

The background of the entire page is a close-up photograph of several yellow Black-eyed Susans. The flowers have bright yellow petals and dark brown, fuzzy centers. They are set against a solid, vibrant purple background. The lighting is soft, highlighting the texture of the petals and the center of the flowers.

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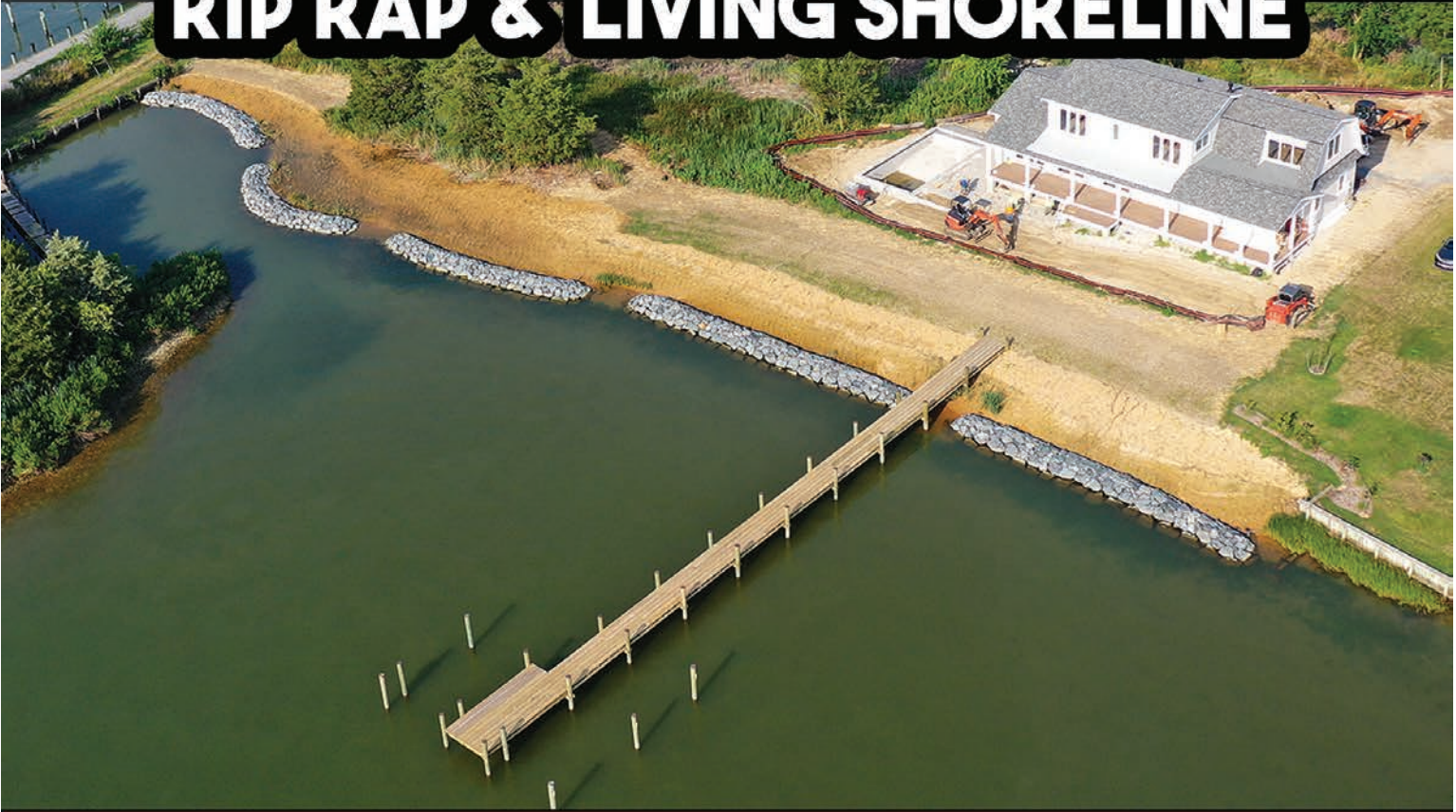
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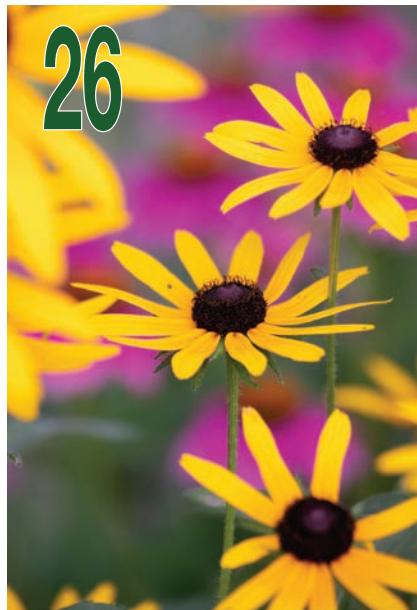
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June 2025

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Give citrus trees a try?

With their bright colors, summertime scent and refreshing taste, a home-grown citrus is a tempting pick for customers seeing them at local nurseries.

**Stretch it out for three seasons!**

Spring and summer means it's a prime time for plants flowering and looking their best. Plants that carry their beauty into a third season can keep a garden or flower bed vibrant.

18

Barndominium mania!

'Barndominiums' are gaining popularity. Living in a barn-like building is a point of pride for many homeowners attracted to their rural look and feel.

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Pets help us feel better, a tail wag at a time

This time a year ago, my family adopted our first golden retriever — a giant, lovable ball of fluff we affectionately named Adley.

He joined our basset hound sisters and two cats at home, instantly doubling the chaos and tripling the joy.

While most days, my husband refers to him as “Captain Chaos,” Adley and his fur siblings have become one of our family’s biggest sources of stress relief.

This became especially clear this past summer, when we said goodbye to our oldest basset hound, Scarlett.

She had been with us for more than a decade, and her passing left a heavy silence in the house.

Sweet Simplicity



By Kristine George

It was Adley — goofy, affectionate, ever-present Adley — who helped ease that ache.

Whether he knew we needed extra snuggles or was simply being his loving self, he was a comfort in the achingly quiet

moments when grief felt too big for words.

Pets, it turns out, are not only our companions in joy but also our anchors in sorrow.

And we’re far from alone in this.

Pets of all shapes and sizes offer a surprising yet powerful source of emotional support.

Whether it comes with four legs, feathers, or even scales, science shows that owning a pet can have measurable effects on brain chemistry — including increasing levels of serotonin, the “feel-good” neurotransmitter.

So, how do you know what works for you?

The key isn’t the (PAGE 30)

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Perennials can add versatility, color

Welcome to June, the first month of summer and it is National Perennial Plant Month.

Perennial plants offer a low-maintenance planting solution for long lasting beauty.

Unlike annual plants that need replanting every season, perennial plants, once they are established come back year after year.

They offer many different vibrant colors, textures and structure with minimal upkeep.

Most perennial plants attract pollinators and many are long-lived plants with extended bloom times.

Creating a pollinator-friendly garden using perennials is essential for bio-diversity in the garden and provides a reliable source of nectar and pollen year after year, making them ideal for supporting bees, butterflies, hummingbirds and beneficial insects.

