



## Deluxe Roast Beef and Imported Swiss Sandwich

(Makes 1 sandwich)

### Ingredients

- 3 ounces Boar's Head Deluxe Low Sodium Cap-Off Top Round, thinly sliced
- 1 ounce Boar's Head Gold Label Imported Swiss Cheese, thinly sliced
- 1/2 ounce leaf lettuce, torn
- 1/2 ounce red onion, sliced
- 1 ounce tomato, sliced
- 2 teaspoons Boar's Head Delicatessen Style Mustard, optional
- 1 6-inch Italian bread

### Instructions

Spread deli mustard on the top and bottom halves of sub roll. Layer roast beef and cheese and top with lettuce, tomato and onion. Close sandwich, cut in half and serve.

## Skip the Salt, Turn Up the Taste

- Perk up any recipe with the zest of citrus or a splash of fruit juice.
- Flavor sandwiches, salads, side dishes and casseroles with dried fruits such as cranberries, raisins, apricots and blueberries.
- Sprinkle roasted seeds and nuts onto foods for added texture and rich taste.
- Grind spices over food for a fresh shot of flavor.
- Wake up any dish with hot peppers or flavor-filled, dried vegetables such as sun-dried tomatoes.

## Hickory Smoked Turkey with Orange Dressing

(Makes 1 salad)

### Ingredients

#### Dressing

- 1 teaspoon grape seed or canola oil
- 2 teaspoons honey
- 1/4 cup orange juice
- 2 tablespoons balsamic vinegar
- 2 teaspoons cracked black pepper

#### Salad:

- 1 cup spring mix lettuce
- 1 large radish, sliced paper thin
- 4 ounces (1/4-inch thick julienne slices) Boar's Head Hickory Smoked Black Forest Turkey Breast

- 4 to 6 whole pecans
- Dried cranberries for garnish, optional

### Instructions

In small bowl, whisk oil with honey. Whisk in orange juice and then vinegar. Add pepper and set aside. Add a little more honey for desired thickness. Build the salad beginning with lettuce and radish slices. Toss. Add turkey and pecans. Toss again and add dressing. Top with cranberries if desired. Add more dressing to taste.



## Ham & Cheese Sandwich w/ Arugula and Sundried Tomatoes

(Makes 1 sandwich)

### Ingredients

- Italian sandwich loaf
- 4 ounces sliced Boar's Head 42 percent Lower Sodium Branded Deluxe Ham
- 2 ounces Boar's Head Low Sodium Muenster Cheese
- 1/2 cup arugula or spinach leaves
- 1/2 cup sliced sundried tomatoes in

oil

- 1/2 ounce low sodium black olives, sliced, optional
- 1 ounce red peppers, roasted

### Instructions

Slice Italian loaf in half lengthwise. Layer ham and cheese onto bread with spinach leaves. Add tomatoes, olives, and red peppers and sandwich is ready to serve.



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(FROM PAGE 10)

dusting. Leave the floor until everything else is done.

When doing the bath or kitchen, vacuum as much hair, lint, etc. while its dry. Then use your wet cleaners.

To help save surfaces, start with your least abrasive cleaner.

Give it time to work.

If it wasn't successful, move on to the more abrasive.

As you move from room to room, there are the extras to consider if your time, weather and finances agree.

*Washing the windows for spring.* At this time, you might want to consider spicing up your window treatments for a fresh look.

The same is true as you rotate and flip your mattress. Maybe it's time for a new spread.

If not, even a few recovered or new throw pillows can add new life to the bedroom.

Now's a good time to check for wheat weevils in dry goods like bread crumbs, nuts and cereal, so take time to go through your cupboards and throw out any outdated food stuff. While you're at it, now is the time to clear the refrigerator and give it a good, hot, sudsy cleanup, and defrost and clean out the freezer.

Don't forget to clean the oven and stovetop. ... Tired yet? Me too!

Just a few more tips to go, though.

Start thinking about wardrobe change-over from winter to spring and summer.

Now's the time to get those closet organizers or call in a pro.

Check your smoke detectors batteries, and change your filters.

I recommend using the hypo-allergenic filters.

They cost a bit more, but it's one of the things I find worth it.

