

April ideal for planting

It's time for hardy veggies

by JUDE RAMSAY JENSEN
Correspondent

THE FOOD GARDEN: The cool days of early April are ideal for planting hardy vegetables. Set out transplants or sow seeds of peas, spinach, lettuce, radish, Swiss chard, the cole family, potatoes and onion sets, all month in prepared soil outdoors. Pre-sprout all seed by soaking several hours or overnight in liquid seaweed solution.

Peas and radishes are light feeders. Spread one-half inch of well-aged compost over planting bed and mix in well. Set pea seed one-half to 1-inch deep, 8 to 12 seeds per foot. Space radish seed 1 inch apart; thin to 2 inches apart after sprouting for full-sized roots.

Lettuce, spinach, chard and the coles are heavy feeders requiring nitrogen-rich soil with near-neutral pH for maximum production. Spread a 2- to 3-inch layer of compost sprinkled with lime (5 lbs. per 100 sq. ft.) over planting bed and incorporate well. Plant seed according to package directions and cover with finely sifted compost. After plants show two sets of true leaves, fertilize with high nitrogen liquid fertilizer every two weeks.

Potatoes need a lime-free location, rich in humus. Cottonseed meal provides a good balance of nutrients in an acid base; use 10 to 15 lbs. per 100 sq. ft. sprinkled over a 2-inch layer of dry leaves. Mix in thoroughly. Set potatoes 5 to 6 inches deep, 12 inches apart. Mulch with a 6- to 12-inch layer of chopped leaves or straw.

Later in the month, sow seeds of beet, carrot, parsnips, salsify and turnip. All need warmer, more settled soil to germinate.

Now is the time to prepare soil for sweet corn planting in early May. Corn needs warm, nutritionally balanced soil with a pH of 6.0 to 7. Prepare raised rows or beds by tilling in lime (5 lbs. per 100 sq. ft.). Rake or fluff planting area 6 to 8 in-

ches above ground level. Raising soil helps to warm it.

Two weeks later, trench planting rows 6 to 8 inches deep; backfill with a mixture of composted manure, bone meal and wood ash. Heap dirt back over backfill. This mixture provides a good balance of nitrogen, phosphorus and potash for seedling feeder roots and insures a quick start. (For another fertilizer suggestion, see box accompanying this article.)

ORCHARD AND BERRY FRUITS: Set out bare root fruits all month. Remove winterkill and finish pruning existing plants before bud burst. Fertilize all fruits — trees, canes, bush — with compost and a generous application of phosphorus. Inspect fruiting plants for signs of insect activity.

Organic orchardist Alvin Filsingetr of Ontario, Canada, developed a preventative spray schedule that has kept his orchards producing without chemicals for 45 years. Use the recommended portions as given for apples; for cherries, pears and plums, use half-strength. From "Organic Plant Protection," Rodale Press, Roger B. Yepsen Jr., editor.

• To control codling moth, mites, scale and leaf rollers, apply dormant oil spray before buds swell. (1 qt. oil to 12.5 gallons of water.)

• One week later, apply lime sulphur according to bottle directions; and apply a mixture of diatomaceous earth mixed 1 pound per 10 gallons of water.

• Repeat lime sulphur applications weekly if weather is warm.

• At pre-pink bud stage, apply sulphur, as well as liquid seaweed (one pint per 10 gallons water) to control aphids and mites, help with frost protection and fertilize trees through foliage. If insect activity is noted, apply rotenone, BT or diatomaceous earth.

• At pink stage, stop all spraying activity while bees work the blossoms

Smelt scraps can provide nutrients in the corn patch

by JUDE RAMSAY JENSEN
Correspondent

Had your fill of fried smelt, broiled smelt, smoked, poached and boiled smelt? Does the family cat turn tail and disappear for days when it finds smelt on the menu again? Still have smelt peeking out from all points of the freezer? Try some Native American ingenuity and bury that smelt in the corn patch.

Native Americans buried fish in each hill of corn they planted. Knowingly or not, they provided the corn with a nutrient boost that assured good crops of corn year

after year. Fresh fish scrap contains 2 to 7.5 percent nitrogen, 1.5 to 6 percent phosphorus, and a small percentage of potash, the three elements vital to healthy corn growth.

Two weeks before planting corn, dig a trench down each planting row 6 to 8 inches deep, and line the bottom of the trench with thawed smelt, 3 or 4 fish deep. Backfill with soil and mound each row to help warm the soil.

