



ANN BLOOM
NUTRITION: IT'S ALL GOOD

In search of a better breakfast

September is National Better Breakfast and Whole Grains Month, and breakfast is the perfect opportunity to incorporate whole grains into one's daily meal plan. According to the Dietary Guidelines for Americans, people should strive to get 50% of their daily grain intake through whole grains. For most adults, this means five to six ounces of grains a day.

For example, a slice of bread, a cup of cereal or ½ cup of pasta or rice counts as a one-ounce equivalent, or portion of grains. To make half of the daily intake whole grains, the sources of these amounts would come from whole grain bread, whole grain pasta or whole grain cereal (i.e., oatmeal). Thus, three slices of whole grain bread (three ounces) would not only count for half of a person's daily grain intake, but also their 50% recommendation of whole grain intake.

A whole grain, such as a kernel of wheat, has all the parts of the grain — the bran (the outer part of the grain), the endosperm (the next layer of the grain, after the bran, essentially most of the grain) and the germ (the very inside, or smallest portion of the grain). Refined grains eliminate the bran and germ, which contains most of the fiber and nutrients of the grain.

According to the Whole Grain Council, the definition of a whole grain is 100% of the original kernel containing the bran, germ and endosperm. If the kernel has been processed (i.e., cracked, crushed, rolled, etc.), the end food product should deliver the same balance of nutrients as are found in the original grain seed.

Examples of whole grains include brown rice, rye, oats, wheat and farro. Some lesser-known grains include kamut (a type of wheat), teff, millet and buckwheat. Many grains, such as oats, rice and wheat can be eaten for breakfast in the form of hot or cold cereals. Other examples of whole grains include wild rice (rice is part of the grass family), corn and barley.

Whole grains are high in fiber, which aids in digestion, and contains complex carbohydrates which the body uses for energy. Grains also provide B vitamins, trace minerals such as iron and zinc, and are a source of protein. High fiber does not always mean whole grain. Studies have shown that whole grains are also high in antioxidants.

Some people are not able to process the protein in certain grains. This protein is called gluten. The term for this inability to process gluten is called celiac disease and people with celiac disease must avoid foods containing gluten. Celiac disease, according to the Celiac Disease Foundation, is an autoimmune disease that causes inflammation, and over time, damage to the small intestine. Celiac disease is not curable, and the treatment is to avoid products containing gluten.

Not all grains contain gluten. Some grains such as rice, sorghum, millet and corn do not contain gluten. People with celiac disease may be able to eat these grains. Oats are also a possibility, along with other gluten-free grains, if they are processed in a certified gluten-free facility. People with celiac disease should always check with their care provider or a dietician if they are concerned, or have questions, about which grains are right for them.

When looking for whole grain products it is important to look at the list of ingredients. The words "whole grain" should be listed first in the ingredient label, or the package should say, "made from 100 percent whole grains." A loaf of bread might say, "stone ground" or "organic." These words may sound healthy, but do not mean the product necessarily is healthy or meets the whole grain requirement. The words on the label should be, "whole grain" (made from whole grain corn, whole wheat, etc.).

Also, just because the bread is brown does not mean it is made from whole wheat; manufacturers sometimes use molasses or caramel coloring to color the bread brown to fool consumers into thinking they are buying 100% whole wheat bread when they are not.

However, a bread can be white, or light colored, and still be made from whole wheat. According to the Mayo Clinic website, white whole wheat bread is made from whole grain wheat. It is just made from a different type of wheat than other wheat breads. It is made from white wheat which lacks the color found in bran, is milder in flavor and has a softer texture. Regular white flour bread is made with refined grains. Refined grains have been stripped of the bran and germ parts of the grain which contain the fiber and nutrients of the grain. The package won't say whole grain.

Incorporating whole grain foods into your daily diet can be simple, easy and tasty. If you are new to whole grains, try mixing white rice with brown rice until you get used to the nutty taste of brown rice. Snack on air-popped popcorn. Mix whole wheat pasta with regular pasta (the whole wheat pasta lightens as it cools). Experiment with using whole wheat flour in your muffin and cookie recipes in place of all or part of regular white flour. If you are not able to use regular wheat flour, gluten free flour can be used for many baking recipes (i.e., muffins and cornbread).

The world of whole grains is wide and full of interesting and exciting possibilities for incorporating whole grains into your diet and that of your family. Start today and see where the road to whole grain usage takes you. For more information and recipes using whole grains, go to www.foodhero.org.

Ann Bloom has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University. She lives in Enterprise.



Kristen Mendiola/The Daily Meal-TNS

Like summer squash, mild-tasting winter squash welcomes bold flavor additions.

Squash season shifts

Sweet-tasting winter squash recipes

By **JEANMARIE BROWNSON**
The Daily Meal

All summer, we enjoy our share of zucchini and summer squashes. Come

autumn, we happily embrace their harder-shelled, densely-fleshed, sweet-tasting brethren. Like summer squash, mild-tasting winter squash welcomes bold flavor additions. Unlike summer squash, most winter squash varieties keep well for weeks, sometimes months,

so fans can stock up at local farmers markets and produce stands. There are dozens and dozens of squash varieties; it's worth your time to get to know them. Acorn squash has long been an American staple, but it's certainly not the most interesting fla-

vor-wise. Three favorites — butternut, spaghetti squash and kabocha—can be found readily in large grocery stores. More exotic renditions, such as buttercup, red kuri, Hubbard and delicate, show up at farmers markets in early fall.

