



March 18, 2022

Things in your kitchen that can kill you. Now the story ran in Men's Health magazine, and you can joke all you want that men never step foot in a kitchen to cook and if they did, the most deadly thing in the kitchen might be a woman. Or the man. Depends on how you want to joke to go. But I'll get letters for saying that because of all of the political incorrect assumptions in that sentence. And actually most of the men I know can cook. So while this list ran in Men's Health, it is good info for everyone – assuming you keep any of this stuff in your kitchen.

1. Lethal mushrooms. The warning says some mushrooms will kill you. This is true, if you wander out in the woods on your own looking for truffles without a pig. I'd bet that most mushroom collecting is from grocery stores, and can you imagine the lawsuits if Safeway sold lethal 'shrooms? So I'm guessing we really don't have to worry about this one.

2. Tomatoes. Now my brother would agree with this, but it's actually not the tomato. Just the stems and leaves So don't eat those. And, again, in grocery stores you usually can't buy tomatoes with leaves & stems. So you're pretty safe.

3. Rhubarb. Again, just the leaves. Actually there are several fruits & veggies that are on the do not eat list for their stems, pits and leaves: potatoes, elderberries, cherries, peaches, apples, and cassava (a root that must be peeled & cooked, otherwise it could kill you, but I'm betting you don't keep those in the veggie bin in your fridge for late night snacking).

4. Peanuts, shellfish – these are only dangerous if you're allergic to them. So I suspect that if you are, they aren't in your kitchen. So once again, you're pretty safe.

5. Almonds. Once again, if you're out picking your own almonds you have to be careful. The seed, in its raw form, contains cyanide. Almonds are treated with a heat process to remove the poison. I think if you're buying almonds from the store, you're safe. Cashews, same thing basically.

6. Caster oil. Now any kid will tell you that castor oil is dangerous to your health. Or at least kids that grew up a long time ago when mom fed you castor oil for whatever ailed you. But the castor bean plant is loaded with the poison ricin. So make sure you read the labels on the bottle to make sure it tells you that the ricin was all removed from the product. I'm kidding. Kind of. Again, this falls under the Safeway caveat. If you're out picking your own castor oil, be careful.

7. Fugu or puffer fish. I think everyone knows that pufferfish can be deadly if not prepared by an experience chef. That's why nobody keeps pufferfish in their kitchen. It was about this point on the list that I began having my doubts about the list. I don't think even well stocked kitchens keep a supply of pufferfish on hand. I could be wrong.

8. Nope. Don't think I was wrong. The next food on the list is sannakji or live octopus. Because, of course, we all keep live octopus (octopi?) in the kitchen. And octopus is not poisonous, the warning is all about the suction cups on the legs. They can get stuck on your throat if you don't chew them properly. Ugh.

9. Next on the list is something you can't even buy in grocery stores because it is banned in the U.S. Ackee, which is a pear shaped fruit. It has to be fully ripe before you eat it or it's deadly. So unless you're trying to smuggle it in from somewhere, it won't be in your kitchen. You can relax.

10. Honey. Now this was the only thing on this list that made a little sense. Honey, apparently, needs to be properly pasteurized. Now, don't send letters. This little advice from Men's Health isn't quite accurate. Raw honey and regular honey do contain some bacteria called clostridium botulinum, which can sometimes cause botulism: food poisoning. So too much of a good thing is probably the rule to follow. Don't eat the whole bottle.

11. Kidney and lima beans. Now, if you opt for the canned variety, you've got nothing to worry about. If you're soaking your own – you're nuts, first of all. Raw beans have to be soaked for hours before you use them, and if you don't, and don't drain them well, then – yup, you got it. You haven't removed all the toxins which can kill cells in your stomach (kidney beans) or produce cyanide (lima beans).

12. Now this one's fun: nutmeg. If you eat a lot of it (more than what you might sprinkle on baked goods or drinks) it can give you hallucinations. Which brings us back to mushrooms and those magic ones that Alice (of Wonderland or Jefferson Airplane) was so fond of.

