

March garden calender

Time nears for peas, spinach

by JUDE RAMSAY JENSEN
Correspondent

THE FOOD GARDEN: When soil becomes workable, peas and spinach may be planted outside. The compost should be dug in well when the planting site is fertilized.

Pre-sprout peas by soaking in warm water three to four hours before planting. Inoculate with Nitragen or some similar garden legume inoculant. Set pea seed 1-inch deep, 1 to 2 inches apart; provide support for climbing types.

For a continuous lettuce harvest, sow a few seeds every two weeks through May.

Spinach likes a pH neutral soil. Sprinkle soil with lime before planting. Soak seed overnight in warm water to begin sprouting process. Set seed one-half inch deep, 2 to 4 inches apart. Thin to 4 inches, nine plants per square foot. For a longer harvest, sow spinach seed every two weeks until mid-April.

Start seeds indoors for transplanting outside when weather permits. Warm weather peppers, eggplant and tomatoes need eight to 10 weeks indoors before taking up garden residence.

Cool-weather lettuce, endive, broccoli, cabbage, Brussels sprouts, leeks, onions and parsley require five to seven weeks indoors before setting out.

For a continuous lettuce harvest, sow a few seeds every two weeks through May. Use heat-tolerant types for May sowing.

Plant garlic at month's end. Incorporate compost 12 inches deep in bed. Set cloves, pointed end up, 2 inches deep, 6 inches apart. Giant elephant garlic requires more space, deeper planting, but performs best from an October planting.

Backyard researchers can become part of a nationwide effort to re-establish a native American plant in the home garden as a viable food source. A resurgent interest in apios americana, the Indian potato or groundnut, has led to the inception of a national experiment. The groundnut, native to the Eastern United States, is described as a perennial vining legume, producing wisteria-like blossoms, edible seeds and tubers. The tubers are the focus of the study and are said to contain three times the protein content of Irish potatoes. (See related story.)

ORCHARD AND BERRY FRUITS: Spray orchard with dormant oil before bud swell. Apply a 3- to 4-inch layer of compost and rock fertilizers as a mulch around each tree, spreading in a ring from trunk to dripline. Leave a bare ring of earth around the trunk unmulched to discourage rodents.

Set out cane and bush berries all month.

Thoroughly till soil and incorporate well-aged compost, phosphate rock and rock potash. Provide support for cane types; cage bush varieties for protection until they grow to decent size. One misplaced dog foot can severely damage a baby currant or blueberry.

Prune out deadwood on all fruit to keep them producing faithfully. Maintain a sharp eye for insect infestations this year. Mild winter temperatures have set up the right conditions for bug problems. Weekly, or more frequent, tours of the orchard and berry patch should be adequate to keep the gardener informed of the animal life inhabiting the fruit garden.

THE HERB GARDEN: Start seeds of hardy perennial herbs in a cold frame by mid-March. Most require cool temperatures to break dormancy.

Annual herbs may be started indoors at the same time for transplanting at last frost, April 30 or so. Sow seeds of basil, borage, chervil, marjoram, parsley and summer savory in a warm spot in the house. As a rule, seed-bearing herbs — anise, dill, fennel, caraway — are best direct-planted in the outdoor garden after last frost. They do not transplant well.

Prune out winterkill as perennial herbs leaf out in the garden. Divide overcrowded clumps of chives, costmary, lemon balm, hardy sweet marjoram, lovage, tarragon and thyme. Pot up extras and share them with garden buddies.

Feed all herbs a sprinkling of bone meal, well scratched in. Top with fresh mulch to prevent soiling of leaves during heavy rains.

THE ORNAMENTAL LANDSCAPE: Feed emerging bulbs and perennial flowers a light application of bone meal. They'll return the favor by putting on their best floral display.

Prepare rose planting sites two weeks ahead of time. Good rose production requires full sun, a nutrient-rich, free-draining soil, ample water and good air circulation. Roses appreciate an acid soil, between pH 5 to 6, the same reading as the Mount Hood corridor's native soil.

