

MEALS

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1. Heat oil in a skillet until hot and add 1 tortilla. Cook 1 minute, then remove. Place the other tortilla on the skillet and scatter evenly with the broccoli, mushrooms and tomato. Top with the cheese. Place the other tortilla on top, oiled-side up. Cook 1 minute until bottom tortilla is nicely browned.

2. Flip quesadilla and cook until cheese melts, 1 to 2 minutes. Cut into quarters and serve immediately.

— Recipe by Norma Klingsick

FERNS

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There are about 10,000 species of ferns throughout the world and only the deserts and polar regions have no ferns. Ferns are popular as ornamental house plants and florists often use the fronds in bouquets and wreaths. You can break off the fronds easily from the root in the late summer and early fall with no harm to the plant. Ferns are also pretty pressed and used in pressed flower pictures or note paper.

The osmundia ferns are among the earliest to poke through the earth in spring, and their distinct crosiers are so matted with wooly hairs they seem like cotton balls. Ferns can do well if they receive plenty of moisture.

Cinnamon ferns (*O. cinn*

namonea) has separate sterile and fertile fronds. The fertile ones, which are the first to grow in spring, have narrow leaflets that hug the stalk very tightly. The fronds turn from green to brown as they mature in spring and then they wither and fall after the spores are shed. The sterile fronds then unfurl later and remain green all summer until frost killed.

The 6-foot tall royal fern (*O. regalis*) is one of the largest native American species. Its elongated, blunt-tipped leaflets turn from red to green as they unfurl. Thin fertile leaflets grow in brown clusters at the tip of each frond.

Common in the gorge is the native maidenhair fern (*Adiantum*), which grows in cool, moist places. It has thin, wiry black stems, fronds finely cut,

the leaflets fan-shaped and bright green and thin textured. Maidenhair fern needs rich, loose soil and shade and steady moisture.

If you are looking for a plant for a damp, cool shaded area of your yard, or for something to plant along the edge of a pond or stream, try a fern.

- Encourage birds to nest in your yard by providing water and by putting up bird houses. Plant suitable shrubs, trees, vines and evergreens will provide wild food sources and nesting habitat.

- Branches of pussy willow, quince, crabapple, forsythia, pear, and flowering cherry may be forced indoors. Place cut stems in a vase of water and change the water every 4 days.

- Exchange seeds and plant information with your friends.
- Begin to fertilize house

plants as they show signs of new growth. Plants that are still resting should receive no fertilizers yet.

- Think about starting seeds of tomatoes, peppers, and eggplants indoors. Get

your pots and soil mixture and seeds together.

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

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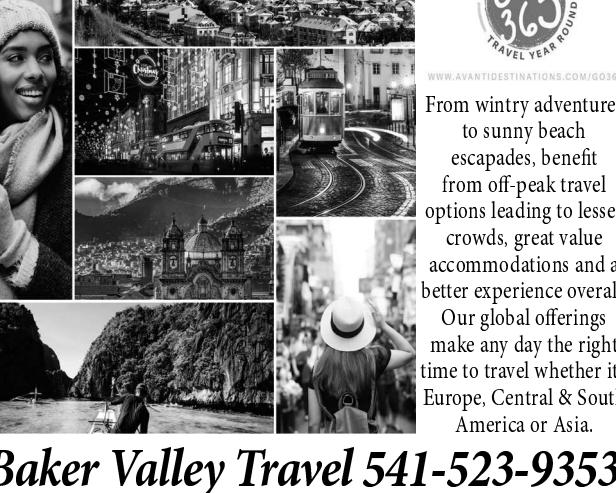
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