

Everybody's looking for ways to save money. When it comes to food, cutting costs doesn't have to mean cutting great taste. A little creativity goes a long way, and delish.com has resourceful tips and recipes that will leave your finances intact.

Five-Ingredient Feast

Less is more! Fewer ingredients doesn't have to mean tasteless food. With only five ingredients, along with pantry staples such as salt, pepper and oil, you can serve gourmet meals any night of the week.

Grocery Gourmet

Grocery-brand items are just as good as gourmet but a whole lot cheaper. By buying flavorful, low-cost brands, you'll be able to make your investments in quality meats and produce.

Saved by the Slow Cooker

There's a reason one-pot meals are so popular: Not only do they cut down on cleanup, but with everything in one pot, you don't have to make a side dish. A great way to save both time and money!

Clip and Save

Check the local paper for coupons; there's an average of \$350 in savings each week. Better yet, for more savings, search online for printable coupons at sites such as delish.com. You'll get even more savings when you combine coupons with store sales.

Arm Your Pantry

Buying long-lasting pantry items in bulk is a smart investment. These ingredients are inexpensive, are extremely useful in the kitchen and will stay fresh for long periods of time.

- **Breadcrumbs:** *Shelf life, up to four months*
Both versatile and utilitarian, breadcrumbs can stretch expensive ingredients, create a crispy coating, and make countless varieties of savory stuffings.
- **Chicken stock:** *Shelf life, one year*
Chicken stock is essential for making flavorful soups and stews, but it also plays a starring role in many low-fat sauces and side dishes.
- **Rice:** *Shelf life, two years*
Enjoyed the world over, rice is economical and stays fresh for a very long time. Keep a well-sealed package of rice on hand for quick main dishes, sides and low-fat stuffing.

Cook Once, Dine Twice

Look for large quantity recipes, such as Family-Sized Soft Tacos featured here. Make the whole recipe and save leftovers for a meal later in the week. Or double a recipe like Arugula Salad With Pork Chops, Baked Chicken Alla Milanese or Oven-Fried Chicken and enjoy a hearty lunch the next day.

For more money-saving tips, recipes and how-to videos, visit delish.com.



Arugula Salad With Pork Chops

(Serves four; Cost per serving: \$5)

Ingredients

- 5 tablespoons olive oil
- 4 bone-in pork rib chops, 8-ounces each
- 6 cups loosely packed baby arugula
- 2 cups cherry or grape tomatoes, halved
- 1/2 small red onion, thinly sliced
- 4 tablespoons balsamic vinegar
- Kosher salt and freshly ground pepper to taste
- 1 block (4 ounces) Parmesan cheese

Instructions

Place one tablespoon olive oil in a large resalable plastic bag and shake.

Put one pork chop in the bag

and seal; pound the meat with a mallet or heavy skillet, avoiding the bone, until it's about a quarter-inch thick all over.

Remove pork chop and repeat the process with the rest of the chops (no need to add more oil).

Combine arugula, cherry tomatoes and onion in a large bowl.

Drizzle with vinegar and four table-spoons oil and toss well. Season with salt and pepper.

Oil grill grates and preheat grill to high.

