



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

Etiquette for taking your dog on a healthy stroll

The clocks have been turned ahead, the snow has melted, it's finally feeling warmer and the grass is greener. We are starting to feel like we need a little fresh air and physical activity to carry us forward into the summer months. What to do?

We are extremely fortunate to live in one of the most beautiful places on earth. We are surrounded by mountains, trees, open grassy fields and an abundance of streams. And, of course, the crown jewel ... Wallowa Lake. With such beauty all around us, and the fresh air that comes with it, walking seems like a natural for enjoying all that Northeastern Oregon has to offer while getting in that 60 minutes of physical activity that is suggested for most adults every day. And, if you have a dog (or two), everyone will benefit.

There is an etiquette to walking with a dog. Just like people, dogs are all different. Don't assume that just because you love your dog, that other people will feel the same way about him or her.

Carol Vencill, president of the Wallowa County Humane Society, and obedience training instructor, offers some tips on how to have an enjoyable and safe walking experience with your canine companion.

"Number one —the dog needs to be properly leash trained. You have to have control of the dog," she said. She added that some dogs are well-trained enough that they are totally controlled by voice alone. She said if people want their dog to have more freedom then they can use a long line of 15 to 20 feet.

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**BETWEEN
THE ROWS**
WENDY SCHMIDT

Flowers and favorite fragrances

Lilacs, violets, iris, hyacinths, roses. Just the names of the flowers bring back memories associated with their fragrance. Memories oftentimes are very closely tied to fragrances. Certain smells bring memories rushing in — frequently from our childhood.

Certain old fashioned irises bring memories of me as a child, Memorial Day, putting flags on veterans' graves and flowers on graves of our beloved friends and relatives.

Lilacs and irises combined bring to mind making May baskets, hanging them on neighbor's door knobs, ringing their doorbells and run and hide — watching them discover the flowers from cover of bushes.

Hyacinths, daffodils, petunias, primroses, pansies and roses all have their special scents.

On the other hand, the flowers with no scent are an acquired acceptance. Rhododendron, camellia, orchid. Scent seems to add another dimension to make the flower likable.

Chores in the June garden

- Renovate strawberries after harvest. Thin out excess plants; remove weeds; fertilize and apply a mulch for weed control.

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Hillary Levin/St. Louis Post-Dispatch-TNS

Classic Chicken Salad.

PERFECT PLANS FOR A PICNIC

Daniel Neman

St. Louis Post-Dispatch

Deirdre was invited to a picnic. Deirdre went to the grocery store and bought a plastic tub of potato salad. Everyone else brought homemade food and regarded Deirdre with barely concealed contempt.

Don't be Deirdre.

It's picnic season again. Even people who are not good cooks can take this opportunity to avoid embarrassment by making their own dishes for the occasion.

I'm not talking about anything fancy or difficult. It doesn't have to impress. All your

friends and family will be appreciative if it just comes from your own hands.

It's the difference between a homemade Mother's Day card made with crayons and glitter, and a mass-produced one bought at a store.

Let's stick with the basics, the simple staples that are welcomed at every picnic and potluck: potato salad, coleslaw, pasta salad, egg salad and chicken salad.

OK, let's get just a little fancy. We'll make an ordinary American chicken salad and also a curried chicken salad.

What all of these recipes have in common is mayonnaise. None of them has a lot of it — too much mayo can detract from the main ingredient of the salad — but each has just enough to build flavors from a creamy, smooth base.

For potato salad, I always use red potatoes; their firm texture holds up best to boiling, their skins add just the right astringent note to balance the richness of the mayonnaise and their taste is the best to play off the other ingredients.

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Presto! Pesto pairs well with cod

Linda Gassenheimer

Tribune News Service

Pesto sauce, created in Genoa on the Italian Riviera, adds bright flavors and textures to dishes. Pesto combines fresh basil, pine nuts, Parmesan cheese, garlic and olive oil. Store-bought pesto sauce made this a quick, 15-minute dinner by adding it to sauteed cod fillets for a quick burst of flavor with very little effort.

Farfalle is also called bow tie pasta. A simple sauce made with cherry tomatoes and ground coriander completes this Italian meal. I used a skillet to make the pasta sauce, removed it and used the same skillet for the cod to save cleanup.

Helpful Hints

- You can use snapper or tilapia instead of cod.
- You can use any short-cut pasta such as penne or rigatoni.
- Look for reduced-fat pesto sauce in the market.
- Dry the fish with paper towels to remove moisture. This helps to brown the fish.

Countdown

- Place water for pasta on to boil.
- Prep all ingredients.
- Make the pasta sauce and remove to a bowl.
- Saute fish in the same skillet used for pasta sauce.



Linda Gassenheimer/TNS

Sauteed Cod with Pesto Sauce and Farfalle with Cherry Tomatoes and Coriander.

- Drain pasta and add to bowl.

Shopping List

To buy: 3/4 pound cod fillet, 1 container reduced-fat pesto sauce, 1 lemon, 1 container cherry or grape tomatoes, 1 bunch fresh basil, 1 bottle ground coriander, 1 jar minced garlic and 1 package farfalle (bow tie) pasta.

Staples: olive oil, salt and black peppercorns.

SAUTEED COD WITH PESTO SAUCE

Recipe by Linda Gassenheimer

- 2 teaspoons olive oil
- Salt and freshly ground black pepper
- 3/4 pound cod fillet
- 1/4 cup reduced-fat pesto sauce
- 2 lemon wedges

Heat oil in the large nonstick skillet, used to make the pasta sauce, over medium-high heat. Sprinkle the cod on both sides with salt and pepper to taste.

Add cod to the skillet. Sautee 3 minutes or until golden brown on the bottom.

Flip the cod over and spoon the pesto sauce on top.

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