

Zucchini pancakes with tzatziki sauce make a delightful meal

By Lynne Curry
For the Chieftain

Zucchini Pancakes with Tzatziki Sauce Makes 4 to 6 servings

These zucchini pancakes are delicious for a picnic outdoor dinner with tossed salad greens from the garden and fresh berries for dessert. As leftovers, they make a great breakfast with an egg on top.

—Steve and Joella Arment, Lostine

Ingredients:

For the pancakes:

3 cups shredded zucchini, unpeeled, liquid squeezed out
½ cup minced onion
3 eggs, lightly beaten
¾ cup flour
¾ teaspoon baking powder
¾ teaspoon salt
¼ teaspoon ground pepper
½ teaspoon fresh oregano or another tender herb
½ cup grated parmesan cheese

Olive oil for frying

For the tzatziki sauce:

1 cup plain yogurt
½ cucumber, peeled, seeded, and finely diced
1 tablespoon olive oil

2 tablespoons chopped mint

1 tablespoon chopped dill

1 tablespoon red wine vinegar or fresh lemon juice
2 garlic cloves, minced
½ teaspoon salt

Combine the zucchini, onion, eggs, flour, baking powder, salt, pepper, oregano and cheese in a mixing bowl. Heat a large skillet over medium-low heat. Add about 2 tablespoons olive oil to coat the bottom of the pan. Scoop portions of the batter onto the skillet to make pancakes about ½ inch thick. Cook until golden brown on one side, about 5 minutes. Flip and cook until the center is cooked through, about 4 minutes more. Repeat with the remaining batter, adding oil to the pan between batches.

Make the sauce by blending together the yogurt, cucumber, oil, mint, dill, vinegar, garlic and salt together in a bowl. Taste for seasoning and serve with the pancakes.

Interview:

Talking zucchini and gardening with Steve and Joella Arment:

Tell us about this recipe for zucchini pancakes.



Zucchini pancakes with tzatziki sauce offer a healthy start for any meal.

Steve: Zucchini, the people's vegetable! It's why we lock our cars in town in the summertime, so people don't leave zucchini on our seats! Chuck Frasier told me that once he saw some guy in Safeway buying zucchini and thought, "That man has no friends at all!"

Joella: This is a recipe that I obtained from a col-

league at EOU about 10 years ago. Steve and I in our farmstead have a large garden and we always have zucchini. One plant doesn't look like enough, so then we plant three or four plants and then we wind up with all this zucchini that we are either trying to give away or think of creative ways to use it up! These pancakes are a

fun way to serve zucchini that is a little bit different.

This recipe is very versatile, what are some ways that you mix it up?

I'm a cheese lover, so depending on what I have around I'll usually throw in either a cheddar or maybe a gouda or goat cheese. One summer we did not have a cucumber in our garden,

I've been growing borage as a flower and it has a cucumber taste, it's an edible flower, so I tossed in a cup or so of borage flowers and stems into my tzatziki. It was wonderful. We usually have fresh mint in the garden so I always add in a handful to the sauce as well.

What other fresh, seasonal meals do you enjoy preparing?

Steve: We enjoy all the seasonal foods, berries, potatoes, squash. We also make cordials out of elderberries that we have here on our property, and we harvest them in the late summer. We also go down into the canyons and pick blackberries. Our cordial is a mixture of blackberries and elderberries. You have to try it!

Joella: We also grow raspberries and strawberries in our garden and really enjoy serving those to friends and family. Of course, salad greens are always on the table, and Steve's very famous garlic mashed potatoes. We grow an heirloom garlic that came from a friend's grandmother in Cove. It's a large elephant type garlic, we plant it every year. It's a staple in almost every main dish recipe that we make.

Recipes from the farm: Cold treats for hot days

By Cherlyn Beachy
For Agri-View

A hot August day puts everyone in the mood for a bowl of cold homemade ice cream. Start with Best Vanilla Ice Cream and add variety with the following suggestions. Bring out the ice cream freezer and start cranking – or just turn it on.

