

QUICK

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- Start eggplant parmesan.
- While eggplant cooks, and mix ricotta and Parmesan together.
- Complete eggplant dish.

Shopping List

To buy: ¾ pound eggplant, 1 package frozen chopped onion, 1 container minced garlic, 1 bottle no-salt-added pasta sauce, 1 small bottle hot pepper sauce, 1 carton part-skim milk ricotta cheese, 1 small piece Parmesan cheese, 1 package shredded reduced-fat mozzarella cheese, 1 can olive oil spray and 1 bunch fresh basil.

Staples: salt and black peppercorns.

EGGPLANT PARMESAN

¾ pound eggplant (about 4½ cups cubed)
 Olive oil spray
 2 cups frozen chopped onion
 2 teaspoons minced garlic
 2 cups no-salt-added pasta sauce
 Several drops hot pepper sauce
 ¼ cup part-skim milk ricotta cheese
 ½ cup grated Parmesan cheese
 ½ cup shredded, reduced-fat mozzarella cheese
 Salt and freshly ground black pepper
 ½ cup fresh basil leaves, chopped

Preheat broiler. Wash eggplant, do not peel. Cut into pieces about ½-inch thick by 1-inch. Heat an 8-to-9-inch

nonstick skillet over medium-high heat and spray with olive oil spray. Brown eggplant in skillet, about 2 minutes. Add the onion and garlic and saute 2 minutes, stirring occasionally. Add the pasta sauce and hot pepper sauce, stir to combine ingredients. Bring to a simmer, lower heat to medium, cover with a lid and cook 15 minutes. Meanwhile, mix ricotta cheese, Parmesan cheese and mozzarella cheese together. When eggplant mixture is finished, add salt and pepper to taste. Remove from heat and spread cheese mixture over the top. Place under the broiler, about 6-inches from the heat to form a golden topping, about 2 to 3 minutes. Watch to make sure cheese does not burn. Remove from broiler and sprinkle basil on top.

ARTICHOKES

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Place the base of the leaf in your mouth with the inside of the leaf downward with a firm grasp on the leaf tip. Clamp down and pull, scraping the contents of the inner leaf off into your mouth.

Many people dip the leaf in melted butter or in mayonnaise before scraping the inner leaf. This will add another dimension of flavor.

When you reach the inside of the artichoke, there is a furry part. You do not eat the furry part, but scrape it off with a knife and eat what is underneath, perhaps with a little mayonnaise spread on it. This is the heart or “choke” of the artichoke.

After disassembling the artichoke and eating what you can, sit back and look at all the parts. Can you see that it is actually a thistle? I think that is what is fascinating about it. You can eat a thistle and it tastes good. I couldn't believe it the first time I realized it was a thistle.

Artichokes and cardoons can both be grown here. However, they need a bit of protection to shield their roots from frost damage over the winter. They are very ornamental with their gray-green foliage and tall lanky form.

Plant dormant roots or plants in early spring, setting root shanks vertically with buds or shoots just above soil line. Space plants 4 to 6 feet apart in full sun. After growth starts, water thoroughly once a week, wetting the entire root system.

If it is grown only as an ornamental it can tolerate quite a bit of drought, going dormant in summer heat. Spray to control aphids; after buds start to form use just strong jet sprays of water to blast off aphids (no insecticide then). Bait to control snails and slugs. For gopher control, plant in raised beds with wire-mesh bottoms, or in large containers.

Harvest buds when they are still tight and plump. Cut off old stalks near ground level when leaves begin to yellow. In cold-winter areas, cut tops to 1 foot. In fall, tie them over root crown and mulch heavily to protect from frost.

Artichokes are on the list of plants that deer will not eat, so are an excellent plant for the landscape to steer deer away from your property. If you fail to cut the buds in time to cook and eat them, the buds open into spectacular purple blue, 6-inch thistle-like flowers, which can be cut for arrangements.

If you have garden questions or comments, please write: greengardencolumn@yahoo.com Thanks for reading!

COLOR

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And, finally, we topple over into the new year again finding solace in January's return to blue, white and silver, resting between snow-shoveling activity and re-energizing from December's flurry of remembrance.

If none of these colors tie you to these particular months, you may have your very own selection of that which brings to mind your memories or activities — or

not.

Maybe it has become a hodgepodge of color delights or absence from the mind.

Either way it matters not, for only nature dictates whether or not you feel the need to tie its colors into your own life.

But, as for me, I like the change that speaks to me of the new and the old, the beginning and the ending, the changing but the repeating.

Will I change my colors month by month? Probably. Will I use them only as

stated? Probably not.

I'm a funny little thing, my sister used to tell me.

I like it that way.

I like to change things so they stay the same.

ALLERGY

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“It is important to see a physician for appropriate testing and diagnosis before completely eliminating foods from the diet,” she continued. “If food allergy is confirmed, understanding the management is also critical, including recognizing symptoms of anaphylaxis and how and when to use epinephrine.”

The analysts also said just half of the participants with a “convincing” food allergy had been diagnosed by a doctor and less than 25

percent reported currently having epinephrine or an EpiPen prescription.

Furthermore, they discovered nearly half of food-allergic adults developed one of their food allergies as an adult.

“We were surprised to find that adult-onset food allergies were so common,” Gupta said. “More research is needed to understand why this is occurring and how we might prevent it.”

They determined the most common food allergies were shellfish, milk, peanuts and tree nuts.



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OTEC nominating committee members appointed

Baker City, Oregon (OTEC) — The Oregon Trail Electric Cooperative Board of Directors have appointed the following members to the director nominating committee for Baker and Union counties:



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Positions 7 and 8 — Union County

Seats are currently held by incumbents Greg Howard and David Baum

- Donna Beverage 541-786-1492
- Mary West 541-910-4546
- Russell Lester 541-910-0906

Position 9 — Baker County

Seat is currently held by incumbent Charlene Chase

- Diana Brown 541-523-3679
- DeeDee Clarke 541-524-1999
- Fred Warner, Jr. 541-524-2040

The nominating committee handles interviewing and recommendations of qualified candidates for the 2019 OTEC Board of Directors elections. If you are a member of the cooperative and are interested in running for the OTEC Board of Directors, please contact one of the committee members in your county.

The committee has requested any members interested in stepping forward for consideration, please contact them on or before January 29, 2019.

The nominating committee must submit its nominations to the board secretary no later than February 1, 2019.

Any member wanting to petition for placement on the 2019 Board of Directors election ballot should contact Lea Gettle (541-524-2831) for the petition and conflict of interest forms.

Nominations by petition must be filed no later than March 5, 2019, must be signed by the candidate and include at least 50 OTEC members' signatures who are qualified to vote. In addition, there must be a request that the candidate's name be placed on the ballot.

A copy of the bylaws describing the terms of office, application and qualifications needed to serve on the nine-member board, along with a conflict of interest policy are available online at www.otecc.com/about/annual-meetings

Each director's term of office is for three years. The election will be completed at the annual meeting scheduled for Saturday, May 4, 2019, in John Day at the Grant County Fairgrounds. All OTEC members and their families are encouraged to attend.

About the cooperative

Oregon Trail Electric Cooperative (OTEC) is a not-for-profit, member-owned electric cooperative that serves over 31,000 homes and businesses in four counties in Eastern Oregon. Headquartered in Baker City, OTEC has district offices in Burns, John Day and La Grande.