13. Chili peppers – as in eating to excess in an eating contest. The chemical, capsaicin, which makes them spicy, can cause your lungs to contract. So eating a lot of them could make it more difficult to breathe.

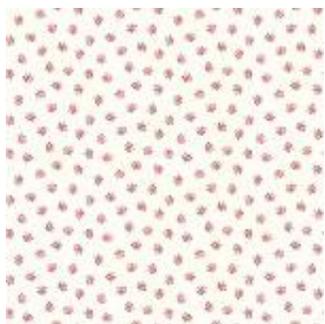
14. Marshmallows: eating too many at once, as in stuffing a whole bunch in your mouth at once, can cause you to choke. Actually stuffing a lot of almost anything can cause the same thing, like hotdogs. So unless you're in a marshmallow or hotdog eating contest, I wouldn't worry about this one.

So while this list is informative, I don't think any of us has anything to worry about so long as we're buying groceries from the store. And if you're not, this list contains excellent suggestions on how to find your own poisons. And I don't want to know anything about that.

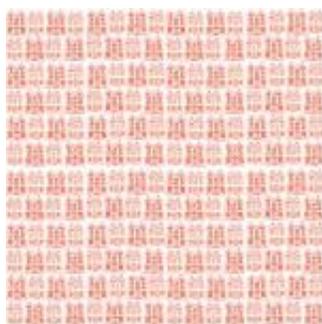
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## What's New

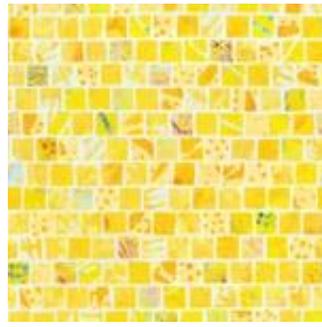


From Riley Blake

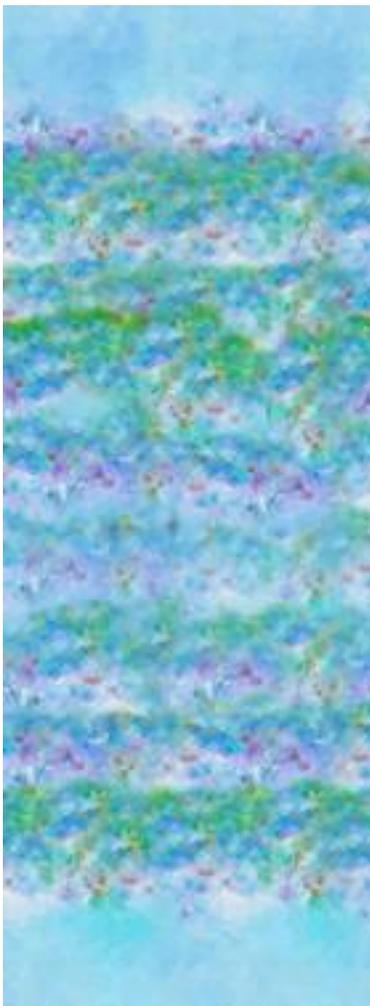


Houses





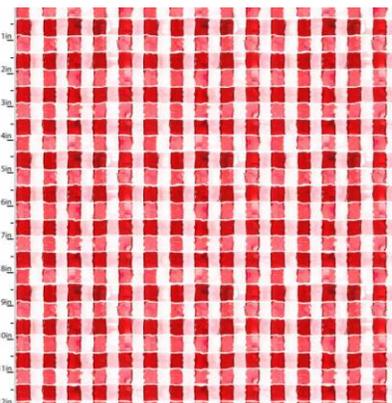
From Hoffman







From 3 Wishes



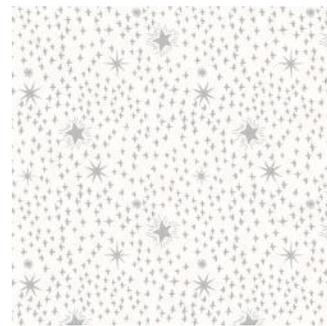
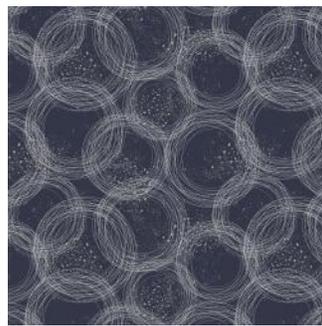


