

September 2021

Dear Gluten Free Friends,

Outback Steakhouse in Appleton closed its doors August 22, 2021. The note on the door expressed it was a hard decision and they thanked their customers they have had over the years.

Madison WI still has two Outback Steakhouses. When I called to ask about air fresheners in the restrooms they said they now have air fresheners in the restrooms. As I react to the chemicals in air freshener fragrances as if I had gluten, I can not use Outback Steakhouse in the Madison area.

I did take Outback Steakhouse off our restaurant page on our website
glutenfreestevenspoint.weebly.com

I am asking for Restaurant ideas for our area. There may be other changes of which I am not aware or other restaurants that would fill the void in the loss of Outback Steakhouse. Send an email or call if you have an idea.

Does anyone know how PF Chang's in Appleton does with Gluten Free foods and fragrances in the restrooms?

I made a call to one restaurant in the area asking about gluten free meals, fragrance free restrooms, and covid safe environment. They answered that they can make great gluten free meals, but can not provide fragrance free restrooms or safe covid environment.

Hardee's is now open for indoor dining or pick up.

Qdoba has wonderful gluten free food and no air fresheners in the restrooms along with outdoor seating available in seasonal weather!

I wonder, in dining out, if others that require gluten free food also benefit from a an environment that is free of the chemicals found in fragrances such as air fresheners and essential oils. Please share your thoughts on this topic with an email or phone call. If you call leave a message for a return call, as scam calls are a concern.

In dining out, I wonder what others consider in regards to a covid safe environment. Your thoughts on the above will help with possible updates on the restaurant page on the website glutenfreestevenspoint.weebly.com

The past two summers chemicals from pesticides, herbicides, essential oils, and fragrances have been in my neighborhood off and on. I react to them the same as I

react to gluten. One of the reactions has been itchy blistering rashes. It means coming in from garden and yard work and closing windows during the summer months when chemicals are present. Is anyone else finding similar situations?

It is now the school year and with it brings thoughts of gluten free food for the school year and winter months. Please share recipes or meal or snack types of foods and gluten free products for this time of the year thinking of children coming home from school or busy schedules.

If you can not go to restaurants as easily, what are some meals that can be made at home to fill that void? Answers to these questions might be just simple meal or snack ideas or might be recipes. Both could be helpful.

I encourage those interested in wonderful information about what is going on in the government and medical field regarding celiac and gluten related issues to continue checking the following two websites.

Lately these websites talk about changes in the government to do more for the celiac population, just like they have been doing for diabetes. These changes are progressing and these websites will provide help for you to voice your thoughts to the government process.

These websites tell also how you can be part of clinical trials in variety of ways. Medical cures are in the process of being developed and research is asking the celiac population questions to meet that need.

From time to time online speakers concerning celiac related topics are available through these websites.

Celiac Disease Foundation
www.celiac.org
20350 Ventura Boulevard, Suite 240
Woodland Hills, California 91364
818.716.1513 | info@celiac.org

www.beyondceliac.org

My summer garden is big time harvest time now. I still go out in the morning to gather different kinds of kale, Swiss chard, collards, marjoram, thyme, garlic chives, chives, sage, coriander, and more for our breakfast skillet to add to ground pork and other meats along with cheeses, eggs, and the onions and garlic (now stored for the winter). What fun! And yummy!

Many kinds of squashes have been harvested and keep on the cool porch for awhile, all used in different ways and eventually stored for the winter in the freezer, some for baking cookies, some for spaghetti noodles, some for vegetable sides for meals. The compost piles grew many pumpkins that I did not plant. The vines have been huge, likewise some of the many pumpkins. What a surprise from the Lord. I did not realize how helpful compost can be for growth of garden plants until I saw these pumpkins grow!

This year we bought in the spring the Mantis Cordless Tiller 3558, It did a super job of tilling the garden in the spring. Even I am able to handle it to till. Wow!

I also bought a Cuisinart Compact Juice Extractor CJE-500 Series. I had broken my very old one this past year. I am very pleased with this juicer. It works much like my old one, but is a great improvement and fits nicely on my kitchen counter. The juice I make often is with 2 organic carrots (now from the garden), a little parsley, a little fresh ginger, a stalk of celery (now from the garden), a slice from a granny smith apple, and a piece of Swiss chard or kale or spinach. I don't throw out the solids, as I use the solids from the juicer to top my salads along with a little yogurt and olive oil. The summer brings a variety of lettuce and greens from the garden. I will miss that during the winter. I have also been juicing pineapple (source of bromeliad with anti-inflammatory properties) for my husband. I do not tolerate pineapple.

I bought just recently regular Ball canning lids from from Fleet Farm, limit of 3 pkg. They were finally available just in time to put up my grape juice from the grapes I grow. I had to freeze and dehydrate the cherries we picked in Door county, not having canning lids earlier until now.

When I can grape juice, I put a a cup of whole grapes in the bottom of a canning jar, fill the jar with hot filtered water and pressure can. This method makes a wonderful grape juice with leaving the grapes with seeds unused at the bottom of the jar. I often use some of the grape juice with a small amount of other fruits from the freezer such as cranberries, blueberries, cherries, a slice of fresh granny smith apple, putting in the blender with a slice of organic avocado from Aldi's and a piece of spinach or Swiss chard or kale, drinking just a small amount of juice to avoid even too much natural sugars, sometimes using some filtered water to rinse out the blender at the end. I will add a very little of my homemade goat yogurt that is made without sugars in the starter to that little bit of juice.

During this time, we encourage those on the email list to send Gluten Free recipes or Gluten Free product names, or ideas that are helpful to them and those in their families that require Gluten Free meals. Send the recipes, product names, and ideas to Elaine Rubel at glutenfreestevenspoint@gmail.com 715-347-2417. They will be put on the website and sent out in an email. There are many ways to be GF and by your sharing

your ideas and thoughts others will consider a number of ways to be GF and apply what works for them. If you call, leave a message for a return call, as scam calls are a concern.