Birds also benefit from a bio-diverse perennial garden in that

Ken-Do Attitude



By Ken Morgan

most perennials provide seed-heads in fall and into the winter months.

Here are a few of my favorite perennial plants, and some of their attributes in planting them:

- **Coneflowers** (*Echinacea*) come in a variety of colors, (purples, pinks, white and now oranges and reds) blooms over a long period of time, blooms during the summer when most flowers stop blooming, is drought-tolerant and like to be

planted in the full sun. They are pollinator magnets and provide seeds for birds in the fall and winter.

- **Black-Eyed Susans** (*Rudbeckia hirta*) native and Maryland State flower, blooms over a long period of time, provides nectar and seeds and is deer resistant and likes to be planted in the full sun.

- **Daylilies** (*Heemerocallis*) drought tolerate, grows in poor soil, blooms early to late summer (many newer varieties are re-bloomers), they are available in a variety of colors and likes full sun and they are deer resistant.

- **Sedum** (*Stonecrop*) succulent, drought tolerant and will grow in poor soils and full sun. It blooms in pink, reds and yellows and they bloom late summer into fall.

- **Salvia** (*Sages*) extended bloom time and when spent blooms are cut they are re-bloomers. It is low maintenance, attracts hummingbirds and butterflies and comes (PAGE 24)

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By Ginny Rosenkranz

Blue false indigo a treasure in blue-purple

Blue false Indigo or *Baptisia australis* is a lovely herbaceous perennial plant that waits until the spring warms the earth before emerging with a large clump of soft colored blue green clover like leaves in May.

Each leaf is made of three leaflets, and each leaflet can grow 2 inches long with smooth edges.

These trifoliate leaves are arranged on the stems in an alternate fashion, and the plants can grow up to 3-6 feet tall and 2-3 feet wide.

Once the leaves have emerged, the plant concentrates on creating the beautiful blue-purple flowers.

Each 1-inch flower has four or five petals that are fused together to form a heart shape and attract lots of butterflies and other pollinators to feast on the nectar.

These beautiful flowers are ar-



Blue false Indigo flowers are arranged on an upright spike that can tower at least 12 inches over the foliage, and bloom for up to three weeks.

(Photo by Ginny Rosenkranz)

ranged on an upright spike that towers at least 12 inches over the foliage, and bloom for up to three weeks.

The flowers can be cut for bouquets to enjoy indoors or left to enjoy on the plants.

After the flowers finish blooming the seed pods begin to emerge as small balloons that puff up with a

sharp tip at the top.

They mature into 2- to 3-inch-long pods that ripen from green to black and contain lots of loose seeds.

These decorative pods can be left on the plants to add color and texture to the garden throughout the summer and into the fall and winter or can be cut to add (PAGE 44)

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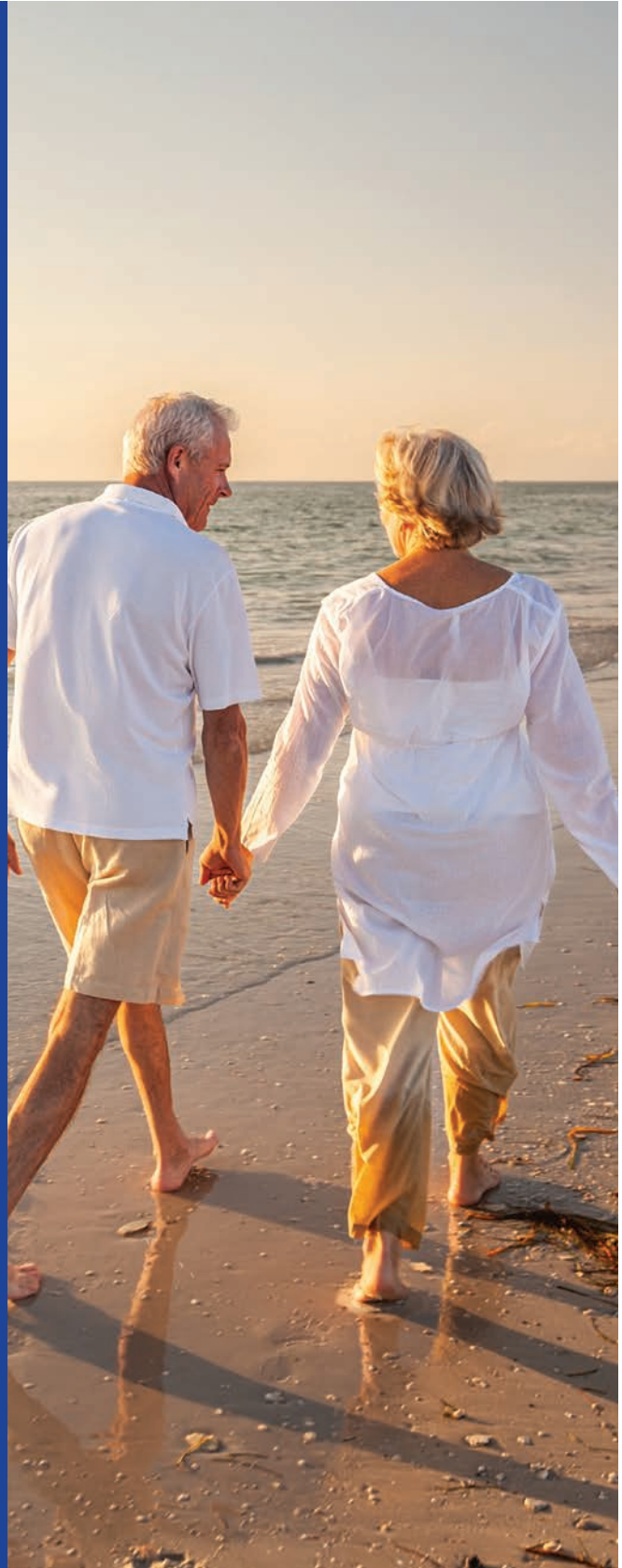
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Citrus not just a Florida thing

Growing lemon, lime, kumquat trees can be fun on Shore

Story, photos by Leslie Milby

With their bright color, summertime scent and refreshing taste, citrus trees are a tempting pick when seeing them at your local nursery.

Christy Little, owner of A Little Farm and Nursery in Stevensville, says while it isn't all easy-peasy-lemon-squeezy, lemon, lime and kumquat trees are a fun project that can even be fruitful even in Zone 7.

Little's nursery has what could be considered a little citrus grove tucked in their hot house.

While there are ducks in their pond rather than alligators, their fruit trees show citrus is not just for Florida and California.

Little encourages selecting a plant that was started at least three years ago.

A nursery can better spoil the plant and help it grow strong and resilient so by the time it comes to your house, you can reap the fruits of labor.

While getting a younger plant is often cheaper, the risk of loss is often higher, too.

Another small investment is getting a larger pot for your plant.

With Maryland experiencing all four seasons distinctly, keeping your plant mobile to enjoy spring and summer weather while being able to come back indoors before the temperature drops can help keep it thriving.



With Maryland experiencing all four seasons distinctly, keeping your plant mobile to enjoy spring and summer weather while being able to come back indoors before the temperature drops can help keep it thriving.

able to come back indoors before the temperature drops can help keep it thriving.