Riley Blake



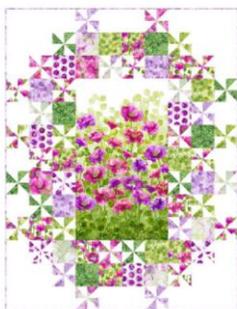
From Clothworks



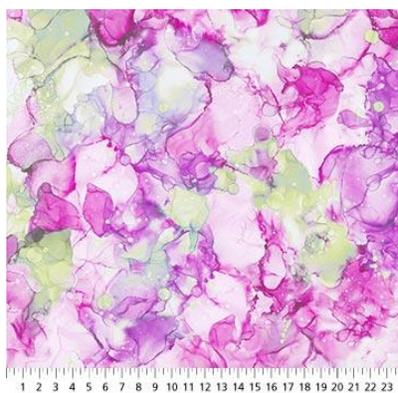
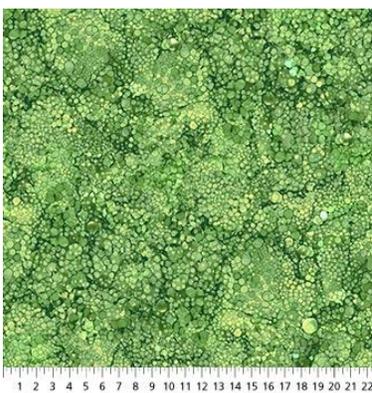


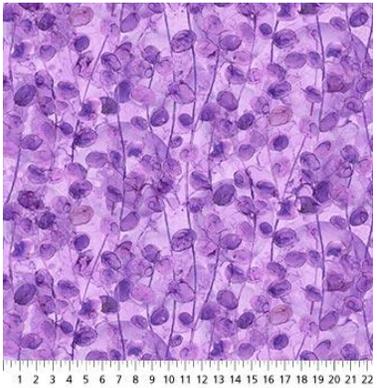
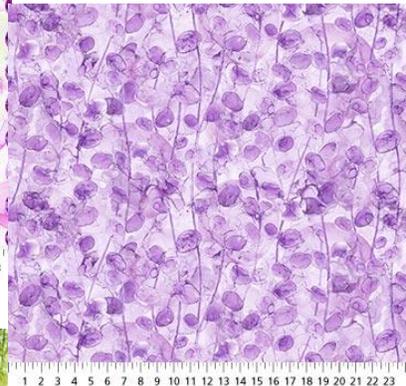
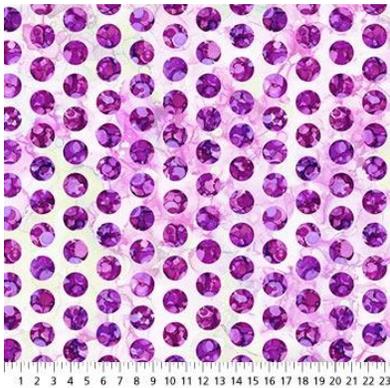
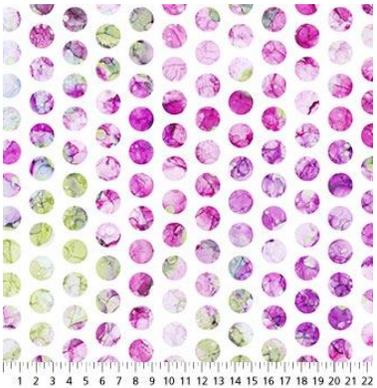
From RJR