As the smelt decompose, the nutrients will be released to feed young corn plants. The process of decomposition also will help to raise the soil temperature a bit.

- At petal fall, apply lime sulphur for scab and diatomaceous earth or BT mixed with liquid seaweed (one qt. per 25 gallons of water).
- Repeat step 6 after 12 days.
- Repeat step 6 after 12 more days; cut sulphur.
- Repeat step 6 again after 12 more days.

THE HERB GARDEN: Outdoors, sow seeds of parsley, sage, winter savory, chervil, borage, garden cress and salad burnet at beginning of month. Wait until soil warms at month's end to plant anise, basil, dill, fennel, caraway, chamomile, marjoram, summer savory and catnip.

Overcrowded herb clumps reduce plant vigor. Divide overcrowded perennials by lifting entire plant and removing the healthiest, outermost growth and replant in composted soil. Chives, French tarragon, lovage, lemon balm, hyssop, yarrow, horseradish, bergamot, sweet woodruff and valerian all

benefit from renewal by division.

THE ORNAMENTAL LANDSCAPE: Feed emerging bulbs and perennials a good sprinkling of bone meal, well-washed in; top with a sprinkling of wood ashes and a thin layer of compost. Set out pansy plants in bulb beds as flowers begin to fade.

Trim Erica and Heather after blooming to discourage leggy growth. Remove any dead wood. Mulch with barkdust, sawdust or fir needles. Feed acid-loving shrubs with cottonseed meal, 1 to 2 lbs. per shrub, well worked in around plant base. Remove mulches from shade gardens and cultivate the soil to aerate and help dry it faster.

Set out tubers and bulbs of summer flowering gladioli, begonia, dahlia, canna, anemone and freesia when ground warms and settles. Start seed of annuals indoors now for transplanting out in 5 to 8 weeks, after last frost.

Mazamas sponsor program on fitness and nutrition

The Mazama climbing organization is offering a program of fitness, nutrition and beauty awareness at the Mazama Lodge in Government Camp April 19 to 24.

The week of activities is offered for both members and non-members. People also may sign up for one day.

A day at the lodge will begin with a stretching program at 6:30 a.m., followed by a 1½- to 5-mile nature walk, depending upon one's fitness level.

Breakfast will be at 8 a.m. and floor exercises will be from 9 to 10 a.m. Participants then will be pampered with a beauty awareness hour, which will include facials, makeup and manicures.

Lectures and group discussions will be held, and after lunch a variety of hikes will be offered.

Late afternoon activities include soaking in a hot tub, meditative music, stress reduction and other ac-

tivities. Dinner will be at 6 p.m.

In the evenings there will be a choice of swimming, strolling or aerobics. Three meals totaling 1,000-plus calories will be served each day.

For more information or for reservations, call 272-9214. The cost for one day is \$24. The cost for a week is \$109.

Scheduled lectures include:

Monday: A motivational speech by a psychologist on taking control of one's life and lose unwanted pounds.

Tuesday: Information on hair, skin and makeup care for the outdoors person. It will be presented by Joyce Krebs, owner of Designers Hair Center in Welches.

Wednesday: A lecture on meditative techniques.

Thursday: A class on stretching and low-cost exercise programs.

Friday: Information on nutrition and ways to insure quality in one's food.

CHIMAREE CHIMNEY SERVICE

IT'S SPRING!
DON'T WAIT
FOR THE RUSH!

SERVICE WITHIN
24 HOURS

SPRING SPECIAL \$29.95
• Licensed
• Bonded
• Insured
667-5490
Call Now!

License No. 32244
CONVENTIONAL CHIMNEYS ONLY

GRESHAM NELSEN TIRE AND BRAKE

620 E. BURNSIDE 666-9478

HOURS:

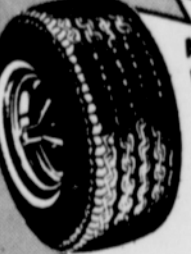
M-F 8 a.m. - 6 p.m.

Sat. 8 a.m. - 5 p.m.

Kelly Tires

It's SPRING! And EVERYTHING'S ON SALE!

