

### And this week...

My friend has been visiting from Canada this week and we have had the most amazing weather; springlike warmth, perfect for the dozens of marsh, beach and trail walks that we have taken. She just left (hence the delay in this going out this morning and my lack of postings last week) and seems to be taking the warm weather with her -- I opened the front door this morning to hard frost on the bushes and ground. The grass looked very pretty, and there was a certain appeal to the crunch-crunch sound it made as I tromped on it, readying the trash bins for the weekly dump run, but I will miss enjoying Cape Cod nature in mid-November, sans coat, hat and gloves.

We also ate for the Olympics, but I have been enjoying her company too much to sit down and transcribe the recipes immediately after eating as I usually do. I will post belated recipes for last week as soon as I can. Please stay tuned for recipes for (among other things) lasagna soup, chicken with honey-miso glaze, and salmon with roasted fennel and cucumber sauce.

Since I have let you down a bit on the recipe and newsletter front this week, please enjoy a few photos of Cape Cod instead, and check back in to the blog Tuesday or early Wednesday when I should be up to date, just in time for a dinner party on Wednesday night.







