



### How to store fresh herbs

Cilantro, also called coriander, and other leafy fresh herbs like parsley and mint come in bunches, which can be stored like bouquets of flowers: Place them in a tall glass with about one inch of water, cut ends down. Cover the tops loosely with plastic wrap to allow some air to circulate through; in an airtight container, trapped moisture makes the herbs go bad more quickly. Change the water every day or two. Cilantro often comes with the roots still on, which helps the herb stay fresh longer, so don't trim them before storing.

### The Longest Day of the Year

On or around June 21 each year, the rays of the sun will be perpendicular to the Tropic of Cancer at 23°30' North latitude. This day is the **summer solstice** in the Northern Hemisphere. On this day, the earth's "circle of illumination" will be from the Arctic Circle on the far side of the earth (in relation to the sun) to the Antarctic Circle on the near side of the earth. The equator receives twelve hours of daylight, there's 24 hours of daylight at the North Pole and areas north of 66°30' N, and there's 24 hours of darkness at the South Pole and areas south of 66°30'. In the northern hemisphere the longest day is June 21<sup>st</sup>, and the shortest day is December 21<sup>st</sup>. In the southern Hemisphere June 21<sup>st</sup> is of course the shortest day, and December 21<sup>st</sup> the longest.

## LIVE WIRE

### A Slice of Knowledge

Not all apples are created equal. Some apples are better for eating raw, and others, better for cooking. For example, dessert or table apples are best when raw and include varieties like Red Delicious and Gala. When making a pie or even a savoury dish, try ones that hold up well for baking and cooking, like Granny Smith or Cortland.

### Volunteers Needed

The Peterborough Museum & Archives is in need of youth volunteers to assist with the Summer Discovery children's program. Please contact Jessica Monteith at the Museum by calling 743-5180 or visit their website at [www.pcma.ca](http://www.pcma.ca).

### Fill up this Summer

Don't forget to hydrate yourself this summer with fluids. Our bodies sweat much more in the summer so it is important to replace lost fluids continuously. Chances are when you are thirsty, you are already dehydrated and being dehydrated leads to a whole other set of problems. Water is the ideal option, but other fluids are also beneficial.

### Wasaga boasts the longest freshwater beach in the world!!!

**Wasaga Beach, Ontario** - Sink your toes into the soft white sands of the longest freshwater beach in the world. The Beach is 14 miles long (8.6 Km).

### Graffiti Clean up

On Saturday June 6, 2009 the Peterborough Youth Commission along with the Peterborough Youth Council and friends will be cleaning up the Graffiti on the Kinsman arena. Painting will begin at 9:00 am and lunch will be served at 12 noon. If you are interested in assisting with this clean up please call Ellen at 742-7777 x 1805.

### Recreation EXPO

The City of Peterborough Recreation Division with the support of Parks and Recreation Ontario are promoting June as Recreation and Parks month. This year the Recreation Division will be hosting a community event on Saturday June 6, 2009 at Del Crary Park. A BBQ lunch will be provided. Check out the website for more information on the celebration activities. [www.recreationpeterborough.ca](http://www.recreationpeterborough.ca)

### Presenting the Peterborough 2009-2010 Youth Council

Hannah Keating - St. Peter's  
Madeleine Brown - Adam Scott  
Paida Magumbe- St. Peter's  
Kyle Yates - Kenner  
Madiyah Alam- Adam Scott  
Ricky McDougall- Adam Scott  
Kaitlin Kubinski-Monsignor O'D  
Rachel Harkes-PCVS  
Lindy Van Vliet - PCVS  
Andrew Khangura-PCVS

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.  
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