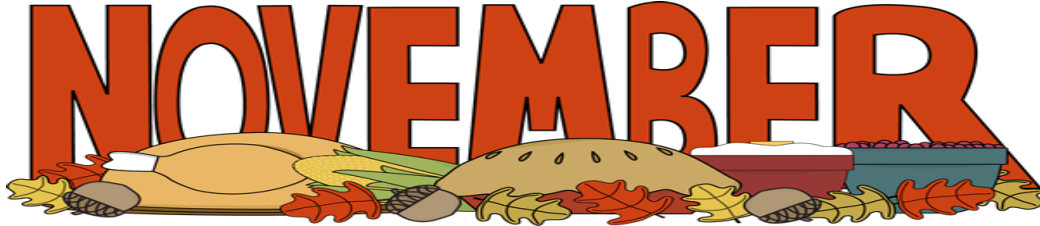


HILLTOPPER

NOVEMBER 2023

PALOMAR ESTATES WEST



Onsite Management

Maintenance: Felipe Diaz

Office: Lisa Hamernick

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

Office Staff

Gayle Plant

Weekend Relief

Doug Tickner

Security Patrol

Hidden Valley Security

(760) 744-1061

Office: (760) 727-5453

Fax: (760) 727-3054

After hours - emergencies only: (888) 518-6064

E-mail: Palomarestateswest@gmail.com

Resident website: Pewresidents.com

Offsite Management

**PROPERTY MANAGEMENT
HAVEN MANAGEMENT SERVICES**

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

kdavis@havenms.com

MILLENNIUM HOUSING

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

COO / Vice President: Lori Carraway

Director of Asset Services: Diana Welsh

Director of Resident Services: Stacey Kazmiersk

MILLENNIUM MEMO

"I am blessed to have found this park. I love that everything I want is so close, the neighbors are friendly and it has a gorgeous view. Couldn't be happier." 4 Star Google Review.

"These guys are deceptive snakes." 1 Star Google Review.

That first review is spot-on, don't you think? Neighbors at Palomar West are "friendly." I'm not sure why we only got 4 stars, however.

The other one? It wasn't clear who the deceptive snakes are – it sounded like the reviewer had a complaint about a real estate agent—but do you think that review make a homebuyer hesitate?

If you're worried that a misleading review might harm your home value, feel free to post your own glowing report on the amazing community you call home...and if you "couldn't be happier," it's OK to give Palomar 5 stars.

More News

- This month's Kudo goes to new Dog Park Director Debbie McQuillan (Sp. 435), another one of Palomar's "friendly neighbors."

Debbie "makes sure the Doggie Bag Station is stocked, no surprises are left in the grass or rocks, Gazebo Area is clean and everyone is obeying the rules – pets included." Thanks for stepping up, Debbie.

- Recent expenditure: \$12K for 16 new cameras plus a 50" Office Monitor. We also installed new Stop Signs, rebuilt some retaining walls and made electrical repairs. Your Income Cert-generated Dollars at Work!
- Remember those big rains – and how you wished you had cleaned your rain gutters beforehand? It's supposed to be another El Nino year, so don't be caught off-guard this time.

Apparently, the October Yard Sale was a big success. One resident was pleased about selling his vacuum cleaner. "It was just gathering dust," he said.

Thanksgiving Trivia

- Q. What do sweet potatoes wear to bed?
A. Yammies.

Sure, you groan now, but you'll be telling that one at Thanksgiving. Have a fun holiday!
George Turk

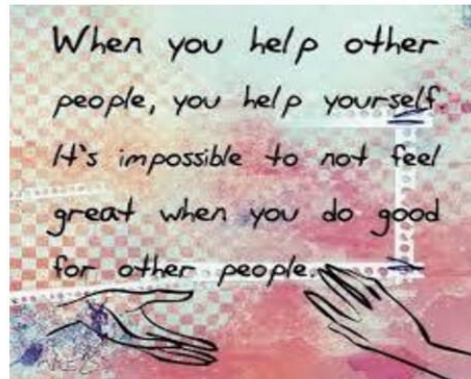
MANAGER'S CORNER NOVEMBER 2023



Your PEW Staff:
Lisa, Felipe, Jessie, Gerardo
Jorge, Ted, Ben, Doug.



For the safety of all Homeowners and their guests, no vehicles should be driven in an unsafe manner or speed within our community. All posted traffic signs should be obeyed. All drivers operating a motor vehicle in the park must drive safely and slowly, and not more than 15 MPH.



