

Somethin' different Gardening



This undated photo shows Nanking cherries in New Paltz, NY. (AP)

By Lee Reich

As a youngster, I never could get my fill of maraschino cherries. That is, until the day I got my hands on a whole jar of them, sat down with a spoon and proceeded to finish them off.

I haven't put another maraschino cherry in my mouth since that sitting. So I can only rely on memory when I say that home-grown cherries taste much better.

And home-grown cherries encompass more than just the flavor of Bing, one of the most common varieties of sweet cherry offered fresh in markets this time of year. Bing is one of the many Bigarreau-type sweet cherries that make good commercial fruits because of their firmness.

There's another whole category of sweet cherries known as Heart (or Gean) cherries that are notable for their soft flesh and heart shape. Black Tartarian is a Heart cherry that would be good to try in the backyard.

Birds, of course, love all sweet cherries, so be prepared to sacrifice part of the crop to them; insects and disease will likewise take their toll.

Tart cherries are easier to grow than sweet cherries. Some varieties grow on smaller trees, so could be netted against birds. In contrast to most varieties of sweet cherry, tart

cherries do not need cross-pollination. So an isolated tree will bear fruit. Tart cherries also are more cold-hardy than sweet cherries and somewhat more resistant to pests. Northstar is

a good variety of tart cherry to grow.

There's yet another kind of cherry, little known on this side of the Atlantic but quite popular across that big "pond" — a natural hybrid of sweet and tart cherries. Duke cherries, as these are called, exhibit intermediate characteristics between their parents in both fruit and tree.

We're finished here with the cherries you might find in supermarkets, but not with cherries you could grow. Some are barely edible, such as wild black cherry, whose wood makes wonderful lumber, and chokecherry.

Western sand cherry is a relatively small bush whose fruit is not edible "straight up", but reputedly makes great jam. I've never made jam from my sand cherries but thoroughly enjoy just looking the shrub. The stems are enveloped in small, white blossoms in spring, and then are adorned throughout summer by glossy, bluish green leaves that turn salmon pink in autumn.

For the cherry that offers a little of everything, I recommend Nanking cherry. The fruit is tasty right off the bush and usually borne

in such abundance that birds can't make a dent in the crop. Those fruits are preceded by oodles of white flowers, and after the leaves have fallen, the shiny, peeling, copper-colored bark is pretty to look at.

Nanking cherry can take any amount of cold and heat, and demands no attention to pests or pruning.

Almost any of the cherries mentioned here could be made into maraschino cherries. Maraschinos were once made from a type of sour cherry called Marasca, but these days are made from any firm, sweet cherry, usually yellow varieties, but also under-ripe varieties that would have ripened to red.

If you want to try making your own maraschinos, boil some cherries in a 2-to-1 mixture of sugar and water, then add some red dye and almond extract. Another recipe calls for soaking the fruit, refrigerated, in a cider vinegar solution followed by a soak in sugar solution; then add the red dye and almond extract. I think I'll pass, once again, on maraschino cherries. (AP)

Food

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General

live that purpose with confidence 3. Understand the importance of connecting to Allah and learn how to do it 4. Understand how to leverage your strengths and overcome weaknesses 5. Understand how to articulate your life goal and create a road map to achieve it.

For more information please visit www.leckuwait.com or call 99514995 / 66363310.

AWL registration: If you would like to join the American Women's League (AWL), please call 99039723 or 94067999 or email: kuwaitaw1@yahoo.com. All American women and wives of Americans are welcomed.

Ugandans register with UIK: Are you a Ugandan living and working in Kuwait? Would you like to get in touch with other Ugandans in Kuwait both socially and professionally? Then please get in touch with us. We would like to invite you to register with the Ugandans in Kuwait (UIK) association, an informal organization of Ugandans living and working in Kuwait. The purpose of this exercise is to get together as Ugandans and to consider taking the first steps to establishing a more formal organisation. This association is voluntary. It is designed to create a forum for Ugandans in Kuwait to foster a sense of community, to communicate more effectively with each other and to encourage Ugandans out here to work together. We are also planning a celebration to mark 50 years of Ugandan's Independence this year. If you have any questions regarding this association or if you are interested in registering, then please send us an email at ugandansinkuwait@gmail.com. We hope to hear from you soon.

Free drum music classes: Free professional drum music classes are available at Salmiya for all age groups from beginners to advanced by a well experienced drum teacher. For more details: 94974295.

