



CSA TIDEWATER

SPRUE GAZE-AT NEWSLETTER

Life can be sweet without wheat

April 2004

It looks as though spring may be on its way. I see lots of trees and flowers blooming as I travel about Tidewater. I also see by the calendar that tax deadline has also arrived. I hope we all have completed that particular chore and sometimes it is indeed a BIG chore. But enough of the chitchat down to business.

Thanks to several people who have sent me things from their exploring the internet and other sources I have learned of a web page with all sorts of up to-date celiac info and I include it here for your edification. Check out this web site and signup for their newsletter www.clanthompson.com. Those who do not have web access I will mention a few items of interest and attempt to bring additional items, as they seem fit for future newsletters.

Kimball Genetics has developed a One-day Celiac DNA Test for cheek cell Specimens. Cheek specimens are a fast and bloodless way to determine if a person has Celiac Disease and 'O-BOY', no needles. Great for the young ones and us old folks too.

***PHILLYSWIRL* a frozen treat dessert available at BJ's is gluten free and peanut free. If you like to treat yourself once in a while try them and if you don't like them you can give them to me. They were originally tested at the University of Nebraska Institute of Agriculture and Natural Resources in November 2003. Testing will be done regularly to ensure product safety.**

Be aware the following over the counter pain relievers are not gluten free: Bayer Aspirin Tablets, Aleve Tablets, Extra Strength Bayer PM Plus Sleep aid, and Vanquish Extra Strength Caplets.

Last month I had promised to bring you information on Grandma Whimsy's Cupboard and here it is. Some of you were unable to attend her presentation and you missed a mouthwatering treat. Grandma Whimsy, also known as Carol Jean Roberts, has Gluten free bakery products to "die for". They all tasted like the real thing. Grandma Whimsy bakes breads, rolls, sweet breads – Danish pastry, sticky buns, caramel pecan buns, cakes quick breads, muffins and of course cookies. She even will bake and decorate a gluten free wedding cake.

They grind their own rice flour and under strict Gluten free conditions. They do not use corn or soy flours, or corn syrup in their bakery product to forestall any allergic reactions. Nothing but certified 100% wheat free/gluten free ingredients. The product labels clearly and accurately reflect the ingredients; if it is in the product it will be clearly identified on the label beyond FDA requirements.

If you are looking for investment opportunity and love to bake and don't mind working 18 hours a day, Grandma Whimsy's Cupboard will license a bakery in your community. You will definitely have customers. Like the chef on TV, it's "Sooo Gooood." Grandma can be reached at 301-662-7446 or you can email her at CarolJean@accessa.net

Imagine the sweet smell of delicious homemade breads and rolls. Those golden brown crusts, the light moist texture that melts in your mouth and you savor the flavor of that sweet sticky bun or the great taste of fresh baked apple pie. Mmmm good.

I have included a menu and order form at the end of the newsletter for you to select your favorites and to place your order.

If you missed last month's meeting at the Outback Steak House on Waterside Drive, You missed a great time, good food, gluten free, with fun and fellowship.



Look at Dick attacking that steak. The others are intent on their food too.



This group was somewhat away from the rest of the group but they were enjoying themselves too.

As you may know, Outback Steakhouse has a gluten free menu, but you will have to ask for it when you get there. The wait staff is very accommodating so ask for whatever you may need. And do not miss the gluten free Chocolate Thunder from Down Under. Of course the calories have all been removed.



John and Adrienne were enjoying the food too and each other. They were waiting for another couple to arrive and join them for dinner.

There is always good fun wherever and whenever good friends get together. Come and join us at our monthly meetings or our next outing and bring a celiac friend too.

Upcoming items that should be on your calendar:

Elections for new officers at the June meeting start thinking, whom would you like to see in which office. Nominations are now open.

August will be our annual Picnic outing at the park in Virginia Beach. We need to get our reservation in for a spot for that BIG event and a committee to line things up. Step forward and volunteer.

Rib tickler

A reporter interviewing a 104 year-old woman: “What do you think is the best about being 104?” Her reply: “No peer pressure.”

Next Month’s Newsletter: Report on Gluten free beer.

Grandma Whimsy's Cupboard ~ Always 100% Gluten Free

@ Clustered Spires Pastry Shop 285 Montevue Lane, Frederick, MD 21702

301 - 662 7446

 Your favorite dessert is a phone call away
Exquisitely Decorated Cakes

Uncommonly Good Breads and Rolls
Most Special Diets Can Be Accommodated

GWC products are made from our own fresh stone-ground brown rice flour, and pure basic baking products. No corn, soy, bean or other flours, or preservatives are added to detract from the rich nutty flavor of brown rice. Yeast breads contain minimal amounts of xanthum gum and tapioca starch. Most are naturally dairy free.