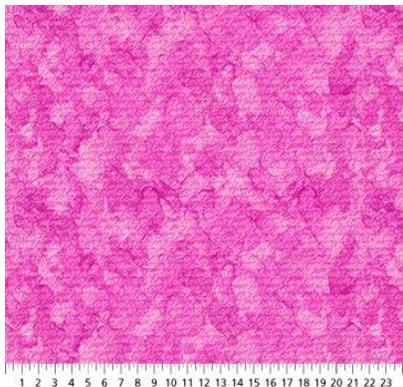
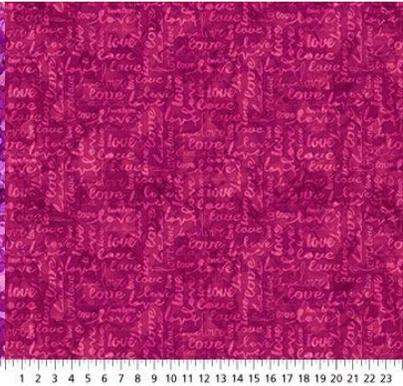
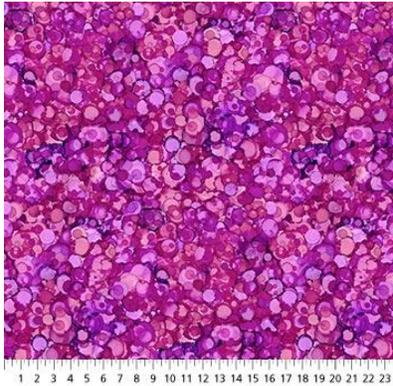
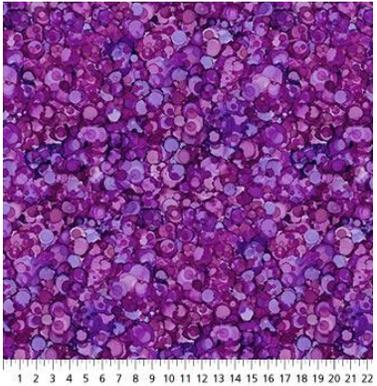
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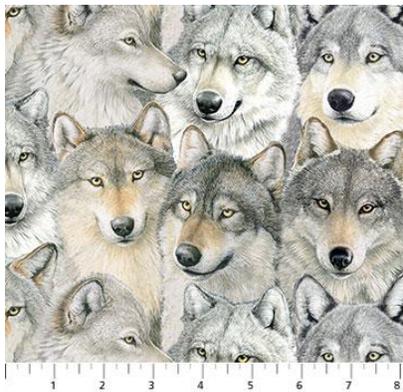
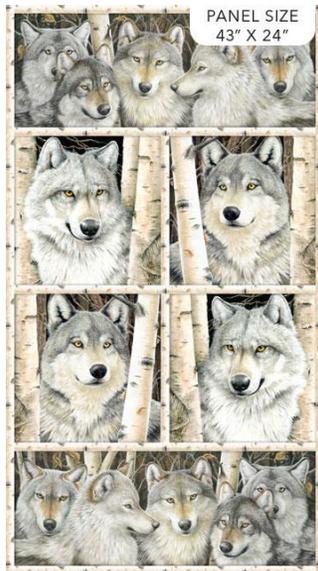
Northcott: Above quilt pattern

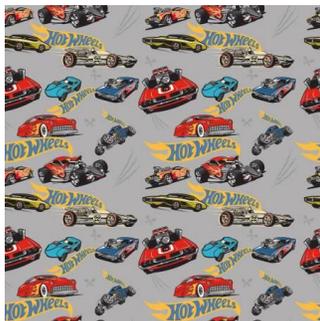
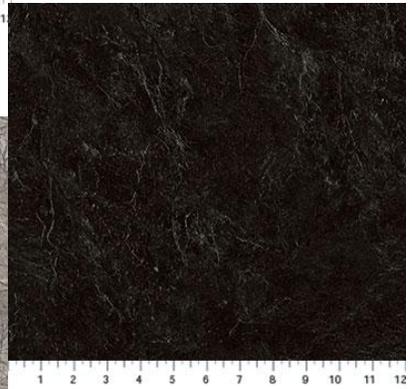