No matter what kind of squash you decide to try, select a squash that is heavy, rock hard and free of blemishes. When possible, choose squashes with their stems attached — these will keep the longest.

Once purchased, you'll need to address peeling and cutting the squash. Not all squashes need to be peeled, but if they do, peel using a vegetable peeler, then switch to a paring knife to trim any stubborn bits before cubing.

If you are not peeling your squash, be careful! Cutting through the tough skin requires a sharp knife and some pressure. Make sure your cutting board is stable and keep your eyes on the knife.



Kristen Mendiola/The Daily Meal-TNS

Kabocha Hash With Minted Ricotta and Caper-raisin Relish.

See, Squash/Page B2

Historic La Grande building with a royal link



GINNY MAMMEN
OUT AND ABOUT

Our next building, at 1214-1214 1/2 Adams Avenue in La Grande, currently occupied by Finance of America Mortgage and Remax Realty, is shown on the National Historic Register as having been built by Henry Anson, but I wasn't able to find anything to substantiate this. However, the building was constructed around 1892 because we know from the Sanborn Map of 1893 it was shown as being occupied by an office in 1214 and a store selling Groceries and Crockery in 1214 1/2.

The earliest office occupant of 1214 remains a mystery, but the 1903 Sanborn Map indicates that a tailor was occupying that space. The business was Ross & Andrews, a store advertising "Tailors and Gents' Furnishings." It opened on Oct. 10, 1903, and offered a full line of men's clothing in addition to custom made suits priced from \$28 to \$65. The proprietors were J. V. Ross, a tailor, and A. V. Andrews, a railroad conductor.

The business changed owners and names throughout the next 30 years as it grew in size and the merchandise offered. Ross & Andrews became A. V. Andrews, which became Andrews and Berry clothing, and by 1914 it was known as the Toggery, which was owned by the brothers, A. V. and E. T.

Andrews. E.T. had been a dock foreman for the M. A. Hanna Co. in Cleveland before coming to La Grande in 1913.

In January of 1914 The Observer reported that "Toggery Hires Ten Tailors." They now had stores in both Baker and La Grande and it was reported that in 1913 they had made close to 500 suits for the men of this area as well as those who traveled to La Grande on business.

In 1925 there was a fire in the store necessitating remodeling. At that time the building received a "new and modern" front as well as the rebuilding of the interior according to The Observer. By 1930 E. T. Andrews was ready to retire. A. V.'s son, Jessie V., bought his uncle's share and became his father's partner. The business was still going strong in the mid 1930s.

In August of 1935, Ann Johnson's Frock Shop moved from the New Foley Building into the space left by the departure of the Toggery.

The businesses in 1214 1/2 did not remain as long as those at 1214. The first enterprise, as stated above, was a store owned by T. J. Ormond selling "Groceries and Crockery" according to the 1893 City Directory. Ten years later in April of 1903, Thomas Ormond sold the business. The new owners were his younger brother, John, who had worked for him as a clerk, and a Mrs. Mary Laugey, who appears to be a widow who was a family friend. After Thomas left the grocery he went to work for Henry and Carr at their furniture store as a bookkeeper.

By 1912, according to the City Directory, J. A. Bugg was the establishment located next to the Toggery. This was a business that for many years decorated and refreshed La Grande homes and businesses with new paint and/or wallpaper.

When Bugg moved his business, Frank Harris moved in with his Art Store. Then in the mid 1920s Richardson's Art and Gift Shop was located here.

The people involved with this building having the most interesting story were the Andrews brothers, A. V. and E. T. They had another brother named Matthew who was a millionaire shoe man in Cleveland. Matthew had a son named Donald who was attending Yale and scheduled to graduate in the spring of 1915. According to The Observer, few weeks before graduation, when he was to inherit a fortune and marry a young Cleveland woman, he bolted and married a "vivacious princess of Austria related closely to the crown prince" and a best friend of his former fiancé.

The newlyweds planned a trip to Europe for their honeymoon, but fortunately changed their minds. Had they gone as planned they would have been on the Lusitania, which on May 7, 1915, sank 11 miles off the coast of Ireland after being torpedoed by a German U-boat.

The young couple waited in New York to be greeted by Donald's parents. Matthew, an upset father, had made a flying trip to New York to try to stop the wedding, but arrived a day too late. However, when Donald's mother arrived in New York, she took matters into her hands and took her son back to Yale. Donald bolted again returning to New York where he again proposed to his princess.

This is the first time we have learned of La Grande residents being related to royalty. Keep looking up! Enjoy!

Ginny Mammen has lived in La Grande for more than 50 years and enjoys sharing her interest in the history of people, places and buildings.

CORRECTION

I would like to make a correction regarding my previous column saying that A. V. Andrews was located at 1212 Adams Ave. in 1908-1912. That was not correct.