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The start of another new month that will probably bring more hard frosts - even though the temperatures are still mild.

Roots are beginning to move this month looking for nutrients, plants like Lilac, Clematis, Carnations, Dianthus, can have a dressing of lime - all Herbs as well. It takes time to be taken down where needed by worms.

Lime can also go on compost heaps to sweeten. I am also adding manure to add nitrogen to leaf mulch which is rotting down in readiness for late Spring garden mulch - manure will also encourage worms up towards new layers of organic matter.

Roses are beginning to bud, which is an indication they are looking for food. Apply Rose fertiliser and water in. Watering is not so important for slow release fertilisers - they are designed to feed each time water is applied. They will also get a dose of worm tea when I get around to it. Wisteria is next to be pruned. All the long slim leaders growing out in all directions can be removed. Once your Wisteria has reached the length required with a chosen leader - or maybe two going in opposite directions, all other leaders can be removed. If allowed to grow, a wispy new leader can eventually become as thick as a tree branch, and too many of these become a tangled mess and very heavy if being trained along a balcony. Don't prune any other part off a Wisteria at this time of the year, because you will remove the flower buds forming right now. Reduce the size of large established Wisterias once flowering has finished. Clumps of Hellebores should be looking fantastic right now. Once pollinated, the centre of the flower changes to form seed pods. When this has taken place, the stems become firmer and will last in water when picked. Hellebores seed down very readily, growing masses of baby plants beneath the mother plants. These seedlings can be transplanted or potted up in the second year, when they have developed two strong leaves, but will not flower until around the fourth year.

I notice Marguerite Daisies and my Bouganvillea have been damaged by frost. I will leave the damaged growth on top to protect the growth. In case August proves to be our coldest month, I hung frost cloth in front of the Bouganvillea.

Only this month to go and we will can roll head first into Spring, leaving these really cold months behind us. Plants that do appreciate cold days and nights are Ericas and Callunas. They come into their own during Winter, displaying stunning shades of pink and white. Some ground cover Erica can spread up to a meter and stay looking fresh for a good number of years. As a front planting in a border garden, they form a carpet to stop that bird scratching problem and suppress weeds - they are so pretty when other plants are resting. Ericas require a dry, sunny situation - no feeding - just a haircut when finished flowering. I noticed a good choice of flowering Ericas on offer in Garden Centres this week.

Lawns that are regularly fertilized can become more too acid, so a dressing of lime now will work down over the next few months, encourage worms and sweeten them a little.

Vegetables & Fruit: On milder North Otago mid-Winter days - especially after rain, it seems perfect for planting at a



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Gardening continued

time when we usually don't. There are edibles that can go into the ground when it is cold and damp. But remember none of these will survive in boggy soils, so good drainage is essential with early plantings. Garlic and Shallots are available to plant - dig compost through your soil, or fill a container and plant separated cloves of Garlic approximately twice the depth of the clove. Take care not to damage cloves when separating out the bulb. You could get up to 20 cloves per bulb!

Strawberries are easy to plant in all kinds of containers, or straight into sunny / raised garden beds, along with slow release fertiliser. Strawberries also seem to do very well in a hanging Strawberry bag with an abundance of slow release food, but it would pay to have some bird netting on hand once the fruit starts turning red.

Gooseberry bushes can be attacked this month. Clean the middle out of cross over branches and take off branches skirting the ground -which lifts the bushes up higher for picking underneath. Some of these lower branches can grow roots into the ground - I have potted these sections up to develop into good size bushes in a couple of growing seasons.

Cheers, Linda.

Mandy's Health Tips

Hi, Mandy here from North Otago Pharmacy - it is a pleasure to have this opportunity each week to give you a few health tips from your friendly pharmacy. Tom, I and our two wee dogs are locals. We live here in Oamaru and are a true part of this community. Feel free to pop into the pharmacy any day as we are



open for you 7 days a week. Our friendly staff are happy to answer any questions you may have.

Ever wonder why your eye twitches? You might have a lack of magnesium! Magnesium is an essential mineral in the sense that it must be obtained in the diet, however also because it is essential for good health and well-being.

Involved in various bodily functions, adequate magnesium levels are crucial in all stages of life. Deficiency symptoms of magnesium include tingling, numbness, cramps, and small muscle twitching - often experienced in the eye. Make sure you are aware of the deficiency symptoms and that you are receiving the level of magnesium suitable for your health today, and in the long term.

