

It's berry time once again

The fresh berry season has a breathless quality about it. In the space of a few weeks, many types of berries move in and out of season. Strawberries are first and then alert shoppers watch for red raspberries, loganberries, black raspberries, boysenberries, youngberries, and evergreen blackberries which come in rapid and overlapping succession.

Selection and Storage:

When selecting fresh berries, look for berries that are firm with a fresh glossy color. They should be free from dirt, mold and moisture. Seeds should be small and berries plump with no caps. Caneberries with caps attached are likely immature.

Berries are very perishable. Handle with a light touch and if possible, use on the day purchased. If storing, remove any damaged berries and place others in a shallow container. Cover loosely with waxed paper and refrigerate. Wash berries quickly just before using. Juices are lost if berries are left standing in water.

Following is a list of berries grown in the Oregon. All can be

frozen. All can be made into jam-type products, syrups, or juices and, of course, all of them are delicious eaten fresh, or made into pies and cobblers. Blends of tart and sweet berries are particularly interesting.

Most of the following berries can be purchased or picked at Sandy, Oregon or The Dalles:

Berry and approximate dates of availability

Aurora Blackberry (June 15-July 10)—Flavorful, shiny, black, elongated, soft, juicy berry. Has thorny trailing canes.

Loganberry (June 20-July 10)—Tart, flavorful, dark red berries which are elongated, soft and juicy. Thornless delicate trailing canes with pale green foliage.

Red Raspberry (June 25-July 20)—Flavorful. Rounded to conical red berry with hollow center. Stiff upright canes.

Santiam Blackberry (June 25-July 25) — Tart and flavorful. Small, shiny, black, soft, juicy berry. Slender very thorny trailing canes.

Golden/yellow raspberry (July 1-July 20)—Like red

raspberry, but generally milder and more crumbly.

Black raspberry (also known as "Blackcap") (July 1-July 20)—Highly flavorful, shiny, black, rounded berry with hollow center. (Often used for vegetable dye). Stiff arching thorny purple canes.

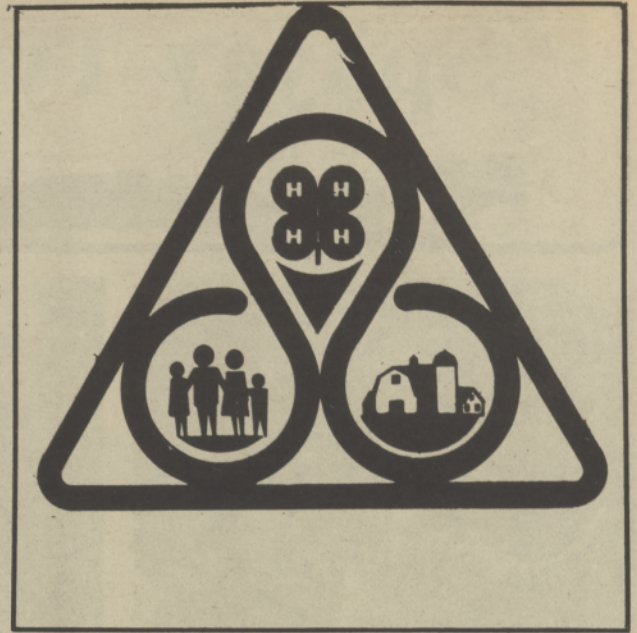
Cascade blackberry (July 5-July 25)—Flavorful. Small, red, slightly soft, juicy berry. Thorny slender trailing canes.

Youngberry (July 5-August 5)/**Boysenberry** (July 10-August 10)—Low acid, flavorful. Large, shiny, blackberries are both elongated and plump. Thorny, slender, light green trailing canes.

Marion blackberry (July 15-August 15)—Tart, flavorful. Shiny, black, small berries. Thorny trailing canes.

Evergreen blackberry (August 15-September 15)—Low acid, a mild flavor. Shiny, black, firm, conical berry. Thornless, heavy trailing canes (wild variety has thorns). Highly indented dark green foliage.

Fall-berrying red raspberry (August and September)—Like July red raspberry.



Hay available

Those of you in need of hay may want to check local supplies and prices before buying off the reservation.

This year a number of new plantings of hay have been established which will give livestockmen an additional source of hay.

Check with J.P. Patt for

alfalfa and grass straw; Maxine and Mike Clements for orchard grass and clover and Buford Johnson for barley hay. None of the growers have quoted a price as yet. So you may want to check around for going rates. From all indications hay prices will be lower than last year.

Notice to horse owners:

Coggins test required for interstate travel

Recent changes in an interstate agreement between Oregon and Washington over testing of horses for the presence of equine infectious anemia (EIA) may affect you.

Until recently, the two states had agreed that no coggins testing was necessary for transport of animals across their common boundary.

That agreement is no longer in effect.

This means that if you are planning to transport a horse across the border of Washington and Oregon—in earlier direction—your animal must have a certificate no older than

six months which states that the horse is Coggins negative.

The reason for the change relates to the outbreak of the disease here on the Warm Springs Reservation, where a quarantine is in effect for reservation horses and a Coggins test is required to leave the reservation.

Washington state officials determined that the agreement with Oregon would no longer be in effect and ordered testing for animals entering their state, terminating the equal status agreement. This action automatically triggered Coggins testing of horses moving both directions.