Indian Embassy SPDC notice: Attention of all Indian associations/Indian schools in Kuwait is once again drawn to Scholarship Programme for Diaspora Children (SPDC) which was introduced by Government of India in the academic year 2006-2007 with the objective to make higher education in India accessible to the children of overseas Indians and promote India as a centre for higher studies.

Under the scheme, 100 PIO/NRI students were awarded scholarship of up to US\$ 4,000 per annum for undergraduate courses in Engineering, Technology, Humanities, Liberal Arts, Commerce, Management, Journalism, Hotel Management, Agriculture, Animal Husbandry and some other courses.

The scheme is open to NRIs/PIOs from over 40 countries (including Kuwait) having substantial Indian Diaspora population.

The Scheme was revamped and launched in July 2016. Under the revamped Scheme, number of scholarships has been enhanced from 100 to 150 with introduction of 50 scholarships for children of Indian workers employed in the Emigration Check Required (ECR) countries. The Scheme is now applicable to four categories of applicants:

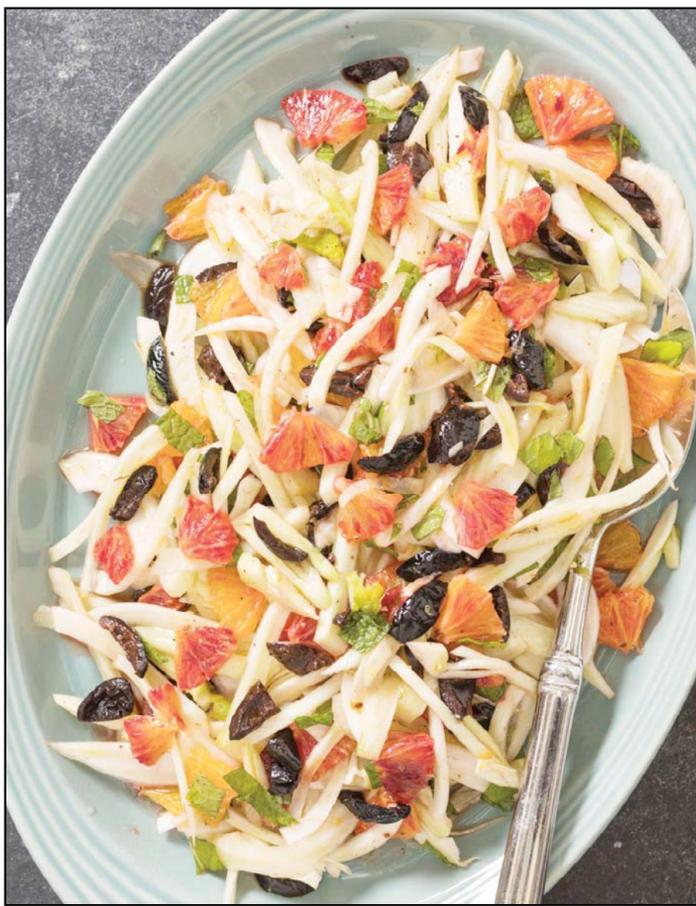
- (i) Persons of Indian Origin
- (ii) Non-Resident Indians
- (iii) Children of Indian workers working in ECR countries (including Kuwait).
- (iv) Children of Indian workers in ECR countries — studying in India

The institutions that are covered under this Scheme are:

