

Nutrition up-date New jelly

by JANE GRACE, R.D.

Well they finally did it and it's about time! Welch's and Smucker's both are now making jellies with less sugar. Welch's has a new grape and strawberry "fruit spread" with one-third less sugar and Smucker's has a grape spread with one-half less sugar than their regular jellies. I was surprised and delighted when I first heard of these new products. Anytime sugar is reduced in any food it saves calories and improves its nutritional quality. I've investigated these new products and will give you a brief review of my findings.

First of all, federal food regulations state that jellies must be at least 45 percent fruit. This leaves 55 percent to be made up of sweeteners. A small amount of pectin, acid and preservatives are often a part of this 55 percent also. Since sugar is cheaper than fruit, you better believe that most food manufacturers are not going to add any more fruit than they have to for jelly. So in essence, most jellies in the supermarket are over half sugar and less than half fruit with a little pectin and preservatives thrown in.

Smucker's and Welch's are calling their new products fruit "spreads." This means they must be using less than 45 percent fruit since they are not using the term "jelly." So don't think that they are cutting out the sugar and making up for it with fruit. The sugar is being replaced with water. I'm not saying this is bad. I just want you to be aware of exactly what you're getting if you purchase these items.

A closer look at the labels tells the following information. Welch's grape spread is made up mainly of grape juice, sugar, grape puree and water. Two teaspoons contains 20 calories at a cost of six cents an ounce. Welch's regular grape jelly is made up of corn sweeteners, grapes and sugar in that order and costs five cents an ounce. Smucker's grape spread contains grape juice, sugar and water with 16 calories in two teaspoons at a high cost of 8½ cents an ounce. Their regular grape jelly is made of grape juice and sugar at five cents an ounce.

With both brands of fruit spreads you are paying more for less sugar and additional water. This doesn't make sense but that's the way it is. It is also interesting to note that the Welch's grape spread appears to be in the same size jar as the regular grape jelly with only a four cent difference in price. In actuality, the grape spread contains two ounces less for the higher price.

I got tired of waiting around for one of the big jelly makers to finally produce a jelly with less sugar and have come up with a great home method for grape and apple jelly. It takes about 10 minutes to make this jelly at a cost of 5½ cents an ounce. The best part is that it contains no additional sugar. Simply buy the unsweetened frozen grape or apple juice concentrate at the supermarket. Mix them with enough cold water to make an quart of juice. Add one package of Slim Set and bring to a boil for one minute. Pour into jars or plastic containers. When it cools you'll have a delicious tasting jelly. This recipe makes 30 ounces of jelly. You can store it in the refrigerator and because it's so easy to prepare it can be made fresh as needed.

I urge you to try these new fruit spreads if you or your family eat jelly in any amount. It's another step in the direction of improved nutrition.

Hedgerows bearing fruit

Hedgerows are bearing fruit in Oregon — and apparently that could be a boon to the state's agricultural production.

For 12 years, Porter Lombard, superintendent of Oregon State University's Southern Oregon Agricultural Experiment Station at Medford, has experimented with growing pears on small, neatly-pruned trees planted about five feet apart in hedgerows.

In an article in the winter issue of Oregon's Agricultural Progress, magazine of the Oregon Agricultural Experiment Station, the OSU horticulturist says the uniform-looking hedgerows could be the orchard design of the future, increasing production and the start-up time for new pear orchards.

"With proper management I think it is very promising.

We have orchards in this area 50 years old that aren't producing what our young (seven-year-old) hedgerows are," he said.

Lombard said the reason for the hedgerow planting technique, developed in Europe in the 1950s, is simple: The outer two feet of a pear tree limb receives most of the sunlight and is the "bearing surface" that produces fruit.

"Why waste time and space growing long limbs?" said the scientist. "We try to get the bearing surface area filled out as quickly as possible, then prune the tree sides and top."

The OSU researcher said the hedgerow approach also helps new orchards reach full production in seven to nine years; conventional orchards take 20 to 25 years.

