

Welcome to the World...

Austin Ryan Schenck



Austin Ryan Schenck was born January 13, 2017 at 6:31 am at Columbia Memorial Hospital in Astoria to Torie Ellis and Ryan Schenck. Austin weighed 7 pounds 1 ounce and measured 18¾ inches. He joins siblings Joseph Ellis 10, Jordynn Ellis 7, Joshwa Ellis 6, Kaden Schenck 8, and Jacoby Schenck 4. Grandparents are Ruby and Terry Schenck of Seaside, OR, and Judy Clement of Vernonia. Great

grandparents are Jeanette and Marion Grant. Baby boy Austin is well loved with all his brothers and sisters.

An Unusual Culinary Column: Cauliflower *continued from page 7*

of these recipes a try. I think that you might be surprised at just how easy to make, healthy and delicious cauliflower can be.

Cauliflower Mash

Ingredients:

- 1 Head of cauliflower florets
- 2 Tablespoons butter
- ¼ Cup Parmesan cheese
- Salt & pepper to taste

Directions:

Steam the cauliflower until it is tender enough to mash, about 8-10 minutes. Drain any water; you want the cauliflower to be dry. Add the butter and cheese then mash. I used a hand mixer; I find the smoother the texture the better it tastes. You can also add sautéed mushrooms, garlic, chives, cream cheese and sour cream. A small amount of butter and Parmesan cheese goes a long way, but you have permission to get creative and add your favorite ingredients.

Artichoke & Cauliflower Gratin

Ingredients:

- 2 Tablespoons olive oil
- 1 Large onion, chopped
- 2 Cloves garlic, minced
- Salt & pepper to taste
- 3 Tablespoons bread crumbs
- 2 Tablespoons fresh parsley, chopped
- 2 Cups cauliflower florets
- 2 Cans artichoke hearts, chopped
- ½ Cup Parmesan cheese, grated

Directions:

Preheat the oven to 400° F. Coat a 7x11 inch baking dish with nonstick spray. In a large skillet, heat up the olive oil to medium high then sauté the onions for about 8 minutes until they are translucent. Add the breadcrumbs and parsley then set aside. Steam the cauliflower for 5 minutes, just until tender. Place the cauliflower and artichokes in the baking dish. Top with the onion mixture then sprinkle cheese. Bake for 30 minutes until browned.

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Throughout the holiday season many contributions were made to our community out of the generosity in the hearts of others. Vernonia Cares Food Bank would like to recognize the loved ones of our generous friends who made donations as part of our "Caring Tree" project.

In Memory of:

- Richard Rossi
- Joe and Jenny Dennis
- Ronald Welch
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- Elizabeth L. Holsey
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- Terry Schaumburg
- Robert & Tim Dean
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May this year bring peace and health to all in our great community!

In Honor of:

- Wendy West
- Sandy Welch
- Volunteer Workers
- Kitties of Vernonia
- Colleen Pedersen
- Peace on earth and caring for all in times of need
- Heidi Dombek
- Faye Millis Sword
- Bill Langmaid & Family
- Vernonia Community
- Donald Trump, make America great again, one donation at a time

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