

Store pumpkins and squash in cool, dry place

Store pumpkins and hard-shelled winter squash in a dry, ventilated area with a temperature between 50 and 55 degrees F and they'll keep well for quite a while, even as late as February or March of next year.

The relative humidity of the storage area should be 75 percent. Be sure to keep the surface of the vegetables dry to prevent the growth of decay fungi and bacteria.

Good air circulation helps prevent moisture buildup.

If stored at temperatures below 50 degrees F, squash and pumpkins deteriorate rapidly. Those that have been exposed to freezing before

harvest will also deteriorate rapidly.

Do not leave pumpkins and squash on cold concrete floors. Provide storage shelves if necessary. Also, do not store pumpkins and squash near ripening fruit. As they ripen, apples, pears, and other fruit release ethylene gas, which will shorten the storage life of pumpkins and squash.

The variety and type of squash or pumpkin determines the length of its storage life. The storage lives of various types of hard-shelled winter squash are: Table queen (acorn type), one to two months; Butternut, two to three months; Hubbard types, banana, buttercup (turban type), three to six months;

sweet meat squash, four to six months.

Jack O' Lantern and Connecticut Field variety pumpkins keep well in storage for two to three months.

Leave pumpkins and squash on the vine until mature, but regardless of size, they should be harvested before the first heavy frosts.

When their rinds are hard enough to resist fingernail scratches, squash are ready for harvest. Handle the vegetables carefully to keep them in good condition. Don't store bruised squash. Cuts and scratches on the skin of stored squash will heal, but bruises will not.

Curing the vegetables before storage will help them heal. Curing involves temporarily storing squash and pumpkins at a temperature favorable for healing cuts and scratches, and for forming a protective corky layer over injuries and cut surfaces on the stem.

Under good storage conditions, well-matured squash don't need artificial curing.

Nearly mature squash (except acorn types) and pumpkins can be cured for ten days at temperatures of 80 to 85 degrees F and a relative humidity of 80 to 85 percent. A warm room in the house is usually adequate for the job.

Recycle discarded plant material

Plant material that has outlived its usefulness can still be an important part of the home landscape's growth environment. Just turn those old plants into compost.

Recycle discarded plants by converting them into compost during the fall. Compost is a mixture of soil and decomposing organic plant matter.

Compost is an excellent mulch, a good fertilizer, and a soil conditioner when worked into the soil. Carefully prepared compost is usually free of weed seeds.

Ideal plants materials for composting are leaves, grass clippings, corn husks, pea hulls and fine twigs from trees and shrubs. Avoid using plant material from diseased plants.

It's best to compost leaves before using them as a mulch. Raw leaves are flat and block passage of water into the soil.

The two-bin method is the most efficient way of making compost. With two bins, one batch of compost can be decomposing while the other is ready for use.

A usable bin may consist of no more than ordinary wire fence or boards attached to solid posts or blocks. Each bin should be four to six feet high, three to five feet wide, and whatever length desired. Make one side of the bin removable so you can get compost material in and out of the bin easily.

Add on a temporary piece of wire fence to increase the height of the bin by about two feet in the late fall. After the additional material settles, the fence extension can be removed.

Build the compost pile by filling one bin with alternate layers of organic material six to 12 inches thick and garden soil about one inch thick.

Add one-half cup of a fertilizer high in nitrogen, such as ammonium sulfate, per square yard of compost material as each layer of organic material is put in.

Moisten the material thoroughly and repeat the layering process until the bin is full or all available material is used.

Pack the material lightly in the center but tightly around the edges. This allows the center to settle more than the edges and prevents water from running off the pile.

Composting is dependent on temperature and proceeds faster during summer months. Shredding organic material before composting will speed up the process.

Turning the compost pile periodically keeps the decomposition process going at a steady rate. Leaves composted this fall should be turned about May 1 of next year. Fork the material from one bin to another with the material's drier outside portion placed in the center of the bin.

Turn the material again in about three to five weeks for the final composting. It will be ready by mid-summer for mulching and side-dressing.

