

engaged.



11 NOVEMBER 2021

From Chelsea

Hello everyone! We are back for another edition of *Engaged*. This week let's explore the theme of baking and cooking. Everyone has a preference, depending on whether you have a savoury or sweet tooth. I know I love a good caramel slice or ginger crunch when I need that sweet treat or that 3pm pick me up!

Isn't it interesting how our preferences change as we go through life? I am sure we all have memories of special moments in the kitchen with our loved ones and friends, creating the most delicious food.

Sometimes the oddest creations are the most memorable. To this day I will never forget trying to ice a Zephyr (car) shaped cake with my sister for my dad's birthday. Let's just say he never received the cake, but the memory of that always makes my sister and me smile and giggle. Why not take a moment to think about the special foods in your memories, maybe even recreate them this week!



Chelsea

Chelsea Richdale

Operations Activity and
Lifestyle Coordinator



Did you know:

Betty Crocker isn't a real person. She is the brainchild of an advertising campaign developed by the Washburn-Crosby company in 1921.

The Egyptians were the pioneers of baking as the first recorded civilization to use yeast in their breads as long ago as 2600 BC.

The Caesar Salad originated from Tijuana, Mexico!

A chef traditionally wears white because the chef of the first prime minister of France in 1815 believed that white was the most hygienic of colours.

Send us your content!

We would love to hear from you!

Email us at
engaged@rymanhealthcare.com

Create platters for the summer months

Explore our Ryman Lifestyle page for inspiration in creating a variety of platters for the upcoming summer months:

www.rymanhealthcare.co.nz/lifestyle



SUDOKU

Fill in the grid so that every row, column and 3x3 box contains the digits 1 to 9

	3				8	1	7	5
7		9			5			
9	4		8			5		
2		5	9		6	7		8
		8			7		4	9
			6			8		1
8	9	3	7				2	

Easy

	5			3				
	4	7						
		8	6	4				7
5						7		3
	8		3		2		9	
1		6						5
4				8	6	1		
						4	5	
				9			8	

Medium

		4	2		8	6		
	9					8		
	8	1	3		6		5	
			5		2	3		
		3				4		
		8	6		1			
	7		9		3	1	8	
		9					6	
		2	8		7	5		

Hard

TOTALISER

The answers to these questions are all numbers. Added up, they will total 432.

1. In Scrabble, how many points is the letter P worth?
2. How many days are there in a year?
3. What number was the 'Catch' in Joseph Heller's novel?
4. What number is dix French for?
5. How many wheels are there on a tricycle?
6. How many lunar months are there in a year?
7. How many sides does a pentagon have?
8. How many English monarchs have been called Elizabeth?
9. How many hulls does a trimaran have?
10. How many players are there in a volleyball team?

CROSSWORD

	1		2		3			4		5		6	
7							8		9				
10					11								
12			13				14						
	15							16					
17								19				20	
21										22			
23							24						

Across

7. Unit of weight (8)
9. Creature (6)
10. Bee colony (4)
11. Loathsome (10)
12. Pure (6)
14. Plot (8)
15. Group of stars (13)
17. War memorial (8)
19. Two-section glove (6)
21. Winter sport (3,7)
22. Endearing (4)
23. Make wealthy (6)
24. Day of the week (8)

Down

1. End (6)
2. Misplace (4)
3. Incline (8)
4. Country (10)
5. Let down (10)
6. Witch's pot (8)
8. Children's party game (7,6)
13. Fail or succeed by one's own efforts (4,2,4)
15. Shaped like a new moon (8)
16. Omnipotent (8)
18. Indifference (6)
20. Snare (6)
22. Centre (4)

