

PACKAGING

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Once nigella has flowered, seedpods follow — very unique seedpods reminiscent of poppy seedpods with small openings at the top and a hollow pod. Simply inverting the pod causes seeds to pour out of its top. A stylized exotic pepper shaker. The packaging of nigella seeds in this unique designed pod has always given

me pause to wonder at the special packaging that certain plants have. Almost like a call to take note: this is a special one, it means more than some of the others.

For example: pomegranates have a crown on their blossom end, calling attention to it so that we notice it is special.

Onions and garlic are very healthy for our diet. As food science becomes more detailed with the study of the chemistry behind

the food and the specific benefits we gain from each, it is more amazing to me that such care in packaging has taken place.

Pre-packaged food idea first occurred to me one day looking at onions and garlic and realizing that I had to unwrap them in order to use them. Each seemed to be wrapped in its own translucent piece of paper. Using food that had been gift-wrapped for me was an honor.

Mooli Ka Salaad (*white radish salad*)

- 1 large Indian white radish (substitute daikon), 10 oz, grated.
- Salt and pepper
- 2Tbsp distilled vinegar
- Large pinch of sugar
- 2Tbsp corn oil
- ½ tsp black mustard seeds
- ½ tsp nigella seeds
- ½ tsp cumin seeds

Mix the radish with the salt, pepper, vinegar, and sugar. Heat the oil in a small pan. When it is hot, drop in all the seeds. As soon as they finish crackling, pour the oil and the seeds onto the radish mixture. Mix lightly. Serve at room temperature.

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

BREAKFAST

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3. At this point, the jam can be canned, if desired. Or, allow it to cool completely before transferring to the refrigerator for at least a few hours to set.

Per serving: 24 calories; no fat; no saturated fat; no cholesterol; no protein; 6 g carbohydrate; 6 g sugar; 1 g fiber; 37 mg sodium; 1 mg calcium

— Adapted from “Breakfast,”

by the editors of Extra Crispy

BUTTERMILK BISCUITS

Yield: About 21 servings

- 4 cups all-purpose flour, chilled
- 2 tablespoons baking powder
- 1 ½ teaspoons salt
- ½ teaspoon baking soda
- 1 stick (½ cup) chilled unsalted butter, cut into small cubes
- 2 cups chilled buttermilk, plus additional for brushing

- 1. Preheat oven to 400 de-

grees. In a large bowl, whisk together flour, baking powder, salt and baking soda. Add butter and rub in with fingertips until mixture resembles coarse meal. Gradually mix in 2 cups buttermilk; toss until dough just comes together in large clumps.

2. Gather dough into a ball. Pat out on floured work surface to ½-inch thickness. Sprinkle with a little flour and gently fold into thirds, like a letter. Brush off any excess flour. Turn the dough one-quarter turn, pat out into ½-inch thickness and fold again into thirds. Repeat the turning, the patting out and the folding once or twice more.

3. Pat out into ½-inch thickness. Using floured 2 ½-inch cutter, cut out biscuits. Gather dough scraps; press out to

½-inch thickness and cut into more biscuits. Repeat until all the dough is used.

4. Transfer biscuits to 2 large ungreased baking sheets. Brush tops of biscuits with additional buttermilk. Bake until tester inserted into center comes out clean, about 18 minutes. Cool biscuits 10 minutes on a wire rack. Serve warm or at room temperature.

Per serving: 141 calories; 6 g fat; 3 g saturated fat; 14 mg cholesterol; 3 g protein; 20 g carbohydrate; 1 g sugar; 1 g fiber; 223 mg sodium; 94 mg calcium

— Adapted from “Bon Appetit Fast Easy Fresh Cookbook,” by Barbara Fairchild

DORY

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Then it was back into the house we hurried, peeling off wraps to hang for drying and boots on newspapers spread on the floor to catch the melting snow that clung to them.

We huddled up to the heat of the wood-burning stove and sipped hot chocolate out of heavy ironstone mugs and blended our voices in chorus about when we could get out the sleds stored in the shed and which hill would make the best runs.

Would it be B Avenue, Second or Third Street hill, Eighth down by the college, or Mill Canyon Road coming from the hills?

As I stood looking out the window, my memory moved away from my childhood memories to when I had sons who went through the same feelings and excitement with inspirations of their own.

One was of a toboggan run right across the front hills of our Mill Canyon home and how they had convinced Mama to join them, their friends and their Dad to make the run with them on lined-up sleds and inner tubes filled with air. Even though my mind wanted to join in, my body refused to be

so engaged. Young ones can be so persuasive that at last I gave in and joined them

I survived the seemingly dangerous, yet thrilling, glides across the hills and down into the level to stop breathless.

Fortunately for me, my offer of hot chocolate with marshmallows saved me from a repeat ride down the snowy pathway.

Today I still live where seasons change, perhaps not so predictably as they used to, but because I prefer the changing seasons. So, even with the problems caused in getting around at will, I cannot leave my childhood environment.

Would I venture out today to go to lunch, I questioned myself? I would wait and see what the hours would bring.

The flames burned brightly in the stove by my breakfast table and chair and I decided not to worry about the coming day. It was winter and snow was to be expected. I would either go or stay. It might change to rain or even begin snowing again. The first snow is so unpredictable and thrilling — well, it used to be.

I drew up my chair closer to the fire again and waited.



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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:

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.