Lime, gypsum give solid lift

Garden soils weakened by a lack of some basic nutrients may get the lift they need from an application of lime or gypsum.

Liming garden soils west of the Cascades helps the soil in many ways.

Lime neutralizes soil acidity; supplies calcium and magnesium; promotes root growth, particularly fibrous feeding roots; creates an excellent environment for growth of soil organisms that break down organic matter; and improves solid structure.

Because many soils west of the Cascades have high acidity, lime is recommended for Western Oregon

gardens. Soils in the eastern part of the state are not high in acidity, and so benefit more from an application of gypsum. Gypsum adds the nutrients sulfur and calcium to garden soils.

Although lime can do a lot for soil, it can't alter a heavy clay or compacted soil. Gypsum can modify a clay soil, but only over a long period of time. The addition of organic matter is the best way to improve heavy clay soils.

Useful organic materials include compost, sawdust, barkdust, leaf mold and peat moss. Barnyard manures are good, but make sure they are free of symphylan insect pests that are difficult to get rid of once they become established in garden soils.

Fresh manure is more likely to be free of symphyllans than older, rotted manures.

Organic matter should be applied in a layer two to four inches thick or thicker. Mix this layer with the top six inches of soil.

Lawn fertilization fights moss growth

Landscapers who detest lawn moss creeping into their home turf can fight back against this green scourge with a fall application of fertilizer.

A complete fertilizer with a high percentage of nitrogen, such as a 12-4-8 combination is recommended for fall lawn application.

Lawns need phosphate, and the nitrogen will keep lawn grasses green without causing undue growth that would require mowing.

Moss can give a home lawn the appearance of being in good condition when in fact it is not healthy at all.

Moss can become established in

a lawn only when some condition is preventing the grass from growing in a normal healthy way. Poor drainage, low fertility, soil compaction or too much shade can all keep grass from growing normally, while at the same time allowing moss to become established.

To remove moss, first rake out as much as possible. Then apply ammonium sulfate at 10 pounds per 1,000 square feet. Apply the material with a fertilizer spreader or by hand.

Ammonium sulfate not only kills moss, but also fertilizes the lawn grass. Because it can permanently stain concrete, keep ammonium

sulfate off sidewalks and driveways.

Copper sulfate or ferrous ammonium sulfate are chemicals that can be used in spray form on moss-choked lawns. For best results, dilute the chemicals as called for in label directions.

Ferrous ammonium sulfate can also be used as a dry formulation. Apply it at the rate of 10 pounds 1,000 square feet.

Warn homeowners to remember that chemical treatment alone will not permanently rid a lawn of moss. A permanent solution lies in correcting the condition that allowed the moss to become established in the first place.

Weed control-a never ending job in the home landscape

Keeping the home landscape weed-free is a tiresome but essential task for the homeowner who wants to maintain that well-manicured look around lawns, flower beds, and shrubs.

The easiest way to control weeds is to remove them by hand or with a hoe or rake. However, where weeds are widespread and well-established, some chemical weed control may be needed.

Chemical weed control is much easier if you identify the weeds before starting the control program.

Some weeds that can cause problems in the home landscape are field bindweed (morning glory), Canada thistle, poison oak, and wild blackberries.

Repeated treatments with glyphosate, 2, 4-D amine, or dicamba (Banvel) work best for control of field bindweed. Many desirable

plants are susceptible to these herbicides, so be careful when applying. Also, do not apply dicamba where the roots of desirable plants may be growing.

Canada thistle can also be controlled with glyphosate, 2, 4-D amine, or dicamba. Painting or daubing the leaves of weeds with the herbicide is effective for treatment in areas where spraying is not possible or practical.

Of course there are many more weed-controlling compounds on the market than those listed here. Many types of herbicides are available at garden stores. The labels on the various products should list the types of weeds the product may be used on.

It should be stressed that careful adherence to the label instructions for use of herbicides must be followed for effective weed control.