SOLUTIONS

Totaliser

1	3	2	365	3	22	4	10	5	3	6	13	7	5	8	2	9	3	10	6
4	9	3	3	5	2	5	6	4	5	9	6	8	1	7	2	3	4	5	1
6	5	2	8	3	7	9	1	4	6	8	1	3	8	6	1	7	2	3	4
7	5	4	2	9	8	6	3	1	4	5	9	6	8	1	7	2	3	4	5
8	1	9	4	2	5	7	6	3	1	4	5	9	6	8	1	7	2	3	4
9	4	8	6	3	1	2	7	5	6	8	1	3	8	6	1	7	2	3	4
10	5	2	3	7	8	9	4	1	6	1	7	2	3	4	5	6	7	8	9
11	6	1	7	5	4	2	3	6	9	7	4	8	2	5	6	1	7	2	3
12	2	8	1	3	7	6	9	5	4	1	6	1	7	2	3	4	5	6	7
13	3	6	5	8	9	7	4	8	2	5	6	1	7	2	3	4	5	6	7
14	9	1	8	6	4	5	2	3	7	1	3	7	4	9	6	2	5	8	1
15	7	2	9	1	6	5	4	8	3	6	8	1	3	7	4	9	6	2	5
16	8	3	4	7	2	1	9	5	6	8	1	3	8	6	1	7	2	3	4
17	5	8	1	3	7	4	9	6	2	5	6	1	7	2	3	4	5	6	7
18	6	3	4	2	9	1	6	5	4	8	3	6	8	1	3	7	4	9	6
19	7	2	9	1	6	5	4	8	3	6	8	1	3	7	4	9	6	2	5
20	8	3	4	7	2	1	9	5	6	8	1	3	8	6	1	7	2	3	4
21	9	1	8	6	4	5	2	3	7	1	3	7	4	9	6	2	5	6	8
22	5	2	9	1	6	8	7	4	3	6	8	1	3	7	4	9	6	2	5
23	6	5	2	8	3	7	9	1	4	7	2	3	4	5	6	7	8	9	1
24	8	3	7	9	1	4	6	5	2	3	7	1	3	8	6	1	7	2	3