Little said that making sure you set your plant in a location that is able to get some sun for at least six hours a day is warmer than 32 degrees will help them weather the winter just fine.

Plus, their green leaves will still keep you feeling sunny through the cold weather as well.

Potentially, citrus trees could survive outside, but they would be far from thriving.

The tree would quickly start to defoliate and need to focus its energy into surviving and growing new leaves rather than fruit, Little says.

Still, with a potted plant, you'll need to put the work in in other ways.

Little says all the nutrients your plant is getting are coming from the



Citrus trees will grow blossoms and then fruit in clusters. Many times they will naturally drop immature fruit, but you can also pinch off the excess buds or fruits to encourage growth.

Citrus offers zest, store & more

Nothing says summer decor like a bowl of citrus sitting on the counter (perhaps other than a strand of fly tape hanging up) but the display will unfortunately speed up the drying out and spoiling process.

If you plan to use the fruits quickly, display away! For longer lasting fruit, the best practice is to store them in an airtight bag or container, and even better yet, place them from there in the crisper drawer of your refrigerator. On average, this will take them from lasting a week on your

countertop to close to a month in your refrigerator.

Growing your own? The crisper drawer is also where to put lemons that are still green to help them ripen up.

A lemon or lime that is going bad will start to have discoloration and look wrinkled, a sign that it is losing juice.

A fresher lemon or lime will also taste sweeter, while one that is starting to dry out will give more of an acidic taste.

For fruit you've cut with some leftover, the best bet is to wrap it in saran wrap and place back in the

airtight container, and then back to the crisper drawer.

Still can't use them up quick enough?

Slice what's left into wedges, flash freeze on a cookie sheet and then store them in an airtight container for up to six months!

They can also be frozen whole for up to a year, though they'd be better for juicing or cooking rather than being used as their whole form.

Zest can also last six months in the freezer, while juice poured into ice cube trays can last around three to four months. (PAGE 45)

soil, so it is important to change it out yearly as she does with her plant babies.

Early spring is the best time to repot, as the tree is transitioning out of dormancy.

Little also recommends using an organic supplemental fertilizer made specifically for its needs such as Citrus Tone in spring and fall to keep your tree thriving.

Citrus trees will grow blossoms and then fruit in clusters.

Many times they will naturally drop immature fruit, but you can also pinch off the excess buds or fruits to encourage growth.

You can also snip off weak or dead limbs as needed.

Little recommends talking to local nurseries for advice on specific varieties.

Even dwarf varieties you might want for your kitchen window have the potential to grow a few feet tall and will eventually need the indoor/outdoor treatment.

One of her favorite varieties she is trying her hand (or rather, green thumb at) is a Ponderosa lemon tree, which is a hybrid of a citron and a lemon.

They grow what looks like an oversize bumpy lemon, which can weigh multiple pounds.

Looking to learn more?

A Little Farm and Nursery hosts workshops, mainly in January and February, visitors can get their hands dirty learning about propagation, berries, ginger and even wildlife and pollinators.

In the meantime, Little says she is always willing to talk about plants and care. 🐾

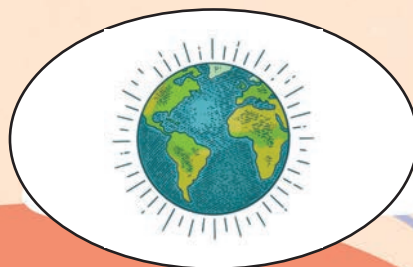


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Barndominiums gain popularity

Trend marries charm and utility of a farm building with modern living

Story by Sean Clougherty

For people of a certain age, hearing, “Were you born in a barn?” as a child usually meant you had left a door open to the great outdoors, letting precious air conditioning out and dastardly flies and mosquitoes in.

But as “barndominiums” gain popularity, living in a building built like a barn is a point of pride for many homeowners attracted to their rural look and feel.

Barndominiums marry the charm and utility of a farm building with the features of modern living.

Their usual calling cards are post construction with a metal roof and siding outside and exposed wood beams and open floor plans inside.

The term “barndominium” goes back to 1989, when Connecticut real estate developer Karl Nielsen created a community centered around raising horses, featuring stables on the ground floor and living quarters above.

The trend really caught fire in 2016 when Chip and Joanna Gaines transformed a 1,000-square-foot barn into a home on their popular HGTV show “Fixer Upper.”

Builders and buyers of these

country condominiums say they often out compete traditional custom homes on price, have quick build times, less maintenance over time and fit in well with the Eastern Shore’s rural character.

“It’s the modern-day farm-

house,” says, Gary Sensenig owner of Pole Buildings Unlimited in Dover, Del.

While many builders offer a slew of models to choose from and barndominium kits exist for do-it-yourselfers, they’ll also start



Homeowners attracted to the rustic look of a barndominium's exterior can be as elaborate on the interior as any traditional custom home.

(Photo courtesy Pole Buildings Unlimited)



really heated up about three years ago.

He said they had the exterior part down pat, but had some trouble getting contractors to come in to do the interior “fit-out” stage.

Sensenig, like many pole building companies, now offers the start-to-finish process, what he calls turnkey, for clients.

“Nobody was really filling that need,” Sensenig says, “So let’s go for it.”

When Sandy and Jeff Biskach moved to Dorchester county last year they wanted their new home to fall in line with the farmland that would surround them.

Downsizing from their previous Cape Cod style home, the opted for a 2,400-square-foot barndominium and a 960-square-foot garage.

Staying on one level was also a must and porches coming off the home also add living space.

Jeff says they went to their builder with their own floor plan and after a few suggestions and tweaks, they were off and running.

“It’s a custom built home,” he says. “It’s a very tight, economical home.”

Paul Rivard said he was familiar with pole building construction with several friends who had sheds and garages on their property.

Then he saw a barndominium on a parcel he and wife Terri considered purchasing and they started looking at one for the Sussex County, Del., spot.

He said their initial design reminded him of a very plain salt

from scratch with a client, making the home totally unique but not sticking out like a sore thumb.

They can be as elaborate as any custom home or trimmed down to the minimum.

“Everything about this is cus-

tomized, right down to the exact little need or desire of the client,” Sensenig says.

After more than a decade of focusing on farm buildings and garages, Sensenig said local interest in investing in barndominiums



One of the barndominium's calling cards is its flexibility with an open floor plan.

(Photo courtesy Pole Buildings Unlimited)

box-style house, but then worked with the builder to add window dormers to the roof, vaulted ceilings with exposed trusses and a wraparound porch.

"I think the design turned out really well," Rivard said. "It looks like a country building."

They also have a 1,700-square-foot attached garage as part of the project, a benefit, Paul said, of a

more competitive pricing than traditional customer homebuilders in their area.

"It's all first floor living," he said.

Sensenig recognizes barndominiums aren't for everyone.

Some potential clients who have come in with their hearts set on multiple roof lines, he says, may be better suited with a stick-built

custom home.

Part of the barndominium's construction is a concrete floor which knocks out the possibility of a basement.

That may be a dealbreaker for some, but Sensenig says other clients have pivoted to instead add storage space or a bonus room above a garage or a home's upper level. 🐾

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(FROM PAGE 8)

in many shades of blues, purples, white, pinks and red. It likes full sun and is drought tolerant.