If you are taking a magnesium supplement, it is important to know the form you are consuming. There are many different types of magnesium and some are absorbed better than others. Good Health Organic Magnesium Ultra contains a more easily absorbable form of magnesium plus added vitamins. Rapid absorption makes it faster acting and more effective for relaxing muscle tension, stress and assisting sleep. Come instore and talk to our friendly staff about which magnesium is suitable for you. Source from Goodhealth website.

North Otago Pharmacy - Your friendly Pharmacy. Have a great Week, *Mandy*

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How to beat the winter blues

Do you feel like winter is going to last forever? We are getting close to the end, and soon we will be welcoming spring. But if you feel this winter is getting the better of you, here some tips to beat the winter blues.

Enjoy the outdoors, get out there! - It is never too late to take up a winter sport, or at least try. If you've never explored Winter sport before, you can consider ice skating, snowboarding or cross country skiing. The important thing is to get out, even on a grey days you can manage to soak some up sunshine. A dose of real sun is better than the light bulb light. And is proven to reduce the SAD (Seasonal Affective Disorder) symptoms.

Join the gym! - Research shows than exercise helps to reduce depression. When it is hard to get motivated for the gym in winter, it is a good idea to join a health club and set a regular time to go, or find a gym buddy and motivate each other. It's more likely that in this way you get the exercise that your body needs to boost your mood.

Brighten up - Increase the amount of natural light that comes into your home , open curtains and blinds and trim the branches that are stopping your natural sunlight.

Take some vitamins - A multivitamin containing vitamin b6, thiamine and folic acid are shown to be beneficial for mood, also vitamin D is essential for bone health , immune protection and positive mood.

Be aware of your sugar intake - Refined sugar can give you an initial boost, but afterward your energy levels will plummet and so will your mood. Try to eat protein dense food and plenty of leafy veggies to keep your energy levels to the top.

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Family History Month

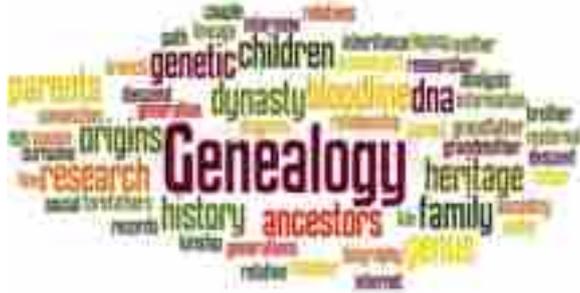
Want to know more about your ancestry? Come and listen to David Jack - genealogist. The best loved stories are not from books and films but those from our own families.

David Jack works as a part time professional Genealogy Researcher based in Timaru, specialising in Genetic genealogy. He researches within New Zealand, Australia and th U.K., particularly Scotland. Thursday 16th August, 6pm, Oamaru Library.

Solve your family history mysteries

To celebrate family history month Waitaki District Archive is opening on Saturday 11 August from 10am - 12.30pm to help solve your family history mysteries. Come and find out about North Otago families and local history resources at the Archive with assistance from Archive staff and members of the Oamaru Branch of the NZSG.

Archive entry from Steward Street. Waitaki District Archive 11 August 2018 - 10:00am to 12:30pm.



Golden Oldies Afternoons

Golden Oldies afternoons offer a chance for a spot of time travel — back to the days when friends and family spent their evenings playing all kinds of board and card games.

Now, thanks to Age Concern Waitaki, we can again enjoy the pleasure of chatting, laughing and playing together. The mindless drivel on our television screens may fill in time, but does not keep our brains active in the way board and card games do. Remember the old adage — use it or lose it!

The range of games available is huge; much greater than 50 years ago. Favourite board games — like scrabble, dominoes and snakes and ladders — have been joined by new inventions such as UpWords, Rummikub and Touring New Zealand. As well as popular card games such as Euchre and Rummy, there is now Phase 10.

Don't let a lack of transport prevent you from challenging your brain, having a laugh and sharing a cuppa. There are drivers available to take you there and drop you back home again.

And don't let a natural shyness hold you back. You will find a small group of happy, smiling faces. Perhaps you have a friend or neighbour who would like to come along? Just because we live alone doesn't mean we have to deny ourselves a little company and fun.

1.30 pm to 3.30 pm, 1st and 3rd Wednesday of each month LandSar building, 2 Severn Street, Gold coin donation to cover costs. For more information or to arrange transport, phone: 437 1322, 437 1216 or 434 7008.