Northcott: We have one kit left



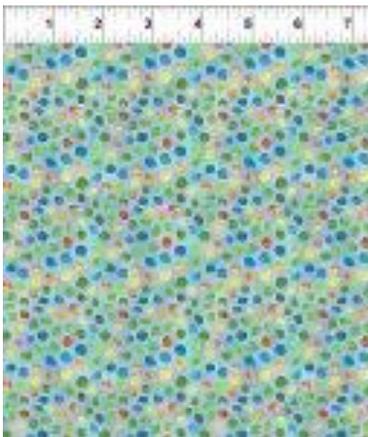
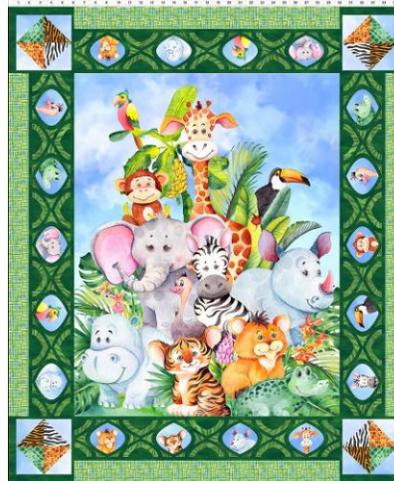


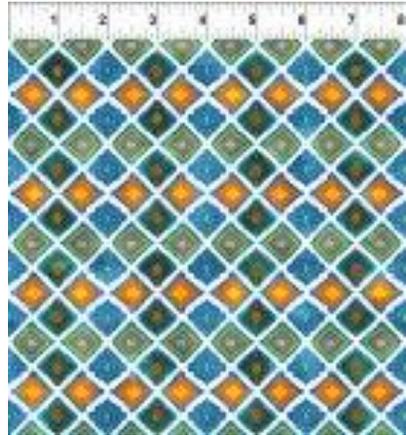
Riley Blake

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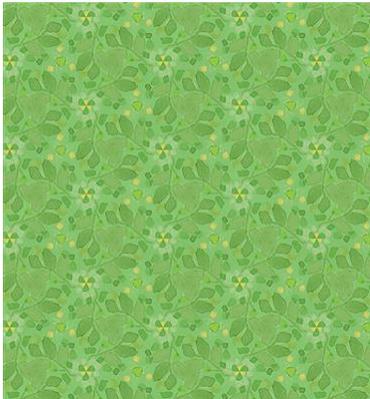


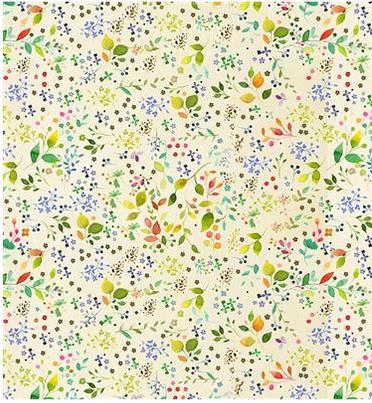
From In the Beginning: We made kits





From Clothworks







From Clothworks

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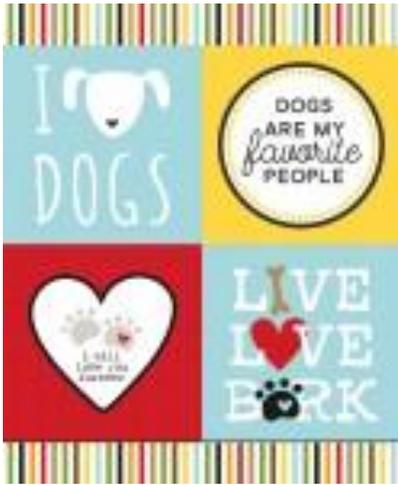
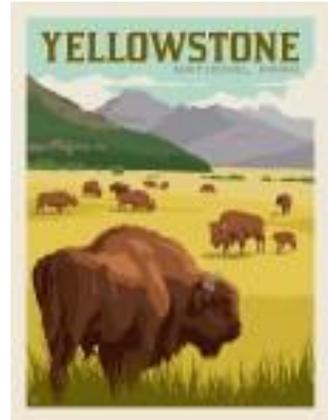


