

FALAFEL

Continued from Page 1B

For that matter, I bought the pita, too — and the pickled turnips.

But I made my own quick pickles, which I call quickles. They're so easy, so fast and so fun. And they go great on a falafel.

Falafel? They're more like fal-awesome.

FALAFEL

Yield: About 18 balls

1 cup dried chickpeas, also known as garbanzo beans, or 2 (15½-ounce) cans
½ large onion, roughly chopped, about 1 cup
2 tablespoons finely chopped fresh parsley
¾ teaspoon salt
4 cloves garlic
1 teaspoon ground cumin
1 teaspoon baking powder
4 to 6 tablespoons flour
Oil for frying

1. If using dried chickpeas, put in a large bowl and add enough cold water to cover by at least 2 inches. Let soak overnight, then drain. If using canned chickpeas, rinse and drain.

2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor. Add the parsley, salt, garlic and cumin. Process until blended, but not pureed.

3. Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse. Add more

flour, if necessary. You want to add enough flour so that the dough forms a small ball and no longer sticks to your hands. Turn out into a bowl and refrigerate, covered, for several hours.

4. Form the chickpea mixture into balls about the size of walnuts.

5. Heat 3 inches of oil to 375 degrees in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for 3 to 4 minutes, or until golden brown (the temperature of the oil will drop). Drain on paper towels.

6. To serve in the traditional manner, stuff half a pita with the balls and add chopped tomatoes, diced sweet onion, diced green pepper, pickled turnips and a sauce made from tahini thinned with water. Or add pickled cucumber or sauerkraut, or such sauces as harissa or z'hug.

Per serving: 108 calories; 7 g fat; 1 g saturated fat; no cholesterol; 3 g protein; 9 g carbohydrate; <1g sugar; 2 g fiber; 237 mg sodium; 35 mg calcium

— Adapted from a recipe from "The Foods of Israel Today," by Joan Nathan.

HARISSA

Yield: 1½ cups, about 16 servings

4 ounces dried hot red New Mexican chili peppers (about 18), stems removed

¼ cup olive oil, divided
7 to 8 cloves garlic
½ teaspoon ground cumin
½ teaspoon ground coriander
1 teaspoon coarse salt, or to taste

1. Soak the peppers in warm water until soft; drain and squeeze out any excess water. Place in food processor with ¼ cup of the oil, garlic, cumin, coriander and salt, and process until it forms a thick puree. Place in a jar, pour on the remaining olive oil, cover and refrigerate.

2. Let it sit for a few days before using for best results. Top with more olive oil after each use. This sauce also goes well with grilled meat.

Per serving (not including the ¼ cup of oil used in the top of the jar): 35 calories; 4 g fat; <1 g saturated fat; no cholesterol; no protein; 1 g carbohydrate; no sugar; no fiber; 146 mg sodium; 4 mg calcium

— Recipe from "The Foods of Israel Today," by Joan Nathan.

Z'HUG

Yield: 1 cup, about 10 servings

4 ounces fresh green serrano or jalapeno peppers, stems removed
1 whole head garlic, each clove peeled
½ cup fresh cilantro, rinsed and dried
½ cup fresh parsley, rinsed and dried

¼ teaspoon whole black peppercorns, or ¼ teaspoon black pepper
½ teaspoon ground cumin
2 green cardamom pods, peeled
¾ teaspoon salt, or to taste
¼ cup olive oil, plus additional to cover

1. Place peppers with the garlic, cilantro, parsley, peppercorns, cumin, cardamom and salt to taste in the bowl of a food processor. Chop until almost pureed, then add ¼ cup oil and puree.

2. Remove to a glass jar and just cover with additional olive oil. The z'hug will keep for several months, covered in an airtight jar, in the refrigerator.

Per serving (not including the oil used in the top of the jar): 35 calories; 4 g fat; no saturated fat; no cholesterol; no protein; 1 g carbohydrate; <1 g sugar; no fiber; 146 mg sodium; 4 mg calcium

— Recipe from "The Foods of Israel Today," by Joan Nathan.

QUICKLES (QUICK PICKLES)

Yield: 2 pounds, 12 servings

2 pounds cucumbers (small is best, but not necessary)
2 garlic cloves, smashed
1 teaspoon dill seed
¼ teaspoon crushed red pepper
½ cup cider vinegar
½ cup water

snows from tree and shrub branches. Allow ice to melt naturally to reduce injury to plants.

- Check stored summer bulbs such as Dahlias, canna, and gladiolus to be sure they are not rotting or drying out.
- Sow pansy seeds indoors now.

