



**NUTRITION:  
IT'S ALL GOOD**  
ANN BLOOM

## Eating healthy at college

One of my fondest memories of college is the care packages my mom would send me from time to time. They usually contained cookies, a new blouse or skirt, a note from her and my dad, some hot chocolate or a coffee mug. Not big things by any means, but enough to remind me I was remembered and loved, which was important for someone away from home for the first time and more than 350 miles away from everything familiar.

I was on the dorm's meal plan so I didn't have to worry about what I was going to eat; the university made that decision for me. Dorm food was just that — food. It fed our bodies, but not our souls. I was fortunate in that, when I moved off campus, I already knew how to cook, which made me popular with my housemates. I could feed our bodies and our souls, with warm nutritious meals. And, no, we didn't subsist on Top Ramen.

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**BETWEEN THE ROWS**  
WENDY SCHMIDT

## Flowers can flavor food, too

As an accent of color in a salad or sandwich, many people add flowers. This is one way to get multiple uses from your landscape. Many people purposefully choose edible flowers they like over others that can't be eaten when they plan their landscape.

When you eat flowers, heed the following cautions:

1. If you have hayfever, consider skipping edible flowers. The risk of a reaction to the pollen is too great. You can still decorate food with most flowers, but remove them before eating the food.

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## Soups Aren't Solely For Winter



Hillary Levin/St. Louis Post-Dispatch-TNS

Cherry soup is a great and tasty way to cool off during summer weather.

# CHILL OUT WITH SOUPS OF SUMMER

By **Daniel Neman**  
St. Louis Post-Dispatch

This is the best time of the year for people who cook. Also, for people who eat.

The fields are laden with produce. Vegetables and fruit hang heavy from every leafy branch. Goodness is fresh and abundant.

And with the sun blazing down on us like a broiler, the key is to enjoy all of this wonderful produce and cool down at the same time.

That is where chilled summertime soups come into play. Refreshing and crisp and just a little unusual, cold soups make the best of what summer has to offer.

To get some relief from the heat, I made five summertime soups. Each took full advantage of the harvest: avocados from the tree, carrots from the ground, tomatoes from the ...

OK, to be honest, the tomatoes came from a can in the form of tomato juice. I got so caught up in the idea of chilled soups that I forgot I was supposed to be using fresh ingredients. But the can was newly purchased, so that's something. Besides, it has onion in it, and the onion was fresh.

Though it was less straight-off-the-vine than it might have been, the tomato soup — or actually

Lightly Spiced Tomato Soup — was delightful.

The tomato juice serves as the base, its flavor mellowed and deepened with sauteed onions and vegetable stock (or water, but use the vegetable stock if you have it). Still, it is the light spices that make the soup come alive.

With a nod to the Indian subcontinent, the soup is embellished with cumin, turmeric, cardamom and cloves, plus a pinch of cayenne for extra heat.

And if that much heat is too hot for you, especially in the summer, you can cool it off with a spoonful or two of tangy yogurt.

As easy as the tomato soup was to make, I next made one that was even faster and easier: Curried Avocado Soup does not even need to be cooked at all, yet it boasts a big flavor.

All it needs are avocados blended with vegetable stock, with curry powder, heavy cream and salt and pepper mixed in. Chill it and you have a surprisingly good dish.

Surprising, because who would have thought avocados and curry powder would go well together? It's like hot and cold, night and day, black and white. That's why you need the cream. It melds, it blends, it softens and

tempers and it makes everything better.

If the Curried Avocado Soup was the easiest to make, Chilled Stilton and Pear Soup was the most involved. Of course, the results were also the creamiest, richest and, if you are looking to impress your guests, the most impressive.

Pears and Stilton cheese are one of those all-time classic combinations. The smooth and rich — yet pungent — blue cheese harmonizes brilliantly with the mild sweetness and the unique, softly granular texture of a pear.

But how do you transport that heavenly pairing to a soup?

You cheat a little, is how.

You begin with a base of chicken stock cooked with celery, onion and leeks in it, which you then thicken and enrich with a roux. Next, you dump in a whole lot of grated Monterey Jack cheese and then stir in some half-and-half.

It tastes even better than it sounds, and we haven't even gotten to the pears and Stilton yet. That's because you use them almost as a garnish, diced into small pieces and floating on top.

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# Revisiting one of La Grande's more ghostly corners

By **Ginny Mammen**

The corners of Greenwood Street seemed to be popular places for the wall dogs to have painted their signs. The previously mentioned building at 1501 Madison had two, possibly three signs layered on top of each other. Just one block over is 1501 Jefferson (Pacific Fruit and Produce Co.) with multiple ghost signs on three sides of the building.

The official name on the National Register of Historic Places comes from pre 1925 when Pacific Fruit occupied the building. This rather ornate brick building was constructed in the early 1900s by one of the entrepreneurs written about in an earlier article, W.H. Bohnenkamp. Its proximity to the railroad made it a perfect distribution house for produce. One of its earliest occupants was Oregon Produce Co. in 1904.

In 1925 Ryan Fruit Co. purchased the Pacific Fruit Company branches in both Baker and La Grande and moved into the build-



Photo by Ashley O'Toole

The building at 1501 Jefferson has multiple ghost signs.

ing. Over the years it housed a variety of businesses. By 1935 it was the home of Valley Beverage Co. offering a selection of beverages including Heidelberg beer. Twelve years later this address was listed as the home of Portland-Pendleton Motor Transport Co. which advertised "shipping

everything, whether large or small, such as brooms to Baker, pipes to Portland, utensils to Union, etc."

Around 1948 it was the location of Baker Distributing Co. serving as the outlet for Pioneer and Pabst Blue Ribbon beers. It wouldn't be long before a whole new future



Photo by Ashley O'Toole

A ghost sign from the period when the building housed Baker Distributing, an outlet for Pioneer and Pabst Blue Ribbon beers.

for this building was to be on the horizon.

Globe Furniture celebrated its grand opening in La Grande on June 3, 1946, and sometime in the early 1950s purchased the building at 1501 Jefferson to be used as a warehouse. Although the building

shows graceful windows and an attractive inviting facade, the interior has always served rather drab utilitarian purposes.

One thing about ghost signs is that they are very elusive.

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