Time to break and go have some iced tea — and you might want to put that mop on the trash pile and go buy a Swiffer.

*(Editor's Note: Bev Leitch is a freelance journalist who resides near St. Michaels.)*

**CAROLINE COUNTY**

**Federalsburg Heritage Hike**  
 Date: April 3 from 9 a.m. to 5 p.m.  
 Location: HUB parking lot, Federalsburg  
 The Historical Society is hosting a Heritage Hike through Federalsburg and the Marshyhope pathways. For more information call 410-754-8625.

**Guided Walks**  
 Date: April 3, 10, 17, 24 at 11 a.m.  
 Location: Adkins Arboretum, Ridgely  
 Look for signs of spring on this walk through the Arboretum forest and meadows. For more information call 410-634-2847, ext. 0.

**Tuckahoe Easter Egg Hunt**  
 Date: April 3 from 1 to 3 p.m.  
 Location: Tuckahoe State Park  
 More than 4,000 plastic and boiled eggs are waiting to be discovered. This event is open to children age 10 and under. For more information call 410-820-1668.

**2nd Saturdays at the Foundry**  
 Date: April 10 from 2 to 4 p.m.  
 Location: Market Street, Denton  
 Local artists demonstrate their talents. For more information call 410-479-1009.

**Denton's Farmers' Market**  
 Date: April 14, 21, 28 from 3 to 6 p.m.  
 Location: Courthouse green, Denton

Find farm-fresh local produce. For more information call 410-479-1750.

**Arbor Day 5K Run**  
 Date: April 17 at 8 a.m.  
 Location: Adkins Arboretum, Ridgely  
 Registration at 8 a.m., race begins at 9 a.m. For more information call 410-634-2847, ext. 0.

**Yard Sale**  
 Date: April 17 from 7 a.m. to noon  
 Location: Caroline County 4-H Park, Denton  
 Setup begins at 6 a.m. Tables are \$10 each. Event held rain or shine. For more information call Karen at 410-310-8934.

**Delmarva Birding Weekend**  
 Date: April 22-25  
 Location: Delmarva Peninsula  
 Visitors can participate in boating trips, expeditions by foot and paddling treks across the Delmarva. For a schedule and registration information visit [www.delmarvabirdingweekend.org](http://www.delmarvabirdingweekend.org) or call 443-614-0261.

**E-mail your events to**  
[events@shorehomeandgarden.com](mailto:events@shorehomeandgarden.com)

**Federalsburg Historical Society's Hobby Fair**  
 Date: April 24 from 10 a.m. to 2 p.m.  
 Location: Federalsburg Elementary School, Federalsburg  
 Prizes will be awarded for youth and adult displays. For more information call 410-673-7575.

**DORCHESTER COUNTY**

**Second Saturday Event**  
 Date: April 10 at 5 p.m.  
 Location: Downtown Cambridge  
 Local shops stay open later. For more information call 410-228-0020 or visit [www.cambridgemainstreet.com](http://www.cambridgemainstreet.com).

**Crab Run Half Marathon**  
 Date: April 10 at 8 a.m.  
 Location: Dorchester YMCA, Cambridge  
 For more information call 410-221-0505.

**Bird Walk**  
 Date: April 10 at 8 a.m.  
 Location: Blackwater National Wildlife



**Delmarva Birding Weekend is April 22-25**

**SALISBURY** — The Delmarva Birding Weekend is a unique opportunity for wildlife enthusiasts to visit a region so rich in bird species — both local and migratory.

This event was developed by a diverse group

of non-profits and local businesses to help promote eco-tourism on Delmarva.

For information on trip updates throughout the weekend, call 1-800-521-9189, or e-mail [dite-director@comcast.net](mailto:dite-director@comcast.net) or 443-944-8097

**Refuge, Cambridge**  
The guide will be Terry Allen. Bring field guides and binoculars. This event is free to the public. For more information call 410-229-2877.

**Spring Nature Walk**  
Date: April 17 at 10 a.m.  
Location: Blackwater National Wildlife Refuge, Cambridge  
Meet at Blackwater NWR visitors center. Tour given by Shirley Bailey. Learn to identify the wetland birds, plants and trees of our area. For more information call 410-229-2877.