Courtesy Grey Power North Otago



Jacqui Dean MP for Waitaki

If you would like an appointment with Jacqui in Oamaru/ Waimate/ Geraldine/ Fairlie/ Tekapo/ Ranfurly/ Central Otago/ Kurow or Twizel please phone our office.

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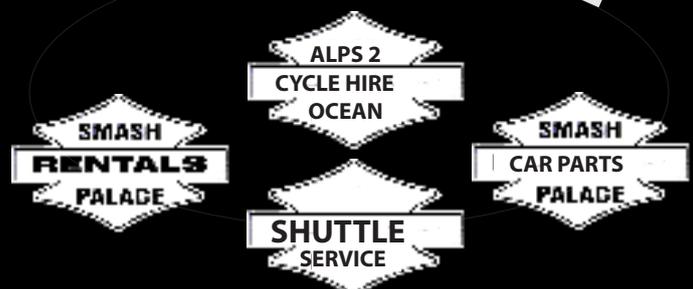
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when they are at their most vulnerable. Behind laboratory doors our researchers are working on new drugs and treatments. And our teams across the country are working tirelessly with communities to raise awareness and help prevent future cancers. We can only do all this, and more, thanks to the money collected on Daffodil Day – every dollar collected by our 12,000 volunteers is used to help New Zealand and New Zealanders beat cancer.”

Now in its 28th year, Daffodil Day raises awareness of cancer and is the biggest generator of funds for the Cancer Society. The daffodil is one of the first flowers of the spring season and with its bright yellow bloom represents hope for the one in three New Zealanders affected by cancer each year.

ANZ has been the principal sponsor of Daffodil Day since the event began.

Donations received will go towards vital research into better ways to detect, treat and reduce all types of cancers. They will also fund a range of support services, information booklets and health promotion activities.

People wanting to support the Cancer Society can do so by donating directly with a street collector, at any ANZ branch, or online at daffodilday.org.nz.

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6 August 1936 - Lovelock wins 1500-m gold at Berlin



Jack Lovelock winning the 1500 m at the Berlin Olympics

Jack Lovelock won New Zealand's first Olympic athletics gold medal at the 1936 Berlin Olympics in a race witnessed by 120,000 spectators – including Adolf Hitler.

Before the games, Lovelock contemplated competing in the 5000 m instead of the 1500 m. It seems that team manager Arthur Porritt made the final choice.

The field for the 1500-m final included many of the top middle-distance runners against whom Lovelock had competed over the years. He ran a smart race, positioning himself inside the American Glenn Cunningham. As they approached the final lap, Swede Eric Ny was leading. When Lovelock surged to his shoulder, Cunningham followed. With 300 m to go, Lovelock accelerated.

Lovelock's dramatic surge famously caused the BBC radio commentator, 1924 sprint gold-medallist Harold Abrahams, to forget his broadcasting etiquette: 'My God, he's done it! Jack! Come on! ... He wins! He's won! Hooray!' Lovelock's time of 3 minutes 47.8 seconds broke the world record for the 1500 m and made the 4-minute mile seem a real possibility (another 109 m run at the same pace would have resulted in a 4:04 mile).

Cancer Society needs help this Daffodil Day



The Cancer Society's annual flagship event Daffodil Day – one of the most iconic fundraising and cancer awareness events in New Zealand – falls this year on Friday, 31 August.

Over the years, the Cancer Society has seen progress both preventing and treating cancer, however, more people are still being diagnosed in New Zealand each year, and greater support is needed right across the country.

“Across New Zealand, the Cancer Society is out every day of the year helping people who are affected by all types of cancer,” says Mike Kernaghan, the Cancer Society of New Zealand CEO.

“We offer practical and emotional support to people

How To Adjust Computer Brightness Automatically Based On Time Of The Day

Have you ever thought to adjust your computer screen brightness based on any time of the day? If not, then you need to think because using the computer on the regular basis is actually damaging your eyes. So here we have a solution that will automatically change the screen brightness according to the time of day and even according to the location too.

As we all know that most of the youngsters use their computers or laptops at night. If you are one of them who tend to use the computer until late night, then your eyes may go rough, and you will end up suffering eye-related disease. So it's always better to adjust them according to the light around you. So here we have a solution that will automatically change the screen brightness according to the time of day and even according to the location too. So have a look at the complete guide discussed below to proceed.

