

GARDENING CORNER

THE REIGN OF PURPLE VEGETABLES IS HERE

You can sometimes identify nutritional value by color

BY LIZ DOUVILLE
For The Spokesman

Have you noticed that purple has become the new vegetable "green"? And all this time you have been under the assumption that the purpose of the purple carrot was to con our young ones into eating their veggie.

I started thinking of purple vegetables as I was transplanting the purple colored seedlings of Midnight Roma, the new purple roma tomato from Oregon State University tomato breeder, Dr. J Meyers. Midnight Roma was released in 2021.

Midnight Roma is a cross between Oregon Star, a fleshy tomato good for slicing or paste and Indigo Rose, a dark purple tomato rich in anthocyanins, a healthy antioxidant. Indigo Rose was also developed at Oregon State by Dr. Meyers. Indigo Rose was released in 2011.

Purple vegetables aren't a culinary fad. The colorful vegetables are being recognized as providing numerous health benefits from their deep color and content of anthocyanins. Among the many benefits is reduction in



Midnight Roma tomatoes

blood pressure and improved heart health, helps to reduce cholesterol, and helps reduce the risk of colorectal cancer. It is also being studied as a boost to cognitive functions.

I have a frozen cole slaw recipe that I make every fall. After reading that purple (red) cabbage contains up to eight times more vitamin C than green cabbage I will change to purple

this fall. Granted it may take a little getting used to eating purple cole slaw.

Purple beans have been available for many years. It is always a surprise to a new cook to discover the purple bean reverts to green when cooked. The anthocyanins are pH sensitive. The cooking process ruptures the bean cells which causes the acid around the anthocyanins to be diluted. The most nutritional value of the purple bean would be used uncooked in a salad.

Purple cauliflower, purple potatoes, purple leaf lettuce varieties and don't forget the purple carrot, are available for us to try in the garden and at the table. Back to the purple carrot. Some fact finding from the World Carrot Museum stated the first cultivated carrots originated in Afghanistan before the 900's and were shown to have purple or yellow roots. Genetic improvements in Europe in the early 1600's resulted in the white and the orange varieties.

The market availability of red, purple or blue fruits and vegetables which also contain high levels of anthocyanins increases every week. Looking for something new, try eggplant. In addition to eating the berries in season, pop a few containers in the

freezer for winter. Its summer salad time and what could be better than an addition of chopped red or purple grapes. I'm looking forward to my first big bowl of Oregon cherries to snack on.

Mark your calendar for Sunday June 27, to join in the fun at the WaterWise Landscape Field Day at Hollinshead Park Barn on Jones Road in Bend from 10 a.m. to 1 p.m. The event is a collaborative effort organized by the City of Bend WaterWise Program, OSU Extension and the Central Oregon Master Gardeners Association.

Events include an open conversation featuring local landscape designers, and the regional extension horticulturist focused on sustainability and the urban landscape of the future. This will be an indoor session and will require wearing face masks. This indoor event has limited space. Request attendance by emailing conservation@bendoregon.gov.

Outdoor demonstration and display booths will feature plant information, plant choices, native pollinators, resource conservation, local guidelines and irrigation technology. Hollinshead Demonstration Garden tours will also be available.

POLICE & FIRE REPORT

The Spokesman will update items in the Police Log when such a request is received. Any new information, such as the dismissal of charges or acquittal, must be verifiable. For more information, call 541-548-2185.

Redmond Police Department

May 31
Hit-and-run — A hit-and-run incident was reported at 1 p.m. in the 400 block of SW Forest Avenue.
Theft — A theft was reported at 4:11 p.m. in the 2700 block of NW Seventh Street.
Vehicle crashes — Accidents were reported at: 3 p.m. in the area of SW 35th Street and W. Antler Avenue, with injury.
10:05 p.m. in the 2900 block of S. U.S. Highway 97, noninjury.
June 1
Criminal mischief — Acts of criminal mischief were reported at: 2:30 p.m. in the 1700 block of NW Sixth Street.
4:48 p.m. in the 3500 block of NE 45th Street.

