

Healthwatch

by Steven Bailey N.D.



Of the common herbs grown in local gardens, many are "generally recognized as safe." GRAS by the F.D.A. A complete listing can be found in a government book 21 CFR (Code for Federal Regulations) part 182. The F.D.A. classifies herbs as GRAS, undefined safety, and unsafe.

When an herb is classified as GRAS it means that it is believed to be safe for human use. These herbs are sold in an unrestricted manner in the market place, and are often used in foods and other products. Many of the undefined herbs are used and sold over-the-counter indicating general belief that they are safe as used, but often inadequate research testing its properties as required by F.D.A. guidelines.

While safety is of paramount importance, the benefits of many of these plants warrant a reverence for the service they can offer in a nutritive manner. These plants contain high amounts of vitamins, minerals and a wide variety of nutrients found nowhere else in nature.

One valuable herb with a rich history and current use is garlic. Similar in properties to most of the onion family, it has a multitude of uses. As a regular part of the daily diet it has shown itself to be of benefit to the cardiovascular system. The principle ingredient in garlic, allicin, is heat stable which means that cooked garlic is still beneficial and active. Garlic also has anti-fungal properties both topically and internally as in candida infections highlighted by the recent book *The Yeast Connection*. Garlic has also been used in an antibiotic function and has a common name of "Russian Penicillin."

Dandelion, long regarded as a general nutrient for the liver is now being recognized for its ability to help lower blood pressure. Its roots may be used as a tea or its young (early season) leaves used in salads. Peppermint is one of the more common herb teas. As a plant it is easy to grow and if anything requires work to keep it from taking over its bed. Herb teas provide variety, nutrients of unique

natures (i.e. licorice root which soothes the throat) and a very important substitute for less desirable beverages.

Harvesting: There are general rules to follow in collecting herbs. The roots are generally collected in the spring or fall as this is when most of the energy of the plant is present in the roots. Conversely leaves are gathered as they begin to mature and up till early budding. Flowers are generally gathered as they begin to bud. The same consumer eye that inspects your produce should look for quality plants, avoiding infested, or poor quality plants. There may be some specific requirements for individual plants, so it never hurts to read up on the plants you wish to use. And of course plants like aloe (for burns), comfrey (for traumatic injury) may need to be harvested at the acute time of need.

Preservation: Leaves, flowers and buds should be dried slowly and at moderate temperatures (80-110 degrees). Do not wash the plant before

drying and lay the parts out flat on a screen or paper. A food dryer will work well or you can lay the plants in a sunlit area. Once the herb is dry it should be stored in an airtight container, and in a cool area out of direct sunlight. Leaves and flowers have a shelf life of around one year if stored properly. Roots can be sliced into 1/8 - 1/4 inch slides and layed out to dry. Roots have a longer shelf life than leaves.

Other forms of preservation and utilization of herbs are tinctures (alcohol extracts), saues (oil, wax, etc., as base with herbs added), freeze drying, and fluid extracts.

The number of safe and worthwhile herbs is beyond the scope of this article. I've touched on but a few basic concepts of herbology, and the volumes of literature on the subject is immeasurable. If you have interest in herbal subjects, two books, *The Herb Book*, by John Lust, and *From the Shepherd's Purse*, by Max Barlow are an excellent place to start.

Banquet slated for Loving

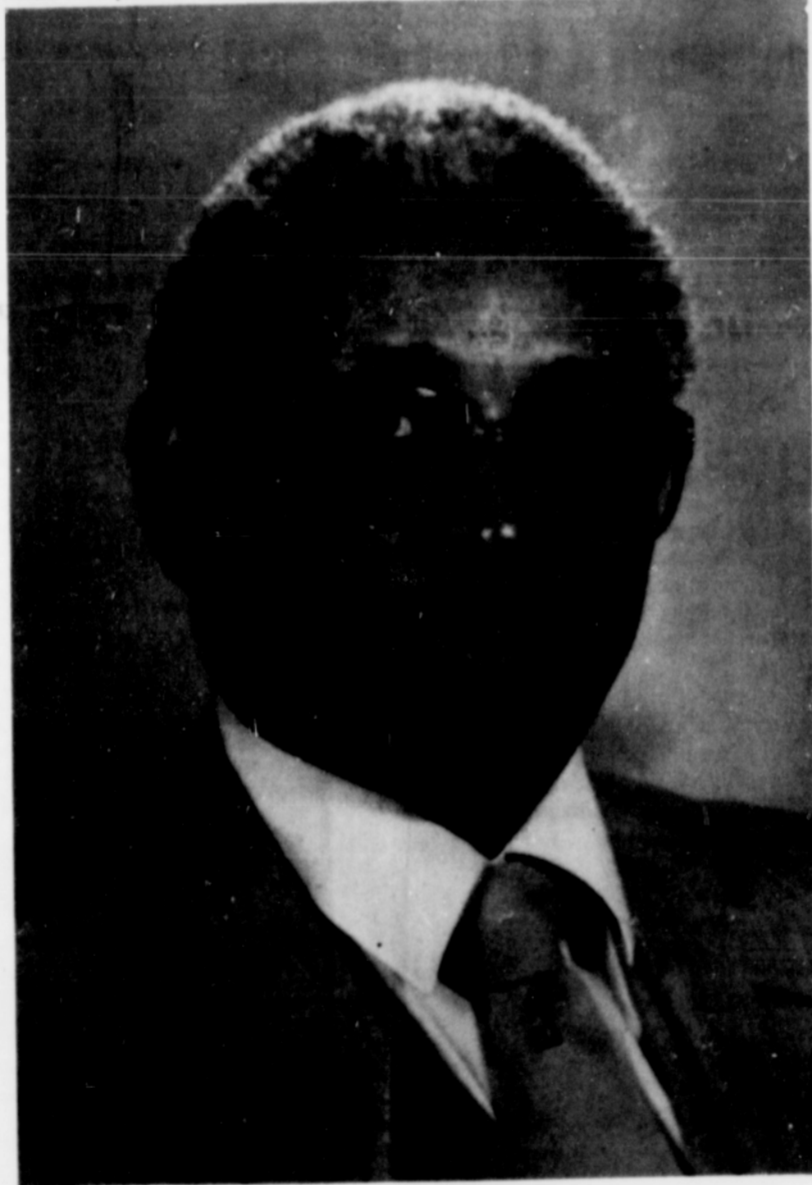
A notice has been filed with the Portland School District that James Loving will retire May 18, 1985, after 32 years of employment with Portland Public Schools, of which the past 10 years has been as Coordinator of King Neighborhood Facility.