Dining out—American Heart Association suggestions

Chinese—When eating Chinese, food skip high-sodium soups and the noodles-high in fat and calories. If the noodles are on the table, ask the waiter to remove them. Choose dishes that are boiled, steamed or lightly stir-fried in vegetable oil, rather than sauteed. Although many Chinese dishes are high in sodium, you can ask that sauces, such as soy, be served on the side and that MSG and salt be eliminated in the preparation. Be cautious and avoid all dishes that are deep fried. Enjoy the steamed rice.

Fast Food—If you don't always have time to sit down to a leisurely meal. The good news is: fast food is changing. Look for salad bars where you can make your own meal. Add beans to your salad and eat it with whole grain bread. Try baked potatoes with vegetable or yogurt toppings. Beware of fried foods, double-decker burgers and shakes.

Italian—To many diners, Italian food says pasta. And pastas are a good choice for those on low-fat diets, as long as they are not filled with cheese or fatty meat or tossed with butter or cream sauces. If you're concerned about salt, try pasta primavera, with a small amount of oil and fresh vegetables. Consider ordering the appetizer portion of pasta as your entree—often the portions are large enough

to be filling. Among other selections in Italian restaurants, simply prepared chicken and fish dishes are your best bet. To control fats and sodium, select items that are fixed to order. Avoid dishes like veal scallopine or parmigiana since they are usually prepared by adding fats. Italian ices are an excellent dessert choice.

Japanese—Although many dishes are high in sodium, Japanese cuisine is, overall, a boon to those on low-fat diets. Watch out for deep fried dishes like tempura and for high sodium soups and sauces. Ask your waiter to serve as sauces on the side and keep them to a minimum. Acceptable items are nabe-mono, Japanese casseroles; chicken teriyaki, which is broiled in a sauce; menrui, noodles often used in soups. Look for the word "yakimono," which means broiled. Dishes that feature tofu, a soybean curd protein without cholesterol and extremely low in calories, are especially recommended, and rice makes a good accompaniment.

Mexican—Many dieters feel that Mexican food is off limits, but it's not necessarily so. Whole grains are staples of Mexican dishes, and tortillas, made with corn and baked rather than fried, can be a welcome addition to your diet. A fine beginning to your meal might include salsa and guacamole, favorite appeti-

zers on Mexican menus. Tomato, onion and avocado salads with fresh lemon squeezed over the top are refreshing. Forget the refried beans as they are cooked in lard. In Mexican restaurants, be sure to ask that garnishes, like cheese and sour cream, be served on the side, and eat rice and beans instead of beef; they're high in fiber, low in fat and a complete vegetable protein.

Steakhouses—Steakhouses, like seafood restaurants, may be a good choice, since food is most often

prepared to order. Be sure to order your beef broiled without additional fat or salt. Choose lean varieties, like London broil, filet mignon, round and flank steaks, and ask that all visible fat be trimmed. If you're having a baked potato, eat it plain or with a modest amount of margarine or low-fat yogurt. Enjoy a green salad (with dressing on the side) and fresh steamed vegetables as accompaniments. The plainer your choices, the better.

Discard medicines

By keeping it up-to-date, you can help ensure your family uses medicines wisely.

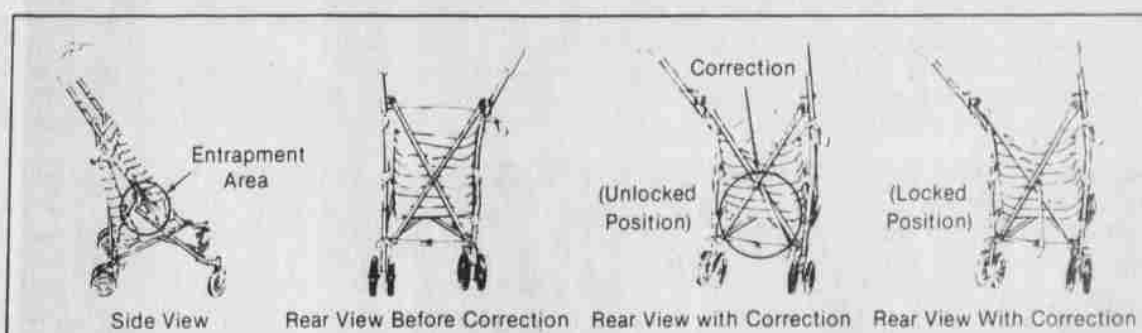
Start by emptying the entire contents of the medicine chest. Take a good look at what you have.