Northcott





Riley Blake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Long Arm class 10:30	3 Long Arm Rental Day	4	5 BOM 10:30 Northcott BOM tips and tricks 1-3
6 Beginning Quilt 1-4	7	8 Hand work Club 2-4	9 Knit Pickers' Club 2-4	10 Panel Workshop 1-4 Long Arm Rental Day	11	12 Embroidery Club 10-noon Crazy Quilt Day 1-4
13 Beginning Quilt 1-4	14	15 Hand work Club 2-4	16 Long Arm class 10:30	17 Long Arm Rental Day	18 Full moon	19 National Quilt Day Demos TBA Crazy Quilt Day
20 Beginning Quilt 1-4	21	22 Hand work Club 2-4	23 Knit Pickers' Club 2-4	24 Long Arm Rental Day	25	26 Laura Heine collages & working with <u>fusibles</u>
27 Beginning Quilt 1-4	28	29 Hand work Club 2-4	30	31 Long Arm Rental Day	Color of the month: green	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color of the month: yellow					1	2  BOM 10:30 Nova/Sidekick ruler quilt 1-5
CLOSED 3	4	5 Hand work Club 2-4	6 Beginning Machine Quilting 1-4	7 Long Arm Rental Day	8	9 Embroidery Club 10-noon Spider web 1-5
CLOSED 10	11	12 Hand work Club 2-4	13 Knit Pickers' Club 2-4	14 Long Arm Rental Day	15	16 Deb Tucker's Tumbling Triangle w/V Block Ruler
CLOSED Easter 17	18	19 Hand work Club 2-4	20 Beginning Machine Applique 1-4	21 Long Arm Rental Day	22	23 Spider web 10:30-4
CLOSED 24	25	26 Hand work Club 2-4	27 Knit Pickers' Club 2-4	28 Long Arm Rental Day	29	30 Sewing Apron with lots of pockets 10:30-4

## March Classes

Laura Heine Quilts (your choice) Sat March 26 10:30-4 \$35 Jean Korber

LH quilts are collage quilts, built from a foundation by adding colorful prints in various shapes to create the quilt. Jean will walk you through the essentials, help you decide fabrics and placement, teach you about using the fusibles, and show you finishing techniques – from no sew to machine quilting. Then fun part of these quilts is choosing the fabrics to create your design, whether it's a sloth, a cat, an owl, a horse or a day of the dead skeleton. You get to decide, plan, design and build your unique wall hanging.

## April Classes

Beginning Machine Applique Wed April 20 1-4 \$40 Barb Boyer

Learn the basics of machine applique. I will teach you how to do the satin stitch and button hole (blanket stitch) around the edges of you applique, including doing points or tips (like on Christmas trees and stars), corners and curves. I will provide the samples for your practice. All you need is a foot that will allow wide (zig zag) stitching.

Beginning Machine Quilting Wed April 6 1-4 \$40 Barb Boyer

Learn the basics of machine quilting from start to finish: Getting the top pieced properly, pinning the quilt sandwich, choosing the pattern and thread, and quilting. You will practice on samples provide in class. You will need a hopping/darning foot as most of the class will focus on free motion quilting.

**Deb Tucker's Tumbling Blocks Saturday April 16 10:30-4 \$35 Jean Korber**

By Combining two contrasting fabrics you will create triangles tumbling down the quilt. Using your V Block tool, this quilt is fun and quick. Just jump right in and give it a whirl! It's fun to work with new rulers to create new and interesting blocks!