Sale Ends 3-31-87



ALL SEASON RADIAL Retreads
155/13 \$16.95
165/13 18.95
175/70/13 20.85
185/75/14 27.50
195/75/14 29.40
205/75/14 34.15
225/75/15 36.05



DOMESTIC P METRIC All Season Steel Radial
155/80/13 \$27.95
175/80/13 32.95
185/75/14 35.95
195/75/14 37.95
205/75/14 39.95
215/75/15 41.95
225/75/15 44.95
235/75/15 46.95



KELLY EXPLORER 400 WSW All Season Steel Radial 40,000 mile warranty
155/80/13 \$35.17
175/80/13 38.30
185/75/14 41.34
195/75/14 43.24
205/75/14 45.61
215/75/15 49.23
225/75/15 51.64
235/75/15 54.14



KELLY CHARGER RWL High Performance Steel Radial
175/70/13 \$50.67
205/70/14 60.43
225/70/15 68.59
235/60/14 68.23
235/60/14 65.06
235/60/15 68.61
275/60/15 83.69

NELSEN'S EXTRAS
Purchase for any tire or life of the tire:
• Free tire rotation
• Free rebalance
• Free valve stem check
• Free air check
• Free flat repair
FREE ROAD HAZARD WARRANTY

Our Finest Speed Rated Radial



IMPORT ALL SEASON Steel Radial BSW
155/12 \$25.97
165/13 26.91
175/70/13 28.91
185/70/13 31.33
185/70/14 33.33
185/70/14 35.29
195/70/14 37.09



KELLY METRIC BSW 50,000 Mile Warranty
155/12 \$31.11
155/13 34.41
165/13 35.81
175/70/13 39.03
185/70/13 40.19
185/70/14 42.11

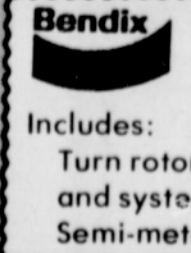


KELLY NAVIGATOR 600 WSW All Season Steel Radial 48,000 mile warranty
155/80/13 \$38.69
175/80/13 42.13
185/75/14 45.49
195/75/14 47.57
205/75/14 50.16
215/75/15 54.14
225/75/15 56.80
235/75/15 59.56



KELLY SAFARI RVR Light Truck Steel Radial RWL
235/75/15 4 ply \$64.97
235/75/15 6 ply 87.69
30x9.50/15 6 ply 97.51
31x10.50/15 6 ply 104.73
31x11.50/15 6 ply 114.11
33x12.50/15 6 ply 124.11
Plus F.E.T. 13 2.63

Our Finest RV Radial



90 Day Financing Available

Tread Design May Vary

COUPON Expires 3-31-87
Front Disc Brakes Lifetime Warranty
Includes: Turn rotors, pack front bearings and system safety check. Semi-metallic extra. \$59.95 MOST CARS

TRW Chassis Parts \$19.95
Most Cars Thrust Alignment

COUPON Expires 3-31-87
Computerized 4 Wheel Alignment \$21.95
Most pickups & vans Thrust Alignment

\$35.95
Most Front Wheel Drive cars & Vans, 4-Wheel Alignment, Plus Parts.



COUPON Expires 3-31-87
GABRIEL GAS SHOCKS
Gas Red Ryder Passenger Car \$13.95 ea.
Gas Ryder L.T. Pickups, Vans, 4x4's \$23.95 ea.
Plus Installation

COUPON Expires 3-31-87

COUPON Expires 3-31-87

SNAPPER \$299.95* FOR A SNAPPER 3.5 HP 21" PUSH MOWER

Lawn perfection. Easier than ever during SNAPPER's National Spring Savings. Now, for a limited time, you can get tremendous savings on SNAPPER's 21" 3.5HP Walk Mowers (Model 21351D). Durable SNAPPER features groom your lawn to perfection. Now at the best Spring Savings Value yet.

SNAPPER VALUES INCLUDE:
\$299.95 PRICE: Tremendous value on a limited quantity of 21" 3.5HP Walk Mowers.
FREE ATTACHMENT: Receive a Grass Catcher Kit FREE with your purchase of Model 21351D.



JOIN THE MILLIONS OF SATISFIED SNAPPER USERS.
HURRY! OFFER ENDS SOON

AT THIS PARTICIPATING DEALER
Sandy Chainsaw & Mower
38730 Proctor Blvd., Sandy
668-4727

WHEN YOU GIVE HELP YOU GIVE HOPE. arc Association for Retarded Citizens
© 1981 Association for Retarded Citizens of the United States