FROM THE PEW RESIDENT ASSOCIATION BOARD

Thanks to all who attended the October board meeting. It was great to see such a large turnout.

I would like to thank all who submitted suggestions regarding the swimming pool hours for children. We have decided, based on the suggestions received, that there will be no change in the hours for children.

The new STOP sign painted on Viewpoint looks great. Several new signs have been installed in guest parking areas, in road dips and other areas of caution.

October is here and with the holiday season fast approaching there is planning underway. The Halloween party on October 28th and other events in November including the Toys for Tots and annual PEW Food Drive are just a few.

This will surely be a year to remember with all the community events we have had. Here's hoping 2024 will be even better!

Garry Larson
President

RESIDENTS ASSOCIATION BOARD

President: Garry Larson; Vice President: Cathie Byrd
Secretary: Jo Gehringer; Treasurer: Simon Spears

Members

Katie Rodriguez, Dave Brennan, Lori Magnusson
Board Meeting: 1st Tuesday of the Month in the Pavilion Room

SOCIAL CONNECTION

Merlin Chancellor and Simon Spears – Co-Chairs, Eileen LaLone – Treasurer,
Marilyn Ferri – Secretary, Cathy Bassett, Herlinda Mahler, Cathie Byrd,
Margaret Scotto, Rusty Bassett, Angela Sirota, Shevaun Teegarden

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Lynn Thomas, Mary Wallace, Becky Zane

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace
Cindy Palermo, Debbie McQuillan, Lee Tydlaska, Robert Fierro, Ruthann Kirby

BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy,
Helen Lyon, Cathy Bassett, Diana Primeau, Karen King
Alternate: Sheila Miller, Marsha Brown

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

**For Fire, Sheriff, or Emergency in progress, such as break-ins, health problems or a
life-threatening situation, call 911.**

**If you have a non-emergency question or to file a report,
please call the San Diego Sheriff Dept at 760-510-5200.**

ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	2:30 pm Tu, Th, Sat	Trish Coy	760-536-9338
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Gerri Harper	760-500-8681
Bingo	6:50 Th	Delane Johnson	612-240-4049
Book Club	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm Monday	Ann Webb	702-449-9916
Cooking with Katie	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
Darts	6-8 pm Th Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debora McQuillan	858-663-2822
Garden Club	1 st M 2 pm	Merlin Chancellor	661-670-1336
Hand & Foot	1:00 pm F	Kim Stevenson	760-703-4872
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Melissa Szilagyi	760-216-7182
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett	619-301-9551
		Jesse Nieto	408-666-8088
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie Night/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8:30 am-10:30 am M-W-F Pickleball Club Group play Beginners are welcome!	Margaret Scotto	714-501-4345
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness	3 rd Tuesday at 2 pm in Card Room	Mary Wallace	619-887-0700
		Bryan Cooper	858-342-3335
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Live 2 B Healthy Strength & Balance	10 am M-W-F	Maria Barnabe	619-886-2779
Social Connection	Dates Vary	Merlin Chancellor	661-670-1336
		Simon Spears	760-583-1549
Tai Chi	9-10 am Th		
Tennis	9 am W & Sa	Rob Edwards	760-807-5683

Hilltopper submissions to pewhilltopper@gmail.com.

All submissions must be submitted by the 10th of the month.

Hilltopper Distribution- Jansi Sauer 509-421-7431

The Hilltopper may edit articles for publication and will not publish anything of a political, medical, religious nature or solicitations. The Hilltopper does not publish articles submitted anonymously.

THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE. USE AT YOUR OWN DISCRETION.

If you notice any errors or omissions, please contact the Hilltopper at pewhilltopper@gmail.com



NOVEMBER

Cheryl Binns	1
Mark Martin	1
Karen Sanchez	1
Glenda Arnhart	2
Linda Belanger	2
Linda Suckling	2
Kay Kristin	3
Helen Lyon	5
Don Stubbs	5
Caroline Sue Cooper	7
Kea Simental	7
Neal Teegarden	7
Michele Newby	8
Susan Lawson	9
Paula Gooch	10
Cheri Carry	11
Ira Schechtel	11

LuAnn Scaramella	13
Jeff Arredondo	14
Cendy Hansen	14
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Marilyn Marvin	20
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Barbara Claypool	25
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Ann Hacker	27
Barbara Valles	27
Thomas Andreas	28
Phyllis Durham	28
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If you know of any birthdays throughout the year that we don't have on our list, please send an email to pewhilltopper@gmail.com so we can include those birthdays in the future.