- **Lavender:** extended bloom time, likes full sun and dry locations. It is very fragrant, good for dried flowers and for pollinators. It comes in shades of blues and purples. Some new varieties tolerate humidity well.

- **Coral Bells** (*Heuchera*) plant for the foliage colors of reds, purples, burgandy, lime greens, orange and many other shades. Most are evergreen and prefer shade. It does flower, but the foliage is the show.

- **Hosta:** Plant for the foliage colors and variegations. Loves the shade and most flower, again the foliage is the show.

These are just a few of my favorite perennial plants, but remember

there are lots of other varieties and many are native and thrive in our area.

Many of them offer good disease and pest resistance and are pollinator favorites.

Other June tasks should be to cut back by one-third of garden mums, asters, bee balm (*monarda*), helianthus, heliopsis and other late-summer and fall-blooming perennials to keep them tidy, compact and improve flowering.

Be sure to deadhead catmint (*nepeta*) and salvias and other spent perennial flowers to encourage a second bloom cycle.

This also prevents premature seed heads and stimulates the production of new flowers.

Trim back the stems and shoots of perennials crowding their neighbors to maintain the definition be-

tween individual groups of plants.

Apply Milorganite with a rotary spreader to your lawn as to provide a slow-release organic nitrogen and iron to produce a superior lawn for July and August.

Remember to provide at least an inch of moisture a week.

Keep blades sharp and set your mower height to 3-4 inches.

This will help prevent stress to your grass, cut down on weed germination and reduces water needs.

Also remember morning irrigation between the hours of 6-9 a.m. are best as it washes away the dew which can cause certain diseases and fungus.

Have a happy start to your summer! 🍷

(Editor's Note: Ken Morgan is the owner of Robin's Nest Floral and Garden Center in Easton, Md.)



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Three-season plants always in style

Story by Sean Clougherty
Photos by Rachel Rhodes

Spring and summer means it's a prime time for plants flowering and looking their best. Plants that carry their beauty into a third season either with subsequent flowers blooming or distinct foliage can keep a garden or flower bed vibrant.

For native plants, Rachel Rhodes, University of Maryland Extension Master Gardener coordinator in Queen Anne's County offers three of her three-season favorites.

Blue false indigo is a large bushy perennial, with dense clusters of deep blue flowers on long upright spikes.

It grows well in clay and loamy soils and has drought tolerance but it needs a couple of years to establish a good root system before it takes off above ground.

After that, it can grow 3 to 4 feet tall.

The bluish-green foliage is very attractive and provides a good backdrop to other flowering plants. After they bloom, Rhodes said the plants take on more of a shrubby appearance and tend to open up after bloom.

Her favorite part however, is their pea-like flowers make it difficult for bees to get nectar.

"It's amusing to watch them try to fit in the flowers," she said.

Blue false indigo attracts many pollinators and is also a host plant for the Frosted Elfin, Wild Indigo



Virginia sweetspire has long white flower clusters and deep green foliage in spring and summer, then transforms to deep orange and red leaves, inset, for fall.

Duskywing, and Hoary Edge butterflies.

Blue eyed grass is a perennial plant belonging to the Iris family. Its delicate clump of flowers range from light violet to deep blue.

“This is an awesome little perennial that holds on to its green grass all season long and doesn’t have that typical die back once it’s done blooming,” Rhodes said.

Blue eyed grass prefers consistently moist soils with good drainage and is best grown in full sun to part shade.

Virginia sweetspire is a mounded, thickly branched, deciduous shrub with arching branches. In late May and June, it is covered in a blanket of 5- to 6-inch long, white, sweetly scented, catkin-like “spires.”

They give off a sweet scent, last several weeks and are a magnet for bees and butterflies.

The flowers are produced on last year’s growth.

In summer, the flowers give way to rich, medium to dark green foliage, which makes it ideal for foundation plantings.

In the fall, the foliage changes from its rich green summer color to stunning, long-lasting shades of deep red, purple, orange, and yellow.

While the late spring flowers are attractive, it is the rich autumn color that makes this plant especially valued in the landscape.

The deep burgundy to red leaves are “beyond impressive,” Rhodes said.

The fall colors vary, depending on sun exposure. Full sun produces the most vibrant color.



Native to Maryland, blue false indigo or Baptisia, gives a garden color through its foliage and flowers from spring into fall.

Bursting with flowers, hardy geraniums or cranesbill, boast flowers, lush foliage and are easy to grow, which only adds their value for garden texture.

Some hardy geraniums enjoy remarkably long flowering seasons, extending from late spring to late fall.

Ann Folkard, Elke, Mavis Simpson, Orion, Patricia, Rozanne, Sweet Heidy are a few varieties that known to handle the challenges of the seasons.

Perhaps better known in Maryland by its common name of Black Eyed Susan, rudbeckia’s upright growth and coarse texture makes it

ideal for mass plantings in naturalized areas or in the background of perennial beds.

Blooming from late spring through early fall, the showy flowers will attract bees, butterflies, and the seeds are loved by birds.

The upright branches of the red twigged dogwood come in colors of red, yellow, orange and coral.

Foliage is green, gold or variegated, with white flowers occurring in the spring and summer.

In the fall, white, blue or purple berries emerge and act as a food for wildlife along with continuing to offer color.

In winter, with the foliage gone, the colorful branches become even more vivid against the season's usually dreary backdrop.

This dogwood shrub is good in a woodland border, rain garden, massed along a slope, in containers and as hedging or screening.

Lavender is a good option for three-season color as it stays green a long time and mixing different varieties of Spanish lavender, French lavender and English lavender can spread their blooms out from spring to fall.

In general lavender is an easy keeper, but Rhodes stresses matching the right plant to the right site for adequate drainage.

Perhaps, best of all for rural gardeners, deer and rabbits don't like them.

In many cases, specific cultivars of a plant have the three season stamp over the whole species or genus.

The President Clematis will bloom in early summer, and then



Blue eyed grass is a perennial plant belonging to the Iris family. Its delicate clump of flowers range from light violet to deep blue.

bloom again in the late summer or early fall.

Its vibrant purple blooms are seven-inches wide

Azaleas are most well-known for their spring flowers and their shrubby nature.

But the Autumn Ruby Encore Azalea Tree is a tree-form azalea, elevating it above many other shrubs in the landscape.

With ruby-red flowers in the

spring, it reblooms through the spring up until fall and with the dramatic contrast of the dark-green leaves, the flowers will stand out and make a brilliant statement.

Yellow flowers of the Harvest of Memories Iris last through multiple seasons.

This plant puts out at least two, if not three sets of flowers, blooming in the spring, the summer and perhaps in the fall. 🌸



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(FROM PAGE 6)

species — it's the connection.

The Science Behind the Snuggles

Serotonin plays a crucial role in regulating mood, sleep, digestion, and even pain perception.

Low levels of serotonin have been linked to depression and anxiety. While medications like SSRIs are designed to help, natural methods like physical touch, routine, and joyful interaction can also support healthy serotonin levels — and our pets deliver all three.

In fact, researchers at the University of Missouri found that just 15 minutes of petting a dog can increase serotonin, prolactin, and oxytocin levels — while lowering the stress hormone cortisol.

Another study published in *Frontiers in Psychology* confirmed that pet owners tend to have lower blood pressure and heart rates during stressful situations.