Another holiday

I always shudder when the first words I hear from my girl returning from school are "Next week is a short one, there's another holiday." I wonder how much education she's actually getting between holidays and school



Margaret Schmale's Bits and pieces

closures due to bad weather. February 18 didn't sound like a familiar date to me so I had to ask her what the holiday was for. She gave me one of those "don't you know anything" looks and said, "Monday is the birthday of all the presidents of the United States. Everybody celebrates it by staying home from school and taking mini trips like to the zoo or to the mountain." Really, I thought, how patriotic.

"How do you suppose," I asked her, "all the men that became presidents of the States managed to be born on the exact same day?" "I wondered about that too," she said, "but I figured it must have been an easy way to tell who was going to be president. Every time they needed a new one people just looked around until they found a man born on February 18, that man was the new president." Wish that it was that simple. The odds of finding a capable leader with that method might not be any greater than the one we have to work with now.

I could see that she had missed something in the teacher's explanation of the holiday. I pointed out the birthdays of George Washington and Abraham Lincoln on the calendar and asked her if she knew who they were. "They were the first two presidents of the United States." She went on with authority, "George Washington didn't have any kids because he was the father of a country and that made him too tired to be a daddy. He liked cherry pie better than apple pie, but he didn't own a ladder so he had to cut the tree down to pick the cherries. He was always saving his money and wouldn't buy anything unless it was on sale, that's why the stores have sales now on his birthday. But he didn't like roses on Washington's birthday and the bushes always look terrible when he's done."

"You certainly are a fountain of knowledge," I told her, "I'm almost afraid to ask what you know about Lincoln." Beaming with delight, she went on about Lincoln, "Lincoln was Washington's skinny brother and his nickname was Sam. When he was president he had to wear black suits all the time, but when he got older he had his suits made red, white, and blue like the flag and everybody called him Uncle Sam. Both brothers had the same favorite numbers so they took turns with them, that's why Lincoln is on the penny and Washington is on the nickel, then Washington is one dollar and Lincoln is on the five." "Very impressive," I told her, "you really know how to fracture the facts." I hoped her teachers were smart enough to rearrange the facts, if school could stay in session long enough.

I whipped up a Washington cream pie in honor of the "brothers" and their predecessors. I told my quiz kid that the pie was really a cake and that it had been created by Martha Washington. Curious to hear what scrambled statistics she could come up with, I coaxed her on, "Do you know who she is?" "Sure," came the snappy reply, "she's the mother of the country and she had to make the first flag instead of knitting booties." Mt. Rushmore's outline must have cracked a smile at that one.

Transplanting can start

For cool season crops

Although it is too early to start growing most vegetable transplants for next spring's garden, transplants of cool season crops can be started from mid to late February.

Cool season crops refer to those vegetables which grow best in the cooler temperatures of early spring (50 to 65 degrees). With some, the quality is reduced by the summer heat. These crops include lettuce, chard, cabbage, cauliflower, cress, endive, beets and onions.

"Generally, you should plant seeds for transplants about a month before the seedlings can be planted outdoors," says Ray McNeilan, OSU Extension agent.

In many parts of Oregon, cool season crops should be planted outside in April as soon as the soil can be worked. However, growing conditions can vary within a small area so gardeners who are unsure of planting times should check with local gardeners or gardening stores.

There are two basic approaches to growing transplants: 1. plant seeds in a starter flat and move them to

individual pots after the plants have come up; 2. plant seeds directly into individual pots.

When growing transplants, consideration should be given to the soil mixture, seed planting depth, temperature and watering, McNeilan says.

A serious problem encountered when growing vegetable transplants is a disease known as "damping off," which attacks germinating seeds and small seedlings. The disease can be partially overcome by using a sterilized soil mix.

Commercial potting or rooting mediums that are soil-less and sterile may be purchased. Or a homemade mix can be made by blending one part garden soil, one part peat moss or screened compost and one part sand or perlite, he said.

Then place the mix in a two or three inch deep baking pan. Bake the soil mixture in a 180 degree oven for 30 to 45 minutes. Turn off the heat, but wait until the oven cools before removing the soil.

Seed planting depth should be carefully observed, McNeilan said. Shallow

planting is recommended for seedlings. Generally, a suitable planting depth is equal to about twice the diameter of the seed, he added.

This means a thin covering of soil mixture at the most.

After sowing the seed, the planting mix should be watered by placing the seedling containers in a pan of water and letting the water seep upward. Watering from the top runs the risk of washing away the seeds.

