



(Photo courtesy of Christina Paul for the Illinois Valley News)

2018 Rotary and Lions Club Books for Bikes winners

Kindergarten-Sophia Szijjarto
First grade-Brodey Rasmussen
Second grade- Noah Saldana and

Delane Secret
Third grade-Anna Granville
Fourth grade-Isabelle Guzman



The Herb Guy: by Dennis Ellingson

“Take a Leek”

I just harvested bunches of them! I didn't plant any seeds or buy sets at the garden shop either. All these leeks, (see photo), were started with “baby leeks” removed from last year's harvest. Leeks give you a perennial source of onions and you get to harvest them before your regular red, yellow and sweet onions are ready. If you plant the baby leeks in the summer or fall then you will discover that they are ready months before onions are. Leeks are kind of like growing giant sized green onions with much of the green stem also edible.

Our mild, Mediterranean climate makes leeks a valuable and reliable garden vegetable that you can pretty much grow year-round. Giving you no reason to ever run out of onions.

So what is a leek? It might surprise you. Considered part of the greater lily family but leeks are more related to elephant garlic. But they are more mild than garlic or onions. So if you are not a fan of the strong taste of onions and garlic then you may find you appreciate the milder taste of these instead.

Values and benefits:

They are rich in fiber so they are an aid to digestion, a tonic to your colon and help reduce bloating and help with regular elimination. They have anti-oxidant properties and they also may help with the reduction of pain and swelling from arthritis. They are good for sufferers of anemia and may help to prevent cancer. They have long been used to treat colds and the flu. Leeks may be a brain food

helping with memory and concentration. Some evidence suggest that leeks might even put the spark back in your eye when it comes to marital relations!

What's the best way to use them? Just like you would use onions, chopped fresh or grilled up in stir fry but here is a great soup recipe from my book, “The Herb Guy's Cookbook,” that you might like. And if you would like the book, it is available at both the *Illinois Valley News* office as well as *The Upper Rogue Independent* office.

Parsley Potato Leek Soup:

This recipe combines with another great culinary herb with many medicinal qualities:

4 large potatoes, diced,
one large leek, finely chopped

including much of the green stalk, 1 heaping TBS dried parsley flakes, 2 TBS extra virgin olive oil, 2 cups whole milk, 2 cups chicken or vegetable broth, 4 springs of fresh parsley for garnish and salt and pepper to taste.

In a large pot of water place the potatoes ad begin boiling them until they are tender to the fork. At the same time in a saute pan add olive oil and saute the leeks until tender. In a fresh pot place the well-drained potatoes, leeks, milk, broth and parsley. Cook to a rolling boil. Turn down to low and simmer for a t least 15 minutes. Serve in bowls with the sprig of parsley. Serves four.

After you have this you'll want to take many leeks from here on out!



ILLINOIS VALLEY FUNERAL DIRECTORS

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Save the date

June 7

*IVHS Class of 2018 Graduation 7 p.m. on the football field weather permitting.

June 9

*Hathkapasuta-Illinois River Celebration June 9, 10 a.m. – 6 p.m. at Illinois River Forks State Park, ½ mile south of Cave Junction, Free Event and Parking, Hands-on History and Nature Exhibits, Live Music, Food Vendors, Dragon Jolly Jumper Course, Arts & Crafts, Parade of Puppets at 2 p.m.. Brought to you by CEEN and IVCDO. For more information call 541-291-8860.

June 10

*It's the beginning of summertime, and that means it's time for The 6th Annual Otis Memorial Bike Ride! Sunday, June 10, 10 a.m. and FREE! The Otis Ride is a *free* and fun group bicycle ride, organized by I.V. Bikespace, from Takilma to Cave Junction and back-- or just ride it half-way, one direction or the other! We start, as always, at 10 a.m. in the lower parking lot below the Takilma Community Building (TCB), and finish around 1p.m. in the upper parking lot at the TCB. We'll have one rest stop at the half-way point (for those doing the whole ride), at Coffee Heaven in CJ, around 11 a.m., then we'll head back to Takilma where we'll have drinks n' snacks potluck under the big trees, in the shade! This is *not* a race, and the ride route will not be closed to car traffic-- we'll stick together for fun and safety. *For more info, call Keeeth at 592-3722.

June 15

Couples night at the Golf Course. June

15 at 5:30. Every Friday from June 15 until Aug. 31. Call golf course for more info. at 541-592-3151.

June 23

*IVHS Family Fun Festival & Chili cook-off hosted by: IVHS girls' basketball, Saturday, June 23. The cost of each entry is \$15. There are prizes for first and second place winners. There will be a prize for the most creative chili. The cost to taste is \$5. The fun festival begins at noon at IVHS with the cook off to follow at 2 p.m. Tickets for the games/activities are \$1 per ticket. Each activity will require a minimum of 1 ticket. We will have face painting, ring toss, basketball shooting, dunk tank and much more.

