

As harvest nears don't forget to share fruits of labor

by Bill Hansen

Now that our gardens are coming into full production, it won't be long until we're unable to keep up with all the vegetables that seem to mature at the same time. Of course, you should share those garden fresh treats with your friends and neighbors, but even so, you can only eat or give away so much. Home canned beans, carrots, beets and tomatoes are just as good as (if not better than) the store bought preserved vegetables - and a darned sight less expensive. If you really enjoy gardening and harvesting those extra delicious table ready vegetables, why not extend that enjoyment by investing in some canning and drying equipment? If you aren't too sure about trying home canning, demonstration classes are being held in several locations in both Columbia and Washington Counties at this time of year. Just keep a lookout for the next one in our area, or call the county extension agent's office in St. Helens are 397-3462 for their schedule.

In addition to canning and drying, you can enjoy many other fruits and vegetables well into the coming year

through proper storage. Potatoes, squash, all kinds of root crops and even fresh tomatoes will be available

months from now if a few simple storage rules are followed. A few years ago, we found an excellent



HANSEN AT WORK IN HIS GARDEN

booklet on storing vegetables at the Columbia County Extension office (Home and Garden Bulletin No. 19, USDA), that you might find helpful. Of course, many vegetables "store" quite well in our area simply by being left in the ground. After we "put up" what we think we will use for the coming year, we leave a late-planted row of carrots and beets in the ground to be enjoyed into the winter. You can also slow the ripening and splitting of your cabbage heads by driving a shovel into the soil right to the root around the plant.

With all the hot weather we have had for the last few days, it seems almost crazy to consider this, but on the 18th day of August, 1973, and again the 19th, our Vernonia garden suffered a light frost. We have seen light frosts in late August since this time, so it was not that unusual. After this, we will go into fall with it's warm days and cool nights, and probably not see another frost until late September. Because of the excellent prospect of several more weeks of harvest, you should consider covering your tomatoes and squash plants if a frost is imminent.

Hansen's Country Garden



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Horse Show 'best in years'

Over 80 riders from the Vernonia Ridge Riders and the Forest Grove Ranch Riders clubs sponsored the horse show held during Jamboree on Saturday, July 25.

Although results of the horse show were not available as we went to press, members present say it was by far the best show in years.

Club secretary Rosemarie Ruehmann reports that two new members have joined the club recently. They are: Bob Fields and

Bill Naeve.

Riders from as far away as Battleground, Wa., showed up for the Trail Ride held on August 2, at the John Siedelman farm. The next event, a brush-out trail ride, is scheduled for Camp Wilkerson on Saturday, August 22.

The Ridge Riders meet on the last Thursday of each month at the West Oregon Co-op building at 7:30 pm, and new members are always welcome. For more information call 429-9172 or 429-7021.

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WIC changes may affect you

The special supplemental food program for Women, Infants and Children, (WIC) has recently undergone some federal and state-wide changes which affect eligibility for WIC clients locally.

Beginning July 1, 1981 all new participants must not exceed the federally established income guideline. The gross family income and the family size are considered to determine if a client is income-eligible to participate in the WIC program. However, low income does not make an individual automatically eligible.

WIC is a health and nutrition education program for pregnant and breastfeeding women, infants, and children up to age five. Each participant must have a nutritional or medical need to participate in WIC, and eligibility is reviewed every six months. Every participant receives individual health and nutrition counseling, and special supplemental foods of high nutritional value.

Due to the current budget cut that reduces the amount of money to be spent locally, only the higher priority clients can be served at this time. The first priority of the WIC program is to help pregnant and breastfeeding women, and infants who have nutritional or medical risk

determined by nutritional and medical assessment.

The second priority group is infants up to six months of age, who were born to higher risk mothers who were on the WIC program while pregnant or could have been eligible to be on WIC.

The third priority group is children who are nutritionally at risk. This is determined by height, weight, blood test for anemia, or other documented medical problems. The fourth, fifth and six priorities are pregnant and breastfeeding women, infants, and children who are nutritionally at risk due to an inadequate dietary pattern.

The WIC Program does not discriminate against race, color, creed, national origin, political beliefs, or sex.

Columbia County WIC is part of Colmunity Health Nursing Services located at 500 N. Highway, St. Helens, Oregon. Anyone who wishes to participate in the WIC Program must call for an appointment at 397-1188, ext. 289, or stop by the office on Tuesday, Wednesday or Thursday.

There are currently openings for individuals in Columbia County who wish to participate in the special supplemental food program for Women, Infants, and Children.

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