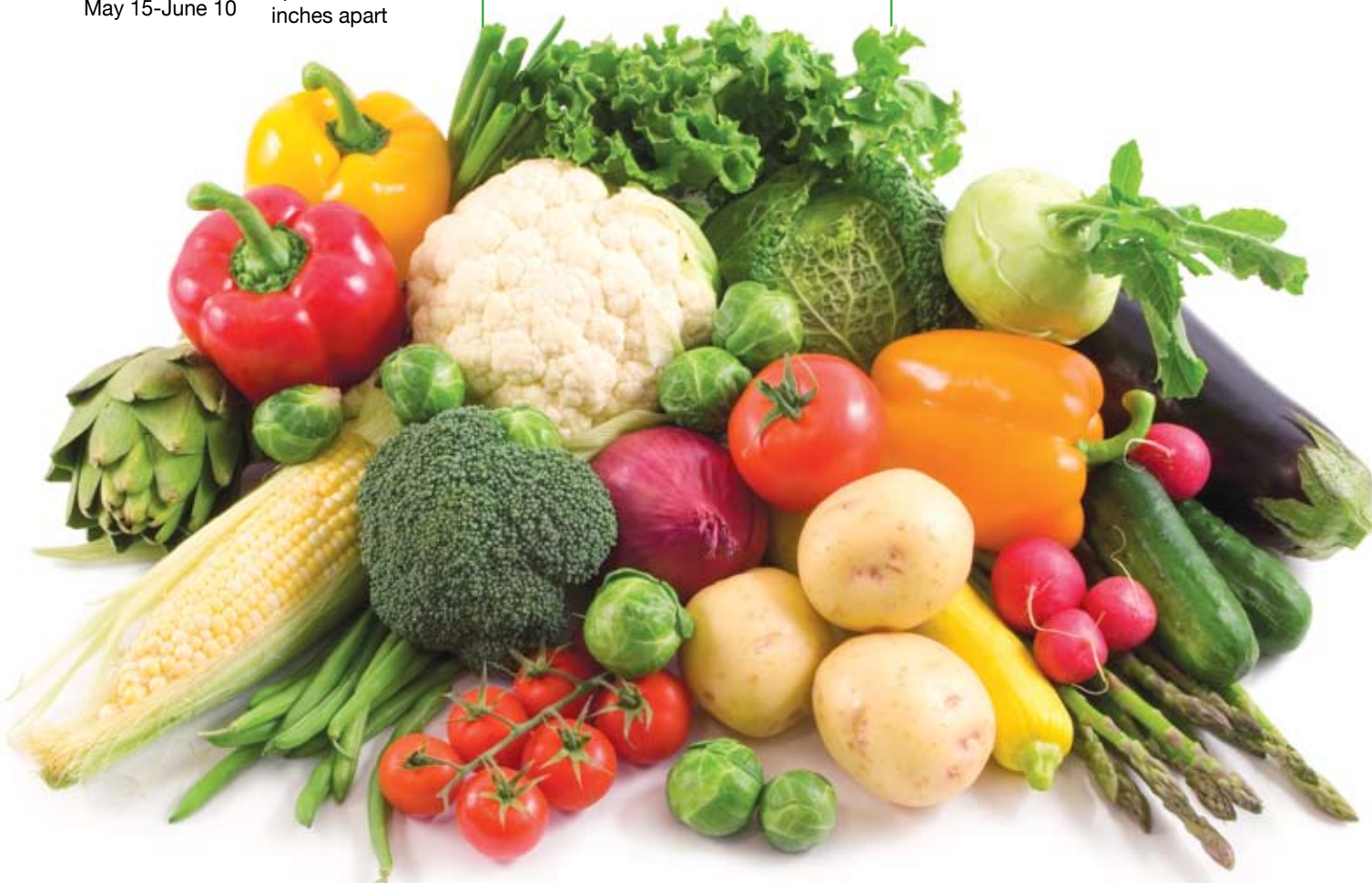
Season chops with salt and pepper, place on hot grill rack and cook 2 to 3 minutes on each side, until well browned.

Serve chops with salad piled on top. Use a vegetable peeler to shave thin slices of Parmesan over salad.