How To Adjust Computer Screen Brightness Automatically by Time of the Day

Adjust Brightness Automatically. Well, Windows 10 operating system brings some new sets of options to adjust the brightness of laptops automatically. For example, you can set to a high brightness when your laptop is plugged in, and low brightness when your laptop is running on battery power.

For that, you need to head to the Control Panel > Hardware and Sound > Power Option > Change Plan Settings. There you need to set the different screen brightness level for 'On Battery' and 'Plugged In' under the Adjust Plan Brightness.

Adjust Brightness Automatically Based On Ambient Light. Well, if we look around, we will find that modern laptop come with ambient brightness sensor just like smartphones. The feature automatically increases your screen brightness when you are in the bright area, and decrease it when you are in a dark place.

To enable the Ambient Light Feature, you need to browse to the Settings > System > Display and then enable the 'Change Brightness Automatically when lighting changes' option.

This will probably enable the Ambient light features and your laptop's display will adjust brightness on its own.

Tea Time! International Language Week Afternoon Tea

The Waitaki Multicultural Council invites you to celebrate International Language Week with a community afternoon tea. The theme of this year celebration will be 'Tea traditions around the world'. For centuries and throughout various cultures tea has played major role in bringing people together and creating an atmosphere of unity and peace.

Come and learn cultural traditions and taste different tea blends, from Chinese, Japanese and Chai tea to yerba mate tea. We will have also the opportunity to try the 'afternoon tea' blend from The Waitaki Community Gardens and Trade Aid will join us to display their fair trade products from around the world especially Tea!

There will be music, games and language of course! Learn how to say 'cup of Tea' in different languages and meet your new neighbours from around the world. Please bring a plate of food to share we will provide the tea! Everyone welcome! Sunday 19th of August from 2.30pm to 4.30 pm. Scottish Hall, 10 Tyne Street, Oamaru. Contact Maria : 021 066 5143. Waitaki Migrants Meet and Share. Organised by Waitaki Multicultural Council.



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Join Petanque!

The days are getting longer and starting to warm up. Have you had enough of being by the fire this winter? Want to get outside in the fresh air and exercise? Playing Petanque gives you a workout - walking, bending, throwing steel boules and the brain gets an airing during the two hours of playing.

Why not give this game a go? You can find us at Centennial park. The playing area is behind the Excelsior Rugby Clubrooms. Club days are Wednesdays and Sundays at 1pm. playing boules can be supplied.

For more info ph 437 2557.

Operation Cover Up

This year has been another good year for this ongoing project. Thank you so much to all who contributed in any way - with blankets and garments, helping with baling, donations etc...

We made 130 beautiful blankets, 57 lovely jerseys as well as hats, slippers and scarves. This was another great effort from Oamaru people. Everything is on its way to Europe in time for their very cold winter. This is a great project from people all over New Zealand. Many thanks to you all. Contact Gladys 434 5956 or Paula 437 2549.

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Community Diary

Wednesday 8th

Cancer Society Support Group Meeting - Community House Meeting Room, 100 Thames St, 10.30am. All welcome, Ph: Leanne Kennard 434 3284.

Excelsior Petanque Club day, 1pm. Ph. 437 2557 or 437 1590.

N.O Creative Fibre, 10am, St Luke's Hall, Wharfe St, All welcome. Ph. Noeline 437 2501 or Margaret 434 8665.

N.O. Patchers & Quilters meet at the St. John's Hall, Exe St, Oamaru, 7.30pm. New members always welcome. Ph. Helen 434 5680.

Oamaru Friendship Club ex Probus meets at 10am St Johns, Exe Street.

New members welcome. Phone 4346249

St Pat's Indoor Bowls, 7pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

Yankee Bowls, 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

Weston Indoor Bowling Club, Weston Hall at 7.30pm, Ph. Ian 434 8281.

Thursday 9th

Awamoa Indoor Bowls, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

Business Networking @ The Business Hive. Fortnightly on Thursday 5.15 - 6.15pm. 22-26 Ribble Street. Free.

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

Mainly Music - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. mainlymusic.org.nz

N.O. Asthma Society: Respiratory Exercise Class, 10am, St John Hall, Exe Street. Phone Fiona 03 434 3202.

N.O. Rose Society, Vintage Car Club Rooms, Stoke St, 7.30pm. Ph. Christine 434 2223.

Friday 10th

AA Meeting, Orwell St Chapel, 12 noon, Ph. 432 4191 or 437 2928.

