

FEBRUARY NEWSLETTER



FROM OUR HOME TO YOURS

Gnocchi with Spinach & Chicken Sausage



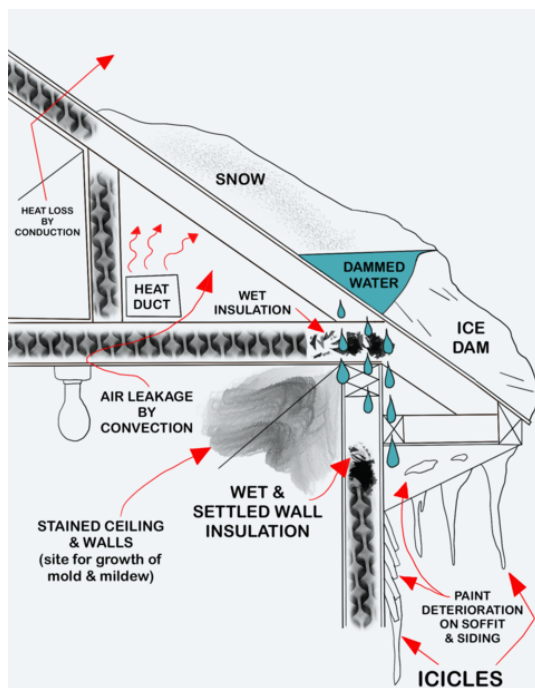
- 16 oz gnocchi
- 2 tablespoons olive oil
- 12 oz cooked Italian chicken sausage links, halved and sliced
- 2 shallots, finely chopped
- 2 garlic cloves, minced
- 1 cup white wine
- 1 tablespoon cornstarch
- 1/2 cup chicken broth
- 3 cups fresh baby spinach
- 1/2 cup heavy whipping cream
- 1/4 cup shredded Parmesan

Directions

1. Cook gnocchi according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat; cook sausage & shallots until sausage is browned & shallots are tender. Add garlic; cook 1 minute.
2. Stir in wine. Bring to a boil; cook until liquid is reduced by half, 3 minutes. In a small bowl, mix cornstarch & broth until smooth; stir into sausage mixture. Return to a boil, stirring constantly; cook & stir until thickened. Add spinach and cream; cook and stir until spinach is wilted.
3. Drain gnocchi; add to pan & heat through. Sprinkle with cheese.

Ice Damming: What it is & What to do

In our cold northern climate this time of year means ice damming is alive and well. Ice damming happens when there is snow on the roof that melts, usually due to heat loss from an inadequately insulated attic space. The water will then freeze when temperatures drop again. The constant melting and freezing causes an ice dam to build up over the soffit and gutters. When water builds up behind the dam, there is a high potential for this water to leak inside of your home damaging the walls, attic and even damage your roof, soffit and siding. Majority of the time ice damming occurs on exterior walls which have insulation. Insulation usually does not dry without intervention, therefore moisture trapped in the wall can then lead to mold.



PREVENTING & DANGERS OF ICE DAMMING:

The most reliable way to prevent ice damming is to sufficiently insulate your attic space and make sure it has proper ventilation. Secondly, if there is snow fall, removing a few feet of snow from the edge of the roof with a roof rake will give added protection from ice damming. Taking it a step further, there is an array of heated cables you can purchase to place on your roof to prevent ice dams. You can purchase these and install them yourself, or a gutter company would be happy to do it for you.

If you do get ice damming, make sure to be careful as icicles do form and can cause serious injury if one were to fall. Melting ice and snow can also puddle and freeze on walkways or driveways. If ice damming happens, removing ice as safely and quickly as possible is important.

As always, prevention is key. If you do experience water damage from ice damming, First Call is always one call away.

Photo courtesy of University of Minnesota