

The Sandy Post

Home & Garden

As recipes illustrate

Bounty of growth brings out creative cook

by JUDE RAMSAY JENSEN

The bounty of the garden, berry patch and orchard brings out the creative cook in every gardener. Gardeners from Sandy are no exception, as the following recipes illustrate.

Two entrees, three side dishes, two desserts and one all-purpose sauce demonstrate versatility, simplicity and most importantly, good taste.

Pakora

Cut up bite-sized pieces of firm, fresh vegetables, eggplant, zucchini, mushrooms, onions, cauliflower and other vegetables. Coat them in a batter made from:

1½ cups garbanzo bean flour (available at health food stores); 1 tsp. of turmeric, garlic, ginger and coriander powders; 1 tsp. salt; 1 tsp. baking soda or beer (for leavening); dash jalapeno pepper (optional); and water (enough to make a thin paste).

Deep fry to a golden brown — vegetables are still firm — for about three minutes. Cool a bit. Serve with sauce made from:

Plain yogurt mixed with shredded cucumber and a dash of paprika and cumin powder.

Recipe contributed by Diane Tiller of Sandy.

Spinach Quiche

Ingredients: Pie crust for one-crust pie; 1 large bunch spinach, washed (or Swiss chard); 2 green onions, chopped; 1 pint of half and half; 4 eggs, beaten; 1 cup sharp cheddar cheese, shredded; salt, pepper, garlic powder and basil to taste.

Steam spinach with onion until just wilted. Mix all remaining ingredients together well. Pour into pastry-lined pie pan. Top with more shredded cheese. Bake at 400 degrees for 15 minutes; reduce heat to 350 degrees and bake 30 minutes more. Cool slightly before serving.

Recipe contributed by Jude Jensen of Sandy.

Asparagus à la Marge Jacoby
Steam fresh asparagus, broccoli, Brussels sprouts or cauliflower in half a can of chicken broth for a deliciously different taste.

Recipe contributed by Marge Jacoby of Sandy.

Vegetable Casserole

Ingredients: 1 head broccoli; 1 head cauliflower; 1 can cream of mushroom soup (or celery, onion); 1½ cups grated medium cheddar cheese.

Steam broccoli and cauliflower florets until almost tender. Set aside. Mix together soup and cheese in saucepan; heat on low until mixed and melted. Add sauce to the vegetables and put in casserole dish. Bake at 350 degrees for 15 to 20

minutes, or until casserole bubbles.

Recipe contributed by Vickie Neilson of Sandy.

Oriental Brussels Sprouts

Ingredients: 1½ lbs. fresh Brussels sprouts, 1 5-ounce can water chestnuts, drained; 1 tsp. soy sauce; ¼ tsp. seasoned salt (garlic, celery, etc.), 1 Tbsp. butter.

Steam sprouts for 15 minutes. Add remaining ingredients to sprouts and heat through until hot.

Recipe contributed by Evelyn Engdall of Sandy.

Pesto

Ingredients: 2 cups chopped basil; 1 cup olive oil; 1 cup grated parmesan cheese; ¼ cup grated romano cheese; 3 cloves pressed garlic; ½ cup pine nuts or sunflower

seeds (optional).

Place all ingredients together in blender jar; blend to a creamy consistency. This is an all-purpose sauce, dip or spread to use with anything. If covered, it will keep in the refrigerator for a long time.

Recipe contributed by Diane Tiller of Sandy.

Any Fruit Crisp

Combine 4 cups prepared fruit (blueberries, apples, blackberries, raspberries, etc.); ¼ cup sugar mixed with 2 Tbsp. flour.

Put mixture in a greased baking dish.

Mix together: 4 Tbsp. butter or margarine; ¾ cup brown sugar; ½ cup sifted flour.

Crumble brown sugar mixture

over top of fruit. Sprinkle with cinnamon (optional). Bake at 375 degrees for 40 minutes.

Recipe contributed by Evelyn Engdall of Sandy.

Pam's Crumby Dessert

Ingredients: 1-1½ qts. prepared fruit (rhubarb, apples, berries); ½ cup melted butter or margarine; 1 cup flour; 1 cup old fashioned oatmeal; ½ tsp. salt; 1 cup sugar; 1 tsp. cinnamon.

Line a 9-by-13-inch baking pan with fruit. Combine all ingredients, except butter, well. Add butter and mix thoroughly. Sprinkle flour mixture over top of fruit. Bake at 350 degrees for 45 minutes, or until fruit bubbles.

Recipe contributed by Susan Grund of Sandy.

Home canner gauges to be tested here

Robert Nelson, a Master Food Preserver with the Clackamas County Extension Service, understands how people sometimes get tired of driving to Oregon City.

So he plans to bring the county's services to Sandy, where he lives. Nelson will be testing pressure gauges on home canners on Monday, Aug. 12 at the Sandy Senior Center. Interested persons need only take the lid with the gauge on it.

He advises a person to check the pressure gauges once a year, if possible.

Mulch layer step in right soil direction

Putting a layer of mulch on the garden patch is a step in the right gardening direction. Mulches help keep garden soil in good condition for growing vegetables.

"Mulch acts to insulate garden soils," says Ray McNeilan, Oregon State University Extension home gardening agent. "The mulch will keep warmth in the soil even if the weather turns cold for a brief period."