N.O. Astronomical Society Observatory Open Night: Open to the public 7.30pm - 9pm. Gold coin entry at the door. Private Group Bookings of up to 20, only \$15. For further details please contact Hans:

marg-hans-briens@xtra.co.nz

N.O. Tramping & Mountaineering Club Walks Based in Dunedin including day walks such as Berwick Forest's Government Track, Taieri Gorge to Brighton, Outram Glen. Contact Jane 0274335795, departs Medway carpark 6pm.

Waitaki Travel Club Monthly Meeting, The Manor Estate, 10am - Guest Speaker Adrienne & Mark Wylie - USA & Canada.

Saturday 11th

Market, 9am - 12noon, Garrison band Hall, Severn St, Tools, plants, crafts, jewellery, cards. Lots more, sites \$5. Contact Wendy txt/ph 027 265 4822.

Meadowbank Community Stadium Bowls, 1.15pm. Bowls available. Ph. Graham 434 0951.

One Night in Tijuana Mexican Night.

7 - 11.30pm. Tickets \$70- includes a three course meal and margarita on entry. R18. To book, email office@kakanui.school.nz Cash only bar onsite. Silent auction and best dressed prizes! A fundraiser to upgrade the Kakanui School playground. Courtesy van available.

The Healing Team - 2-3pm, St Mary's Hall.

Sunday 12th

AA Meeting, Orwell St Chapel, 6pm, Ph. 437 2928 or 437 2337.

Excelsior Petanque Club day, 1pm. Ph. 437 2557 or 437 1590.

St Paul's Church, Coquet St, service and kids club. All welcome, 10am.

Monday 13th

Genealogy Club 10am-12pm at Oamaru Library - learn how to research your ancestors.

Oamaru Swim Club A.G.M. at Waitaki Aquatic Centre Committee Room, 6pm.

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Family Complex. Ph. Mike 437 0224 or Garry 434 1463.

Waitaki Woodturners, 1-5pm, clubrooms, Oamaru Race course. Ph. 439 5795.

Tuesday 14th

AA Meeting, Orwell St Chapel, 7.30pm, Ph. 432 4191 or 437 2337.

Age Concern Gentle Exercise Programme, Orwell St Church Hall, Tuesdays 1.30 - 3pm, \$3 per person. Ph. 434 7008.

Alzheimers Society N.O. - Support Group, Green Room ,Opera House, 1.30-3pm. All welcome.

Over 60's "Connections" Group in Salvation Army lounge from 11.45am to 3pm, bring own lunch refreshments provided, com

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

Indoor Bowls Oamaru Club, Severn St, 7pm, new members most welcome. Ph. Bev 434 9678 or Bede 027 201 3907.

Justice of the Peace 11am - 1pm, WINZ Building, Coquet St

Meadowbank Indoor Bowls, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

St Pauls Indoor Bowls, 2pm Ph. 437 1294.

U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

Up & Coming

Grey Power Social Group: 2.30pm, Lagonda, Friday 17th. A chance to socialise and ask questions. Members bring membership card for discount. Non-members welcome. Transport available. Ph. Graeme 437 2220.

15th August - NZ women's Institute and Rural Women NZ. **Competition Day** "theme 'Victorian Era'", Kakanui Community Centre. Morning Tea 10am, Official Opening 11am. Door Charge \$10 (includes Morning tea, soup, after tea - Please bring your own lunch). Enquiries to 03 439 5760 or 03 434 1428.

Waitaki Bridge Hall AGM. 29th of August at 7:30pm at the hall all welcome.

19th August - "Time for Tea" International Language Week: The Waitaki Multicultural Council invites you to celebrate with a Community Afternoon Tea. Come and learn tea traditions from around the world and how to say "cup of tea" in different languages! Everyone Welcome! Bring a plate of food to share along to the Scottish Hall, 10 Tyne Street, 2.30-4.30pm. Further information facebook Waitaki Migrants Meet & Share, or phone Maria 0210665143

AGM for Oamaru Performing Arts Society, Blind Foundation Hall, Steward Street, Thursday 30th August at 7.30pm.

Classifieds

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Carpet - suitable for weed matting only. See Simpsons Flooring.

Horse Manure, Ph 434 5607.

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2008 Suzuki Swift Sport, NZ new, black manual, 57,000kms, \$11,000. Ph. 027 678 1766.

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A3 Paper 80gsm x 1 ream \$12.50 at Oamaru Print and Copy Ltd, ph 434 9651.

Assortment of Whitebait gear, also a variety of tools etc. For a look Ph. 434 2208.