**Bird Walk**  
Date: April 25 at 8 a.m.  
Location: Blackwater National Wildlife Refuge, Cambridge  
The guide will be Harry Armstrong. Bring field guides and binoculars. This event is free to the public. For more information call 410-229-2877.

**St. Paul's Flower Fair**  
Date: April 26-30  
Location: St. Paul's United Methodist Church, Cambridge  
Get your garden growing with flowers, seedlings, bedding plants (flowers and vegetables) and hanging baskets for sale. Wednesday and Thursday open from 10 a.m. to 7 p.m.; Friday 10 a.m. to 4 p.m. For more information call 410-226-1424.

#### KENT COUNTY

**Chestertown's First Fridge**  
Date: April 2 from 5 to 8 p.m.  
Location: Downtown Chestertown  
For a list of activities, visit [www.kentcounty.com/firstfridge/](http://www.kentcounty.com/firstfridge/).

**Waterfront History Walking Tours**  
Date: Fridays April 2- May 15 from noon till 4 p.m.; Saturdays April 3- May 16 from 11 a.m. to 4 p.m.  
Location: The Custom House, Chestertown  
For more information call O.K. Beyer Center at 410-810-7181.

**Annual Batterton Beach Clean Up**  
Date: April 17 from 9 a.m. to noon  
Location: Batterton Beach, Belton

All ages welcome. Lunch will be provided. Rain date is April 18. For more information call Kent County Parks & Recreation at 410-778-2058.

**Birth Day Festival**  
Date: April 24 from 9 a.m. to 1 p.m.  
Location: Fountain Park, Chestertown

Sponsored by the Kent County Humane Society and the Center of Environment and Washington College. For more information call 410-778-7295.

**Taste of the Town**  
Date: April 25 from noon to 3 p.m.  
Location: Wilmer Park, Chestertown  
Area chefs serve up sampling plates of their signature dishes. Live music, silent auction, wine and beer station. For more information call Andy Goddard at 443-490-1957.

#### QUEEN ANNE'S COUNTY

**5th Annual QAC Young Farmers Price Bingo**  
Date: April 9 at 6 p.m.  
Location: Queen Anne's County 4-H Park, Centerville  
Doors open at 6 p.m. and the games begin at 6:30 p.m. Prizes will include Longbecker, Vera Bradley, Lenox and gift certificates. For more information call Megan at 410-490-0130.

**Osaka Fiber Craft Show**  
Date: April 10 from 9 a.m. to 3 p.m.

Location: Queen Anne-Hillboro Fire Dept., Queen Anne  
For more information call Brenda at 410-479-2327.

**Spring Auction at Queenston Day School**  
Date: April 17 from 9 to 11 p.m.  
Location: Queenston Day School, Centerville  
Annual auction includes cocktails, dinner, a silent auction and live auction. Proceeds to benefit the school. For more information call 410-765-0580.

**Cache In, Trash Out**



## Taste of the Town set for April 25

CHESTERTOWN — The third annual Taste of the Town of Chestertown will be presented on Sunday, April 25.

It features sampler plates of the signature dishes of 15 of Chestertown's finest restaurants and caterers, including the beneficiary of the event, the Culinary Arts program of the Kent County High School.

Participating restaurants and ca-

terers range from nouvelle gourmet to those famous for regional classics such as Maryland Crab Soup.

The tented event will take place from noon to 3 p.m., in Chestertown's waterfront Wilmer Park.

For information about sponsorship, advertising, auction donations or participating, visit [www.tasteofchestertown.com](http://www.tasteofchestertown.com), call 443-480-1987 or e-mail [info@tasteofchestertown.com](mailto:info@tasteofchestertown.com).



## Country School's flower market scheduled for April 28-30

**EASTON** — The annual Country School Flower Market will be held from 9 a.m. to 5 p.m., on Wednesday, April 28 to Friday, April 30.

The school's assembly room will once again be transformed into a garden full of annuals, geraniums, perennials, herbs and vegetables.

"This is a great place to begin your spring garden shopping," said Gigi Hershey, co-chairman of the flower sale

committee. "We're going to have a lot of great plants this year."