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Hand & Foot 1 pm	Breakfast 8:30 am Tennis 9 am
5	6	7 Recycle	8	9	10	11
	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Bridge 1:30 pm Women's Billiards 1:30 pm Garden Club 2:00 Let's Dine Out 4:30	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Sunset Pickleball 6 pm	Pickleball 8:30-10:30 am Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Hand & Foot 1 pm Hilltopper submission Due	Water Aerobic 9 am Tennis 9 am
12	13	14	15	16	17	18
	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Bridge 1:30 pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm Sunset Pickleball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am SPARC SCAM Seminar 12:30-1:30 Movie 6:00	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Darts 6-8 pm Sunset Pcklball 6 pm Bingo 6:50 pm	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Hand & Foot 1 pm	Water Aerobic 9 am Tennis 9 am
19	20	21 Recycle	22	23	24	25
	Pickleball 8:30-10:30 Live 2 B Healthy 10 am Bridge 1:30 pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am READY 2 pm Cooking with Katie 4 pm Sunset Pickleball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am	 	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Hand & Foot 1 pm Book Club 2 pm	Water Aerobic 9 am Tennis 9 am
26	27	28	29	30		
	Pickleball 8:30-10:30 Live 2 B Healthy 10 am Bridge 1:30 pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm Sunset Pickleball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Darts 6-8 pm Sunset Pcklball 6 pm		



***P l e a s e.....be a good month that brings smiles
and happiness to our lives.***

It is the month of Thanksgiving and pre-Christmas excitement that simply needs to be welcomed. So, with all the fun and delightful reasons to love this month, let's welcome breakfast, and celebrate " together "

Reminding us that we have so much to be grateful for!

November 4th - 8:30..... Hope to see you there!

Mikkie

2023 PALOMAR ESTATES WEST ANNUAL GIVING DRIVE



Where has the year gone, friends and neighbors? It's time again for the annual Toys for Tots AND the PEW Food Drive to benefit the North County Food Bank. **Both will run from November 15 until December 15.** Last year we broke the record on both fronts. Let's see what we can accomplish in 2023!

Bob and Pat Taylor will again, as they have for so many years, accept NEW, unwrapped toys at #440.

Garry Larson and I will handle the food donations at #454. The red bins at both locations will be clearly marked.

The NCFB has asked us to remind everyone that they cannot accept expired, opened or home-made food items due to liability and the cost of disposal. Always needed are peanut butter, cereal, oatmeal, canned meats, tuna, pasta, soups, jams, veg, and other non-perishable canned goods.

Your continued support is appreciated.
Melissa Szilagyi

Palomar West SCAM SEMINAR

When: Wednesday, November 15th

Time: 12:30pm-1:30pm

Where: Palomar West Clubhouse



**PROTECT
YOURSELF
FROM SCAMS**

**Learn about different
types of scams:**

- Internet
- Home
- Phone
- Mail
- Bank
- and much more!

-Free lunch

-Free Raffle

-Great Info

Signups are mandatory for lunch

Signup in the office by Monday, November 13

SPARC Inc.

Thanksgiving Movie Planes, Trains AND Automobiles

November 15th – 6:00 PM Movie

Please sign-up as spaces are limited to 30 – Thank you

Movie Night, popcorn/Soda



Social Connection

Let's Dine Out



Join **Let's Dine Out** at Aria for fine Persian and Mediterranean cuisine featuring Kabobs, Mediterranean stews, house specialties and pita wraps.

Where: **Aria Restaurant**, 1650 Descanso Ave, San Marcos at Rancho Santa Fe and just west of the 78 freeway.

When: Monday, **November 6th at 4:30**

Enjoy an open menu and separate checks.

Please call or text Linda Kerridge @ 858-776-6783 with your name and space number to reserve your seat. Please let me know if you need a ride. Thank you.



Cooking With Katie

Come join us to learn about ways you can cook healthy and delicious meals on a reasonable budget!

Date: Tuesday, November 21st
Time: 4pm-5:30pm
Location: Palomar West Clubhouse

Demo: Winter Soups
Sign up at the clubhouse to get a spot for this free, tasty class! Sign-up List goes up on 1st of each month. Class max of 25

PEW Book Club

Greetings from the PEW Book Club!