**Nova/SideKick Ruler Saturday April 2 1-4 \$35 Barb Boyer**

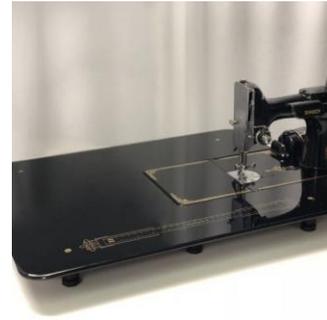
The SideKick ruler is another of the Jaybird Quilt rulers (Hex N More). The Nova pattern is for a table topper and you will learn how to cut a piece using the SideKick ruler. And just like the Wonton class it's a perfect class for learning a new skill and a good introduction to the ruler. I know it's really early to start thinking about it: But this table topper would be great in Christmas colors. I'm just saying..... Coming this summer, look for additional quilts using both the SideKick and Hex N More rulers!

**Sewing Apron with lots of pockets Sat April 30 10:30-4 \$30 Jean Korber**

You've seen Jean and her sewing apron that she wears during classes? One with all sorts of pockets for all the things you need to keep handy when you're sewing? Well, she's not teaching that apron (she'll show you how she does it, though, in class). But she is teaching a similar apron pattern, with lots of pockets. You may even get the entire apron made in class! And think what fun gifts aprons would be for ..... Christmas! It's not too early to get started!

**Spiderweb Quilt April 9 (1-4) and 23 10:30-4 \$35 Barb Boyer**

This quilt incorporates strip piecing/panel sewing and 60 degree triangles. You will need a 60 degree triangle ruler (8 or 10 inch is the most useful size, but if you have the 12" which is used in Triangle Frenzy quilts, it will work just fine). You will also need lots of 2" scraps. I suggest cutting all your strips (or a bunch of them) prior to class. Most useful is 2" X 42", but shorter strips can also be used. Best colors are medium and dark—scrappy is fun! The first class is sewing & cutting the blocks. The second class is sewing the rows together: new skill learned is how to make the seams all meet properly!



## Nolting Quilting Machines

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## Nolting Longarm Machines

Nolting has 5 main machines, each with different reaches: from 17" to 30" depending on the machine. They are sold with or without a frame, but after I saw & helped set up one of the steel frames this week, I recommend buying the frame. All machines, except for the Standard--the most economical machine-- have a stitch regulator. I recommend a stitch regulator. All machines can be equipped with a computer and there are a couple of different ones to choose from. In addition, you can get an extended table base so that you can use rulers, you can get larger bobbins on some of the models and on the frames you can get hydraulic lifts to raise and lower the tables. In the coming weeks, I will print out more information on each model.

The best entry level machine is the Fun Quilter. It comes in 17", 20" & 23" reach. It comes with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.

The Pro Machine has the Intellistitch Turbo stitch regulator, single stitch option, standard speed control, needle up/down and customizable handles in the front & rear. The Pro Machine comes in 20", 24" and 30" reach with 10-12" of inside height. There are easy dials on the front to set stitch length and other options. This machine can also be equipped with a computer.

The NV Machine is the newest in the fleet of Nolting machines. This machine has a touch screen with programmable stitch regulation. You can stitch in 4 different stitch modes plus single stitch and needle up/down. It also has an adjustable brightness LED work light. This machine can also be equipped with a computer.

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**Normal Shop Hours:**  
**Monday-Saturday 10-6**  
**Sunday 1-5**  
**Closed first Sunday of month (and some holidays)**  
**New Hours for Standard Time (starting Nov 7-March 13)**  
**Monday-Saturday 10-5, closed Sundays unless a class is scheduled. Then we're open 1-5.**  
**Check the schedule.**

Join the fun and come feel the difference of quality fabrics.  
Happy quilting!

Sincerely, Barbara Boyer  
Around the Block  
307-433-9555  
[www.aroundtheblockquilts.com](http://www.aroundtheblockquilts.com)