Your vegetable calendar

Vegetable planting guidelines for Maryland

<p>Beets</p> <p>Seeds half-inch deep, 2-3 inches apart Rows 15-24 inches apart</p> <p>Plant between April 1-June 15</p>	<p>Pumpkins</p> <p>Seeds one inch deep, 48-72 inches apart; Rows 60-96 inches apart</p> <p>Plant between May 20-June 10</p>	<p>Sweet Potatoes</p> <p>Transplant 12-15 inches apart; Rows 30-42 inches apart</p> <p>Plant between May 1-June 15</p>
<p>Cantaloupes</p> <p>Seeds one inch deep, 24 inches apart; Rows 60-70 inches apart</p> <p>Plant between May 15-June 15</p>	<p>Snap Beans</p> <p>Seeds 1 to 1.5 inches deep, 1-2 inches apart; Rows 24-30 inches apart</p> <p>Plant between May 5-June 30</p>	<p>Tomatoes</p> <p>Rows 18-30 inches apart</p> <p>Transplant between May 1-June 15</p>
<p>Eggplants</p> <p>Seeds quarter-inch deep, 24 inches apart; Rows 30-42 inches apart</p> <p>Plant between May 15-June 10</p>	<p>Soybeans</p> <p>Seeds 1-2 inches deep, two inches apart; Rows 24-30 inches apart</p> <p>Plant between May 15-June 15</p>	<p>Watermelon</p> <p>Seeds 1-2 inches deep, 48-60 inches apart; Rows 60-96 inches apart</p> <p>Plant between May 15-June 15</p>
<p>New Zealand Spinach</p> <p>Seeds one inches deep, 15-18 inches apart; Rows 30-42 inches apart</p> <p>Plant between May 1-June 15</p>	<p>Sweet Corn</p> <p>Seeds 1-2 inches deep, 10-12 inches apart; Rows 30-36 inches apart</p> <p>Plant between May 1-June 15</p>	<p>Winter Squash</p> <p>Seeds 1-2 inches deep, 36-48 inches apart; Rows 60-84 inches apart</p> <p>Plant between May 15-June 15</p>
<p>Peppers</p> <p>Seeds quarter-inch deep, 18-24 inches apart; Rows 30-42 inches apart</p> <p>Plant between May 15-June 10</p>	<p><i>(Information courtesy Maryland Cooperative Extension, University of Maryland)</i></p>	



CAROLINE COUNTY

Denton's Farmers' Market

Date: June 3, 10, 17, 24 from 3 to 7 p.m.
 Location: Denton
 Locally grown produce, eggs, herbs and baked goods will be available for purchase. Live entertainment will begin at 5:30 p.m.

Guided Walks

Date: June 6, 13, 20, 27 from 11 a.m. to noon
 Location: Adkins Arboretum, Ridgely
 Tour begins at the visitors center. Guided walks are free for member and included with admission for the general public. For more information call 410-634-2847.

Fishing Derby

Date: June 6 from 9 a.m. to noon
 Location: Martinak State Park, Denton
 The derby is open to children between the ages of 5 to 16 years of age. Activi-

ties include fishing, arts & crafts and an awards ceremony. Pre-registration is \$3, \$5 day of event. For more information call 410-479-8120.

Paddle Tour of the Marshyhope River

Date: June 7 from 3 to 6 p.m.
 Location: Federalsburg
 Launching from the VFW ramp. Hosted by Jefferson Ghrist, Caroline County Commissioner. Boat rental fees are \$10 per hour and event will be cancelled in case of inclement weather.

Winery Tour of Bordeleau Vineyards

Date: June 14 from noon to 5 p.m.

Location: tour departs from Greensborough Trading Co. Limited seating is available. For more information call Barb Mutolo at 410-482-2200.

Bird-watching: Summer Birds

Date: June 20 from 8 to 10:30 a.m.
 Location: Adkins Arboretum, Ridgely
 Join birder Karen Harris on walks through the rich landscape of woods, meadows, streams and wetland to discover it's diverse bird population. Bring binoculars and a field guide. Cost is \$8 for members and \$10 for the general public. For more information call 410-634-2847, ext. 0.



Bird walk slated for June 20

RIDGELY — Adkins Arboretum hosts walks with birder Karen Harris through the Arboretum's rich landscape of woods, meadows, streams and wetland to discover its diverse bird population.

The walks will be held on two Saturdays — on June 20 and July 11 — from 8 to 10:30 a.m.

Summer walks will provide an opportunity to see who is nesting on the property.

The event is ideal for beginners or accomplished birders who want to brush up on their skills. Sessions will show how to distinguish birds by habitat, color and head and body markings.

Binoculars and a field guide are strongly recommended.

For more information, visit www.adkinsarboretum.org or call 410-634-2847, ext. 0.

DORCHESTER COUNTY

Cambridge Main Street Farmers' Market

Date: June 4, 11, 18, 25 from 3:30 to 6:30 p.m.
Location: parking lot of Academy and Muir streets
For more information visit www.cambridgemainstreet.com

Blackwater Youth Fishing Derby

Date: June 6 from 9 a.m.
Location: Blackwater National Wildlife Refuge, Cambridge
Pre-registration began in May.
For more information call 410-228-2677.