Sort out prescription drugs no longer being taken under a doctor's advice. Discard any medicines that have a noticeable change in color or odor or that are not in their original containers.

Once you've done the clean-up, organize the drugs for safe access. You may want to put all the internal medicines, all the external medicines, and all the cosmetics on separate shelves.

Be sure all medicines are kept out of the reach of children. The only sure way is under lock and key.

Strollers to be voluntarily repaired



In cooperation with the U.S. Consumer Product Safety Commission, Hedstrom Company of Bedford, Pennsylvania, announced a voluntary repair program affecting approximately 625,000 strollers manufactured between 1975 and September, 1982.

The strollers which were distributed nationwide are being repaired because, in the event the stroller unexpectedly folds up, it is possible for a child to be injured by placing a finger into the hinge area of each side of the stroller.

The Commission is aware of at least 14 incidents where the strollers have collapsed while in use. These incidents have resulted in at least 6 finger amputations and 8 other serious injuries to children after fingers were caught in the stroller's side hinge area.

To eliminate the potential for injury, the firm has developed a safety lock which when installed and used on the stroller will prevent unexpected folding of the unit.

To obtain a free safety lock, con-

sumers who own the Li'l Steeler Stroller may call Hedstrom's toll-free number 800-233-3271; in Pennsylvania 800-242-9034 or write to the firm at Department 100, P.O. Box 432, Bedford, Pennsylvania 15522-0432.

Only the Li'l Steeler Strollers containing model numbers on the shown list are affected by this repair program. The model number can be found on the identification label attached to the frame of the stroller. If the label is removed, consumers can identify affected strollers by looking for the "Hedstrom" name sewn into the safety strap.

The Commission and Hedstrom advise parents not to use this stroller until the safety lock is installed. Parents are also reminded never to fold or unfold this type of stroller with the child seated in, or touching the frame of the stroller.

Additional information on the repair program may be obtained by calling the CPSC's toll-free Hotline on 800-638-CPSC. A teletypewriter number for the hearing impaired is 800-638-8270.

List of Affected Model Numbers

8-040	8-259	8-8067
8-0508	8-506	8-807
8-0504	8-508	8-8073
8-053	8-509	8-808
8-054	8-603	8-8085
8-055	8-604	8-809
8-056	8-605	8-810
8-057	8-606	8-8148
8-058	8-607	8-852
8-059	8-608	8-940
8-140	8-609	8-942
8-142	8-610	8-9422
8-1423	8-701	8-9423
8-150	8-702	8-9427
8-1504	8-7021	8-943
8-151	8-703	8-9437
8-1511	8-7032	8-944
8-1512	8-704	8-9443
8-153	8-7042	8-945
8-154	8-707	8-950
8-155	8-708	8-9501
8-156	8-7081	8-9502
8-158	8-709	8-9503
8-1581	8-7092	8-9504
8-159	8-710	8-9505
8-243	8-7102	8-9506
8-2501	8-801	8-9508
8-2502	8-8014	8-951
8-251	8-802	8-953
8-2512	8-8022	8-954
8-2514	8-8027	8-955
8-252	8-8028	8-957
8-2522	8-803	8-958
8-253	8-804	8-959
8-254	8-8045	11-303
8-256	8-805	11-3030
8-257	8-8053	
8-258	8-806	



Photo courtesy of Joan David

Visiting OSU personnel enjoyed the Serpentine Dance recently with members of the 4-H Culture and Heritage Club, community members and fellow dancers during a dinner at Kah-Nee-Ta.