

Hi! I'm Mary Elizabeth!

Thanks for Visiting Little House in the County



Upper Canada Village

Is it True? Is Winter Over?

Winter might actually be over. All the signs are there. The snow has melted. The garden is planted. It has been busy here at Little House in The County but best of all, my eldest son is out for the summer! We have been enjoying each other's company a lot! We spent the weekend at Upper Canada Village. What a magical place!

His first morning home, I made crepes for him (a 15-year tradition) but this time I made them differently. I'd just wrapped up teaching my "Start Your Starter" workshop and had saved the last day's discard. Being a young starter, it had a lighter flavor than my old reliable, "Blade and Sorcerer". The crepes turned out amazing! You can taste the sourdough but it's not overpowering. I haven't been a fan of sourdough sweets, but maybe I will try my sweet recipes again but this time after I teach a starter class and have young discard.

We also had a birthday party. Farkus and Cracker turned one. We celebrated Suki as her one year being a momma. We don't know when Sturby was born since she just showed up one day, but I can assume she's the same age as everyone else. She'll get her own birthday party later this month, on the day she showed up at my door too terrified to come close but too hungry to resist.

I've also been busy working on a new book about flowers and I'm sharing a hibiscus recipe as a sneak peak.

The sourdough workshop test pilot was a huge success and I want to thank all the bakers who participated and have shared their feedback! It takes a village to raise a workshop. It takes a village to do anything truly well.



Hot Shot Hibiscus

Brightening Hibiscus Discard Face Mask

Ingredients:

- 1 tablespoon of hibiscus tea (steeped and cooled)
- 1 tablespoon of sourdough discard (or plain yogurt)
- 1 teaspoon of honey.

Instructions: In a small bowl, whisk the cooled hibiscus tea, discard (or yogurt), and honey together until you get a smooth paste.

Usage: Apply evenly to your face, avoiding the eye area. Leave it on for 20 minutes, then rinse off with warm water and pat dry.



Bloom:

Seven Days of Healing with Edible Flowers

I'm excited to tell you about the next book I'm writing. The working title is *Bloom: Seven Days of Healing with Edible Flowers*.

My grandfather was proud of his vegetable garden.

My grandmother loved the food, but she tended to the flowers. They bickered about that constantly.

“Why would you put so much effort into something you can't eat?” my grandfather would tease her.

“Because it makes me happy,” she'd say simply.

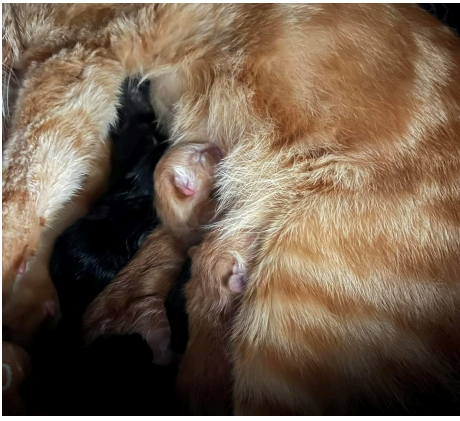
“Well, if it's good enough for my girl, it's good enough for me then.”

I loved my grandparents. I loved his vegetable patch, and I loved her flower beds.

I think I've found a compromise. A few weeks ago, I rebuilt my garden beds with the completely useless help of my feathered and furry crew. You can watch that nonsense [here](#) if you'd like.

Instead of filling my garden with only vegetables, I've dedicated an entire 4x4 bed to edible flowers.

Next week, I'll be sitting down with Paint Clan Chief Reginald Hughes of the Echota Cherokee Tribe of Alabama to talk about flowers, healing, and traditional plant wisdom. I can't wait to share what I learn with you.



A Day In The Life

This month, we had a birthday party! Farkus and Cracker turned one year old.

I am so thankful that I filmed these precious creatures entering the world and now one year later I can film the catnip chaos.

Btw-their catnip plants didn't last 10 minutes but we all had fun!

Want to celebrate with us? Check out our party [here](#) !

Happy Birthday Farkus and Cracker!!



Discard Gnocchi

I made these [gnocchi](#) as an experiment and ended up having to make them twice.

Not because I messed up, but because Johann asked for them the next night too. They turned out incredibly delicious and I want to share the recipe with you here.

Let me know if you try them and what you think!

Enjoy!




No Fail Sourdough Workshop Feedback

Thank you to all the lovely bakers who ran my test pilot. The feedback is amazing! I'm proud to see the loaves of bread you've made all across North America!

I learned very valuable points I will make in class.

The light bulb trick works in my oven but not every oven is the same. Dawn from Ohio (who shared the photo above) had to turn her light on and off. She will try the proof option on her oven.

My Canadian friends are all too stunned that it's warm outside to bake right now but as pilot testers, you have lifetime access to this course! No rush 

Thank you my friends, your feedback is valuable and will be added to the workshop to make it better!

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Little House In The County

Prince Edward County, Ontario

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