

# I.V. Little League gives a big thanks!

The Illinois Valley Little League held our ninth Annual Chili-Feed, Cook-Off, Silent Auction and Live Dessert Auction Fundraiser, Saturday March 10 at LBMS. The event was a huge success and we would like to give thanks to the many who contributed to the event. To all those who donated sweet treats for our live dessert auction and a BIG thank you to Jim Frick for being auctioneer for the event. To the chili contestants who brought in some amazing chili taking first Robert Kihs second Malinda Estep third Matt Stone, look forward to next year's entries. To Paul and Maureen for keeping us entertained with their musical talent.

To the following for donations for the silent auction; Bagel Junction, B&K Labeling, Josh Beach, Blue Roan Boutique, Sue Cababag, Caves Chevron, CJ Pet Spa & Grooming, CJ Video, Coffee Heaven, Crystal Kaleidoscope, Dairy Queen, Dutch Bros, Hampton's Rock Shop, Jennifer Hanscom, Hiler's Iron Works, Dianna Kihs, Liz McCloud, Medford Rogues, Napa Auto Parts, Northwest Rendering, O'Brien Country Store, Perfect Pizza, Pietro's Italian Restaurant, River Valley Restaurant, Dennis Strayer, Subway of CJ, Sushi & Pho Asian Cuisine, Taylor's Sausage, Treehouse Florist, True Value, Umpqua Bank, Wheels a Turnin', Wild River Brewing & Pizza and Wrights World Emporium.

Thank you to the community for always support the youth of the Valley. Working together we can make a difference.

## The Herb Guy: by Dennis Ellingson

“Spring foraging, overwintering and spring garden greens”

**SPRING!** It is in the air. There is no place quite like S.W. Oregon for better enjoying spring. Whether it is spring outings in the wild places or just out back in the gardens, it feels like life returns. The foliage and wild flowers return but so do the wild edibles.

**Foraging:** Three to be looking for, out there are young blackberry leaves. Look for miner's lettuce, in the shadowy areas. Plus there is dandelion and common plantain everywhere.

Blackberry leaves are great for vitamin C boost. You just steep them with your favorite hot tea. Miner's lettuce is a favorite. The round succulent leaves are also full of vitamin C and very tasty. The legend is that miners, deprived of foods that had vitamin C were afraid of getting scurvy. So they watched for this early green to get the vitamin C they needed after the long winter.

As we know dandelion grows everywhere. This naturalized plant

is a bane to some but if we knew all we need to know about it maybe we would see it as the treasure it is. At this time of year and before the flower blooms pick the leaves just like you would spinach or some other garden green. This is one of the best all-around herbs on the planet. It is a bitter herb but much less so if you get it before the flower starts. It may have well been one of the bitter greens used in the Passover Feast. The leaves can be eaten raw or steamed.

Also abundant but less known is common plantain. This is a plant found growing everywhere. Narrow-leaf and broad-leaf plantain both grow here. It has similar herbal benefits as dandelion.

**Overwintering:** Our milder winters (I didn't say mild), allow a number of hardy garden plants and herbs to live and grow throughout the winter. Root vegetables are the best so there is good reason to plant carrots, beets, turnips and radishes in the late fall. I especially like overwintering carrots. The often grow huge and are much sweeter and crunchier growing in the cool months.

Alliums like garlic and certain storage type onions do very well. They are planted in the fall and by spring you are enjoying fresh garlic and onions.

Plant enough and you have them well into summer.

One produce favorite we don't always think about growing is celery. Most think you need to live in California to grow celery. But it grows quite well here and the seed companies have been experimenting with celery and so there are varieties you have probably never tried now available. I notice that often the different types of celery will overwinter very well.

**Spring garden greens:** The ones that do well and that will often overwinter are ones that we know as the leafy greens which includes kale, chard, collards and mustard. These nutrient dense, high fiber veggies really do a body good. These are hardy plants that seem to love the cool weather. They grow well and taste better during these months.

Southern Oregon is a great place to grow a great garden and nearly year around. Then the forests and fields are really like a free outdoor grocery. Want to know more about all these then check out my books "God's Healing Herbs," "God's Wild Herbs" and "The Herb Guy's Cookbook."

## Senior Connections

would like to give a sincere thank you to the sponsors of the first Senior Expo held March 10th.

# Thank you Sponsors!



Also a BIG thank you to our Community Information Vendors and Workshop Speakers for making the Senior Expo a huge success!



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...and please check out our full schedule at KXCJ.org, and set your radio to 105.7 FM!

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<p style="text-align: center;"><b>Deli</b></p> <p><b>Grab-N-Go Prezzel Hoagie Sandwiches</b> Asstd. meats, Nat. Cheddar cheese, veganaise, Dijon, lettuce &amp; tomato. Reg. <b>\$4.39</b> ea.</p>		<p style="text-align: center;"><b>Breakfast Menu</b></p> <p><b>Breakfast Muffin</b> <b>\$1.99</b> ea. English muffin, one egg &amp; your choice of meat and cheese. Reg. \$2.69</p>	

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