Second Saturday Event

Date: June 13 at 5 p.m.

Location: Downtown Cambridge
Local shops stay open later.
For more information call 410-228-0020 or visit www.cambridgemainstreet.com.

KENT COUNTY

Chestertown's First Fridays

Date: June 5 from 5 to 8 p.m.
Location: Downtown Chestertown
For a list of activities visit www.kentcounty.com/artsentertainment.

Busy Bee Tea

Date: June 6 from 2 to 3:15 p.m.
Location: Woodland Hall, Kennedyville
Will be serving their own blend of tea, which comes from the

Maryland Herb Basket in Millington. For more information call Mary at 240-602-6700.

"Memory Keeping"

Date: June 8 at 11 a.m.
Location: Kent County Library
Pat Gladu from Creative Memories will show techniques to preserve scrapbooks. For more information call Karin Cowperthwait at 410-778-3636.

14th Annual Rock Hall Rock-fish Tournament

Date: June 12-14
Location: Rock Hall
For more information call the Maryland Watermen's Association at 410-604-0909.

24th Annual Bay to Bay Ride

Date: June 21 at 7 a.m.
Location: Betterton Beach
For more information call Jim Gent at 410-778-4881.

QUEEN ANNE'S COUNTY

Historic Sites Open House

Date: May 3 through Oct. 25
Saturdays, from noon to 4 p.m.
Location: Queen Anne's County
Sixteen houses open their doors allowing the public to visit. Sponsored by the Historic Sites Consortium of Queen Anne's County. For more information call 410-604-2100.

Bay Music Festival

Date: June 13 from 3 to 11 p.m.
Location: Queen Anne's County
4-H Park, Centreville



Quintango musicians roar onto the stage to tell "The Story of Tango." at the Chesapeake Chamber Music Festival in the Avalon Theatre on June 4, at 5:30 p.m., including, from left, Libby Blatt, bass; Joan Singer, violin; Phil Hosford, piano; Jennifer Rickard, violin; and Kerry Van Laanen, cello.

(Photo courtesy Michael G. Stewart)

Chesapeake Chamber Festival on June 4-14

EASTON — The 24th annual Chesapeake Chamber Music Festival to be held June 4-14 will showcase 21 world-renowned chamber musicians in 11 concerts,

including three free events for the public on June 4 and June 10.

Admission and seating is on a first-come, first-served basis for what are expected to be sell-outs.

For more information and to purchase tickets, visit www.ChesapeakeChamberMusic.org or call Chesapeake Chamber Music at 410-819-0380.

Sponsored by the Lions Club of Centreville. Tickets are \$16 in advance and \$20 at the gate. For more information call 410-604-2100.

60th Anniversary-Delmarva Chicken Festival

Date: June 19-20
Location: Queen Anne's County 4-H Park

Sponsored by the Delmarva Poultry Industry, Inc. (PDI). Events include arts and crafts, carnival and agricultural games, business expo, antique car and tractor show, educational poultry displays, musical entertainment and baby chicken. For more information call 302-856-9037.

TALBOT COUNTY

Dockside Express Cruises and Tours/Champagne Sunset Cruise

Date: June 1 through September 1, daily cruises by reservation at 6:30 p.m.

Location: departing from Phillips Wharf Environmental Center, Tilghman Island

For more information call 888-312-7847.

First Friday Gallery Walk

Date: June 5 from 5 to 9 p.m.

Location: Downtown Easton
Stroll the brick-paved walks to browse an abundance of art galleries, antiques and specialty shops and award-winning restaurants. For more information call 410-822-8822.

Easton Farmers' Market

Date: June 6, 13, 20, 27 from 8 a.m. to 1 p.m.

Location: Parking lot on North Harrison Street

Unique farm products offered, meet local producers and farmers selling their products, live music from 10 a.m. to noon. For more information call 410-820-8822.

20th Annual Crafts Show and Strawberry Festival

Date: June 6 from 10 a.m. to 5 p.m.

Location: St. Luke's Church, St. Michaels

This event is free. For more information call 410-745-2534.

Newcomers Meeting

Date: June 9

Location: St. Michaels Community Center

Anyone new to Talbot county is encouraged to attend. For more information call Jo-Anne at 410-745-0564.

