

# Natural Path: Eat Fresh, Eat Local

By Dr. Carol McIntyre

Spring is here and it is time to plant our gardens and bring an abundance of fresh food into our diets. I am a huge supporter of eating fresh and local. If you have ever seen my garden space at home, you know that I have optimized as much space as possible for growing food. There are raised beds in the front yard that are enclosed to create a greenhouse effect. This allows me to start growing early and in some cases year round (depending on the crop of course).

I am certainly not a master gardener... but I have learned how to maximize my growing season here in Vernonia. Because of this I am able to enjoy lettuce year round, onions, garlic, etc. as well. One does not necessarily

need a yard to grow fresh food either. Many foods can be grown in pots on the porch or outside the front door. I know of many people in town who use many different creative receptacles as pots/growing space.

Keep in mind that you do want to be careful in choosing what you grow your food in. Some containers will leach out chemicals (including xenoestrogens from plastics) that can harm our health. I personally do not recommend using recycled tires as planters because of the potential for chemicals from the tire leaching into the soil and impacting the nutrients in your plants.

Some good potting plants to grow are lettuce, broccoli, cauliflower, spinach, raspberries, kale and almost all herbs. Anything that grows above the

ground can potentially be grown in a pot. Tomatoes and peppers are another great example- they love the heat and it actually helps to optimize their growth. The trick with "potted gardening" is that you must WATER! Allowing the plants to dry out too much will ultimately decrease the plant growth. Root vegetables need to be grown in larger receptacles but can be very successful as well.

Eating fresh local food is not only important for our health but also for our economy. When you can grow even a small portion of your own food it saves your budget as well. Being able to pick fresh lettuce from your yard not only allows you to have more nutrition; it gives you additional income to invest elsewhere. With the increased cost of numerous things, this helps all of us! When food is shipped from other areas, the nutritional value suffers. We have many resources here locally, not only in our own backyard but from other

local sources.

I was recently introduced to a local woman that has a wonderful garden and provides weekly orders of fresh food throughout the spring/summer/fall growing season. Angie calls her space, "As it should be," and offers fresh local food at a minimum order of \$20/wk. She can be contacted at 503.804.7472. If you can't grow your own, or have no desire to, you can still take advantage of local produce throughout the season. Please utilize this great resource.

As promised, I will also be constructing garden space at my office. I will be planting kale, lettuces, broccoli, cauliflower, cabbage and a few other things. Any patient that is interested in reaping some benefit can offer time spent in the garden (weeding, watering, etc.) in exchange for some fresh vegetables. Stop in and talk with me if you are interested.

Whatever you do, Eat Fresh and always do your very best to Eat Locally. Experiment. Learn what you are able to grow well and enjoy it. Support our local farmers and other local resources. Enjoy your impending summer and warm weather. Thank you for joining me.

Be well~

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Look for our next issue on June 5th.

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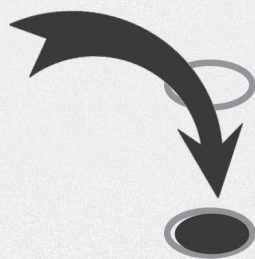
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## Shooting Club Being Organized

There will be two upcoming meetings to begin planning a local shooting club. The first meeting is May 15 at 7:00 PM at the Vernonia Fire Hall. The second meeting is June 7 at 1:00 PM, also at the Fire Hall. Everyone is welcome.

# JUDGE OF THE CIRCUIT COURT POSITION 3



XXXXXXX X XXXXT  
Incumbent

**Agnes Petersen**

**Write-in**

Practicing law in Columbia County for 53+ years.

**WRITE-IN** for experience and qualifications.

**VOTE AGAINST AGE DISCRIMINATION!**

### AGNES PETERSEN

- Life long in Columbia County, Oregon.
- Graduated from St. Helens High school in 1953, University of Oregon law school in 1959.
- Practicing law in St. Helens, OR for 53+ years.
- Admitted to practice before US Supreme Court, US District Court of Appeals 9th Circuit, US District Court of Oregon, Oregon Supreme Court and all Oregon Courts.
- Served as elected member of Columbia River PUD, St. Helens Port Commission, St. Helens School Board, Columbia Education Service District and Oregon State Bar Board of Governors.
- Served on Oregon Judicial Fitness Commission (Commission that reviews judges' conduct).

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Paid for by Committee to Elect Agnes Marie Petersen as Judge, Columbia County Position 3