Best Vanilla Ice Cream

10 servings
1 cup whole milk
¼ cup powdered sugar
4 cups heavy cream
pinch of salt
2 t vanilla extract
8 egg yolks
Put the milk, sugar and half the cream into a medium saucepan; warm it together. Pour the rest of the cream into a big bowl and put a

sieve over the top.

In another bowl whisk the egg yolks together.

When milk mixture begins to steam, temper the eggs by pouring some of the milk slowly into the eggs, whisking constantly.

Tip it all back into the saucepan; stir constantly over medium heat.

Scrape down the sides and bottom as you go.

It's ready when the mixture coats the back of a spoon.

Pour through sieve. Cover with cling film and refrigerate until completely chilled.

Churn according to manufacturer instructions.

Rocky Road Ice Cream

1 recipe Best Vanilla Ice Cream
8 ounces 60-percent baking chocolate
¼ cup boiling water
½ cup unsweetened cocoa powder
1 cup marshmallow cream



Rocky Road Ice Cream

1 cup salted roasted peanuts
Melt chocolate in double boiler.
Transfer to a medium saucepan.
With the heat on medium-low add boiling water and cocoa powder.
Whisk vigorously until there are no lumps.
Make Best Vanilla Ice Cream using this saucepan and with the chocolate.
When ice cream is finished churning stir in marshmallow cream and peanuts.

Moose Tracks Ice Cream

1 recipe Best Vanilla Ice cream
½ cup coarsely chopped peanut butter cups
2 tubes Rolos – caramel-filled chocolates
Make 1 recipe of Best Vanilla Ice Cream.
When ice cream is fin-

ished churning add peanut butter cups and Rolos.

Stir to combine. Serve or freeze immediately.

Crackly Ice Cream Topping

4 servings
1 T coconut oil
8 ounces semi-sweet chocolate, chopped
Melt coconut oil in double boiler.
Add chocolate; stir until melted.
Cool slightly; spoon over ice cream.

Cherlyn Beachy lives near St. Ansgar in northeast Iowa with her husband, Mervin, and their son and daughter. They have a large garden and raise their own chickens, beef, pork and eggs. She's a stay-at-home mom who loves to cook and enjoys photography. "I cook like many of you – no special equipment, no exotic ingredients and no one else to wash the dishes," she says. "I'm always on the lookout for tasty easy-to-prepare seasonal food."

Easy control for late season garden pests

Know your targets and make a plan

By Kym Pokorny
Oregon State University

CORVALLIS, Ore. – You look around the garden and see aphids suck the life out of your rose buds, flea beetles chomp on the cauliflower and cabbage butterflies lay eggs that will turn into voracious caterpillars. What to do?

Don't automatically reach for the spray can, said Heather Stoven, an entomologist for Oregon State University Extension Service. First, determine what is pestering your garden and the ways it can be controlled.

"Assess the damage," she said, "Do an evaluation. Try to see how many insects there are and if they are spreading. Be sure to identify the insect so you know what you're dealing with. That way you can most effectively manage the situation."

Sometimes you won't have to manage it at all. There will always be insects in the garden – lots of them – and they all play a part in the ecosystem. Often the "good" bugs in your garden will keep the "bad" ones at bay. After all, beneficial insects need something to eat, too.

Stoven recommends Integrated Pest Management, known more commonly as IPM, for fighting off pests. The key is to use multiple techniques. Start off with monitoring – walk through the garden daily to find pests before they become infestations.



Cabbage butterflies make voracious caterpillars.

Decide how much damage you can tolerate as the beneficial insects find their prey and help stave off an outbreak. If things start to balloon, begin control measures with the least toxic methods, like spraying off aphids with a stream of water or covering the cabbage with a row cover.

Learn the lifecycles of the pest insects in your garden, Stoven said. There are weak links when it's easier to get control of the situation. For instance, soft beetle larvae are easier to kill than hard-shelled adults. Egg masses can be squished or washed off.

Once you've got the ID and lifecycles down, you're well on your way to making decisions about how to control them. To get help with all of this, call or visit your county Extension office and talk to a Master Gardener. Take a look at the hundreds of publications in the Extension catalog. Or, use Ask an Expert, a question-and-answer service where you can post your questions and photos and Extension experts and Master Gardeners find the answers.

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