DUII — Stephen Eric Lorentzen, 61, of Redmond was arrested on suspicion of driving under the influence of intoxicants at 10:30 p.m. in the 700 block of NW 22nd Street, and was also charged with reckless driving.
Hit-and-run — A hit-and-run incident was reported at 7:02 p.m. in the 1700 block of S. U.S. Highway 97.
Thefts — Thefts were reported at: 6:35 a.m. in the 1700 block of S. U.S. Highway 97, and an arrest made.
10:40 a.m. in the 1600 block of SW Reindeer Avenue.
1:12 p.m. in the 3900 block of SW Ben Hogan Drive.
4:54 p.m. in the 900 block of SW Veterans Way, and an arrest made.
Unauthorized use — Vehicles were reported stolen at: 6:28 a.m. in the area of SW Rimrock Drive and SW Kalama Avenue, and an arrest made. The suspect was arrested on an in-state warrant and charged with possession of a stolen vehicle and possession of methamphetamine.

1:07 p.m. in the 2200 block of SW First Street.
June 2
Theft — A theft was reported at 7:59 p.m. in the 2800 block of SW 17th Place.
Vehicle crashes — Accidents were reported at: 3:14 p.m. in the area of SW 35th Street and SW Highland Avenue, noninjury.
5:18 p.m. in the area of SW 35th Street and SW Highland Avenue, with injury.
June 3
Thefts — Thefts were reported at: 9:54 a.m. in the 1700 block of NE Fifth Street.
10:14 a.m. in the 1600 block of NW Ivy Avenue.
11:46 a.m. in the 700 block of SW Highland Avenue.
12:20 p.m. in the 300 block of NW Oak Tree Lane, and an arrest made.
5:23 p.m. in the 700 block of SW Umatilla Avenue.
June 4
Criminal mischief — Acts of criminal mischief were reported at: 1:57 p.m. in the 400 block of NE Nickemut Lane.

6:32 p.m. in the 300 block of SW Sixth Street.
Thefts — Thefts were reported at: 8:27 a.m. in the 1500 block of S. U.S. Highway 97.
8:38 a.m. in the 500 block of SW Sixth Street.
3:23 p.m. in the 2200 block of S. U.S. Highway 97.
10:54 p.m. in the 1600 block of SW 17th Street.
June 5
Thefts — Thefts were reported at: 11:52 a.m. in the 2200 block of NW Ivy Avenue.
1:49 p.m. in the 2200 block of NW Elm Avenue.
3:07 p.m. in the 1500 block of NW Fir Avenue.
8:43 p.m. in the 300 block of NW Oak Tree Lane.
June 6
Burglary — A burglary was reported at 7:55 p.m. in the 1400 block of SW Forest Avenue.
Thefts — Thefts were reported at: 9:37 a.m. in the 3700 block of SW Badger Avenue.
1:11 p.m. in the 400 block of NW 17th Street.
Vehicle crash — An accident with injury was reported at 3:35 p.m. in the area of SW Canal Boulevard and SW Odem Medo Road.

Redmond Fire Runs

May 31
5:18 p.m. Building fire, 541 SE Evergreen Ave.
June 1
1:33 p.m. Forest, woods or wildland fire, 3630 SW Pumice Stone Ave.
2:37 p.m. Barkdust fire, 3630 SW Pumice Stone Ave.
3:41 p.m. Road freight or transport vehicle fire, 343 NW Sixth St.
June 3
9:14 a.m. Motor vehicle accident with injury, 717 SW Sixth St.
10:14 a.m. Unauthorized burning, 5580 NW Jackson Ave.
June 4
5:31 p.m. Unauthorized burning, 7950 NW Lone Pine Rd., Terrebonne.
June 5
3:07 p.m. Barkdust fire, 4322 SW Canal Blvd.
10:08 p.m. Building fire, 507 SW 11th St.

A Smarter Way to Power Your Home.

REQUEST A FREE QUOTE!

ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!

1 (844) 989-2328

*Offer value when purchased at retail. Solar panels sold separately.

Leaf Filter GUTTER PROTECTION

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

15% OFF & 10% OFF

FINANCING THAT FITS YOUR BUDGET!

CALL US TODAY FOR A FREE ESTIMATE 1-855-536-8838

One solution for oxygen at home, away, and for travel

Introducing the **INOGEN ONE** — It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go **virtually anywhere** — even on most airlines. Inogen accepts Medicare and many private insurances!