Mr. Loving has served on numerous governmental boards, neighborhood organizations, citizens participation committees, church and school departments. Although Mr. Loving's participation and affiliations are too lengthy to list, he is recognized for his unselfish and humanitarian dedication in being an advocate for the Boise Neighborhood and the Albina community during the model cities years.

In recognition of Mr. Loving's years of service with the school district and community involvement, a no-host "roast and toast" will take place on Friday, May 31, 1985, 7:00 p.m., at the Coliseum Thunderbird Motor Inn.

The committee for Loving's retirement cordially invite you to join in this memorable retirement banquet, to congratulate, reminisce and harass.

Banquet cost of \$12 per person includes meal and gratuity. Please mail check or money order payable to: Loving's Roast and Toast Committee, King Neighborhood Facility, 4815 N.E. 7th Ave., Portland OR 97211, or for reservations, call 288-0371.



JAMES LOVING



Brunch for a bunch

Brunch has become one of America's favorite ways to fill a weekend day with special people. Whether you're a late sleeper or an avid early morning jogger, whether you've just arrived home from church or just back from getting the Sunday paper, a relaxed brunch is just the thing for a casual Saturday or Sunday morning.

It's always a pleasant way to slow the pace and spend time with the family or friends. The secret to making it work is to make it informal and attractive. A buffet allows people to come and go as they please. So, this weekend why not make brunch. Make it light and lingering, allowing the day to drift where it may. And make it easy with this tempting menu. You'll love the results:

- Crunchy Coffee Kuchen
- Eggs Benedict with Stuffing
- Blender Hollandaise Sauce
- Assorted sliced fresh fruit
- Spiced Cafe au Lait

- 1/4 cup butter or margarine, cut into pieces
- 1 1/2 cups hot water
- 12 slices Canadian bacon
- 6 eggs
- *Or use 1 cup sliced cooked ham; sprinkle on the stuffing.

Place contents of Vegetable/Seasoning Packet and butter in shallow 2-quart casserole or 9x13-inch baking pan. Add water. Stir to blend and completely melt butter. Add stuffing crumbs; stir just to moisten. Spread evenly in dish and mark into 6 inch squares. Top each square with 2 slices of Canadian bacon. Make a depression in centers of bacon slices and carefully add the eggs. Bake at 425 deg. about 10 minutes, or until eggs are set. Serve with Hollandaise Sauce, if desired. Makes 6 servings.

Blender Hollandaise Sauce

BLENDER HOLLANDAISE SAUCE

- 4 egg yolks
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/2 cup HOT melted butter or margarine

Place egg yolks, lemon juice, salt and dry mustard in blender container. Cover and blend at low speed. Remove cover, continue blending and pour in hot butter in a steady stream. Serve immediately. Makes about 1/2 cup.

NOTE: If you do not have a blender, use a packaged Hollandaise Sauce mix.

SPICED CAFE AU LAIT

- 3 tablespoons instant coffee
- 2 cups boiling water*
- 2 cups hot milk*
- 2 tablespoons light brown sugar
- 1/8 teaspoon cinnamon
- *Or use 4 cups hot milk.

Place instant coffee in heatproof pitcher. Gradually add water and milk, stirring until coffee is dissolved. Stir in brown sugar and cinnamon. Serve immediately, with extra sugar, if desired. Makes 1 quart or 5 or 6 servings.

NOTE: Recipe may be doubled.

EGGS BENEDICT WITH STUFFING

- 1 package (6-serving size) stuffing mix, any flavor

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Today, more than 67 million Americans consider themselves boaters, and nearly all crew their own craft.

African violets originally came from East Africa. They should be kept at between 67 to 70 degrees, or leaves will turn pale and curl downward.

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Africa Day

The annual Africa Day program at Oregon State University, Corvallis, will take place Saturday, May 18, in the LaSells Stewart Center on the campus. The event begins at 7 p.m. Admission is free.

The distinguished speaker is Dr. Bereket Habte Selassie, Professor of International Law and African Politics at Howard University. He will focus on the future of Ethiopia and Somalia in his talk entitled "The Horn of Africa: Beyond War and Famine."

Dr. Selassie, a former Attorney General of Ethiopia, has held many positions in the government of that country. He is an authority on the politics and development of Africa, and he has published widely on conflict and intervention in the continent.

The feature length film, "Harvest: 3,000 Years," will be a major attraction of the program this year. The award-winning film, which is considered a classic in African cinema, was produced by the Ethiopian filmmaker, Haile Girema.

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