Coggins testing has been required for interstate shipment of horses moving both directions involving other neighboring states for several years.

Testing of animals is done by contracting your local veterinarian, or the Extension office who will obtain a blood sample and submit it to the Oregon Department of Agriculture for testing.

This change in agreements is especially important to persons moving horses to and from rodeos, sales and breeding facilities.

This change will remain in effect for some time.

Advance state fair tickets available

Oregon 4-H activities reach their climax each year with exhibits of handiwork and showing of livestock and garden products at the Oregon State Fair in Salem. This year's fair is August 28 through September 7.

Advance discount tickets to the 1981 State Fair are being sold through the Warm Springs Extension office located in the Old Administration building. Fair goers can save 50¢ per ticket by purchasing their tickets in advance from 4-H. The regular priced \$3.50 tickets are good any day and sell for

\$3.00 each. In addition to a savings of 50¢, each advance ticket sold through 4-H provides a 50¢ donation to the Oregon 4-H Foundation.

The nonprofit 4-H Foundation provides private dollar support to the state's largest youth program. Income from donations and promotions such as the State Fair ticket sale provide the necessary private money needed to make Oregon 4-H one of the state's most outstanding youth programs. Call 553-1161 ext. 238 for more information.

Get ready for the Great Chili Cook-off

Chili-cooking talent may pay off during The Great Northwest Chili Cook-off to be held on October 10 at the Portland Zoo. A \$500 cash prize will be awarded to the winning four-member team which entertains the audience best and produces the tastiest chili.

The chili must be of the authentic Texas variety with no beans or spaghetti, beef being the main ingredient. This is understandable since the event is sponsored by the Oregon Journal and the Oregon Beef Council for the benefit of the Portland Zoo.

Showmanship is a main ingredient to creating the chili and judges will keep that in mind during the contest. The rules for the cook-off can be obtained from the Oregon Journal.

They are as follows: (1) The chili must have a name and the recipe must be included; (2) A statement must be written by

the team declaring why their chili is great; (3) A theme in decoration of the booth, costume and cheers must be maintained during the cooking demonstration. (4) The team must consist of a cook and three assistants. The team can have up to 15 people in the cheering section, five of whom must present a special chili cooking song and/or cheer.

The winning team of the chili cook-off, besides gaining in cash will, have the chance to attend the World Championship Chili Cook-off at Terlingua, Texas sponsored by the Chili Appreciation Society International on the first Saturday in November.

Registration may be made by submitting a form which can be obtained through the Oregon Journal Office located at 1320 Broadway St. in Portland, Oregon 97201. The last day to register is August 31. Further information can be obtained by calling 221-8544.

The caffeine story

Take the sugar out of my cereal, but do not touch the caffeine in my coffee! As a new hit song would say—what is the morning without "a cup of ambition?" Caffeine is a member of a family of chemical compounds called Xanthines. The most common sources are: coffee, cola drinks (at present a soft drink can not be called a cola unless it contains caffeine, tea, chocolate, cocoa and caffeine containing drugs (Anacin, Excedrin, No-Doz). In line with gas guzzling, Americans consume 1/2 of the world's coffee; per capita consumption of cola is greater than 30 gallons per year.

Studies show that at moderate levels of intake, ie 1-2 cups of coffee, work efficiency increases. How does this brew pry our eyes open in the morning? Within minutes of ingestion, caffeine enters all body tissues and organs. It stimulates the central nervous system, the heart muscle, gastric acid secretion and kidney excretion; it dilates

blood vessels, relaxes smooth muscles and increases the basal metabolic rate 10-25%.

At high doses, over 5 cups, less beneficial symptoms may occur, such as: nervousness, irritability, insomnia, GI disturbances and heart palpitations. Those most sensitive to caffeine's effects are: the elderly, children and adolescents, pregnant and lactating women, those with heart disease, hypertension or emotional illnesses. The effect is dependent on body weight. A 12 oz cola could have the same effect on the young child as 4 cups of coffee on the adult. In pregnancy, caffeine enters the blood stream of the fetus in the same concentration as in the mother's blood. In animal studies, the caffeine in 5-6 cups of coffee has been associated with an increase in birth defects and reduced fertility. Caffeine also appears in breast milk. Since this stimulant is associated with nervousness, insomnia and anxiety, people with emotional illnesses may

worsen their symptoms by ingesting coffee. Individuals have been treated for anxiety when they were actually over consuming caffeine.

Caffeine can supply relief from momentary fatigue and a good cup of coffee is often the "high" of the day. It is still a drug however, and its use may need to be restricted to less than 200 mg per day. This is dependent on the strength of the brew, the length of time brewing and the cup size. Since 1657 coffee has been the "...little bean which is the source of happiness and wit." Perhaps we need to look deeper for these qualities in ourselves.

Sources of Caffeine

Chocolate, small — 26 mg.
Cocoa, 5 oz.—13 mg.
Coffee, 5 oz.—65-124 mg.
Decaffeinated, 5 oz.—3 mg.
Instant, 5 oz.—66 mg.
Cola, 12 oz.—45-65 mg.
Tea — 45 mg.
Excedrin, Anacin — 32 mg.
No-Doz — 100-200 mg.