Ask my husband if that still counts after he discovered that Adley ate our coach!

Pets Boost Our Brain Chemistry

- Physical affection: Petting a dog or cat increases serotonin and dopamine. Just watching your pet breathe, purr, or snore (adorably) can have a calming effect on the nervous system.

- Routine: Feeding, walking, or grooming creates structure and consistency — two things our brains thrive on, especially during times of stress or uncertainty.

- Exercise: Walking a dog like Adley (who prefers running, let's be honest) increases serotonin through movement, exposure to sunlight, and nature's calming cues.



Whether it's Adley, rear, hoarding sticks as if they're buried treasure, or Savannah rolling off the couch, laughter is part of our family's daily life.

(Photo courtesy Kristine George)

- Connection: Pets offer non-judgmental companionship. Their unconditional love can buffer feelings of loneliness, boost self-worth, and provide much-needed social support.

Laughter Is Therapy, Too

Let's not forget that pets are natural comedians.

Whether it's Adley hoarding sticks like they're buried treasure or our basset hound Savannah rolling dramatically off the couch, laughter is part of daily life with them.

And laughter, as we know, releases serotonin and reduces stress.

They aren't just cuddly — they're medicine with a wagging tail.

Finding the Right Fur-Ever Fit

Of course, not everyone is ready for a "Captain Chaos" in their home.

For some, a chill cat, a sleepy

rabbit, or even a few colorful fish can provide that same sense of peace and companionship.

The best pet for you is the one that brings you comfort, joy, and maybe even a bit of comic relief.

When choosing a pet, consider your lifestyle, energy level, and the kind of connection you're looking for. The right animal partner won't just fit into your life — they'll make it better.

Adley (and the Real MVPs)

As I write this, Adley is sprawled across the recliner floor like a lazy lion, snoring with complete contentment.

One cat is curled on the windowsill, the other is at my feet watching the baseball game and Savannah is hunkered down in her Daddy's lap for a mutual nap.

In the end, our pets don't just keep us company — they help us feel human with their uncondi-

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tional love.

They ground us in the present, connect us to something joyful, and nudge our brains toward balance in the most loving, messy, and wonderful ways.

Find Your New Best Friend

If you're considering adding a furry (or feathered) family member to your life, adopting through a local rescue or animal shelter is a wonderful option.

Not only are you giving a pet a second chance at a loving home, but you're also supporting organizations dedicated to animal welfare.

Here on the Eastern Shore, we're fortunate to have several dedicated shelters:

- Talbot Humane in Easton, Md: A compassionate, community-driven organization that works

tirelessly to match pets with loving families. They offer adoption counseling, fostering programs, and even a pet pantry for those in need.

- Baywater Animal Rescue in Cambridge, Md.: As one of the oldest continually operating humane societies in Maryland, Baywater has been saving lives for over 75 years. Their commitment to no-kill rescue and finding the right home for every animal is truly inspiring; and

- Chesapeake Cats and Dogs in Queenstown, Md: A no-kill rescue dedicated to providing a lifetime haven for cats and dogs that have been abandoned, abused, lost, strayed, or surrendered. Since its founding in 2006, CCAD has successfully placed more than 2,000 homeless cats and dogs in

loving homes.

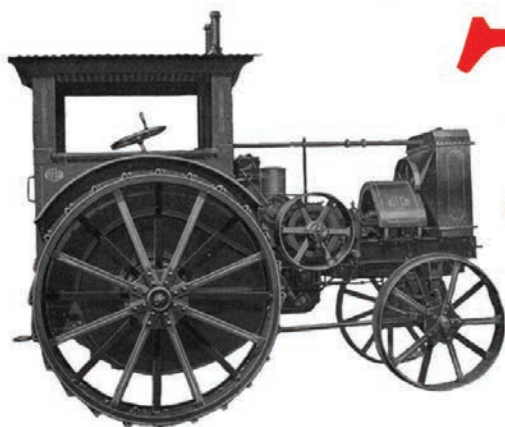
Each of these shelters offers a variety of adoptable animals — from dogs and cats to the occasional bird, rabbit or guinea pig.

Their dedicated staff and volunteers are experts at helping you find a pet that fits your home and heart.

Whether you're drawn to a senior cat seeking a warm lap or a bouncy puppy like Adley who will test every boundary in the most lovable way, your perfect match might be waiting just a few miles away.

Adopting a pet isn't just about saving a life — it's about enriching your own in ways you never imagined. 🐾

(Editor's Note: Kristine George is a freelance journalist who resides in Easton.)



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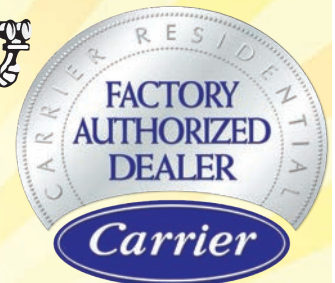
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Elevate summer grilling with this secret weapon

Story courtesy StatePoint

Whether you're a seasoned pit-master or firing up the grill for the first time, elevating the flavor of your BBQ dishes is simple with the right fuel.

Up first is the Jalapeño Ranch Smashburgers by Brandyn Baker of Black Dog BBQ.

Smashburger

- 1 1/2 to 2 pounds ground beef (80/20 blend)

- Lettuce
- Tomato
- White American cheese
- Hamburger buns
- Salt and pepper to taste

Jalapeño Ranch Dressing

- 1 cup mayonnaise
- 1/4 cup sour cream
- 3 tablespoon buttermilk (more if needed to thin)

- 1 jalapeño, stemmed and seeded

- 1 teaspoon minced garlic
- 2 tablespoons lime juice
- 2 tablespoons chopped cilantro

- 1 tablespoon chopped green onion

- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- Black pepper to taste

Instructions

1. Combine dressing ingredients in blender. Blend until smooth.

2. Refrigerate for at least 30 minutes.

3. Using Bear Mountain BBQ's Gourmet Craft Blend pellets, pre-

heat a sear plate on a pellet grill to 400 degrees F.

4. Form meatballs, seasoning them generously with salt and pepper.

5. Place meatballs onto hot sear plate. Let cook for 1-2 minutes, then smash them flat using a grill press or heavy spatula.

6. Cook 3-4 minutes until well-browned, then flip. Top with cheese. Cook for another 1-2 minutes until cheese is melted and burgers cooked through.

7. Toast buns.

8. Assemble burgers. Add sauce to bottom bun. Layer lettuce, tomato and patties.

9. Drizzle dressing generously. Add bun top and serve immediately.

* * *

The second recipe is Reverse-Seared Smoked Ribeye Steak with Garlic and Herb Butter by Miguel Raya of Cooking with Fire.

Steaks

- 1–2 thick-cut ribeye steaks
- Kosher salt
- Freshly cracked black pepper
- Optional: garlic powder, rosemary, or your favorite beef rub
- High smoke point oil (beef tallow)
- Cast iron skillet or hot grill/griddle

Garlic & Herb Butter

- 8 ounces unsalted butter
- 1 tablespoon minced garlic
- 1 teaspoon fresh parsley
- 1 teaspoon fresh thyme
- 1 teaspoon fresh chives

- 1 teaspoon fresh rosemary

Instructions

1. Remove steak from fridge 30 minutes before cooking. Season.

2. Using Bear Mountain BBQ's Hickory pellets, preheat smoker to 250 degrees F (or 200 degrees for slower, more even cooking). Place steak on a wire rack over a baking sheet or grill grate. Cook until internal temperature reaches 115 degrees F for rare, 120 degrees F for medium-rare or 130 degrees F for medium. Use a probe or instant-read thermometer (takes 30-45 minutes depending on thickness).