Dig planting holes 24-inches deep; remove the first 12 inches and set aside. Shovel out the remaining 12 inches and discard. Mix saved topsoil with ½ part peat moss and ½ part compost or aged manure. Fill in hole with mixture. Water and let settle before planting bushes two weeks later.

Start seeds of tender annual flowers indoors for transplanting when weather warms. Dwarf types may be tucked in the vegetable garden to provide color spots. Medium and tall growers should have their own bed. Try a few trailing types in hanging baskets or window boxes.

Plant ornamental shrubs and trees all month. Be aware of sun requirements for maximum flower production. Prune out winterkill on existing plants; pinch back tip growth to provide bushier shrubs, more compact trees.

Groundnut's value being rediscovered

by JUDE RAMSAY JENSEN

The Pilgrims recognized the value of the groundnut, relative of peas, peanuts and soybeans and a major food source of North American Indians for many centuries before the colonization era. The Wampanoag tribe's introduction of the wild native food to the Pilgrims enabled the colonists to survive their first years in Plymouth.

Later American colonists brought familiar European foods with them and relegated the gathering of groundnuts to the lean times.

They preferred the taste of the Irish potato to that of the common groundnut. As a result, the plant fell into disuse for over 200 years.

Two years ago, U.S. Department of Agriculture scientists decided to evaluate the nutritional content of this forgotten food plant. Their findings showed that apios americana, the wild groundnut, contained 17 percent crude protein, more than three times the protein content of a potato. As a future food source for a hungry world, apios holds great promise. But more information and plant selection are necessary to discover its applicability in all parts of the United States.

Apios grows from the Gulf of Mexico to the Canadian border, and as far west as eastern Colorado. Researchers at Louisiana State University are enlisting home gardeners to carry out backyard trials. Gardeners are expected to record growing information and gather other information.

For more information, write to: Dr. William J. Blackmon, Department of Plant Pathology and Crop Physiology, Louisiana Agricultural Experiment Station, 302 Life Sciences Building, L.S.U., Baton Rouge, La., 70803. Seed is available through them, and they provide a list of other sources for tubers.

City Hall

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the city might realize some savings from a new building. He said it is inefficient to heat and provide security for the present senior center, which is at 38348 Pioneer Blvd., several blocks from the current City Hall.

Other plans discussed Monday included expanding the present City Hall, or building a separate facility for the library. Both plans would have cost less than remodeling the old Thriftway building, but may have provided only a temporary solution to the problem of a shortage of space.

There is a lack of space for storing records at City Hall, and the police station lacks space to adequately keep victims and suspects separate during the interviewing process.

In addition, there is a lack of work space for police officers, secretaries and other staff members.

The City Council has taken no action on any of the proposals.

TACK AND SADDLE AUCTION

TUESDAY, MARCH 3, 7:00 P.M.

Saddle King Corp. giant inventory clearance auction. Hundreds of items all new first quality with manufacturers guarantees.

Including — a large quantity of Western and English saddles plus bridles, pads, halters, stable blankets, cinches, bits, spurs, clippers, breast collars, saddle bags, harnesses, buckets, grooming items, Circle Y Silver Show Tack and more.

NENDELL'S
9900 S.W. CANYON RD., BEAVERTON

TERMS OF SALE - CASH OR CERTIFIED CHECK
VIEWING FROM 6:00 P.M.

MOUNT HOOD MEDICAL CENTER

Our doctor will see you now

ReadyCare is now offering free tests which can help you detect:

- diabetes
- high blood pressure
- vision loss

Colorectal cancer test kits are also free. Pregnancy testing is available for a nominal fee. No appointments necessary. Clinic hours are 8:00 a.m. to 9 p.m.

ReadyCare
Medical and Minor Injury Clinic

2350 S.E. Burnside
Across from Gresham Fred Meyer
666-CARE

NO CAVITIES CLUB for the Month of FEBRUARY

Jesse Ramsey
James Ramsey ★
Tommy Dunn ★
Eric Sauers ★
Sharon Hinds ★
Jake Sexton ★
Jennifer Monahan ★

Jessica Bliesner ★
Laurie Smallwood ★
Matt Clumm ★
Stacie Smallwood ★
Matt Smallwood ★
Casey Pileggi ★
Eric Nuttbrock ★

Miles of Smiles !