Call Inogen Today To Request Your FREE Info Kit

1-855-839-0752

CROSSWORD

Copy!

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18				19			
20					21				22			
23					24							
25	26	27			28				29	30	31	32
33					34				35			
36					37				38			
39					40				41			
42					43				44			
45					46				47			
48					49				50			
51	52				53				54	55	56	
57					58				59			
60					61				62			
63					64				65			

CREATORS NEWS SERVICE By Charles Preston

ACROSS

- 1 Humiliate
- 6 Soother
- 10 Gasp of relief
- 14 Ness and Lomond
- 15 Ben-Adhem
- 16 Be literate
- 17 Pisces follower
- 18 Scoops
- 20 Played the hand over
- 22 Cambridge honors
- 23 Ionic, Bodoni, etc.
- 25 Shoots the breeze
- 28 Sand
- 29 Arab chief
- 33 Miscue
- 34 Maxie or Buddy
- 35 F. Scott's wife
- 36 Get a laugh
- 38 Hall or room: abbr.
- 40 Olympic swimmer
- 41 Actor Richard
- 42 Dovekie
- 44 Vane reading: abbr.
- 45 Take the tab
- 46 Participating
- 47 Gaelic
- 48 Hecht-MacArthur play, with The

DOWN

- 1 Wingèd
- 2 Tiresome chap
- 3 Bitting
- 4 Ream units
- 5 Think piece
- 6 Tease
- 7 White House nickname
- 8 Kind of diet
- 9 Kind of critic
- 10 Some printers
- 11 Caloric output
- 12 Greasy spoon fare
- 13 Text: abbr.
- 19 Sailboat helpers
- 21 Golf gp.
- 24 Nasty lunneler
- 25 Lose one's cool
- 26 Protection
- 27 Do tree repair

ANSWERS ON PAGE 6

SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.

5						1		
						5	7	
		8						
		1	9	5		8		
8						7		6
	6						4	
4	5							3
	2		9	4	3			
7		6			2			
		4					9	

MEDIUM # 14

Answers on Page 6

WEATHER

FORECAST	HIGH	LOW	
Wednesday	79	46	Sunny
Thursday	86	50	Sunny
Friday	90	52	Sunny
Saturday	91	53	Sunny
Sunday	90	57	Sunny
Monday	96	58	Sunny
Tuesday	93	56	Sunny

LAST WEEK	HIGH	LOW	PRECIP
Monday, June 7	64	34	T
Tuesday, June 8	62	42	0.05
Wednesday, June 9	67	32	0.01
Thursday, June 10	69	38	0
Friday, June 11	65	49	0.19
Saturday, June 12	83	47	0
Sunday, June 13	89	51	0

Precipitation to date this year: 2.20 inches
* = daily record
National Weather Service broadcasts are on 162.50 mhz.

THE REDMOND Spokesman

Mailing Address: P.O. Box 6020, Bend, OR 97708
Office Number: 541-548-2184

NEWSROOM CONTACT: Gerry O'Brien, gobrien@bendbulletin.com

NEWS ASSISTANT: Lydia Valenti, lvalenti@redmondspokesman.com

ADVERTISING CONTACT: Debbie Coffman, dcoffman@bendbulletin.com

OFFICE HOURS: By appointment

NEWS & SPORTS: 541-633-2166, news@redmondspokesman.com

DISPLAY ADVERTISING: 541-383-0393, adv@redmondspokesman.com

CLASSIFIED ADVERTISING: 541-923-3725, classified@redmondspokesman.com

OBITUARIES: 541-385-5809, classified@redmondspokesman.com

CIRCULATION: 541-923-1370, circ@redmondspokesman.com

TO SUBSCRIBE: 541-923-1370, circ@redmondspokesman.com

- Home delivery print: \$52 per year
- E-edition alone: \$52 per year
- Mailed in Oregon: \$60 per year
- Mailed outside Oregon: \$80 per year

POSTMASTER: Send address changes to: P.O. Box 6020, Bend, OR 97708. Periodicals postage paid at Bend, OR, and at additional mailing offices. USPS 778-040