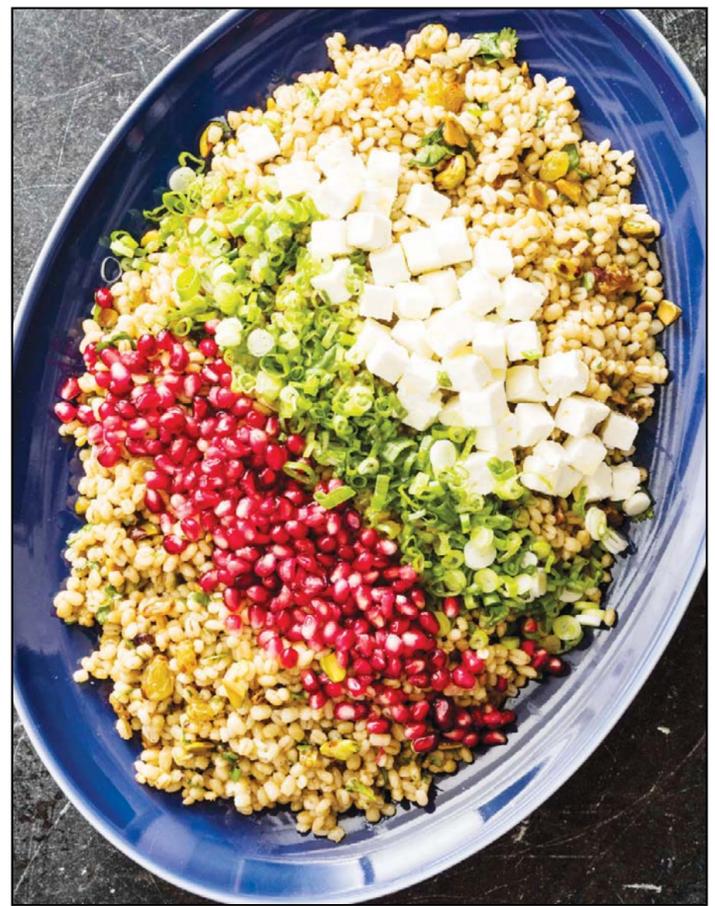
- (i) NITs, IITs, Schools of Planning and Architecture
 - (ii) "A" Grade institutions accredited by National Assessment and Accreditation Council (NAAC) and recognised by University Grants Commission (UGC).
 - (iii) Other institutions covered under Direct Admission of Students Abroad (DASA) scheme.
- Income criteria will be applicable to all four categories. Applicants will seek scholarships after they obtain admission in the approved list of educational institutions.

Applications are required to be submitted online at SPDC portal — <http://spdcindia.gov.in/login/index.php>. Last date for submission of applications was extended till Oct 14, 2016. Nodal officer for SPDC is P. Bharadwaj, Deputy Secretary (OIA-II), Ministry of External Affairs, New Delhi, Tel: 00-91-11-24197952, Email: dsola2@mea.gov.in

Sastra Prathibha Contest: Science International Forum (SIF) Kuwait in association with UNIMON Kuwait announced the commencement of registration for the 6th edition of the Sastra Prathibha Contest (VVM Vidyarthi Vigyan Manthan). Sastra Prathibha Contest (VVM Vidyarthi Vigyan Manthan) is a pan India and GCC Science Talent Hunt initiative by VIBHA in association with NCERT, HRD Ministry (Government of India) and the Department of Science and Technology (Government of India).



This undated photo provided by America's Test Kitchen in June 2019 shows Fennel, orange and olive salad in Brookline, Mass. (AP)



This undated photo provided by America's Test Kitchen in June 2019 shows an Egyptian barley salad in Brookline, Mass. (AP)

Barley makes up the base for this unique, toothy salad

Bright, tasty salad celebrates Sicilian ingredients

By America's Test Kitchen

This light, bright salad celebrates ingredients that are abundant in Sicily.

Citrus fruits, in particular, flourish and come in many varieties. Taroccos, or blood oranges, are the most popular and prized variety, so it seemed only fitting that we use them for this salad.

We liked the fennel best when it was sliced as thin as possible; this ensured its texture was delicate and crisp rather than tough and chewy, making it an ideal pairing with the sweet, juicy oranges.

To ensure that they were evenly distributed in the salad, we cut the oranges into bite-size pieces and tossed the salad gently to keep the segments from falling apart. To finish our salad, we added some oil-cured black olives, which added briny contrast, plus fresh mint, lemon juice, olive oil, salt and pepper.

Fennel, orange and olive salad

- Servings: 4-6
- Start to finish: 25 minutes
- 2 blood oranges
- 1 fennel bulb, stalks discarded, bulb halved, cored, and sliced thin
- 1/4 cup pitted brine-cured black olives, sliced thin
- 3 tbs extra-virgin olive oil
- 2 tbs coarsely chopped fresh mint
- 2 tsp lemon juice
- Salt and pepper
- Cut away peel and pith from oranges.
- Quarter oranges, then slice crosswise into 1/2-inch-thick pieces. Combine oranges and any accumulated juices, fennel, olives, oil, mint, and lemon juice in bowl. Season with salt and pepper to taste. Serve.

This impressive and unique salad, inspired by the flavors of Egypt, relies on a bed of tender, toothsome pearl barley as its base. Pearl barley is a great candidate for the

multi-cooker; by cooking the grains in plenty of water, similar to our method for brown rice, they cooked perfectly and evenly.

To further ensure separate, intact grains when pressure cooking, we found that a natural release was essential (quick-release caused some of the grains to blow out).