In the case of seedling flats, this procedure may not be possible. Simply water them with care.

Seeds need a temperature of 75 to 80 degrees in order to germinate rapidly. Once germination has taken place, move the seedlings to a cooler area. Cool season crops do best in a temperature range of 50 to 65 degrees.

"A spot with good air circulation will help prevent mold and damping off," says McNeilan.

Once the seedlings are one inch high, or have formed their first true leaves, they should be transplanted to

small pots, or spaced out in a larger flat where they will have room to develop, he said.

Remember, only cool season crops should be started as seedlings during February, and then only if it is known they can be transplanted in early April. A common mistake is to become too anxious to get started and plant seeds too early.

"The result is usually stunted or spindly plants that may die or produce little when transplanted outside," says McNeilan.

Peas are one cool season crop that should not be started as transplants. They do best if seeded directly in the garden as soon as the soil can be worked. Peas can be planted as early as February in western Oregon.

I shouldn't wonder Special delights

by PATRICIA CURL

Exotic and special recipes are fun to prepare. Unique desserts or after dinner drinks can add a sparkle to everyday dinners.

My sister sent me some recipes for espresso coffee, and desserts made with Grand Marnier liqueur. Included with the coffee recipes was a history of the espresso machine that I found very interesting.

Benzira, Pavoni and Arduino are three Italian men who invented the "espresso machine" three-quarters of a century ago, bringing excitement and exoticism to the coffee bean and the coffee industry.

Espresso is a fast way of preparing coffee under steam pressure to give an instantaneous brew. It provides a base for many delicious recipes by adding cognac, liqueurs, chocolate, rum and citrus peels.

The early espresso machines were large with many spigots and usually adorned by an eagle, the symbol of "espressoism." Today most espresso is made in modern macchinettas (individual drip pots). There are many copper macchinettas, each one usually makes approximately 1½ cups, demitasse size. Correct coffee to water proportions are 3 oz. water to each two tablespoons drip grind coffee. Follow directions for your macchinetta on assembly and brewing.

Cafe Brulat
Cafe Brulat is an espresso drink my sister highly recommends. It is impressive when prepared at the table. It has a dramatic blaze and a pungent aroma.

Place four oz. of caurbaizer, two small cinnamon sticks, eight whole cloves, 10 lumps of sugar, two tablespoons chocolate syrup, two strips of orange peels and two lemon peels in a chafing dish. Ignite caurbaizer and stir until blended.

After one or two minutes, slowly pour in two measuring cups hot espresso and stir. To serve, strain into demitasse cups. Makes four servings.

Irish coffee
Place ingredients in warmed table wine glass or Irish coffee mug.

Put in two teaspoons sugar, fill two-thirds full with hot coffee. Add two tablespoons Irish whiskey, stir and top with whipped cream. Sprinkle with nutmeg. One serving. Following are some Grand Marnier recipes.

Marnissimo
Whipped cream
2 teaspoons sugar
3 oz. coffee
1 oz. Grand Marnier

In a glass add sugar, Grand Marnier and hot black coffee. Top with whipped cream. Serve without mixing.

Coupes de fruits
2 oranges
2 bananas
1 apple
5 tablespoons sugar
1½ oz. Grand Marnier
2 tangerines
lemon juice

strawberries, raspberries or fruit, according to season. Peel and cut up the fruit, place in individual dessert cups. Sprinkle the sugar between the layers. Sprinkle with lemon juice and Grand Marnier. Serve chilled. Serves four.

Crepes Flambees
1 cup milk
small pinch of salt
two-third cup flour
½ cup Grand Marnier
2 tablespoons sugar
2 eggs
7 tablespoons butter
Pour two-thirds of the milk in a bowl, add the salt and sugar, eggs and flour and beat well.

Then mix in the rest of the milk and butter and two tablespoons Grand Marnier. Cook each pancake in butter. Sprinkle with sugar and fold in quarters. Arrange them on a buttered metal plate and place in chafing dish. Sprinkle remaining Grand Marnier over them and ignite. Serves six.

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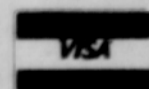
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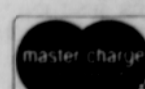
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