★ — Members with NO CAVITIES!

Beaverbrooke
DENTAL CENTER Kids are special to us!
Ken Claggett
39055 Pioneer Blvd. • Sandy, OR Phone: 668-7441

Come to Church

IMMANUEL LUTHERAN CHURCH

Worship 8:30 a.m.
Sunday School 9:30 a.m.
Bible Study 9:45 a.m.
Worship 11:00 a.m.
A Cordial Welcome Is Extended To All
PASTOR FRANK KOEPKE
668-6232 Church

CHAPEL OF THE HILLS

59151 E. Hwy. 26
SUNDAY
Bible Hour 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:00 p.m.
ADULT BIBLE STUDY
Thursday 7 PM
Special Children's Hour
Sunday Morning
Pastor Mike Whisner
622-3097 or 622-4124

SANDY BAPTIST CHURCH

OUR SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship Service 11:00 a.m.
Children's Service 11:00 a.m.
Evening Adult Education 6:00 p.m.
well staffed nursery
Awake — Wednesday — 7:00 p.m.
OTHER OPPORTUNITIES
• Aerobics • Gym Nights • Youth Groups • Counseling • Choir • Home Bible Studies
Pastor Fred Vogel
34495 S.E. Jari Rd. • 668-4064
(Jari Road is 1 mile west of Sandy)
Marketplace and 2.5 miles east of Heidi's)

FELLOWSHIP BIBLE CHURCH

We emphasize Biblical teaching, supportive fellowship, children's learning center & regular home meetings.



MEETING
Sandy High School (Bluff Road)
Sunday mornings (9:30-11:30)

CHURCH OFFICE:
668-9123

SANDY CHURCH OF THE NAZARENE

Currently meeting at
17150 University Ave., Sandy
(Seventh-day Adventist Church)
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:30 p.m.
Pastor Robert F. Scheifers
668-5712

LIVING WAY FELLOWSHIP

FOURSQUARE
Discovery (Sun. School) 9:30 a.m.
Worship service 10:30 a.m.
Home Ministry Centers 6:00 p.m.
Call for more information
Pastor Ken Wold
17275 Strauss
668-8088
(Prayer Chain Available)

ORIENT DRIVE BAPTIST CHURCH S.B.C.

15150 S.E. Orient Drive
(First exit West of Sandy on Hwy. 26)
SUNDAY SCHOOL (all ages) 9:45 AM
WORSHIP 11:00 AM
TRAINING 5:30 PM
WORSHIP 6:30 PM
WEDNESDAY SERVICES (all ages) 7:00 PM
Children Ministries • Youth Ministries
Pastor Mike Holleman • Church 668-6083 • Home 668-6363

SANDY ASSEMBLY OF GOD

SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evangelistic Service 6:00 p.m.
FAMILY NIGHT
Wednesday 7:00 p.m.
Dale Edwards, Pastor
Church Phone 668-5589

ST. MICHAEL'S CATHOLIC CHURCH

Saturday Eve. Mass 5:00 p.m.
Sunday Mass 10:00 and 12 Noon
St. John's Catholic Church
Welches Oregon
Mass 7 p.m. Sat. 8 a.m. Sunday
18090 SE Langensand
Sandy, Oregon
Father Rodriguez 668-4446

COMMUNITY PRESBYTERIAN CHURCH

Opening worship 9:30 a.m.
Sunday School 9:45 a.m.
Morning worship 11:00 a.m.
Home Bible Study 6:00 p.m.
Nursery Care During Worship
Interim Pastor Stan Burtless
Home 666-2019
Church 668-4543
Corner of Meinig & Scenic Sandy

THE FIRST DOOR of FAITH CHURCH & BIBLE SCHOOL OF SANDY

Sunday School 9:45 a.m.
Sunday Worship 10:45 a.m.
38091 Sunset Street
Pastors Larry & Bernadine Godfredsen
753-4845



Worship at the Church of your choice

Classified 667-6633