

Book Review:

Waterfalls of the Pacific Northwest

By Gregory A. Plumb, *The Writing Works, Seattle, WA, 1983. 182 pages, \$9.95, paperback. Book courtesy of The Oregon Sampler, 160 E. Broadway.*

The Pacific Northwest (in this book including the sagebrush deserts of Oregon and Idaho) is a wonderland of natural delights; its scenery is justly renowned worldwide and acclaimed by explorers, poets, nature lovers and Indians. The glacier-scoured and volcano-blasted broken landscape of Washington, Oregon and Idaho, combined with countless waterways, creates perfection for those who thrill at the thundering plunge and the rainbow mist of the waterfall.

Gregory A. Plumb, author and photographer, gives us a geographer's view of nearly 500 waterfalls, along with photographs and detailed location maps, in this handy and much-needed guide.

A nine-point accessibility scale, rendered in symbols, indicates whether the falls can be reached by car, boat, a hike, or other means. For example, we see at a glance that before we can "hear the roaring" of Lower Red Bluff Falls in Oregon's South Cascades, we must travel by a 4-wheel drive vehicle, hike, and then climb.

The 286 foot drop of ice water of Salt Creek Falls, above Oakridge, gets 5 stars from Plumb's "subjective" rating, which ranges from "exceptional" to "uninspiring" (1 star) "except to waterfall collectors." Also receiving 5 stars is Koosah, on the McKenzie, a many-starred river.

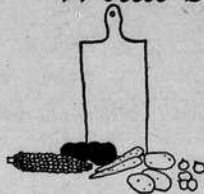
Each falls gets also one of eight form symbols which classify by shape, showing that Dosewallips Falls is a "cascade," the 70 foot wide Siuslaw Falls is a "block," and Paulina Creek Falls is "segmented."

A brief description of each falls, concise and often with a geographical explanation of its formation, comprises this book by a man who has a "love of waterfalls" and a "lifelong fascination" with them.

This guidebook would make an excellent gift for anyone who enjoys water, especially someone planning a visit to or a trip around the Pacific Northwest.

—Gerald Reed

What's Happening in the Garden?



Believe it or not, it is time to plan your fall and winter garden. To have a winter garden you must have well-drained soil. Often this means you need to establish raised beds.

If you want to grow your own transplants, they should be started now to plant in July and August. There is a free fact sheet at the Lane County Extension, *Introduction to Winter Gardening*, which lists varieties to try. Loghouse Plants of Cottage Grove also puts out a frequently updated list of good fall and winter vegetables for this area which will be available at the local garden outlets which carry their plants.

Vegetables we can grow here in our "second" garden are cab-

bage, cauliflower, chard, kale, kohlrabi, brussels sprouts, collards, turnips, radishes, spinach, mustards, broccoli, leaf lettuce, endive, overwintering onions, parsley, pak choy, corn salad, garlic, carrots, winter beets, cress, leeks, peas, and fava beans. Some of these are harvested by frost time; some store in the garden soil until needed, and some go dormant in the coldest weather, resuming growth in the spring for an early harvest. A few hardy plants even put on growth each time the weather warms during the winter.

A winter garden can provide many fine nutritious greens during an otherwise barren period. Also a garden in year-round use doesn't have as many weed problems. Such a garden can even be managed on a no-till schedule. Advantages of a winter garden are having fresh produce in the off-season when it is most expensive in the store, a relative scarcity of pests (except

slugs), an efficient use of garden space, and a reduction of weeds and soil compaction.

Succession plantings can also be made for a fall harvest. You can plant bush beans to mid-August, radishes to late September, leaf lettuce to mid-September, green onions to mid-July, small beets to late July, winter beets to mid-July, carrots to mid-July, peas to August 1, spinach to late August, turnips to late July, summer squash to early July, and mustard in August and September.

Some books you might enjoy reading are Binda Colebrook's *Maritime Gardening in the Pacific Northwest* and Steve Solomon's *Organic Gardening West of the Cascades*. Both books have good presentations on fall and winter gardening.

Take advantage of our maritime climate to enrich your life and diet year-round.

Happy gardening!

—Pat Patterson
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★ RECIPE OF THE MONTH ★

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A good high protein snack!

1/2 lb. **Surata Soft Tofu**

1 1/2 cup strawberries, blueberries, raspberries, or whatever fresh fruit combination you prefer

1 banana

• Blend all ingredients well in a blender. Add sweetener to taste if desired.

Variations

1) **Tofu Dairy Smoothie**

1/2 lb. **Surata Soft Tofu**

1/2 cup plain yogurt

1 cup fresh fruit

1 banana

2) **Tofu Fruit Shake**

Follow Tofu Fruit Smoothie recipe above. Just add a few ice cubes to the blender at the very end.

3) **Fruit Juice Smoothie**

1/2 lb. **Surata Soft Tofu**

1/2 cup fresh fruit

1/2 cup orange juice, apple juice, etc.

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