://www.smm.org>
 - Till March 31 at the Goldstein Museum of Design – **Design Redux: Eames as Paper** – The Goldstein Museum of Design, 1985 Buford Ave. (240 McNeal Hall, UofM) St. Paul, 612 624 7434
 - Till April 8, 2007 at the Minneapolis Institute of Arts – **Sacred Sounds: The Bells of Ancient China** – Free at the Minneapolis Institute of Arts (612) 870-6323, (612) 870-3131, www.artsMIA.org
 - Till April 8, 2007 at the Minneapolis Institute of Arts – **Maya Dreams: Textile Traditions of the Guatemala Highlands** – Minneapolis Institute of Arts (612) 870-6323, (612) 870-3131, www.artsMIA.org
- Till April 29, at Weisman Museum – **Bob Dylan's American Journey** – Frederick R. Weisman Art Museum, 333 E River Rd, U of M, 612.625.9494, www.weisman.umn.edu

Now you can take a museum admission from the public libraries for free.

Classified Ads

For Sale

Vonage internet phone services start-up kit (Linksys phone adapter with 2 ports for voice-over -IP), 15\$. Contact at 612-201-1209

Wanted

- Looking for a refrigerator. Please contact at 612-987-2167
- Looking for a bike. Contact at 651-207-5314

HELP WANTED!

Looking to become more active at CTC? Consider serving on a committee—the Terrace Times committee is looking for new members. For more information, call the office or e-mail us at ctcredit@auxs.umn.edu.

FASCINATING ANIMALS, BIRDS, & TREES

1. SNAILS have 14175 teeth laid along 135 rows on their tongue.
2. A BUTTERFLY has 12,000 eyes.
3. DOLPHINS sleep with 1 eye open.
4. A BLUE WHALE can eat as much as 3 tones of food everyday, but at the same time can live without food for 6 months.
5. The EARTH has over 12,00,000 species of animals, 3,00,000 species of plants & 1,00,000 other species.
6. The fierce DINOSAUR was TRYNOSAURS which has sixty long & sharp teeth, used to attack & eat other dinosaurs.
7. DIMETRODON was a mammal like REPTILE with a snail on its back. This acted as a radiator to cool the body of the animal.
8. CASSOWARY is one of the dangerous BIRD, that can kill a man or animal by tearing off with its dagger like claw.
9. The SWAN has over 25,000 feathers in its body.
10. OSTRICH eats pebbles to help digestion by grinding up the ingested food.
11. POLAR BEAR can look clumsy & slow but during chase on ice, can reach 25 miles / hr of speed.
12. KIWIS are the only birds, which hunt by sense of smell.
13. ELEPHANT teeth can weigh as much as 9 pounds.
14. OWL is the only bird, which can rotate its head to 270 degrees.

Recipe of the week



DECORATOR'S ICING

3/4 cup vegetable shortening (i.e., Crisco)	1/8 teaspoon salt
1/4 cup water	1 tablespoon white corn syrup
3 3/4 cup powdered sugar	1 teaspoon vanilla extract

Beat together vegetable shortening and water. Gradually add powdered sugar and salt, beating at medium speed. Mix in corn syrup and vanilla. Beat at medium speed until desired consistency (generally 5-8 minutes). Store refrigerated in an airtight container until use. (Recipe makes enough to fill and frost a 2-layer 8" or 9" or single 9"x13" cake.)

The Terrace Times is published bi-weekly. Submissions for the February 9th edition are due Wednesday, February 28th. Submissions may be delivered to the Terrace Times mailbox in the CTC office or e-mailed to the editor at ctcredit@auxs.umn.edu.