



DORY'S DIARY

DOROTHY SWART FLESHMAN

The band plays on

Last Monday evening the Community Band Northeast (CBN) played its closing concert of the spring term in McKenzie Theater, ending with the Eastern Oregon University (EOU) schedule. The cheering section of our most supportive audience always in attendance means so much and is greatly appreciated. Also greatly appreciated was the financial show of support by donations that came with it. Thank you all!

This was the second actual concert given by the band under its new name as a nonprofit organization, and I was happy to be one of its members.

They will take up again in the fall and are open for membership by anyone who plays or has played a band instrument, fulfilling the band's purpose to represent the communities of this northeastern corner of the state. It has been fun to have 34 members representing three counties — Union, Wallowa and Baker. They came from La Grande, Summerville, Imbler, Union, Cove, and Elgin in Union County, and a number from Baker City in Baker County as well as from Lostine in Wallowa County. Faithfully they drive long distances to play with the band in any kind of weather. That takes real dedication. The band is also open to students from high schools and from EOU, some for school credit.

They took me in again for this last term, rusty as usual, supplying me with a horn and a ride to rehearsals.

The first time in 2003 I hadn't played in over 50 years so it was initially a struggle to regain any of my ability but it was coming and the group was patient with me.

See *Dory* / Page 2B



BETWEEN THE ROWS

WENDY SCHMIDT

Beloved lavender

Blooming now is culinary sage. It attracts great attention from all the pollinators. Of course it is much nicer if it can be seen above the growth of weeds in the yard and I fully intend to do something about that soon....

One of the landscape shrubs that thrives here is the lavender. There are three types of lavender, each looking quite different from the others. The most common is the English lavender, but there is also French lavender and Spanish lavender.

English Lavender (*Lavandula angustifolia*, *L. officinalis*, *L. spica*). Zones 4-24. Most commonly and widely planted variety. Classic lavender used for perfume and sachets. Grows to 3 to 4 feet high and wide. The leaves are gray, smooth on margins, narrow, to 2 inches long. Flowers lavender, 1/2-inch long, on 1 1/2- to 2-foot-long spikes in July-August. Dwarf varieties: "Compacta" ("Compacta Nana"), to 8 inches tall, 12 to 15 inches wide; "Hidcote," slow-growing to 1 foot tall, with very gray foliage and deep purple flowers; "Munstead," most popular dwarf, 1 1/2 feet tall, with deep lavender blue flowers a month earlier than the species; "Twickel Purple," 2 to 3 feet high, with purple flowers in fanlike clusters on extra-long spikes. Attractive to bees.

• French Lavender (*L. dentata*). Zones 8-9 (obviously by the zone numbers, French lavender is eliminated as a plant that will survive to thrive and flourish here).

See *Lavender* / Page 2B

The Barbecue Isn't Just For Burgers



Hillary Levin/St. Louis Post-Dispatch-TNS

Avoid unnecessary fat and calories by grilling an American cheese sandwich with white bread on the barbecue.

GREAT ON THE GRILL

By Daniel Neman

St. Louis Post-Dispatch

The grilling season is upon us, like a lion upon a gazelle. That means some 80 million of us will be out there, happily grilling hot dogs, steak and hamburgers.

Which is all well and good. Who among us does not enjoy a grilled hot dog, steak or hamburger? Or, for vegetarians, a grilled basket of vegetables?

But what if we want something more? Something different. And I'm not talking about chicken or fish, or even shrimp (though grilled shrimp is amazing, and not enough people make it).

What if we want grilled pizza?

What if we want grilled watermelon?

What if we want grilled Caesar salad, like restaurants used to make it in the 1990s?

What if we want a grilled cheese sandwich? Not one that is cooked on a pan or a griddle, but an actual grilled cheese sandwich?

What if we want to bake bread in a grill?

All you have to do is change your way of thinking. You have to start thinking of your grill as nothing more than a source of heat. You can cook on a pan with it, as you would your stove. If it has a cover, you can use it to roast and bake, as you would your oven.

I began with a loaf of bread. I made the dough for the simplest, easiest and definitely the fastest bread I know how to make, a One-Hour Bread. It doesn't taste like anything special, though neither is it bad by any means. This particular bread's greatest strength is that it only takes one hour to make, from start to finish.

I did not make a more complicated loaf because, frankly, I wasn't 100% certain it was going to work, and I didn't want to waste all of that time and effort on a loaf of bread that turned out either undercooked or overcooked — or weirdly cooked — on a grill.

I needn't have worried. I actually ended up with what I think is the finest loaf of One-Hour Bread I have ever made; perhaps the charcoal added some complexity that is not ordinarily there. Even so, the bread ended up taking more than one hour to make. Whether the covered grill lost heat over time or if it never made up to the 425 degrees at which the bread is usually cooked, I don't know.

Just call it an Hour-and-a-Quarter bread, and enjoy. Or better still, use your favorite bread recipe and be ready to extend the baking time if necessary.

I next made a pizza. With some pizza parlors boasting that they are wood-fired, and others proclaiming the superiority of coal-fired ovens, grilled pizza is a natural.

It's only a little different from the standard way of making it. You brush both sides of the dough with olive oil (I made my own, but you can buy it at some stores) and cook one side over a medium-hot grill for just a couple of minutes. You turn it over, quickly add your sauce and toppings, and cover the grill. It will only take another minute or two to cook, and



Hillary Levin/St. Louis Post-Dispatch-TNS

Make your own pizza on the grill.



Hillary Levin/St. Louis Post-Dispatch-TNS

Grilled watermelon

you end up with a classic pizza experience.

I kept to the unintentional theme of grilled carbohydrates with grilled polenta. This time I used store-bought, cooked polenta, the kind that comes in a tube, though there is nothing to stop you from making your own thick polenta, refrigerating it and then slicing it to grill it.

On the other hand, that's a lot of work. The store-bought polenta was fine, especially when fancied up with olive oil, garlic and rosemary. And after it was grilled, it was topped with grated Parmesan and black pepper. It's just delightful.

A grilled cheese sandwich came next, and that brought with it a conundrum: How do you butter the bread? After all, the butter is the best part of a grilled cheese sandwich?

This is only a problem when you use cheap, squishy bread. But cheap, squishy bread (with American cheese) is what makes the best grilled cheese sandwiches. I first tried buttering it, but that only tore the fragile lettuce. So I cheated, sort of. I melted butter in a skillet and dipped the sandwich in that before putting it on the grill.

Grilled cheese on a grill is definitely better than grilled cheese on a griddle.

I went back in time a bit for my next dish,

grilled Caesar salad. It was a thing 20 years ago or so, and it is still good; grilling the lettuce adds an extra dimension to the salad that somewhat mitigates the richness of the dressing.

All you have to do is brush a little olive oil onto whole heads of romaine lettuce and place them on the grill. Serve the heads whole drizzled with Caesar dressing and Parmesan cheese. If you want, you can even turn grilled bread into croutons, too.

For a little something extra different, I ended by grilling slices of watermelon. Why not? First, I brushed on a mixture of lime juice, honey and olive oil, and then I placed the slices on the grill.

I'm not sure how or why this worked, but the grill seemed to change the nature of the watermelon. When I took it off the grill, the melon was more savory, less sweet. One taste tester said it reminded her of butternut squash, and I could only agree.

It's a pleasant, if unusual, sensation. It's certainly worth trying once, to see if you like it. Just don't forget to add salt before eating it, to make the flavor pop.

See *Grilling* / Page 2B