Sudoku

Easy

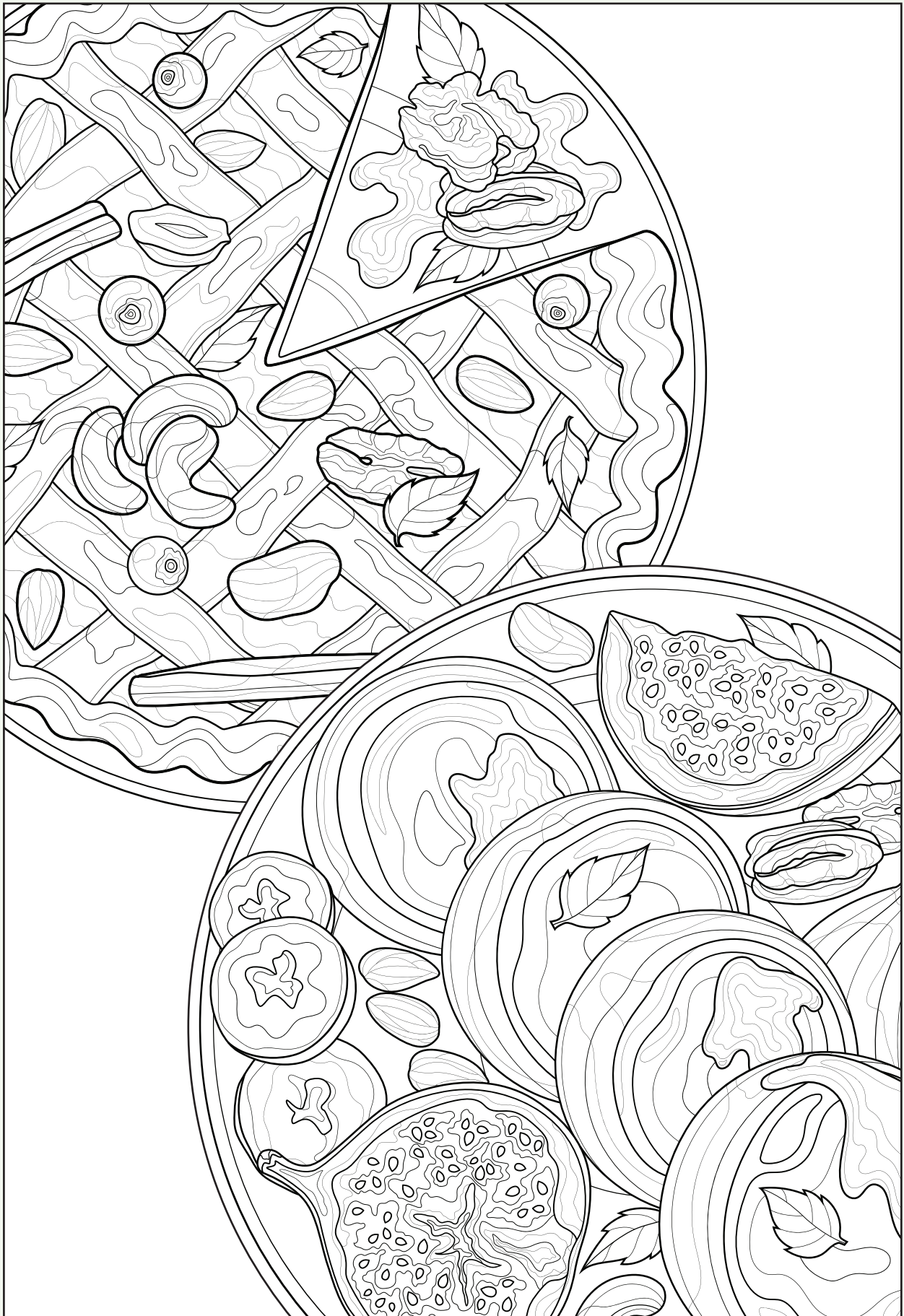
Medium

Hard

Crossword

Across: 7. Kilogram, 9. Animal, 10. Hive, 11. Despicable, 12. Chaste, 14. Conspire, 15. Constellation, 17. Cenotaph, 19. Mitten, 21. Ice skating, 22. Cute, 23. Enrich, 24. Saturday, 2. Finish, 2. Lose, 3. Gradient, 4. Nation, 5. Disappoint, 6. Cauldron, 8. Musical chairs, 13. Sink or swim, 15. Crescent, 16. Almighty, 18. Apathy, 20. Entrap, 22. Core.

Colour me!



How to grow citrus

Cook with the rind, bake with the flesh, clean with the juice, decorate with the leaf, infuse it, dry it, devour it! There are plenty of uses for citrus plants and their sweet, tangy fruit. Grapefruit, lemon, orange, lime, mandarin, take your pick!

Balconies and indoors

Planters limit the varieties you can choose from, so be sure to select from those that don't need a lot of root space. A dwarf variety is the best option when planting indoors or on balconies. Once planted under cover, sun exposure will be especially important and regular attention water-wise will be required. It's also a highly rewarding and decorative way to enjoy citrus, so don't be dissuaded!

In the garden

Citrus plants thrive in full sun positions. They can grow very large in the right conditions and bear plenty of fruit. They're susceptible to certain pests and also require the right level of water – overwatering or underwatering are both challenges. Consider the wind when positioning your plant. Citrus crops are resilient but strong winds can tear leaves off.

Preparing healthy, fertile soil

The nutrients and minerals found in your plant's soil contribute heavily to its survival. It's essential to prepare this soil well so that your plant has all the nutrients it requires. A citrus plant cries for help through its leaves. For example, if the leaves turn yellow, your plant is likely low on magnesium and requires a dose of citrus fertiliser. Use organic matter like compost and sheep pellets blended with a citrus fertiliser to build your base soil. As these nutrients are used by the plant, be sure to replenish them.

Keeping your plant in one piece

Be sure to stake the plant when you first put it in soil, to avoid any root damage. Staking is a fantastic technique for encouraging plants to grow straight. It also supports the trunk and stems in the face of strong winds.

Harvesting the fruit

Citrus plants take time to produce quality fruit. For the first two years, any fruit growth must be removed before it gets larger than the size of a pea. This is to help the plant grow strong and healthy before bearing the weight of heavy citrus fruit. Young stems can be weighed down by the fruit and can snap or be damaged under the strain. You'll reap the rewards once your plant is established and can produce higher quality fruit for season after season.