

Garden of the Week

Ground pushes up fruits, lifts Lizzie's spirits

Carefully making their way through their bountiful garden, Elizabeth Pitt and Edith Barton proudly show off the fruits of their labor.

Edie began working for Lizzie last December as a

housekeeper and companion. It was Edie's idea that a garden might lift Lizzie's spirits and give her an interest. Apparently the idea worked, for Lizzie's health has improved, she's alert, and she beams with pride

when walking through her garden.

With their "first garden" already reaching its peak and nearly ready to be tilled under, the two ladies boast of the excellent peas and other early products. Their second garden, which runs longer than the full length of the house, will produce through fall.

Their most unusual specimen is a "garden huckleberry." A commercial product, the seed company boasts that their huckleberries will taste like the real thing. "We'll have to see," says Edie, speculating.

They started all the plants from seed. "We didn't get one thing from a nursery." Two kinds of zucchini squash spread over the bank behind the house, as well as winter and scallopini squash. Two cantelope plants cohabitate among the squash and cucumbers.

There are tomato plants around nearly every corner, bearing more than a family of ten could ever eat. The ladies plan to can the tomatoes, stocking up for winter. They planted four varieties of tomatoes including one type that will produce until Thanksgiving.

Lizzie and Edie both say their garden wouldn't have been possible without the help of the mill, friends and the many people with livestock. There are piles of manure lying around and even some "manure tea" for weekly shots of liquid fertilizer.

Edie, who once lived in the Imperial Valley in California, has had many years experience putting her green thumb to use. She smiles and says the garden "is a real challenge." It is that challenge that has gotten Lizzie back on her feet once again.



GROWING AND HEALTH — Lizzie Pitt, who lives in the Senior Citizen housing, has regained her health—mainly through working in her garden. The vegetables and fruits in her garden will be canned or frozen to stock up for winter.

Spilyay Tymoo Photo by Behrend

Lions Club meets during lunch hour

The Lions Club board of directors held their regular meeting in conference room number one, during lunch hour August 7.

One of the first concerns of the board was to support a newly formed Lions Club in Terrebonne. Many local members will be present at their charter night in Redmond, on August 24.

The remainder of the meeting focused on activities the club will undertake during the coming year, such as appointing other members to various committees that will be working on fund raising projects during the year.

Support has been given to various individuals for eye examinations and other related problems.

A reminder to club members that the regular club meeting will be held in the Community Center during lunch hour Tuesday August 14.



YUMMY — Lizzie Pitt and her companion Edie Barton have grown everything in the garden from seed, including this variety of huckleberries. Edie says the berries are supposed to taste like the real thing — "we'll see" she says.

Spilyay Tymoo Photo by Behrend

Extension Notes

from
Pennie Albrandt
and Clint Jacks



Get ready for state fair

The State Fair is coming up and again this year Warm Springs 4-H Clubs will be taking beadwork and fried bread, dancing, and livestock demonstrations to fair on August 29th. The demonstrations will take place on August 30th at the Action Booth at the 4-H Building at State Fair.

Come and support Warm Springs youth on that day. You can buy fair tickets from the Extension Office for 50¢ cheaper than at the gate.

4-H members and parents wishing to participate in State Fair should sign up through their club leader to receive additional information.

(Wasco County Fair, too)

The Wasco County Fair is coming up at Tygh Valley beginning August 23. You can exhibit beadwork, costumes, baby boards, and other Indian handicrafts. Premium lists on what can be entered and the cash prize amounts for each placing can be picked up at the

Extension Office or through Roma Gene Joe.

All exhibits should be brought to the Tygh Valley Rodeo Grounds Indian Exhibit Building on Thursday, August 23. Judging takes place the next day at 9:00 a.m.

Reduce fat content in your diet

No matter why you're planning a low fat diet, keep several goals in mind. You should meet your daily need for protein, vitamins, minerals and other nutrients. You should control calories and maintain a desirable weight.

Avoid eating excessive amounts of foods containing saturated fat. You may have to change some of your long-standing eating habits, but you won't have to give up all your favorite dishes.

To control the amount and type of fat you eat, use fish, chicken, turkey and veal in most of your meat meals during the week; use moderate sized portions of beef, lamb, pork and ham less often. Calms, crab, lobster, oysters, scallops, shrimp are low in fat also.

dry beans, lentils, dry peas and garbanzo beans are high in vegetable protein; use them in place of meat occasionally. Egg whites are fine, but egg yolks should be limited to three per week—including eggs used in cooking.

Choose lean cuts of meat—

trim the visible fat—and discard the fat that cooks out of the meat. Avoid deep fat frying—instead bake, broil, roast or stew meats. Restrict your use of fatty "luncheon" and variety meats like sausages and salami.

Use at least four servings of vegetables and fruits every day. Try eating breads made with a minimum of saturated fat, such as whole wheat, French and Italian bread, rye and pumpernickel.

Use milk products that are low in dairy fats, such as fortified skimmed milk and milk powder. Try buttermilk and yogurt made from skimmed milk. Recommended cheeses include cottage cheese—farmer's, baker's or hoop cheese—mozzarella and sapsago cheeses.

Check the labels on any fats and oils you buy. Look for margarine, liquid oil shortenings, salad dressings and mayonnaise containing corn, cottonseed, safflower, sesame seed, soybean or sunflower oil.



Summer salad secrets

* To lessen browning of light fruit, such as apples or bananas, add lemon juice or salad dressing.

* Plan salads to fit the meal; serve light salads with hearty meals, tart salads with fish, hearty salads as main dishes, fruit salads as desserts.

* Salad ingredients should be green, cold, crisp and dry; store in plastic bag, tightly covered container or lettuce crisper.

* Break pieces of lettuce when making a salad. Cutting lettuce will make cut edges turn brown.

* Salt in dressings wilt salad greens; put on dressings just as the salad is served.

* Cook vegetables, cool and mix with different dressings for a new type salad treat.

* Two or three ingredients added to lettuce is enough and allows you more variety from day to day.

* Make tossed salads early in the day, cover with a damp paper towel and store in refrigerator until served.