A mulch's insulating action on soil helps reduce soil temperature and evaporation of surface moisture during hot weather. Mulch also helps control weeds.

Mulching materials may consist of plastic film or organic mulches. In general, clear plastic is not recommended unless an organic mulch such as barkdust is applied over it to eliminate sunlight.

Clear plastic film mulch allows the sun's rays to enter the soil, and may cause soil temperature to increase 10 degrees or more. High soil temperatures increase water requirements of plants and increase moisture loss due to evaporation.

Because black plastic film excludes sunlight, it does not cause as large a temperature increase as does the clear film. Exclusion of light by the black film also prevents weeds from growing underneath it. Before applying plastic film mulch, make sure the soil is damp, says McNeilan. Dry soil should not be mulched.

Organic materials having small particle size, such as sawdust, should only be applied to a depth of 1 or 2 inches to avoid excessive compaction and allow air exchange between the soil and the atmosphere.

Lawn clippings may be used as mulch after they have been dried out. Do not use grass clippings from a lawn that has been treated with weed killer.

Most wood sawdusts make good mulches. Red cedar sawdust, however, should not be used as a mulch because it contains materials that are toxic to some plants.

Bark chips are one of the most desirable organic mulching materials. They are long-lasting, not easily compacted and attractive.

Other mulches such as peat moss or compost are good but must be purchased or made by the gardener.

Mulch should be applied evening, McNeilan advises.



Masters slate fair booths

Master Gardeners and Master Food Preservers will have a booth at the Clackamas County Fair on Aug. 13 through 18, according to Bob Nelson of Sandy.

The booths will be side-by-side, and people are welcome to stop by if they have questions on canning or gardening.

The Clackamas County Fair will be held at the Canby Fairgrounds.

Young America Y.W.C.A. Camp Westwind Give-a-way

WINNER

Benjamin King has won a one week stay at Camp Westwind.

All participants will receive a day pass to a Portland Beavers game.



Benjamin King

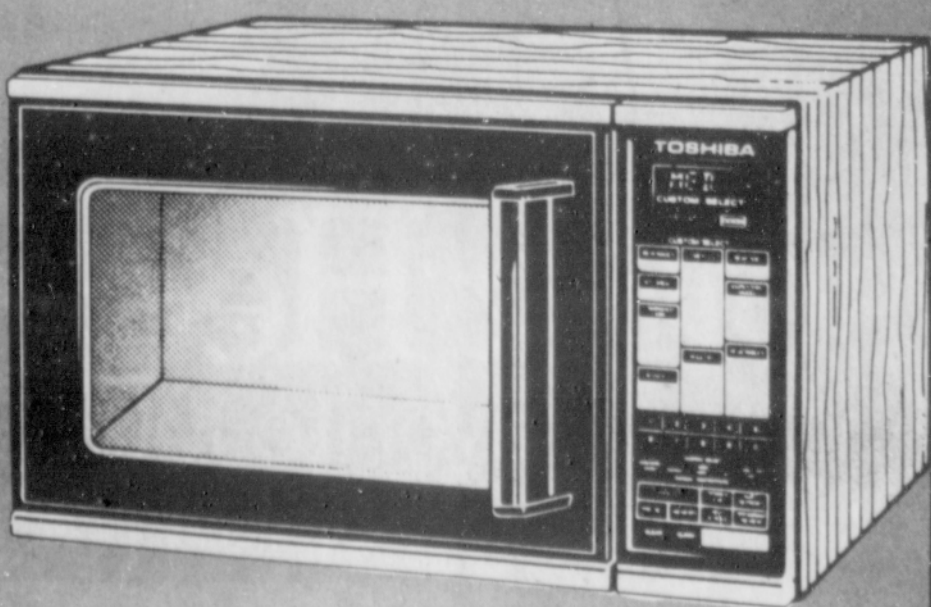
Lowest Price Ever

SAVE
over
\$100

This amazing oven actually knows when foods are cooked and then shuts off... automatically!

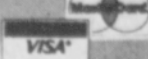
FREE!

You get the N/W's finest cooking school free with purchase.



EASY TERMS

No pm'ts. 'til October
Or 90 Days with
No Interest O.A.C.



micro
Centers of America

Oregon Trail Center
(Near Jafco)
661-1012

Jazz IN THE PARK.

SATURDAY JULY 27

Starts at noon. Entertainment starts at 1:30

FREE ADMISSION

Grab a place on the lawn with your picnic lunch or dinner & enjoy a day of family entertainment. Festivities begin at noon with food & craft booths; beer & wine garden will be open.

1:00-1:30 Gresham Community Tunes from Carousel
2:00-2:45 Oregon School of Music and Dance
3:00-4:30 MHCC Jazz Band
4:30-5:00 MHCC Youth Choir
5:00-5:30 Costume Judging for Jazz Fun Run
5:30-6:30 Jazz Fun Run begins*
6:30-9:30 Woody Hite Big Band**

Win

2 TICKETS TO THE MT. HOOD FESTIVAL OF JAZZ

Simply fill out this form and deposit at Gresham City Park, Saturday, July 27 all day. Winners will be drawn just before Woody Hite's performance.

Name _____
Address _____
City _____ Phone _____

Sponsored by the Gresham Area Chamber of Commerce, various community service groups, Gresham Downtown Merchants (Woody Hite Big Band), and TJ's Athletics & Pete's Pools (Jazz Fun Run)