Native Landscape with Rain Gardens

Date: June 12 from 3 to 4 p.m.
Location: Environmental Con-

cern, St. Michaels
Native Landscaping with rain gardens is a beautiful way to take responsibility for your gardens runoff. Plants available for purchase. \$15 for members and \$20 for non-members. For more information call 410-745-9620.

09 Native Plant Sale & Open House

Date: June 12 from 9 a.m. to 4 p.m., June 13 from 9 a.m. to 6 p.m.

Location: Environmental Con-

cerns, St. Michaels
Explore four different types of wetlands, staff will be on hand to help aid your plant selections. For more information call 410-745-9620.

21st Annual Antique and Classic Boat Festival

Date: June 19 from 11 a.m. to 5 p.m., June 20 from 10 a.m. to 5 p.m., June 21 from 10 a.m. to 2 p.m.

Location: St. Michaels
For more information call

410-745-2916.

Tilghman Island Seafood Festival

Date: June 27

Location: Tilghman Island
Vendors, food, drink and music will be available. Events will include trot line baiting, crab picking contest, hard crab races and queen contest to select little Miss Tilghman and Miss Tilghman. For more information visit www.tilghmanmd.com/seafood.htm.



(Photo courtesy Environmental Concern)

Environmental Concern to host open house, native plant sale

ST. MICHAELS — Environmental Concern's fifth annual Open House and Native Plant Sale will take place at EC's Wetland Learning Campus at the head of San Domingo Creek on June 12.

The native plant sale will kick off the day's activities, starting at 9 a.m.

Watershed neighbors are encouraged to use native plants in their landscapes. This is an opportunity to choose from a "home-grown" selection of qual-

ity perennials, shrubs and trees.

Throughout the day, the Environmental Concern staff will be available to answer your native plant gardening questions and assist in selecting plants.

Environmental Concern will be open to the public for retail plant purchases on June 12th (9 a.m. to 4 p.m.) and 13th (9 a.m. to 6 p.m.).

For more information, visit www.wetland.org or phone 410-745-9620.

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This piece can be purchased at Packing house Antiques from Country Pineapple

This late 1800's potting table is crafted of pine and features square cut nail construction, with an untouched surface this is a rare and unique piece that has great form and function and for \$1,175 it could be used in many ways in today's home.



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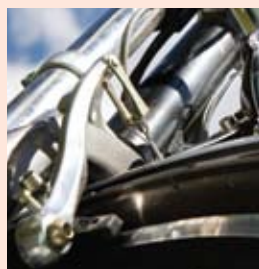
**Shore Home & Garden
Magazine**

410-822-4025

What is this???



Do you think you know what this is?



(Winner to be drawn from those with the correct answer.)

Last month's answer:
The front wheel of a bicycle.
Winner:
Diana Harrington, Easton

Been paying attention?

1. How much cooler could temperatures be expected to be under an awning than in the sun?
2. Where are the four lighting show rooms for E.D. Supply?
3. How many inches in diameter is the Hibiscus variety "Lord Baltimore" capable of being?
4. What will eventually happen when multiple varieties of irises are allowed to grow together?
5. How are bagworm larvae transferred from plant to plant?
6. What is the suggested shelf life for chicken stock and breadcrubs, respectively?

(Winner to be drawn from those with the most correct.)

Last month's winner: Pat Schyler, Denton

Each game's winner will receive a *Shore Home & Garden* tote bag for a prize.



Call 410-822-4025 or e-mail your guesses to:
renee@shorehomeandgarden.com

(Only e-mail submissions for 'Been Paying Attention?')
Entries must be received by noon on June 15, 2009.

Please include your mailing address.

Where on the Shore is ... Sheila?

Sales representatives Sheila and Tiffany are continuing their search-for-us game to see how well you can identify some of our local businesses. Each month, one is photographed with a distinct feature of a local business. Your job is to identify where the photo to the right was taken.



In last month's contest, Tiffany was at Chestertown Antique & Furniture Center, where there are "They have old and they have new, and they are located in Kent County's county seat."
(Winner: Lydia Stubbs, Worton)



This month's clue: They sparkle, they shine — and they're in Caroline.