



BETWEEN
THE ROWS

WENDY SCHMIDT

Keeping a garden journal can help you avoid the unexpected

The world of gardening is complex or simple — whatever way you want it to be. That is the remarkable thing about it: You can tailor it to fit your lifestyle.

There comes a point in life that things get forgotten if they're not written down. That's where a garden journal will help you out. The journal can help make your garden better if things are notated and if you refer back to it to help remember when you fertilized which plants.

It is much like taking care of your car. You may get by just fine trying to remember when to change the oil, but exactly when did you buy those tires? Did you ever get them rotated? Besides, it's nice to have a reminder to change the oil. It cuts down the times of panic when the idiot lights shine out from the dash.

When you keep a journal you can note the location you plant a new plant and keep track of its name, variety, when you bought it and how it's doing.

The peas are about finished (because of the hot weather they'll soon die back). I'm thinking it would be worth the gamble to plant a row of bush beans in their place. Every year the weather is a bit different, but I'm willing to take a chance this year.

Garden chores

- Provide water in the garden for birds, especially during dry weather.
- While spraying roses with fungicides, mix a little extra and spray hardy phlox to prevent powdery mildew.
- Water newly planted trees and shrubs thoroughly every week.
- Fertilize container plants every 2 weeks with a water-soluble solution.
- Keep weeds from making seeds now. Your vigilance will mean less weeding next year.
- Keep dead-heading annuals for repeat blooms.
- Plant zinnia seed now for late bloom in annual borders.
- Stop pinching mums now, or autumn flowering will be delayed.
- Summer pruning of shade trees can be done now.
- Divide bearded iris now.
- Dig potatoes when the tops die.
- Plant fall potatoes now.

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

Finding The Right Product For Frying Food



Genevieve Ko/Los Angeles Times-TNS

Homemade doughnut holes.

CHOOSE THE BEST FAT FOR THE JOB

By Genevieve Ko
Los Angeles Times

Using the right kind of fat for different types of frying will make whatever you cook more delicious.

Generally, the higher a fat's smoke point — the temperature at which the fat goes from hot and shimmery to smoky and acrid — the more versatile and durable it is as a frying medium. A wisp of smoke is fine before tossing ingredients into a wok for a stir-fry or skillet for a sear, but a plume rising from the pan means the oil is burning, and the taste of burnt (not browned or toasted) fat is rarely what we're looking for in the kitchen.

To figure out which fat I want to use for which frying job, I think of them in these categories:

- Low to medium heat: butter (fresh and clarified) and usli ghee

Butter's fat content ranges from 80% to 85%; the rest is 13% to 18% water and 1% to 2% milkfat solids and whey proteins. When heated, butter goes from melted to brown to burnt. If it hits that last stage, it will ruin whatever you're cooking — plus, the fat colliding with the water

over higher heats sputters and can burn you.

If you want butter's distinctive flavor in dishes that require frying, use usli ghee, a staple in Indian cuisine, or clarified butter. Clarifying butter — removing the whey and water by applying gentle heat — raises the point at which the butter smokes from 300 degrees to 450 degrees. Ghee is cooked longer than clarified butter, giving it a nuttier aroma.

Even though ghee and clarified butter won't smoke until that high temperature, their flavor is more potent when used in medium-low and medium-heat frying.

- Medium to medium-high heat: rendered animal fats (lard; beef tallow; chicken fat (schmaltz); duck fat)

Lard was fundamental to cooking around the world until the dawn of processed and heavily marketed fats like Crisco. It's a staple of Mexican cooking, which makes it easy to find in L.A. Thanks to the popularity of the keto diet, other rendered animal fats are now readily available at supermarkets and online too. They taste the richest of all fats and with smoke points that range from 375 to 400 degrees, they can be used

for searing, sizzling and other higher-heat cooking, including deep-frying. The rendering process may leave some liquid in the fat, so watch out for popping when you heat it.

- Medium-high to high heat: refined vegetable-based oils (vegetable, canola, corn, peanut, sunflower, safflower, rice bran, virgin/light/pure olive, refined avocado and grapeseed)

Vegetable oils that are processed and refined after pressing end up with high smoke points, so they can be used in a multitude of ways and last longer in the pantry. What they lack in taste, they make up for in versatility.

With smoke points that range from 390 to 510 degrees, these oils can be used for stir-frying, high-heat sauteing and shallow- and deep-frying. Shallow and deep-frying, when food is partly or fully immersed in bubbling hot oil, require knowing the exact temperature of the oil. If you maintain the correct temperature, you'll be rewarded with crunchy outsides and properly cooked insides. The food won't absorb excess oil or feel greasy and actually end up tasting light and crisp.

See **Frying**/Page 2B

Erickson and Durland Building has a rich history

By Ginny Mammen

The building at 1517-25 Jefferson Ave. has no historic name but has had many common names and owners over the years. The location, close to the railroad tracks, made this warehouse building a choice spot for a number of businesses. Some of these were Smith-Noble Produce Co., Smith-Nibarger Produce Co., C. W. Bunting & Son, Erickson & Durland and later as Erickson & Lottes. Only the Erickson and Durland name has survived through the years in the ghost sign on the building's wall facing the railroad tracks.

The original brick building at 1525 Jefferson was constructed around 1906 as a warehouse originally used for the storage of flour and produce on one end, and cement, sash, doors, and hardware on the other. Over the years additions were constructed making a unit of 1517-25. In the early 1920s



Photo from the Fred Hill Collection

The building at 1517-25 Jefferson in La Grande has been the site of several businesses over the years, including the Erickson and Durland Dealers, which sold grain, poultry supplies and other items.

August Erickson was a shareholder with Nibarger in C. W. Bunting and Son. When Nibarger sold his interest, Erickson took Benjamin Durland into the partnership and in 1924 Erickson and Durland Dealers

was created as a part of the Blue Mountain Fruit Exchange in this Jefferson Avenue building.

These merchants, as their predecessors, carried a variety of goods covering just about anything one would need. This included poultry supplies, garden seed, apples, cherries, and potatoes, coal, fertilizers, cement, lime and sprays.

In January 1931 Durland sold out to Fredrick Lottes. The new business, Erickson and Lottes, continued offering many of the same products and adding new ones when the need arose. Erickson left the business in 1945 and in 1946 Lottes officially changed the name to Lottes Warehouse.

August Erland Erickson, born in Sweden in 1884, came to the United States in the late 1890s with his family to live in Wyoming. Sometime after 1905 August moved from Wyoming to Union County and worked as a farm hand and

later becoming the farm manager. In 1908 he married Lorna Loger, a young woman from Cove. August was a hard worker and before long he owned his own farm and a 7-acre cherry orchard in May Park as well as his growing business on Jefferson. August and Lorna had two children — a son and a daughter. August died in February 1976 in La Grande at the age of 92.

His partner, Benjamin Merrill Durland, was born in Kansas in 1878. Ben married Nellie Mooney in 1905 and shortly after, as many young couples did during that time, moved West to start their married lives. One of his jobs during the early part of the 1900s was that of manager of the Grande Ronde Fruit Company ranch at the foot of Mount Emily. The Feb. 21, 1916, Observer reported that Mr. Durland had been away from home and Mrs. Durand met him at the train.

See **History**/Page 2B