

Please continue to send recipes, information about restaurants, stores, favorite websites, articles, sightings of new GF foods and anything else you would like to share with the group. Did you have a GF vacation? Did you go on a cruise? Did your GF child go to a camp? We would love to hear from YOU. This is your group and newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter. If you sent me an item, and you don't see it in the newsletter, let me know. I have been known to lose emails.

## Gluten Free in Central Arkansas, branch of GIG

[www.centralarkansasgig.org](http://www.centralarkansasgig.org)  
[www.gluten.net](http://www.gluten.net)

July 2008

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### Calendar for GFCA

Monday, July 21 from 6-8pm - Bob's Red Mill has sent us some packages of their new pizza dough mix. Terri Murdoch will be making GF pizza. We will also have sampling of other baked goods.

Monday, August 18 - to be announced

Monday, September 15 - to be announced

Monday October 20 - Jen Wright attended Gluten Free Baking International in Denver and the New York Culinary Institute. She will talk about the experience and share recipes and foods.

There will be no formal meeting in November or December

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## **GIG Annual Educational Conference**

I know that about 8 people from Arkansas attended this wonderful conference. I am sorry your were not all able to be there. I have attached Terri Murdoch's and my notes from the meeting. If you are unable to open pdf files, let me know and I will send it to you in another format.

Next year the meeting will be in Seattle.

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## **Gluten Free Birthday Party**

On June 21 GFCA held a GF birthday party. Sherri Clay had the most beautiful cake made and decorated by Keli's Cakes [www.keliedwards.com](http://www.keliedwards.com). The cake was made from a mix by Namaste. I want to thank Whole Foods for all the support they give to our group. Children received a bag of goodies, adults received a \$5.00 gift card from Whole Foods. Drug Emporium supplied the ice cream cones.

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## **Beer**

Did you see the article in the Arkansas Democrat Gazette Sunday? It was all about gluten free beer in Arkansas.

<http://www.nwanews.com/adg/News/229988/>

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# Recipe Corner

## Tuna and Cucumber Sandwiches on Rice Rounds

From RecipeZaar.com and submitted by Terri

- 1 (7 ounce) can tuna in water, drained
- 1 cucumber, peeled seeded and diced
- 1 tablespoon gluten free soy sauce (La Choy or non-fermented Kroger brand)
- 1/4 cup mayonnaise
- 4 rice cakes, rounds

Break up tuna and mix with cucumber. Add soy sauce and mayonnaise and mix well. Spread 1/4 of the tuna mixture over each rice cake. Serve.

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Tuna needs to be served with pickles. Deanna Biles, who now lives in Tacoma, sent in these recipes:

### Refrigerator Pickles

Combine 7 cups thinly sliced cucumbers, one onion, and one tablespoon non-iodized salt (sea salt is fine).

Let stand one hour. Drain.

Add two cups sugar, one cup vinegar, and half a teaspoon celery seed.

Put in covered container. Keep in refrigerator.

### Refrigerator Dill Pickles

A gallon thinly sliced cucumbers

1 large onion, thinly sliced

3 cups sugar

3 cups white vinegar

? cup non-iodized salt

1 T. mustard seed

1 T. celery seed

1 T. dill seed

1 teaspoon turmeric

Place cucumbers and onion in glass jar or crockery container. Mix rest of ingredients together and pour over cucumbers. Place container in refrigerator (pickles will make their own juice as they set).

Ready to eat in 48 hours, but will keep up to one year. Must be kept refrigerated.

Note: you may wish to store pickles in smaller jars after the first 48 hours for easier storage.

## Marinated Cucumbers Grand Mere

2 large peeled cucumbers

Salt (freshly ground sea salt is nice)

1 cup apple cider vinegar or white vinegar

3 tablespoons honey or brown sugar

1 bunch green onions cut up

Slice cucumbers thinly. Arrange in layers in a bowl, salting each layer. Cover bowl with a plate and let stand for 40 minutes. Drain and dry cucumbers with a clean towel. Mix the vinegar and honey together until well-blended. Add the cut-up onions to the cucumbers.

Pour the marinade over all and refrigerate overnight.

Variation: Add 1/2 cup of plain yogurt or sour cream to the marinade.

Yield: 6 servings

This is the first half of your July newsletter. I wanted to get the notes from the GIG conference to you as quickly as possible. Have a wonderful and safe 4th,

Anne Luther  
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Information in this email/letter is not medical advice. Please contact your medical team for diagnostic and treatment concerns