Please let us know right away if you have a serious food or substance allergy.

We readily accommodate restrictions to nuts, eggs, canola or other oils, dairy, cornstarch.

We will work with you if you have diabetes and/or require a low or no-sugar diet.

Purity of products and ingredients are guaranteed. Ingredients freely identified. Always ask when unsure.

MENU and ORDER FORM (Dairy Free? Yes ___ No ___)

YEAST BREADS

Plain, Mock Rye, Sesame, Poppy, Herb		
3 1/2" x 7" LOAF		\$2.50
Cinnamon Raisin Loaf		\$2.75
5" Round		\$1.25
Poppers - for little hands	12 oz. bag	\$2.25
Great for Snacks 'n Dips	1 lb. bag	\$3.00

SWEET YEAST BREADS

Order minimum 3 (Please specify for no butter)

Cinnamon Raisin Rolls	3 for	\$ 1.50
	Doz.	\$ 5.50
Sticky Buns - Reg. or Cinnamon	3 for	\$ 2.25
	Doz.	\$ 9.00
Caramel Pecan Buns	3 for	\$ 2.50
	Doz.	\$10.00
Rum Buns	3 for	\$ 3.00
(currants soaked in rum or no rum)	Doz.	\$12.00
Danish - fruit - cheese - lemon curd	\$1.00 ea. Doz.	\$10.00

ROLLS

Kaiser	Doz.	\$ 7.25
	6 for	\$ 3.75
Sandwich ~ 4" (Like an English Muffin)	Doz.	\$ 6.25
	6 for	\$ 3.25
Hamburger Buns ~ 3.25"	Doz.	\$ 5.25
	6 for	\$ 2.75
Dinner (Butter or Dairy Free)	Small Doz.	\$ 1.75
	Medium Doz.	\$ 3.00
Focaccia/Flat/Pita Bread ~ 7"	Doz.	\$11.00
(Plain, seasoned, Sun-Dried	6 for	\$ 6.25
Tomato/Basil, Dill/Onion, Other)	3 for	\$ 3.50
Mini Focaccias ~ 4"	Doz.	\$ 5.50

PIZZA CRUSTS - Hand Formed/Pre-baked

Small ~ 7"	\$1.00 ea.	Doz.	\$11.00
Medium ~ 9"	\$2.50 ea.	Doz.	\$25.00
Large ~ 12"	\$4.75 ea.	Doz.	\$48.00

NON YEAST BREADS

SWEET BREADS - TEA LOAVES \$2.50 - \$3.50

Banana / Banana Nut (Pecans or Walnuts)
Pumpkin Spice - plain - raisin - pecan - combo
Carrot - no nuts Coconut

PIES 7" \$6.00 9" \$12.00 12" \$30.00

Blueberry, Apple Crumb, Pumpkin, Key Lime
Pecan, Others Boston Cream Pie - See Cakes

CAKES See Cake Order Form

MUFFINS \$ 3.25 for 6 \$ 6.00 Dozen \$.65 ea.

Pumpkin Spice - plain - raisin - pecan - combo
Also Available in Trays \$5.00

Blueberry
Orange Cranberry

Apple Spice
Banana

COOKIES - \$5.00 Doz. Cutouts - \$7.00 Doz.

Brownies - Tray \$5.00
Snickerdoodles, Peanut Butter, Ginger, Sugar,
Chocolate Chip, Chocolate Wafer, Quinoa Raisin

Ask about the following: * Call for sizing and pricing

*BAKING POWDER BISCUITS Cutout or Drop
*SCONES - variety

*COFFEE CAKES - Streusel, Blueberry
*DESSERTS OF ALL KINDS - Inquire

*PIZZELLES - Italian Cookies Van./ Choc/ orange

GWC'S All-purpose flour - package ready Feb. 2004
Write special product orders here: Price

TOTAL SPECIAL ORDER _____

TOTAL REGULAR ORDER _____

TAX _____

TOTAL AMOUNT DUE _____

TO ORDER: Circle product and indicate quantity. INDICATE DIET RESTRICTIONS HERE _____

Note: Refresh bread products by warming in a toaster, toaster or regular oven set at 275-325 degrees, or slice and grill rolls. For quick heating a microwave can be used.

ENJOY!! GW