

ARTS AND ENTERTAINMENT

A DIY Gift Guide for Your Favorite Feminist

Amy Hruby, Editor



Combine a blog book and a binder full of women with this Feminist Ryan Gosling post. Image via feministryangosling.tumblr.com

Everybody knows that the holiday season is hard on your budget, and DIY gifts are more popular and well-accepted as friends choose to spend time rather than money on each other. For your favorite friends who want something a bit spunkier than the traditional cookies or kerchief, here are a few DIY gift ideas with the feminist female in mind.

Blog Books

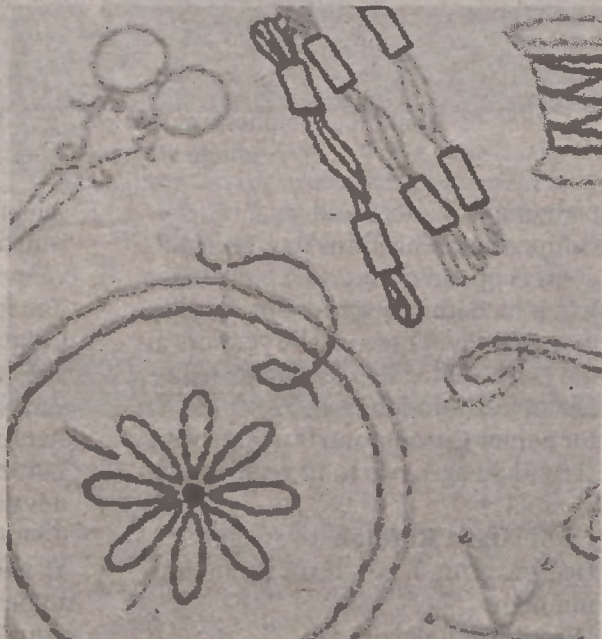
Is she the friend that always shares great articles and photos on Twitter/Facebook/Instagram? Share the love by making a book of printed articles from your favorite blogs. Crowd-pleasers for the contemporary feminist include Jezebel, Thought Catalog, and -- of course -- Feminist Ryan Gosling.

Edgy Embroidery

What crazy chick wouldn't want a pillow embroidered with a few rainbow skulls, cats or female heroines? All it takes are a few fabric scraps from old t-shirts at the thrift store, a needle and 50 cent embroidery thread from a sewing store. Extra points for inside jokes and ironic catchphrases.

Man Mugs

Pick up a mug at the dollar store, a porcelain marker from the craft store and a list of your friend's favorite hunks. Write their names all over the mug or make an attempt to sketch a portrait. Definitely a better wake-me-up than those too-small, cracked mugs she stole from the dining hall.



Embroidering embroidery! A meta-gift. Image via sublimestitching.com

Antagonistic Aprons

Everybody knows that women love to cook, right? The feminist might not agree with the gender stereotyping -- but she also might love baking from time to time! Pick up an apron and some puff paint at Michaels and cover that apron in your favorite snarky quotes -- think something like "Make your own sandwich." It'll solve all of her ideological woes in the kitchen!

Binders Full of Women

For your favorite feminist who's a fan of a political joke, grab an Avery binder at Office Max, hit Wikipedia for an afternoon, print out the profiles of your favorite female icons and make yourself a Binder Full of Women. Make sure the recipient of the binder's in it!

Parsnips Please Even Picky Eaters

Shanna Alley, staff writer

Looking for a different winter vegetable to cook up? How about trying parsnips, which are a root vegetable that are related to carrots. Even though parsnips are similar to carrots, they are sweeter than carrots when cooked. Parsnips are not a vegetable that I eat often, but I felt it would be interesting to learn how to cook different vegetables than the same ones I eat all the time. As a vegetarian I find that it is important to eat as many vegetables as possible and to eat a wide variety of them.

What health benefits are found in parsnips? They are rich in vitamins and minerals, such as Potassium, copper, manganese, iron and calcium. Also they are a good source of dietary fiber, Vitamin C, folic acid, B-vitamins, Vitamin K and E.

Roasted parsnips is one dish that is popular during Christmas in most English speaking countries and if you have never cooked them before, then perhaps think about cooking something new. Parsnips can also be used as a substitute for potatoes in a mashed potato recipe. The cooking process is the same, but parsnips would be put in place of using potatoes. While trying a new dish, you would also be getting a good source of vitamins and minerals.

Preparation and serving methods:

- When preparing parsnips, wash them in cold water and scrub the skin very well.
- Trim off the ends and cut into the size you wish.
- Be careful when cooking as parsnips have more sugar than starch so they cook pretty quick.
- Parsnips can be served in various ways, such as used in breads, pies, casseroles, cakes and in a variety of savory dishes along side fish and meat (for those non-vegetarian family members).

Winter is upon us and warm yourself up with this Creamy Parsnip Soup recipe. Check out this recipe and consider making it this holiday season. I have slightly changed the recipe to make it vegetarian friendly. Click on the recipe title and follow the link to where I found this recipe for future reference or to pass the recipe along to

family and friends.

Creamy Parsnip Soup

Serves 4; Prep time 20 minutes with total time 50 minutes.

Ingredients

- 2 tablespoons butter
- 1 pound prepared sliced leeks (2 cups)
- 1 pound parsnips, trimmed, peeled, and cut crosswise into 1-inch pieces
- 2 apples, peeled, cored, and cut into 1-inch pieces
- 1 medium baking potato (about 1/2 pound), peeled and cut into 1-inch pieces
- 1 can (14.5 ounces) vegetarian broth
- 1/2 cup heavy cream
- Salt and pepper

-- Leek garnish

Directions

Heat butter in a large pot over medium heat. Add leeks (reserving 1/2 cup for garnish). Cook, stirring, 5 minutes. Add parsnips, apples, potato, broth, and 4 cups water. Bring to a boil; reduce heat and simmer, partially covered, until vegetables are tender, 20 to 25 minutes.

Working in batches, puree soup in a blender until smooth. Return it to pot; stir in cream. Season with salt and pepper. Serve with Leek Garnish. To make leek garnish, in a large skillet, heat 1 tablespoon butter over medium-high. Add reserved 1/2 cup leeks; cook, stirring, until golden brown, about 3 minutes.

Want to expand your knowledge on parsnips and what other recipes parsnips can be used in besides roasting them? Check out this book by Andrea Chesman entitled "Recipes from the Root Cellar: 270 Fresh Ways to Enjoy Winter Vegetables." This book has other recipes for other root vegetables so it is perfect for the winter season.



Parsnips -- Image via google.com