Our Book Club will not be meeting in December. And this will be the last article for the Book Club in 2023.

Our final meeting of the year will be November 24, the day after Thanksgiving. We will be discussing "Next Ship Home" by Heather Webb. Our read for October was "Demon Copperhead" by Barbara Kingsolver



Thank you to all the Book Club members for your participation and your contributions to our group. I am grateful. As always, I welcome you to drop by our meeting place on the 4th Friday of the month (except December) to meet and chat with us about books you love.

Happy Thanksgiving and Happy Reading!

Cynthia (Cindy) Towle

Email: towlecandr@gmail.com

Telephone or Text: 503.317.3544

"I cannot live without books..." Thomas Jefferson to John Adams June 10, 1815

Mr. **Cal Dobbins** passed on September 28th. He was 88 years old. He lived in the park for many, many years with his wife, **Pat**, who passed last year.

He was a great guy and good friend. He will be missed. He is survived by three children and their wives, five grandchildren, and six great-grandchildren.

There will be a memorial in the clubhouse on December 3rd from 1:00 to 3:00.

Please try to attend. Food will be provided. Thank you very much.

Garden Club

October has been perfect weather so far. We couldn't ask for better weather to work in the Community Garden, the basic outline/structure of the garden is complete. Most of the beds have been spoken for. Mushroom mulch was delivered and is in almost all of the beds. The owners will be responsible for filling their beds with additional potting soil and peat moss. If you have **spare garden tools, consider donating them for use at the community garden.** Other possible additions to the community garden – benches, a tool shed, and berry bushes.

Thanks a million to Susie Butler for the outstanding refreshments during our meeting. You always not only bring superb snacks but the tablescaping was so lovely. Simply delicious.

I want to give kudos to everyone who has donated items to the community garden;

Deb VanBeusekom, Robert Marvin, John Primeau, Susan Smith, Jo Gehringer, and Peter & Jannine Oberg. We wouldn't be as far along as we are if it wasn't for your generosity. Thanks so much from everyone in the community garden!



Thursday, October 12th, we took a field trip to **Walter Anderson Nursery in Poway.** The 35-minute drive was well worth the trip. It's a very unique nursery.

Saturday, October 14th, we went to San Pasqual Valley Soils' monthly **Mulch** giveaway. We filled bags with the mulch for the community garden pathways. Free is always good.

Our next meeting will be Nov. 6 and will be dedicated to the construction of decorating wreaths, pumpkins, etc. for the holidays.

***Happiness held is the seed,
Happiness shared is the flower.
John Harrigan***

Revel in the changing season and upcoming holidays,

Merlin Chancellor

GARDEN TO-DO LIST FOR NOVEMBER 2023

- Harvest and preserve herbs for cooking. They can be either dried or frozen.
- Plant cold-hardy flowers such as pansies and snapdragons.
- Move tender houseplants (or potted tropical plants) you've been keeping outside indoors.
- Start flowering sweet pea seeds now for color and fragrance in spring

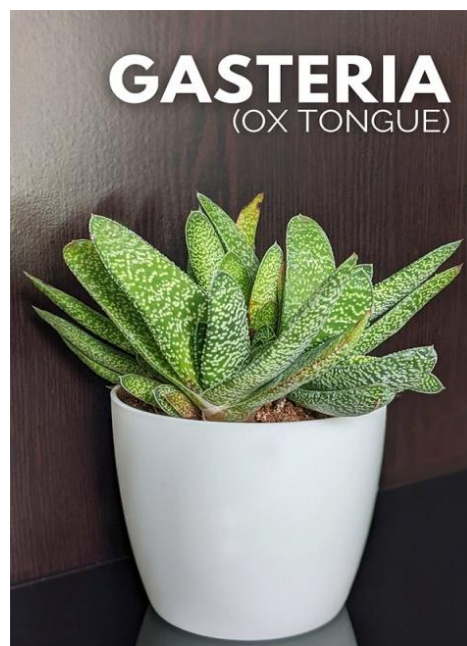
FEATURED PLANT: *Gasteria spp.* "ox tongue"

Gasteria spp. belongs to the Asphodelaceae family. *Gasteria* are small succulents with thick fleshy leaves covered in small white dots. There are more than 20 *Gasteria* species. They sometimes go by their common name of Ox Tongue plants because of their tongue-shaped leaves.

Grown as a houseplant they're super easy and only need simple care.

