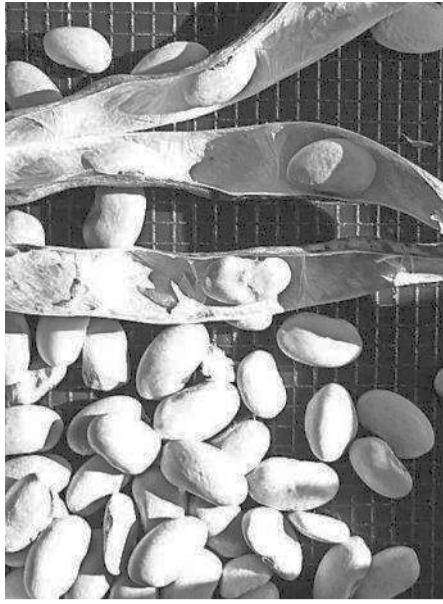


How to save beans for next year's garden



Gardening
Carol Savonen
Guest columnist



Beans are easy to save for next year's garden. CAROL SAVONEN/
SPECIAL TO THE STATESMAN JOURNAL

Question: Dear Carol, I was cleaning up my vegetable garden and realized that I had left some of my favorite pole beans still on the vines. They are now hard and mature but still in the shell. Can I save these and plant them next year? Any hints on how to do this are appreciated.

Answer: You are lucky, as beans are one of the easiest seeds to save. They self-pollinate before the flowers open, so they can't cross with other beans. Pole beans are old-fashioned and are not usually hybrids, so the plant grown from seeds will resemble the parents. So yes, you can save them.

First, check to see if your beans are mature and dry enough to store away for the winter, shake the pods. The beans should rattle in the pod if they are dry and mature.

Then, shell a pod and pound a bean with a hammer. If it shatters, it is dry enough to store away. If it squishes instead, it is too immature to plant in the

garden next spring.

Choose only plump, unblemished bean seeds to save. If they don't look filled out or have moldy spots, they will not grow into healthy bean vines next

year.

Keep your mature, dry shelled beans in an envelope or paper sack and dry them indoors in a dark place for a couple of weeks. Plastic bags are not good for storing seeds, as they tend to encourage seed rot.

Once dry, your bean seeds should be put in the freezer for three days to destroy any seed-munching bean weevil larvae they might contain. Bean seeds are rather large and fleshy compared with the tinier seeds of other vegetable families such as carrots, lettuce or tomatoes. Their relative voluptuousness makes bean and pea seeds tempting to the weevils, whose larvae munch their way out of the seed and later emerge as adult beetles.

Adult weevils lay their eggs in the bean flower or inside growing young pods.

Larval bean weevils hatch out and eat their way out of the seeds. You may have noticed holes in stored bean and pea seed. This is a sign that weevils have killed your seed.

To kill bean weevil eggs before they hatch and devour their way out of your saved seeds, simply put your dried bean seed in the freezer for three days. Once dried and freezer-treated, store your

seed beans as recommended below.

All veggie seeds, including bean seeds, are best saved in paper envelopes a cool dry place, such as in a glass jar in the refrigerator or cold closet indoors; somewhere near the floor is coolest.

It is good to add some sort of desiccant to keep the seeds dry over time.

You can buy silica-gel desiccant and add a layer on the bottom of each container you store seeds in. The gel will absorb moisture from the air inside the container and help keep the seeds dry. Craft supply stores sell silica gel in bulk for drying flowers.

Instant powdered milk also works well as a desiccant. Use one to two tablespoons of milk powder from a freshly opened package per jar. To keep it tidy, you can wrap the powdered milk in a piece of cheesecloth or a facial tissue first, then put it in the jar. Powdered milk will absorb excess moisture from the air for about six months.

Don't forget to label your saved seeds with their variety name, and the date and year you collected them. For best results, use your saved seed within a year. Older seeds often fail to produce robust bean vines.

Check the seed for weevil holes before planting.

Teaching children the benefits of giving back

Laura Dillon
Oregon Connections Academy



Laura Dillon

ment, and goal setting.

Researchers have found that students who volunteer do better academically, and are more likely to graduate high school. Colleges and employers look for community service on resumes,

plus it helps students as they explore career options.

Young people who volunteer often see health benefits too, ranging from improved self-esteem to fewer high-risk behaviors like drug abuse.

Giving guidance

Before your children start volunteering, talk to them about why it's important to do good deeds for others. Lead by example and explain the ways you help those less fortunate, and show that giving back isn't always about donating money.

Volunteering the family way

Start a new holiday tradition this year and adopt a charity that your family can volunteer with on a regular basis. There are many ways the whole family can give back, like pitching in at the local food bank and participating in a charity walk.