3. Heat cast iron skillet over high heat until smoking hot. Add oil or beef tallow and steak. Sear for 45–60 seconds per side, pressing lightly for a good crust. Baste with butter, garlic and rosemary for extra flavor.

4. Let steak rest 10 minutes. Top with butter, then slice and serve.

* * *

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By DeeDee Wood

Collecting World War II rationing stamps

(Editor's note: DeeDee Wood is the owner of Black Cat Curiosities, an online antiques research and sales venue.)

After the Japanese attack on Pearl Harbor on Dec. 7, 1941, the United States entered World War II. This also began the practice of rationing, or conserving and distributing the need of goods to various people and groups dependent upon need.

The rationing was controlled by stamps, and stamps of different varieties and goods, contained in a ration stamp book.

Those stamp books are still researched, collected and traded in the antiques market today.

Many commodities were rationed, in many different countries during the war.



Consumer rationing, which involved food and household goods and products, began around 1942 for most items.

Rationing of foods, and many other goods, which involved metals, manufacturing components, tires, rubber, gasoline, just to name a few, had to be rationed and controlled due to low supply, distribution disruption, manufacturing facilities in danger, redistribution of supplies for the war effort, (building war

machines and offering food and supplies to soldiers first,) and other needs to reroute supplies for war efforts.

The stamp books were numbered as they rolled out to be distributed, for example, Book Number One was the Sugar Book, and rationed the sweet treat down to 8 ounces of sugar per person per week.

It was the first book distributed as a ration book in the United States during this time.

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Details, counterparts crucial to dish's success

(Editor's note: Deborah Walker is the author of "An Eastern Shore Special: Recipes from the Heart." She has written about food and recipes for 15 years, She resides in Ocean City.)

The exploration of scientific principles, acknowledgement of personal preferences, and ingenuity are the underlying philosophies of cooking..

The proposal of "why" salvitates one's inner being with exploration and satisfies the urge to exceed conventionalism.

It is then one understands the true

Food For Thought



By Deborah Walker

meaning of a chef.

That being said, cookery has reached an unequivocal state of proficiency.

The absence of complexity does not mean the introduction to simplicity.

Details and their finer counterparts are crucial for the success of a dish.

This process must be carefully thought out, no matter the degrees of straightforwardness.

With that thought in mind, let us delve into the mastery of fried eggrolls.

The perfect eggroll consists of three main components: a crispy exterior, a fresh filling, and a delectable dipping sauce. If one of these

elements is not spot on, dissatisfaction comes to the forefront.

The filling of the egg roll is up to the individual chef. Cabbage, Napa cabbage, or Bok choy are the standard fillers.

Scallions, carrots, water chestnuts, Chinese celery, and bean sprouts for a quick filling.

You want to stay away from vegetables that are difficult to shred such as broccoli, cauliflower, string beans, etc.

Frozen veggies are not recommended for the simple fact that they become soggy when thawed.

Whatever protein you add, make sure it is very thinly sliced or it will overtake your vegetable selection.

Folding an egg roll is easy, just make sure it is completely closed. Otherwise, oil will seep into the egg roll and make it a soggy mess.

Place one wonton on the counter with the tip facing you.

Place approximately three tablespoons of the filling towards the bottom.

Take the tip that is facing you and roll upwards, and at the same time condense the filling so it is tight.

Tuck the right and left end in, and continue rolling the wrapper until you have an egg roll shape. When frying, make sure you place the egg roll into the hot oil with the seam

Secret ingredient is 'Adjustment.'

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

— Jimmy Dean

Fried Crab and Cream Cheese Wontons with a Sweet, Spicy Sauce

Sweet and Spicy Sauce

- 1 cup sweet Chili sauce
- 1 1/2 cups duck sauce
- 2/3 teaspoon ground ginger
- 1/8 teaspoon Dijon mustard
- 1 1/2 tablespoons fish sauce
- Garnish: several pinches of finely chopped scallions, chopped cilantro, crab meat, and/or black and white sesame seeds

1. In a medium bowl, combine ingredients except for garnishes and mix well. Set aside.

Crab and Cream Cheese Wontons

- 8 ounces lump crab meat, cartilage and shells removed
- 8 ounces cream cheese, room temperature
- 1 green onion, thinly sliced
- 1 tablespoon Worcestershire sauce
- 2 teaspoons sesame oil
- 2/3 teaspoon garlic powder
- kosher salt to taste
- 24 wonton wrappers (2-inch)
- canola oil for frying

1. In a medium bowl, using a hand-held blender, combine cream cheese, Worcestershire sauce, sesame oil, garlic powder, and salt. Add onions to the cream cheese mixture and mix. Fold in the crab meat and carefully mix.

2. In a large cast iron skillet, heat oil over medium-high heat.

3. To assemble the wontons, place a shallow bowl of water on your work surface. Take one wonton wrapper, dip the tip of your finger in the bowl and wet two edges of the wonton wrapper. Place 1 1/2 teaspoons of the crab filling in the middle of the wrapper. Fold the wrapper over into a triangle and seal the edges securely. Repeat with remaining wrappers and filling.

4. Carefully lower wontons into the hot oil, working in batches, and fry 1 to 2 minutes until golden brown. Place on a cooling rack briefly. Garnish and serve immediately with dipping sauce.

side down first. This seals the roll.

When it comes to frying egg rolls, make sure the oil is hot. A wok, deep fryer, or cast-iron skillet are the cooking vessel of choice.

Do not overcrowd the pan, or the temperature of your oil will drop causing the rolls to become soggy.

Once they are cooked, place them on a cooling rack. Do not place them on a plate lined with paper towels.

Crisp egg rolls resting on soggy paper towels will ruin your efforts for a crunchy exterior.

Homemade egg rolls are fun and are sure to be a hit.

If company is coming and time is of the essence, consider fried crab, and cream cheese wontons with a

sweet and spicy dipping sauce.

Crab meat, cream cheese, green onions, and garlic are the essence of the dish. Jumbo lump or crab claw meat can be used. The sweet and spicy sauce can also be made on the fly.

Fried crab and cream cheese wontons can be served on a platter or individual portions.

Mini white Chinese boxes to go or mini deep fryer baskets are festive and can be ordered online if one is considering individual portions.

In closing, just because this dish is easy to make doesn't mean it will not get your guests attention.

Fried crab and cream cheese wontons with a sweet, spicy sauce are *de-li-cious*. Enjoy 🍴

How Enlightening!

Preemptive swat strategies

Below are tried-and-true ways to eliminate mosquitoes from your backyard

- The best action is prevent *water* from collecting and becoming stagnant, where mosquitoes can lay hundreds of eggs in as little as a spoonful of standing water. Eggs can evolve into adults in as little as seven days.