They can cope with a broad range of light but allowing some time for them to adapt is essential. Plants grown in shady spots then suddenly moved to a sun-drenched window will quickly get unattractive red and maroon leaves. Some direct sun is fine, but avoid the harsh sun between 11am-3pm. As succulent plants they're excellent at conserving water. A good soaking and then being allowed to dry out is all they really want. *Gasteria* will typically spread outwards in their pots by the offsets, and they tend not to be overly tall. Depending on the *Gasteria* variety they can range from 1 inch up to 6 inches. After a few years it is normal for *Gasteria* to produce a flowering red stem called an inflorescence. The flower spikes will grow upwards, bending towards the light. Rotate your pot every few days if you want it to grow straight up. Indoor potted *Gasteria* plants can be brought outdoors and placed in a lightly shaded area for the summer. They will need protection from the hot afternoon sunlight. White or yellow leaves can signify that the plant is getting too much sun. Like many succulents you can propagate by a single leaf cutting. *Gasteria* are primarily clump forming plants. This means offsets will keep growing out of the sides and edges of the "mother" plant. There will be considerable additional small plantlets in time, all growing in the same pot. The easiest way to propagate new plants is to remove these offsets and grow them as individual plants or in smaller groups. When repotting, use a cactus potting mix or fast draining potting soil mixed with a few handfuls of sand. Choose a container with ample drainage holes. Also choose a shallow and wide container as these plants grow shallow roots. Fertilize once every spring with a cactus fertilizer. They need very little feeding during the year. *Gasterias* do not respond well to being roughly handled and "bruise" easily. Even gentle knocks can trigger black spots. If black spots do appear on the leaves, it may also be a result of too much humidity or water on the leaves. These are fungal infections and usually do not spread quickly and can be contained by keeping the plant drier with more air flow or using a fungicidal soap. *Gasteria* are safe to have around your cats, dogs and other pets.

Source: [thespruce.com](https://www.thespruce.com), [ourhouseplants.com](https://www.ourhouseplants.com)



- Most herbs can be frozen by chopping and placing in ice cube trays with water or cooking oil. After freezing keep in plastic bag in the freezer.
- Do not store herbs in cooking oil in the refrigerator for more than 2 or 3 days due to the danger of botulism. The addition of oil makes them susceptible to botulism. They need to be frozen and then used quickly after thawing. Storing in water is safe.
- Basil turns black when refrigerated; to prevent this, blanch before freezing.

Submitted by Sally Jeans and Marilyn Chambers



Social Connection

Party in the Park

Mark your calendar

Sunday December 31st 5:00 pm

Join us at the Clubhouse for fun, live
music, food and drinks

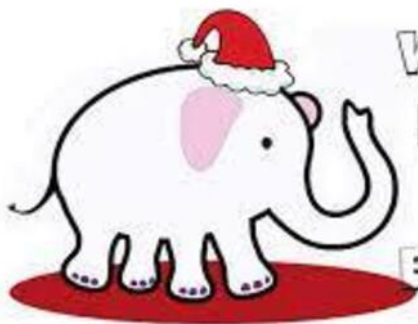
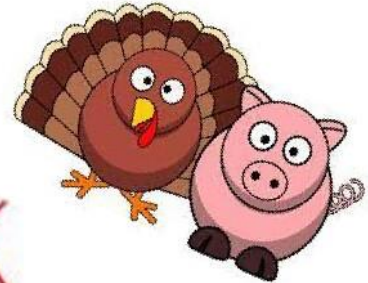
Full details in December's Hilltopper



🎄🔔 Home for the Holidays 🔔🎄

Music and Dancing

Holiday Potluck



White
Elephant
Gift
Exchange



Please join us for a casual **FREE** holiday potluck

Saturday December 9th 5:00 PM

Bring your own favorite holiday homemade side dish or dessert
for 8-12 people.

Turkey and ham provided.

Sign up at the clubhouse by Sunday 3rd December

Bring a wrapped gift, maximum value \$15.00

Gift Exchange is optional

A Social Connection Event

A WHALE OF A TALE

Beginning of August –

“I started to backpaddle my canoe, stunned, as it was coming towards me and I yelled Oh Sh#%\$ - it’s going to hit me, but... it turned on its side, slightly under the surface of the water, and glided past me...in a smooth continuous motion, with little noise”

This was a memorable day for Bob Stevenson, a passionate outrigger canoe paddler. He has been paddling for 22 years, belongs to Oceanside Outrigger Canoe Club, races 6-man and 1-man canoes all over California and Hawaii. He practices three times a week faithfully.