Random acts of giving

Children catch on quickly, so even young kids can give back. Start small

Volunteering is a good way for children to learn about gratitude, to do something positive for the community, and appreciate what they have compared to those less fortunate.

with random acts of kindness. Your student can create a "Kindness Calendar" marking down acts for each day of the month—such as shoveling snow for an elderly neighbor or calling grandparents to talk about their favorite holiday memories.

Connecting the cause

Your child will feel good about giving if they're invested in selecting the charity. Talk about their interests and try to find a volunteer opportunity that matches—perhaps a neighborhood park needs improvements, or they love dogs and want to help the local animal shelter.

Spread giving year-round

While we count our blessings this time of year, the need continues year-round, and giving should as well. If we encourage students to maintain their

volunteer activities on a regular basis, hopefully giving back won't just be an annual occurrence.

Here are a few easy ways to turn the season of giving volunteering into year-round activities:

Bring books to read with residents at local retirement homes. Senior citizens love to have children visit regardless of the occasion.

Write letters or assemble care packages for military personnel. Local military and recruitment centers can assist in sending gifts to service men and women on deployment. Veterans organizations are also a good resource.

Contribute to food drives. Kids can pick out items at the grocery store to donate to local food banks.

Bake cookies for emergency responders. Ask children to help bake thank-you cookies and help deliver them to emergency rooms, police and fire stations.

Saint Francis of Assisi said it best, "For it is in giving that we receive." Once students have experienced that warm fuzzy feeling they get from helping others, studies show they're more likely to continue volunteering into adulthood. This holiday season, give your children the gift of giving and it will reap rewards for a lifetime.

Laura Dillon, Oregon Connections Academy Parent Outreach Manager from Eugene

For information about Oregon Connections Academy please visit: www.OregonConnectionsAcademy.com/Events or call (800) 382-6010.

Horowitz

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"I'm proud of the way these guys came out every week and put everything they had on the line."

So where do the Beavers go from here?

OSU's quest to become relevant again in the Pac-12 ultimately will come down to recruiting. The Beavers have verbal commitments from five of the

state's top 10-rated recruits according to 247Sports.com.

This won't be a quick fix, something Smith was well aware of when he returned to his alma mater after spending the previous four years as offensive coordinator at Washington.

"I think we've got a lot of work to do," Smith said. "Just what I knew I was coming into and this staff knew it and these kids know."

There are some positives to build on.

Jefferson set an OSU single-season rushing record for freshmen with 1,380

yards. Sophomore wide receiver Isaiah Hodges led the team with 59 receptions, and junior Trevon Bradford was close behind with 56.

Junior safety Jalen Moore, who led the Beavers with 102 tackles, and sophomore linebacker Hamilcar Rashed Jr. (team-high 11½ tackles for loss), anchor a defense in need of a major upgrade.

The quarterback situation will be interesting with the likely departure of senior Jake Luton, who could petition the NCAA for another year of eligibility after missing the last eight games of

2017 with a spine injury. Sophomore signal callers Conor Blount and Jack Colletto are due back.

Smith does not anticipate changes to his coaching staff.

"I think the line of scrimmage on the offensive and the defensive side is something we're gonna continue to build on," Smith said.

Anyone who watched the 122nd edition of the Civil War would agree with that assessment.

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Miller

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brooders to go out.

I've been chasing Neal Rash's hatchery runs for stories and pictures for about three decades, since right after I got here, and about the same time that he started driving the stocking trucks.

Apparently, I'm not the only one.

"Oh, yeah, occasionally," Neal said when I asked if anglers follow the trucks.

He smiled.

"Sometimes when we're empty," Rash said. "Whether we're loaded or not."

But most longtime anglers who track the stocking schedules have a pretty good bead on when the trucks will be making deliveries.

"If they know we're going to be there, they're waiting for us."

Most of the heavy stocking the past week was to provide opportunities for anglers during the free fishing days Nov. 23 and 24, when no license or tags are required to fish, crab and clam in Oregon.

Stocking with continue sporadically throughout the winter.

Brood-trout stocking generally starts in early November and continues through Christmas, depending on the availability of trout.

Item 2: Lettuce pray: The best time to find out from your significant other about the red-flag warning not to eat romaine lettuce because of an E. coli outbreak ... is definitely not five minutes after you've eaten a sandwich lavishly garnished with a heaping pile of "Spring Mix."

The first and thus most abundant component of which is "baby romaine." I'll let you know how it turns out, but if you don't hear from me again ...

One of the ironies of confirming that the warning isn't bogus is to Google the topic and check the sources. You can't get more authentic than the federal Centers for Disease Control.

The irony comes in with the ads on the right-hand side of the search results with the heading "Shop for romaine lettuce" and listing the taste-tempting options.

Yum!

See you next week, hopefully.

Henry Miller is a retired Statesman Journal outdoor writer and outdoor columnist. You can contact him via email at HenryMillerSJ@gmail.com



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