After either pressure or slow cooking and then draining the barley, we spread it on a baking sheet so that it would cool quickly. With our perfected barley finished, we incorporated toasty pistachios, tangy pomegranate molasses, and bright, vegetal cilantro, all balanced by warm, earthy spices and sweet golden raisins.

Salty feta cheese, pungent scallions, and sweet-tart pomegranate seeds adorned the top of the dish for a colorful and tasty finish. You can find pomegranate molasses in the international aisle of most well-stocked supermarkets. Do not substitute hulled, hull-less, quick-



This undated photo provided by America's Test Kitchen in June 2019 shows No-fuss quinoa with corn and jalapeno in Brookline, Mass. (AP)

cooking, or presteamed barley (read the ingredient list on the package to determine this).

Egyptian barley salad

- Servings: 6
- Pressure cook total time: 1 hour
- Slow cook total time: 2 hours
- 1-1/2 cups pearl barley
- Salt and pepper
- 3 tablespoons extra-virgin olive oil, plus extra for drizzling
- 2 tablespoons pomegranate molasses
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cumin
- 1/3 cup golden raisins
- 1/2 cup coarsely chopped fresh cilantro
- 1/4 cup shelled pistachios, toasted and chopped coarse
- 3 ounces feta cheese, cut into 1/2 inch cubes (3/4 cup)
- 6 scallions, green parts only, sliced thin
- 1/2 cup pomegranate seeds
- Combine 12 cups water, barley, and 1 tablespoon salt in multi-cooker.

To pressure cook: Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 8 minutes. Turn off multi-cooker and let pressure release naturally for 15 minutes. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.

To slow cook: Bring mixture to simmer using highest sauté or browning function. Lock lid in place and open pressure release valve. Select low slow cook function and cook until barley is tender, 30 minutes to 1-1/2 hours. (If using Instant Pot, select high slow cook function.) Turn off multi-cooker and carefully remove lid, allowing steam to escape away from you.

Drain barley, spread onto rimmed baking sheet, and let cool completely, about 15 minutes. Meanwhile, whisk oil, molasses, cinnamon, cumin, and 1/2 teaspoon salt together in large

bowl. Add cooled barley, raisins, cilantro, and pistachios and gently toss to combine. Season with salt and pepper to taste. Spread barley salad evenly into serving dish and arrange feta, scallions, and pomegranate seeds in separate diagonal rows on top. Drizzle with extra oil and serve.

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For this quinoa side dish we turned to Southwestern flavors, adding jalapenos, lime and corn. You will need an oval slow cooker for this recipe. Be sure to rinse the quinoa in a fine-mesh strainer before using; rinsing removes the quinoa's bitter protective coating.

No-fuss quinoa with corn and jalapeno

- Servings: 6
- Start to finish: 3 to 4 hours on low or 2 to 3 hours on high
- Slow cooker size: 4 to 7 quarts
- 1-1/2 cups prewashed white quinoa, rinsed
- 1 onion, chopped fine
- 2 jalapeno chillies, stemmed, seeded, and minced
- 2 tbs extra-virgin olive oil
- Salt and pepper
- 1-3/4 cups water
- 1 cup frozen corn, thawed
- 1/3 cup minced fresh cilantro
- 2 tbs lime juice

Lightly coat slow cooker with vegetable oil spray. Microwave quinoa, onion, jalapenos, 1 tablespoon oil, and 1 teaspoon salt in bowl, stirring occasionally, until quinoa is lightly toasted and vegetables are softened, about 5 minutes; transfer to prepared slow cooker. Stir in water, cover, and cook until quinoa is tender and all water is absorbed, 3 to 4 hours on low or 2 to 3 hours on high.

Sprinkle corn over quinoa, cover, and let sit until heated through, about 5 minutes. Fluff quinoa with fork, then gently fold in cilantro, lime juice, and remaining 1 tablespoon oil. Season with salt and pepper to taste. Serve. (AP)

pm. Registrations can be done at the main office — Women's Committee in Qurtoba. For more information contact: 24322684, 25362693, 97743327 and 25362681.

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Islamic classes in French: The Enlightenment into Islam is offering Islamic Classes in French for ladies. Timings 4:30 to 7 pm. Every Wednesday.

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tion of more than 4500 students from the Indian schools in Kuwait.

Registration forms are available at the science department / SPC coordinator of the respective schools. Registration will close on May 15, 2019. For further updates on SPC Season VI, please follow www.facebook.com/sifkuwait, or email at info@sifkuwait.com

Islamic and Arabic courses: Islamic and Arabic courses are being offered at the Enlightenment into Islam Center starting from 5:00-7:00