A garden gazebo will feature accessories, baskets, ceramic and clay pots.

New this year are pre-planted containers designed especially for sun or shade conditions.

The Country School is located at 716 Goldsborough St., Easton. For more information, call 410-822-1935.

Date: April 17  
Location: Chesapeake Bay Environmental Center  
2nd Annual CITO event to help celebrate Earth Day. Rain date is April 24. For more information call 410-827-6694.

**Bay Bridge Boat Show**  
Date: April 22-25  
Location: Bay Bridge Marina, Stevensville  
New and brokered boats, marine accessories and services. For more information call 410-268-8828.

**Golf Flea Market**  
Date: April 24  
Location: Blue Heron Golf Course, Stevensville  
Tables provided until they run out, reserve now for \$15. For more information call 410-758-0835.

### **TALBOT COUNTY**

**The Oxford Farmers' Market**  
Date: April 1 from 4 to 6 p.m.  
Location: Oxford Community Center  
Market features fresh fruit and vegetables, cheese, artisan

bread and handcrafted items. For more information e-mail eweick@atlanticbb.net.

**First Friday Gallery Walk**  
Date: April 2 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 410-820-8822.

**"Gardening Forever"**  
Date: April 3 from 10 a.m. to noon  
Location: Talbot Co. Senior

Center, Easton  
This class will encourage and enhance the gardening experience for the aging gardener; incorporating exercise, tools and planting tips. For more information call 410-822-1244.

**Easton Farmers' Market**  
Date: April 3, 10, 17, 24 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.

**"Living in the Chesapeake Bay Watershed: What we can do to help save the Bay"**  
Date: April 10 from 10 a.m. to noon  
Location: Talbot Co. Senior Center, Easton  
Presentation will discuss the changes in the Chesapeake Bay watershed over this past century, and trending those patterns over the upcoming decades. For more information call 410-822-1244.

**Newcomers Meeting**  
Date: April 13  
Location: St. Michaels  
Enjoy meeting new friends and discover helpful information. For more information call Jo-Anne Vaughn at 410-745-0564.

**22nd Annual Spring Flower Sale**  
Date: April 16-17 from 9 a.m. to 3 p.m.  
Location: St. Luke's United Methodist Church, St. Michaels  
Beautiful potted geraniums in all colors, large hanging baskets and a variety of plants will be available, rain or shine. For more information call 410-745-2534.

**Spring Rummage Sale**  
Date: April 16 from 7 a.m. to 2 p.m., April 17 from 8 a.m. to noon  
Location: Christ Church, St. Michaels  
Bargains on spring and summer clothing for men, women and children. For more information call 410-745-9076.

**St. Michaels Food & Wine Festival**  
Date: April 23-25  
Location: St. Michaels  
Featuring nationally acclaimed chefs and sommeliers, tasting pavilion featuring wine and food tastings and chef demonstrations and seminars. For more information call 410-745-5554.

**16th Annual Oxford Day**  
Date: April 24  
Location: Oxford  
For more information visit [www.oxfordday.org](http://www.oxfordday.org).

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## 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: blender.

(Winner: Debbie Sherwood, Tilghman)

## Been paying attention?

1. Why should daffodils be presented in bunches?
2. In what year did the Neff family open Covelly Nurseries?
3. How many plywood dogs has Ralph Case built to scare geese?
4. What U.S. senator is credited with starting Earth Day 40 years ago?
5. In general, how deep should bulbs be planted?
6. What did the BBC report on April 1, 1957 that fooled viewers?
7. What is the phone number for the UME Home and Garden Information Center?

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

Last month's winner: (Carol Cipolari, Silver Spring)

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: [renees@shorehomeandgarden.com](mailto:renees@shorehomeandgarden.com)

(Only e-mail submissions for "Been Paying Attention")  
 Entries must be received by noon on April 15, 2010.

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.



Last time, Sheila was at Nagel's Hardware in Preston, where it "is named after its owners and is known by any farmer in the area."  
 (Winner: Bill Callahan, Cordova)



This month's clue: The purpose of this business is to serve the homeowner and contractor alike. Although it's name is shared with a body of water, it rests on Crystal.