- Wash dust off house plant leaves on a regular basis. This allows the leaves to gather light more efficiently and will result in better growth.

- Make a resolution to keep records of your garden this year.

- To avoid injury to lawns, keep foot traffic to a minimum when soils are wet or frozen.

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

- The Japanese maple (*Acer palmatum*) is native to Japan and Korea. Slow growing to 20 feet.

There are many forms and varieties including the lace-leaf maple. Some of the varieties are green, some have red or purple leaves. This maple is highly ornamental and is usually used as a shrub.

- The bigleaf maple (*Acer macrophyllum*) is native to streambanks and moist canyons. It is a broad-topped, dense shade tree.

The large leaves are 6 to 15 inches wide, sometimes bigger on young saplings. Fall color is yellow. Small flowers in April or May are followed by clusters of paired winged seeds which look like rather tawny, drooping butterflies. It is resistant to oak root fungus.

GARDEN CHORES

- Gently brush off heavy

MAPLES

Continued from Page 1B

This variety is acceptable, but leave the native green one alone as a yard tree.

The most commonly planted and most commonly for sale in nurseries are the sugar maple, Norway maple and red maple.

- The sugar maple (*Acer saccharum*) grows to 60 to 80 feet tall with a spread of 40 to 60 feet. Fall color is yellow to red, often on the same leaf.

Varieties include: bonfire, commemoration, arrowhead, green mountain, legacy, and Seneca chief. This is also the maple sugar is made of. The slow growth is the only drawback. Fall color, strength, and long life are the rewards.

- Norway maple (*Acer platanoides*) is a native of Europe. It will reach a height of 40 to 50 feet and spread 30 to 50 feet. Fall color is yellow.

There is a purple leaf form which does poorly in alkaline soils. There are many varieties, several of which are drought tolerant. You can tell the Norway maple because a broken leafstalk will have milky juice.

- The red maple (*Acer rubrum*) grows 40 to 70 feet height and 30 to 50 feet in breadth. Fall color is red to yellow.

Faster growing than the Norway maple. Red twigs and branchlets and fruit.

There are many varieties including: Autumn Radiance, Armstrong, Bowhall, Columnare, Gerling, Karpic, Northwood, October Glory, Red Sunset, Scarlet Sentinel, Shade King, Tilford, and V.J. Drake (unusual fall color — leaf borders turn red or violet while leaf center stays green — the whole leaf eventually turns red). I wish I had room to tell you what each variety is like.

year at Eastern Oregon College (now EOU) a completed form for a possible career judged that I should be a teacher or a librarian, but I chose the news media instead. Now I wonder how I would have done as a teacher. Seeing this movie again, I believe that as a teacher...no, as a principal...no, even as a superintendent of a public or private school, I would show the movie "Mr. Smith Goes to Washington" once a year to all my students in public or private schools. In fact, I believe every adult should see or reacquaint themselves with this film and the story of

government potential behind it.

After the movie we would all stand and give the Pledge of Allegiance, then sing the "Star Spangled Banner" before departing.

This is my personal opinion and, still yet, I have every right to say and write it.

I ask myself whether or not we have drifted too far away from our beginnings to know or remember the sacrifices and brave souls who gave us the freedom that still remains.

Are we still standing watch? Are we truly grateful? What do we teach our children?

FLAG

Continued from Page 1B

I had forgotten the first part of the fictitious but powerful movie that was so important to each American citizen who needs to know or be reminded of our beginnings and duty to our country lest we lose our freedom and justice so bravely fought in the American Revolution in 1763-1775.

To that end I was reminded of my blessings, not only of freedom but of truth, honor, honesty, service, justice, and commitment.

When I finished my first

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2¼ teaspoons pickling or kosher salt

1. Wash cucumbers and cut into spears or coins. Small cucumbers may be kept whole.
2. Into an impeccably clean jar, place garlic, dill and red pepper flakes. Pack the cucumbers into the jar; trim the ends of spears if they will stand taller than ½ inch below the jar's rim.
3. In a small saucepan, heat together vinegar, water and

salt to a rolling boil. Pour liquid over cucumbers, leaving a little room at the top. Close jars and refrigerate. They will be ready to serve by the time they are chilled, and will stay fresh for several weeks.

Per serving: 96 calories; <1 g fat; no saturated fat; no cholesterol; no protein; 26 g carbohydrate; 20 g sugar; 1 g fiber; 374 mg sodium; 8 mg calcium

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