

The Sandy Post

Home & Garden

Spring ideal time to plant early vegetables

The moderate spring weather of March and April is the perfect time for planting cool season crops.

Cool season crops are vegetables which flourish in temperatures that other garden vegetables such as beans and corn won't tolerate.

Planting cool season crops later in the year, when temperatures are higher, is not recommended because warm to hot weather reduces the quality of many of them.

Cool season crops grown in Oregon include broccoli, cabbage, lettuce, onions, peas, white potatoes, spinach and turnips. Others are beets, carrots, chard, parsnips and radishes.

While cool season crops are usually the first to be planted in the home garden, specific planting dates vary from vegetable to vegetable. The local Sandy growing season should be taken into consideration.

Oregon has four main growing areas—the coast, the western valleys, the mountain areas and the plateaus of central and eastern Oregon and the Columbia and Snake River Valleys. Local gardening

stores are good sources of specific information on planting dates.

The following is a brief guide to cool season crops:

Peas: Among the earliest to be planted of all the cool season crops. They should be planted as soon as the soil can be worked in most parts of the state. Plant seed directly in their permanent rows. Young plants do not transplant well. Peas are sensitive to summer heat and many varieties are susceptible to virus disorders spread by aphids and other spring insects. Early plantings usually do best.

Onions: Plant from seeds, transplants or sets. Onion sets can go in as soon as the soil is workable. Sets can be grown in flower pots in the house if the garden remains too sloppy.

Lettuce: Can be grown from transplants, but is cheaper to grow from seed. Early plantings tend to escape the ravages of insect infestations that can quickly destroy summer plantings.

For more information on all garden vegetables, write to the Oregon State University Extension Service, Bulletin Mailing Service.

Home recycling center easy to start, maintain

Recycling is one of the best methods of conservation we have, and most consumers aren't aware of just how much can be saved.

The amount of energy the average consumer can save by recycling glass, newspapers, cans and bottles for 12 months is equivalent to the amount of electricity it takes to operate a television for five years.

Recycling can save consumers money directly when they take recyclable waste to a center which purchases such material. It can also save money indirectly because it is cheaper to make new products out of recyclable material.

For instance, it takes 16,000 kilowatt-hours of electricity to produce a ton of aluminum from bauxite ore. Only 187 kilowatt-hours are needed to produce a ton of aluminum from recycled metal.

Every resident in Oregon disposes of an average of four pounds of material a day, at home and at work, according to energy management specialist Sue Badenhop. If agricultural and industrial waste is added, the figure increases to 46 pounds a day.

"Each of us as consumers can cut waste by setting a goal to reduce the amount of things we throw away," Badenhop said. She suggests that consumers mend repairable items instead of replacing them, buy in bulk to reduce overall waste and reduce consumption of non-refillable containers and energy intensive plastic containers.

"Make a conscious effort to reuse as many items as possible," Badenhop urged.

"Share magazines and buy, sell or give away used furniture, appliances and clothes."

Recycling is something everyone can do. It not only reduces the amount of solid waste, but also helps conserve energy and saves natural resources.

Recycling takes only a small amount of time and space. An Environmental Protection Agency study has shown the total inconvenience to the average household amounts to little more than two minutes a day.

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Impossible Quiche not all that difficult

Impossible Quiche

3 eggs
1/2 cup biscuit mix
4 tbsp. melted butter
1 1/2 cups milk
1-4 tsp. salt
1 cup shredded cheeses (Swiss, cheddar, etc.)
1/2 to 1 cup ham, tuna, chicken or turkey

Place all ingredients except ham and cheese in blender or mixer and mix for a few seconds.

Pour into 9-inch greased quiche pan or heavy pie pan. Sprinkle with the cheese and meat and push gently with the back of a spoon into the mix.

Bake at 350 for 45 minutes. Let set for 10 minutes before cutting. This is delicious served with frozen cooked peas or any other green vegetable and a green salad. Store leftovers in refrigerator. This quiche is good warmed over.