Bunks, mattresses, new bedding. Ph. 434 2256.

Victorian Clothing, a few outfits + bustle, corset, offers. Size 16-18. Ph. 022 1051 303.

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Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.

Situation Vacant

Casual part time person required to assist with a variety of work from building repairs, outdoor and garden maintenance on a rural property.

The successful applicant must have excellent communication skills, good physical strength along with an eye to detail. Must be experienced in riding a quad bike/trailer. Ph. 0274 894 999.

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Books - always buying at Oasis Oamaru, 10 Harbour St, Ph 434 6878.

Books - we pay a fair price. Slightly Foxed 11 Tyne St, Ph 434 2155 Open 7 days.

Long Term Rental - Semi Rural close to Oamaru. Or if central in Oamaru must have very large garden and be fully fenced. Pet friendly as I have 2 dogs. Responsible and trustworthy - Excellent references. Please call Rebecca 0226272629.

Tools wanted! Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.

For rent

3 bedroom house, north end, fenced section. OSP, Logburner, Open plan kitchen/dining. Dishwasher. Shower over bath. Available 27th august. Ph 0274340005

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....(ACC) Rick Loos (NZRA) @ Health 2000
- ▶ Community Acupuncture..022 376 5960
.....www.community.acu.net

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.....100 Thames St, Oamaru...027 365 2959

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.....027 434 3409

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sandra@healthsongs.org.....03 434 3119

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.....23 Eden St, Oamaru

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What the 'hive' is coworking?!



Coworking isn't complicated – it's just what we call it when different businesses share an office space, effectively co-working together.

The first coworking spaces came about when some small businesses figured out that sharing an office space was good for business. Not just because of sharing the costs (although that makes good sense), but good because of sharing ideas, influences, contacts, resources and so much more.

The Business Hive, in Ribble Street is our local example of what coworking is all about. Nestled next to Literacy North Otago and in front of Ara Institute it's combining shared office space with small business education and training.

Director, Cara Tipping Smith says, "Coworking is about the magic that happens in the space. Bringing different businesses together means they cross pollinate not just ideas but how to deliver those ideas. We share contacts, we connect people, we create opportunities that help businesses develop faster and help business owners share the load".

"We're looking for business owners to come and get involved. Everyone is welcome; big businesses and small. Our mission is to support local businesses by connecting our community. That way everyone benefits, we all work more in our sweet spots and businesses (and their people) thrive!"

To find out more about coworking, visit into the business hive, 22-26 Ribble Street or thebusinesshive.co.nz.



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Moong dal is the lentil which cooks quickly then any other dal. When you wish to eat something light yet delicious food then try making moong dal.

हन्दी में पढयि : [Moong dal tadka Recipe](#)

Ingredients for yellow moong dal recipe

- Moong dal – ½ cup (100 grams)
- Ghee – 2 tbsp
- Green coriander – 2 to 3 tbsp (finely chopped)
- Cumin seeds – ½ tsp
- Asafoetida – 1 pinch
- Tomato – 1 (finely chopped)
- Curry leaves – 6 to 7
- Coriander powder – 1 tsp
- Whole red chilly powder – 1
- Red chilly powder – ¼ tsp
- Turmeric powder – ¼ tsp
- Green chilly – 1 (finely chopped)
- Ginger paste – ½ tsp
- Salt – ¾ tsp or as per taste

How to make Dhuli Moong Ki Dal

Clean the dal thoroughly and wash with water. Soak for 15 to 20 minutes. You can even make moong dal without soaking as this dal be prepared quickly.

You can make moong dal with two methods. First, cook dal in pressure cooker and then add tempering to it. Secondly, sauté the spices first in the pressure cooker and add dal to cook.

We are using the second method for making the dal. So, for this preheat a pressure cooker and then add some ghee into it. Allow the ghee to melt.

Wash the tomatoes thoroughly and chop finely.

When the ghee is hot, add cumin seeds and asafoetida into it. After sautéing cumin seeds, add turmeric powder, coriander powder, finely chopped green chilly. Also add turmeric powder and sauté for a while.

After sautéing the masala, add chopped tomatoes and sauté the masala until ghee starts separating from it. Add the moong dal in the masala and mix well. Saute for a minute or so while stirring constantly.

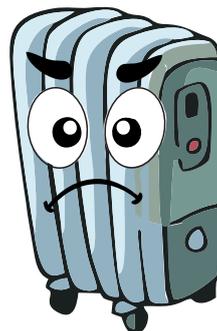


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