- There's a range of plants that mosquitoes will actively avoid. Try planting out lemon balm, lavender, mint, rosemary, basil, sage, marigolds, lemon-scented geraniums, citronella grass and catnip, or grow them in pots so they can be moved around the garden as needed.

- Regular dethatching and *aeration* can help increase air circulation, prevent waterlogging, reduce humidity and make your lawn less likely to harbour mosquitoes.

- As well as getting rid of buckets or *containers* that can collect water, check garden furniture, sand pits, wading pools, trampolines and children's toys which can also harbour mosquitoes. Clean out your gutters so they can drain properly and fix any holes in window or door screens.

- Like many insects, mosquitoes are attracted to outdoor *lights*, especially bright white lights that emit heat. Replace incandescent lights with a bulb that's less appealing, such as an opaque warm-hued yellow, orange or red LEDs.

- Control weeds, pick up fallen branches and leaves, maintain your lawn at the recommended height and keep *bushes*, shrubs, hedges and trees trimmed to encourage air flow throughout your garden and reduce how much shelter it offers to mosquitoes.

- An oscillating *fan* in your outdoor area will often create enough breeze to keep you cool on hot days as well as deterring weak-flying mosquitoes from targeting you and your guests.





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(FROM PAGE 10)

to flower arrangements or to share with children as a rattle.

Baptisia can be planted as a wonderful background plant, and it prefers to have full sun and well-drained soil.

These long-lived perennials develop a strong taproot and do not transplant well after becoming established.

They can be used in cottage gardens, native meadows, a butterfly garden or as a border, planted as a specimen or in small groups.

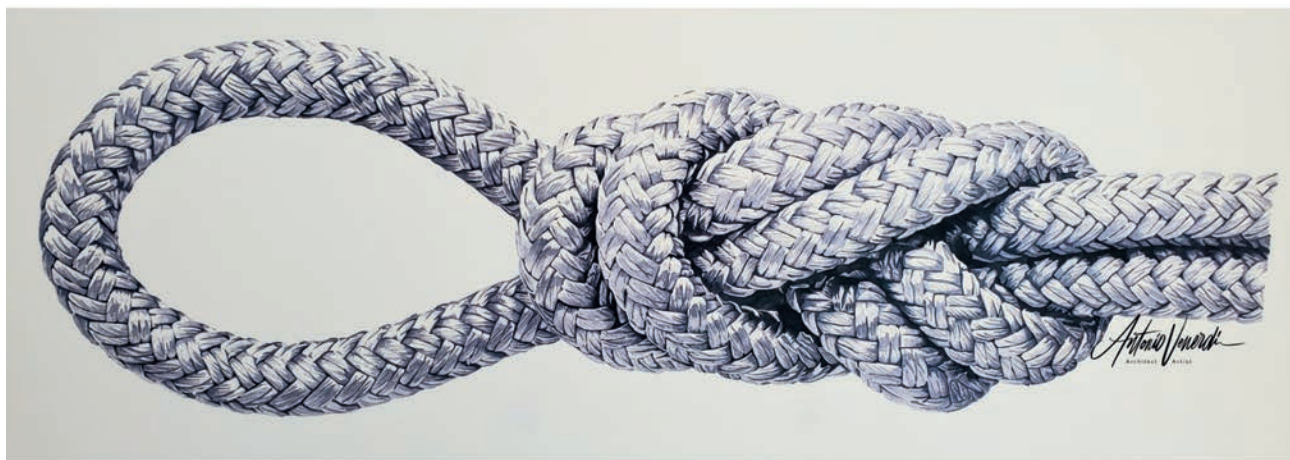
Their lovely purple blue flowers complement other flowers in shades of white or yellow. 🐝

(Editor's Note: Ginny Rosenkranz is a commercial horticulture specialist with the University of Maryland Extension.)



Baptisia can be planted as a wonderful background plant, and it prefers to have full sun and well-drained soil.

(Photo by Ginny Rosenkranz)



DOVER STATION



social | shopping | events

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(FROM PAGE 13)

If you break out the dehydrator, you can also have your zest sit in rotation with the rest of your spices.

To zest, your safest bet is to use a microplaner, essentially a teeny-tiny grater, to grate fine pieces. Another option in a pinch for those who are brave and confident is a paring knife to peel and then dice the zest.

However you zest, stop when you get to the white part, called the pith, as it has a bitter and dry taste.

Zest can be overlooked as an ingredient, but once you have it on hand, it can be fun to experiment with.

Both lemon and lime zest can amp up the flavor of a variety of dishes. Try throwing it in batters for baked goods. It can spruce up a box

of cake mix, add interest to your muffins and make a pretty topper on icings.

Of course, there is nothing like a fresh lemon meringue or key lime pie to take you to the tropics. If baking a pie isn't your speed, it's also great sprinkled on tropical or fruity drinks to also jetset you into your own Margaritaville.

Apart from the sweets, it can also assist with main courses. Both flavors work well for seafood, chicken and veggies. Use zest to create your own fresh riff of lemon pepper seasoning.

For tea drinkers, mix zest in with your tea leaves before brewing if you are a hot tea drinker, or sprinkle in your chilled sweet tea.

For juicing, you can use a gadget or go without.

To get the most juice out, start by rolling your fruits on the counter or between your palms to make juice easier to extract. If you don't have a juicer, try pressing a spoon down against the open part of the fruit. Another method is to poke the non-stem end with a skewer, remove, and then squeeze the juice from the opening.

As for juice, try it in some of the same ways - added to marinades, into baked goods and pastries, sassing up a cheesecake. It can also be a good addition to salad dressings.

Peels are also popular to be sugared or candied.

They can be used to decorate sweets, add depth and flavor to a drink or glam up a plated dish. ➤

—Leslie Milby



Wright's Market Community Yard Sale

Sat., June 21, 2025 - 7:30- Noon



All vendors must
be set-up by
7:30 am. Gates
open at 6:30 am
for set-up.



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Now we're cooking!

Sizzling Meals Made for Summer

FAMILY FEATURES

Summertime, for many, represents an opportunity to enjoy freshly cooked meals while enjoying time outdoors. Taking your dishes from ordinary to extraordinary starts with chef-inspired recipes that call to mind the flavors of the season.

Whether you're a steak enthusiast who enjoys nothing more than a tender cut or a summer burger connoisseur looking for a fresh twist on tradition, these recipes call for high-quality beef from Omaha Steaks. Created by Omaha Steaks Executive Chef David Rose, the New York Strips Oscar-Style complement the thick, juicy, marbled flavor of the steaks with sauteed asparagus, bearnaise sauce and jumbo lump crab meat. Or turn your attention to Fried Lobster Po Boy Burgers with pimento remoulade sauce for a tempting way to combine two summertime favorites – seafood and burgers.

Visit OmahaSteaks.com for more summer meal inspiration.



Fried Lobster Po Boy Burgers

Fried Lobster Po Boy Burgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

Pimento Remoulade:

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncino (seeded and minced)
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

Fried Lobster Tails:

- Vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce

- 1/4 cup potato chips, finely blended in food processor
- 1/3 cup panko breadcrumbs

- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks lobster tails (5 ounces each)

Cheeseburgers:

- 1 pound Omaha Steaks premium ground beef
- salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second then potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side until golden brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450 F using direct heat. Form ground beef into two 1/2 pound patties, each about 1/2-inch thick.

Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut side of buns.

Grill burgers 4-5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

New York Strips Oscar-Style

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 30 minutes

Cook time: about 3 1/2 hours

Servings: 4

Sauteed Asparagus:

- 1/2 pound jumbo asparagus (about 1 bunch), blanched in salted boiling water
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons minced shallots
- salt, to taste
- freshly ground black pepper, to taste

Bearnaise Sauce:

- 1/4 cup white wine vinegar
- 2 tablespoons minced shallots
- 1 tablespoon chopped tarragon
- 3 egg yolks
- 2 tablespoons water, plus additional for boiling, divided
- 2 dashes hot sauce
- 12 tablespoons unsalted butter, melted
- salt, to taste
- freshly ground black pepper, to taste

Jumbo Lump Crab Meat:

- 1 pound jumbo lump crab meat
- 2 tablespoons kosher salt

New York Strip Steaks:

- 4 Omaha Steaks Private Reserve or Butcher's Cut New York Strips (10 ounces each)
- salt, to taste
- freshly ground black pepper, to taste
- water
- 4 tablespoons grapeseed oil
- 4 tablespoons unsalted butter
- 3 garlic cloves
- 2 fresh thyme sprigs

To make asparagus: Cut asparagus stalks into 1/4-inch pieces. Heat large pan over medium-high heat and add olive oil.

Add garlic and shallots to pan; lightly saute about 20 seconds, or until fragrant.

Add asparagus to pan; saute about 2 minutes until lightly browned. Add salt and pepper, to taste.

To make bearnaise sauce: In small saucepan, bring vinegar, shallots and tarragon to boil then reduce to simmer 3-4 minutes until reduced by about half. Cool to room temperature.

Bring medium pot half full of water to slow boil.

In small bowl, whisk egg yolks, vinegar reduction, water and hot sauce until well incorporated.

Place bowl over pot of boiling water and continue whisking ingredients until it starts to emulsify and becomes sauce-like. Alternate whisking on and off heat every 30 seconds to prevent eggs from scrambling.



New York Strips Oscar-Style

Gradually add melted butter, continuously whisking until sauce becomes rich with ribbony consistency and sets up. Season with salt and pepper, to taste. If too thick, add 1 tablespoon water at a time and whisk to desired consistency.

To make crab meat: In medium bowl, lightly toss crab meat with salt until well coated.

To make steaks: Pat steaks dry with paper towels and season heavily with salt and pepper, to taste. Bring steaks to room temperature.

Place sous vide immersion circulator in pot of water and set to 5 F below target doneness.

Place seasoned steaks in sous vide bag or zip-top bag and cook 2 hours.

Remove bag and remove steaks from bag. Pat steaks dry with paper towels.

Warm large cast-iron pan over high heat and add oil. Add steaks, butter, garlic cloves and thyme leaves. After about 1 minute, steaks should start to brown.

Flip steaks and baste with butter until caramelized. Remove steaks from pan and rest 7-8 minutes.

To assemble: Place asparagus on bottom of plate. Top with steaks (whole or sliced), crab meat and bearnaise sauce.

June events

June in Bloom Exhibition slated for June 4-14

CHESTERTOWN — The RiverArts Community Arts Center will host the June In Bloom Exhibition on June 4-14

Visitors are invited to step into the vibrant spirit of early summer

with a celebration of nature's awakening through at 343 High Street.

The uplifting exhibition captures the beauty and abundance of the season — blooming flowers, buzzing bees, ripening fruit, and all the

small wonders that make June so magical.

Whether you're a nature lover, an art enthusiast, June in Bloom offers a refreshing and joyful experience you won't want to miss! 🐝



EPD to host leg of Special Olympics Torch Run

EASTON — The Easton Police Department is scheduled to host the Talbot County leg of the 2025 Maryland Special Olympics Torch Run on June 17.

This event has Special Olympics athletes from around the region to join up for a walk/run through Easton to carry the Olympic Torch through town before it continues

across the state.

The event will start in front of the Police Station at 10 a.m. The walk normally takes about an hour and it will end at the Easton Firehouse at 315 Leonard Rieck Drive.

The public is invited to show their support by picking up event t-shirts and hats as all funds go to supporting the Special Olympics program.

Residents and businesses are urged to line the streets and cheer on the athletes as they pass by.

For more information about the event, or if you want to purchase some gear, or want to get involved, reach out to Jill Garvey (jgarvey@eastonmd.gov) or Sgt. Megan Coxon (mcoxon@eastonmd.gov).



Annual Blueberry Boogie 5K set for June 21

SUDLERSVILLE — Godfrey's Farm will host the annual Blueberry Boogie 5K run/walk on June 21 from 9 a.m. to 5 p.m., to benefit Benedictine School in Ridgely, Md.

This course will take participants

on a scenic route throughout the farm as well as a scenic country road.

There will be apple cider donuts, blueberry scones, fresh fruit, ice cream, music and more at the fin-

ish line.

For more information, e-mail info@godfreysfarm.com if you would like to be a sponsor for this fun, healthy event for a worthy cause. 🐾



Stained glass class scheduled for June 3

CAMBRIDGE — The Dorchester Center for the Arts will host a stained glass class designed for beginners and intermediates the begins on June 3 from 4-6 p.m.

This class is intended to introduce potential hobbyists to what's involved in the craft of stained glass.

The finished piece will be a 12-by-

12-inch Tiffany-style panel using the copper foil method.

Students will be shown how to recognize and fix problems with patterns, how to choose colors that work well together, and how to use all the tools that are on hand.

Cutting, grinding, soldering and final fabrication will be taught in

this class. All tools are provided.

If you are experienced in working with glass and the tools, come join us!

Participants are urged to not wear open-toed shoes for safety reasons.

The class will be held at 321 High Street. For more information, call 410-228-7782. 🐾

Open house series begins on June 14

CAMBRIDGE — The Federalsburg Historical Society will begin to host a series of open houses on June 14.

Exeter, located at 408 Old Denton Road, will be featured. It is one of the oldest remaining structures in southern Caroline County and

“has been placed on the National Register of Historic places by the United States Department of the Interior circa 1808.” Many of its early residents were millers who worked at the grist mill across the road on the Marshyhope Creek.

The Federalsburg Historical Soci-

ety plans to hold additional Saturday open houses on July 12, Aug. 9, and Sept. 13.

Each session will be from 10 a.m. to 2 p.m.

Docents will be available. Admission is free, but donations are accepted. ➡

The Talbot County Free Library
presents

**THE TENTH ANNUAL
CHESAPEAKE
CHILDREN'S
BOOK FESTIVAL**

**Saturday, June 7, 2025
10am - 2pm**

**at the Talbot County Free Library
100 W Dover St, Easton, MD 21601**

ChesapeakeChildrensBookFestival.org

Chesapeake Children's Book Festival on June 7

EASTON — The 10th annual Chesapeake Children's Book Festival will be held on June 7 at the Talbot County Free Library.

The festival runs from 10 a.m. to 2 p.m.

Children who sign up for the Summer Reading Challenge can

receive a voucher for a free book of their choice signed by the author (Up to a \$20 value, while supplies last). ➡

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