Serves 4 to 6. From the files of Irma Rees, Portland.

Tomato Aspic Layered Salad

1 3/4 cups tomato juice
1 package (3 oz.) strawberry gelatin

Heat the tomato juice and dissolve the gelatin in it. Put one half of this in a greased 8 X 8 inch pan and chill until set. Keep the other half out of refrigerator.

Drain two cans of asparagus tips well. Place spears side by side on top of set gelatin.

Soak one tablespoon plain gelatin in four tablespoons water and dissolve over hot water. Add this to one cup salad dressing into which 1/2 cup cottage cheese has been stirred. Mix well and pour over asparagus layer. Chill until this layer is set.

Chill the remaining tomato juice until it begins to set, then pour over the above layers. Chill until set. Cut in squares and serve on lettuce.

Serves 8. From the files of Helen Young, Vancouver, B.C.

Mushroom Salad

Toss: 1/2 pound fresh mushrooms, thinly sliced with 2 tsp. lemon juice.

Add:

1-4 cup scallion greens
3 tbsp. olive oil
1/2 tsp. salt

Toss together and refrigerate for 30 minutes to two hours.

Serves 4. From the files of Pat Hungerford, Moscow, Id. (If you're a mushroom freak like I am, this recipe will make you a hit).

Pumpkin Cake

6 beaten eggs
2 cans (13 oz.) canned milk
1 large (29 oz.) can pumpkin, or three cups
1 1/2 cups sugar
1 tsp. salt
1 tsp. ginger
1/2 tsp. cloves
2 cinnamon

Mix the above ingredients together and put into greased and floured 9 X 13 inch pan.

Mix one box regular yellow cake mix and one cube melted butter. (Do not use cake mix with pudding in it. I made the mistake of doing this and had to cook it twice as long, but it was good).

This will make a crumbly mixture. Spread over first mixture with your hands.

Bake at 350 for one hour. Serve with topping, ice cream or whipped cream.

Serves 16. From the files of Helen Miller, Orient.

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1ST 3, ADDITIONAL: 2.88



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59¢
FIRST 1, ADDITIONAL: 69¢

THRIFTWAY DELI CASE FEATURES



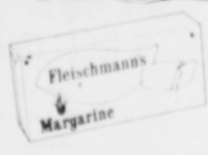
BAR-S ASSORTED VARIETIES 12 oz.

SLICED LUNCHEON MEAT 94¢



RATH 12 oz.

ALL MEAT WIENERS 98¢



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CORN OIL MARGARINE 89¢



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SLICED CHEESE

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12 oz.



ALEX, CORN

TORTILLAS

14 CT.

49¢

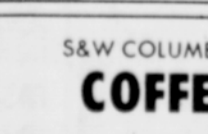


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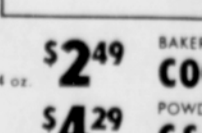
\$1.19



YUBAN

INSTANT COFFEE

\$2.49
4 oz.



MAXWELL HOUSE

INSTANT COFFEE

10 oz.

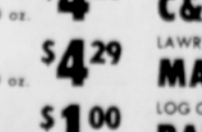
\$4.29



NESCAFE REGULAR

INSTANT COFFEE

\$4.29
10 oz.

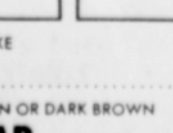


CONTADINA

TOMATO SAUCE

8 oz.

\$1.00
4 FOR

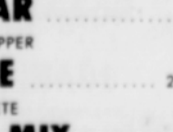


BAKER'S ANGEL FLAKE

COCONUT

14 oz.

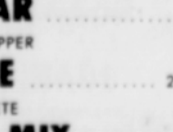
\$1.68



C&H SUGAR

2-LB.

\$1.39

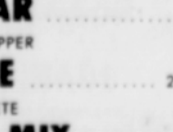


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