He and a friend were out with their 1-man canoes, about 3-5 miles out of Oceanside Harbor. Everything was calm. Suddenly, they heard a whale blow. They looked south and saw an Oceanside Whale-watching boat nearby filled with tourists. Then they were taken aback, because in their close view, they were staring at a gigantic, enormous, massive BLUE WHALE – the largest animal in the world. These whales are non-predatory, totally harmless to people, unless of course there is an accidental collision. Of course, Bob was scared (first time he said he was ever scared while paddling) yet he was completely amazed at its size and beauty.

It ruled the ocean. Bob’s 21-foot canoe with an 80-foot whale coming right towards him. He said he looked straight at it and his head looked the size of two cars wide. It suddenly turned in front of him, glided right next to his canoe, gracefully, and turned south again. It made no wake, no waves, and no sound. With poise, this huge creature showed off its beauty. The whale-watching tour boat tourists were snapping away with their cameras.

Bob and his friend were in amazement and shock but loved every minute of it. I guess if it did collide with them, they wouldn’t be here to tell the story, but no such thing happened.

Bob decided to call the Whale-watching company, ask if they had a photographer or anyone who took pictures on board (which they did). They said they had a drone photographer and gave Bob his phone number. His name is Mark Newman. His company is Mark Newman Photography. Bob spoke to him on the phone and Mark said he thought he had some footage of some paddlers near the whale. So, after checking, he called Bob back and e-mailed him some photos. The rest is history.

Bob’s love for the ocean surpasses any passion I know. He’s been swimming, surfing, life-guarding since he was a kid, and living 20 years in Maui - right next to the ocean. If anyone is worthy to see Big Blue, it’s him!



Written by Debbie Stevenson, with Bob’s participation.

PICKLEBALL

Good turnout on a simply beautiful Wednesday morning in September



Katie's Recipes from October

SQUASH WITH SIRACHA KETCHUP

1 lg or 2 small Delicata Squash (Halved lengthwise, seeds removed)

2 TBLS. Olive Oil

3/4 tsp garam nasala

1/4 Cup Ketchup

2-3 tsp Siracha Sauce 2 Tsp. Honey or agave

Salt and pepper

Cut the squash into 1/4 inch half moons. In a bowl or plastic bag, mix the olive oil, garam masala salt and pepper and squash and toss well. Arrange pieces in a single layer on a cookie sheet lined with parchment paper. Preheat oven to 400 degrees. Roast the squash for 13-15 minutes or longer until tender and golden. In a small bowl, whisk together the ketchup, siracha and honey. Serve as a dipping sauce or drizzle over hot squash.

SHAVED SUMMER SQUASH WITH SALSA VERDE.

Yellow Squash

Green Zucchini

1/4 cup diced parsley

1/4 cup diced cilantro

1/4 cup olive oil

2TBLS Lemon Juice

Salt and Pepper

3 TBLS Capers

1 TBLS minced Shallot

1 tsp minced garlic

1/2 cup sliced Almonds

Slice the squash into thin slices on the "diagonal" Saute quickly in a hot pan until tender. Mix all the other ingredients in a small bowl and pour over squash

BRUSSEL SPROUTS WITH PROSCIUTTO

2 TBLS Olive Oil

1 TBLS Butter

1 10 oz bag shaved Brussel Sprouts

1/2 cup chopped Red Onion

2 cloves of garlic (minced)

1/2 cup chopped walnuts

2 OZ. Thinly sliced prosciutto

3 TBLS shredded Parmesan Cheese

3 TBLS Fresh Basil (chopped)

Balsamic Glaze

In a large skillet, heat the oil and the butter. Add the onion and garlic. Saute until soft. Add the Brussel Sprouts and cook 5-7 minutes. When edges are brown, add prosciutto and walnuts. Stir until sprouts are thoroughly cooked. Turn off heat and sprinkle with cheese and basil. Serve on plate and drizzle with glaze.

SPAGHETTI SQUASH WITH BRUSCHETTA

Pierce the squash 6-7 times with a knife. Microwave for a total of 6-15 minutes depending on size. Start with 5 minutes, continue to change position and cook in 1-2 increments. Squash is done when it feels like a ripe avocado. Cut off ends, scoop out seeds and shred with a fork to get spaghetti strands. Place mound on plate, top with FRESH BRUSCHETTA AND GRATED PARMESAN CHEESE.