



URJ * CAMP
COLEMAN
CAMPSCAPE JOURNAL
SUMMER 2019

*Dedicated to Lauren "LZ" Zeichner, on her 25th year at Coleman
by, Brooklyn Armstrong, Liat Bruck & Marissa Feig*

When life gives you lemons, make Limonana!



Ingredients

- 1 cup fresh lemon juice
- ½ cup mint leaves
- ½ cup lemon balm leaves (optional)
- 3-4 tablespoons granulated sugar (adjust to taste)
- 3 cups ice

Directions

Blend all of the ingredients at high speed. When the ice is crushed, the limonana is ready!

Modification

Add 1 cup cold water in lieu of ice cubes, blend and pour into ice cube trays. Freeze and enjoy refreshing ice cubes in your water or tea.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא עֲשָׂבִי בְשָׁמִים.

Baruch atah Adonai, Eloheinu melech haolam, borei isvei b'samim.

We praise You, Eternal God, Sovereign of the universe, who creates fragrant flowers and herbs.



השכיבנו

הַשְׁכִּיבֵנו יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ מִלְכָּנוּ לְחַיִּים,
וּפְרוֹשׁ עֲלֵינוּ סִפְת שְׁלוֹמְךָ ...
וּשְׁמוֹר צְאֲתָנוּ וּבּוֹאֵנוּ, לְחַיִּים
וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.
בְּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִפְת
שָׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ
יִשְׂרָאֵל וְעַל יְרוּשָׁלָיִם.

Hashkiveinu

*Hashkiveinu Adonai Eloheinu l'shalom,
v'ha'amideinu malkeinu l'hayim. Ufros
aleinu sukkat sh'lomekha. ... U-sh'mor
tzeteinu u-vo'einu l'hayim u-l'shalom mei'ata
v'ad olam. Barukh atah Adonai, ha-poreis
sukkat shalom, aleinu v'al kol amo yisrael,
v'al y'rushalayim.*

Cause us to lie down in peace, Adonai our God, and awaken us to life, our King. Shelter us with Your sukkah of peace. ... Guard our coming and going for life and for peace, now and always. Blessed are You, Adonai, who spreads your sukkah of peace over us and over all your people Israel and over Jerusalem.



King Solomon and the Bee

And so the story goes, that the Queen of Sheba had come to test King Solomon's wisdom and to ask him riddles. The Queen ordered her servant girls to give the bunches of flowers she brought from her country to King Solomon.

"I have heard so much about your wisdom, King Solomon," said the Queen of Sheba. "Please look at all the beautiful flowers. They are all artificial—except one. Only one flower is real. Can you tell which one is the real flower?"

King Solomon began to worry. All the flowers looked exactly alike.

He could not tell the difference between them. As he wondered about which flower to choose, he heard a buzzing sound outside his window. He turned his head to see what was making that noise. When he saw what it was, he smiled and whispered to his servant to quickly open the window. Into the room flew the little bee. No one except King Solomon saw her as she buzzed about and then came to rest on one of the flowers.

King Solomon then said to the Queen of Sheba, "Of course I can tell the real flower from the artificial ones." He pointed to the flower on which the little bee sat. The Queen of Sheba and her servants were amazed at the king's wisdom.

The little bee had returned the favor to the king. The king thought, "Today I have learned a valuable lesson. Never look down on anything—the smallest insect may help even a king."



Bees Wax Lip Balm

Ingredients:

- 2 tbsp. beeswax
- 1 tsp. shea butter (optional)
- 2 tbsp. coconut oil
- Essential or Flavor Oil – 6-8 drops



Directions:

In a microwave safe container (i.e. Pyrex measuring cup), melt the beeswax, shea butter, and coconut oil in 30-second increments, stirring after each one. Stir in essential oil or flavor oil.

Carefully pour into sampling pots and refrigerate for one hour before use.



It is the Tree of Life to those who hold fast to it,
and all of its supporters are happy

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתִמְכֶיהָ מְאֻשָּׁר.

Eitz chayim hi la-ma-chazi-kim ba, v'tom-cheha m'ushar.

Herbed Cracker Bread

(with or without cheese/sauce)

Ingredients:

- 1 ¼ cup water
- 1 tsp. granulated sugar
- 3 ¼ cup all-purpose flour
- 2 tsp. kosher salt
- 2 tsp. fresh rosemary, oregano or basil leaves



Directions:

Mix dry ingredients with water. Add fresh herbs once mixture is a dough-like consistency. Separate dough into donut-hole sized balls and flatten over sprinkled flour. Carefully place into wood-fire oven or preheated 375 degree conventional oven until crisp.





בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה
שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל... בָּרוּךְ אַתָּה, יי, יוֹצֵר הַמְּאוֹרוֹת

Blessed are you, LORD our God, King of the universe, who forms light and creates darkness, who makes peace and creates all things... Blessed are you, LORD, who forms light.



LZ's Famous Campscape Recipes

Campscape Cinnamon Basil Cookies

Yield: approximately 2 dozen cookies

Ingredients:

- 2 c. flour
- ½ t. baking soda
- 1 t. cinnamon
- ¼ t. salt
- ¾ c. butter (unsalted)
- ¾ c. sugar
- 1 egg
- ¼ c. cinnamon basil* leaves, chopped
- *Cinnamon basil is a variety of basil which is green-leafed with purple flowers & stems.
- ½ c. chopped walnuts (optional)

Topping:

- 3T. sugar
- 2t. cinnamon

Instructions:

- 1) Preheat oven to 350 degrees
- 2) Mix dry ingredients and set aside
- 3) Cream butter and sugar
- 4) Add egg and dry ingredients, then basil and nuts
- 5) Roll into 1" balls and roll in topping
- 6) Place on baking pan 2" apart and press down slightly (you can do this with a fork)
- 7) Bake 10-12 minutes or until golden brown



Lavender Lemonade

Lavender Infusion Ingredients:

- 2 ½ C. water
- 1 ½ C. sugar
- ¼ C. fresh lavender leaves, coarsely chopped

Instructions:

- 1) Make infusion. Combine the water and sugar in saucepan. Bring water to a boil, stirring to dissolve sugar. Add lavender and remove from heat. Cover and let stand until cool. Strain and discard lavender.
- 2) Pour the infusion into a glass pitcher and add the water and lemon juice. Stir well. Add additional sugar if desired.
- 3) Refrigerate until chilled. Before serving, stir the lemonade again and fill pitcher with ice. Pour into glasses, and garnish each with a sprig of lavender.

Lemonade Ingredients:

- 2 ½ C. water
- 1 C. fresh lemon juice
- Sugar to taste
- Ice cubes
- 6-8 sprigs fresh lavender for garnish

Campscape Green Salsa

Ingredients:

- ½ pound tomatillos (5 or 6), husked, rinsed and coarsely chopped
- ½ cup coarsely chopped cilantro. (Be generous, can add more...)
- 1 fresh jalapeno or serrano chiles, coarsely chopped (without seeds), or more to taste
- 1-2 large garlic cloves, peeled
- 2-3 tablespoons chopped white onion
- 1 ½ teaspoons kosher salt

Preparation:

Put the tomatillos in a blender first, then add the remaining ingredients. Pulse a few times, then blend until the salsa is very smooth, at least one minute. Season to taste with additional chile and salt, and blend again.

Goes great with Fried Green Tomatoes!