June 24

*Rusk Nature Center invites all residents to visit the Butterfly Pavilion, children's playground and picnic area for FREE today, 10 a.m. - 4 p.m.

June 29 & 30

Eight Dollar Mountain Land Stewardship Project June 29 & 30, 9 a.m. -3 p.m. Meet at NF-4201, Selma, OR 97538 Park at the Green Bridge. Description: Spend a weekend in the Eight Dollar Mountain botanical area and participate in a land stewardship project to assess and take action on illegal OHV (Off Highway Vehicle) use and issues with the Rogue-River Siskiyou National Forest, KS Wild, and the Illinois Valley Conservation District and Watershed Council to protect the botanical diversity in these rare serpentine landscapes. Expect low/moderate intensity hiking, sign installation, photo assessment and GPS documentation.

Things participants should bring? Dress in layers with long pants and sleeves, prepare for sun, bring your camera, wear sturdy closed toed shoes, and please bring a lunch, snacks and plenty of water. And if you're so inclined bring your camping gear and spend the night! Hosts: RRSNF, KS Wild, and Illinois Valley Conservation District and Watershed Council. Any questions or for further inquiry email: allee@kswild.org or visit kswild.org

Summer Reminder

*You could win \$500, \$300 or \$200 for creative recycling of “junk.” Spend your summer making a piece of furniture out of junk to enter in the third annual Upcycle Furniture contest sponsored by the Southern Oregon Guild. Judging will be Friday, Sept. 28, 3:30 p.m. at the CJ Farmer' Market at Jubilee Park. Your work will be judged on CREATIVITY!!! So have fun making it! For more information pick up a flyer at the community booth at the CJ Farmers' Market Friday 4 - 7 p.m.

Continuing

*The I.V. Senior Thrift Store: Join the crew and make new friends. You don't need to be a senior citizen to volunteer at the store. Call us at 541-592-6630. Open Monday – Saturday, 10 a.m. – 4 p.m.

*Illinois Valley Democrats meet the 2nd Saturday of every month from 10 a.m. to 12 p.m. at the I.V. Family Coalition, 535 E. River St. in Cave Junction. Join with like-minded people for camaraderie and to plan actions in support of the Democratic agenda. Call Anita 541-592-3073 to confirm meeting days. Check

us out on FB!

*Public Health Clinic- Location: I.V. Family Coalition, 535 E. River St., CJ, 1st Thursday of every month. Services offered STI Testing/Treatment, Women's Health Exams (Annuals/Problem Visits), Birth Control (All Methods Available), Pregnancy Testing, Pre-pregnancy counseling. 3rd Thursday of every month: STI testing/treatment, birth control counseling (methods limited), Pregnancy Testing, Immunizations. Call 541-474-5329 for an appointment, and make sure to tell the receptionist to schedule you in CJ. Walk-ins welcome! Hours: 8:30 a.m. – 3:30 p.m.

*The Sheriff's Office Substation in Cave Junction is now open on Monday, Tuesday, Thursday and Friday from 10 to 2. Volunteers are still needed to staff additional days. Applications are available at the substation or online at <http://www.co.josephine.or.us/Files/Volunteer>. For information call 541-474-5123.

*Cave Junction Patrol, LLC is looking for volunteers. CJ Patrol is a private citizen volunteer organization dedicated to effectively addressing heretofore-unchecked property crime in our city and neighborhoods. The primary mission of CJ Patrol is to prevent, interrupt, report and decrease property crime in the city of Cave Junction. Call 541-592-9665 or visit cjp patrol.org.

*Committee Meeting STATE OF JEFFERSON Josephine County 1st Thursday of each month at 5:30 p.m. 3rd Thursday of each month at 6 p.m., Wild River Pizza in Cave Junction.

Illinois Valley News

Published weekly by
I.V. News LLC
Daniel J. Mancuso, Publisher

POSTMASTER: Please send address changes to P.O. Box 1370, Cave Junction, OR 97523

Illinois Valley News is published at 221 S. Redwood Hwy., Cave Junction, OR 97523 Telephone (541) 592-2541

Since 1937 periodicals postage paid at Cave Junction, OR 97523 P.O. Box 1370 USPS 258-820

SUBSCRIPTION RATES
One year in Josephine County - \$35
One year in Jackson and Douglas counties - \$36
One year in all other Oregon counties and out-of-state - \$43.00

Illinois Valley News does not refund subscriptions. Remainder of subscription will be donated to the charity of your choice.

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News, Classified and Display Ads, Announcement and Letters
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