

# Consumers Digest offers tips to buying a new recliner



**By Norma L. Simpson**  
If your family plans to buy a new recliner for your TV room, you will find useful information in the September/October 1993 issue of Consumers Digest. The article by Olivia Buehl includes information about three position loungers, rocker/recliners, low-profile pop-ups, swivel gliders and power-life incliners.

## Publication available: "Hooked on Seafood Safety"

**By Norma L. Simpson**  
Recently I received a publication from the Department of Health called "Hooked on Seafood Safety." It urges you to protect yourself and eat only fish that has been thoroughly cooked. Shellfish, especially oysters, clams, mussels and whole scallops that are not thoroughly cooked can cause serious problems. They can contain a Vibrios bacteria that multiply after the shellfish are caught, even if they are refrigerated. If you eat them raw, the sickness includes the following symptoms: fever, chills, diarrhea, confusion, weakness, cellulitis, blisters.

Cellulitis means regions of skin turning red and painful. Blisters may be clear or enlarged and filled with blood. If you have these symptoms, see a physician within five days. The infection from Vibrios can cause blood poisoning, a condition that resulted in death in up to half the people who get it. In addition, people with diabetes mellitus should take extra precautions to thoroughly cook fish with fins. The bacteria is not killed in freezing but will be killed by cooking thoroughly. Smoked fish, pickled fish and vacuum-packed fish should always be refrigerated. For fin fish, allow 10 minutes cooking time for each inch of thickness. Add 5 minutes cooking

time if the fish is wrapped in foil or is cooked in a sauce. I have ordered 100 copies of Hooked On Seafood Safety so you can have a copy when they arrive.

## Plant & Soil notes: What is a hybrid?

About this time of year folks that like to garden are getting seed catalogs in the mail and thinking about what to plant in the spring. These days there are so many varieties of plant seeds available it can be hard to choose. One thing that may create a lot of confusion is the difference between standard and Hybrid seeds. Gardeners often ask "What is a Hybrid? Are hybrids better than standards?" This information from the National Garden Bureau may clear up some of the confusion. A hybrid is the result of pollinating one specific variety of a class of plants with the pollen of another genetically different variety or class. While a hybrid can occur by chance, within the seed industry hybrids are the result of the cross breeding of carefully chosen "parent" plants that produce "offspring" (seeds) that will

have special characteristics. When seed growers control the pollination process they produce offspring (seeds) that have genetic characteristics of both parents — the "children" will have some things from the mother and some things from the father plant. So, what is the benefit of making hybrids? First of all, the hybrid offspring are very uniform in size and appearance. That means that the plants that grow from hybrid seed will look and produce flowers or fruit that are very similar. Hybrids also exhibit a wider adaptability to environmental stress. That is just a fancy way of saying that hybrid plants can survive wind, heat, cold and lack of water a little better than non-hybrids. Standard varieties are also called "open-pollinated." They are called standards because they have been grown for many years and are

stabilized in their habits. This means that every generation will be similar. These varieties are usually grown in fields where they self and cross pollinate without any of the controls of hybrid pollination. Wind and insects carry the pollen from one plant to another, and the seeds that result will produce plants that are fairly similar to each other, but no as uniform as hybrids. Genetic "drift" can occur in open pollination, meaning that plants that are significantly different from the others can sometimes crop up. The fields have to be checked for these "rogue" plants which are removed so they don't pollinate other plants and cause too much variation. If you have questions about gardening you can call the OSU Extension office at 553-3238 or feel free to stop in if you are in the area.

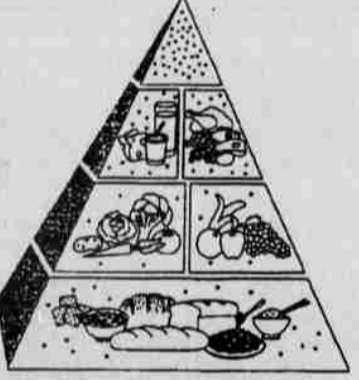
## What is Jerusalem artichoke?

When we think of artichokes, we think of the high green flower sold at the supermarket. That is not the same plant that you'll read about below, because it is a root. Years ago, I was fortunate to have a friend to share these roots from her garden in Wisconsin. Juicy and sweet when eaten raw, I hope to plant some in my garden this summer. If you have a start that you'll like to share with me, I'd be very grateful. From Weiner's book on Earth Medicine Earth Food: The Classic Guide to the Herbal Remedies and Wild Plants of North America Indians, we find the botanical name of Jerusalem Artichokes is Helianthus tuberosus. It's a member of the Composite family often referred to as the Daisy Family of plants like the drawing below. The book mentions eight other Daisy Family plants that are eaten for food. **Jerusalem Artichoke** The Native Jerusalem artichoke is a useful survival food because the

tubers can be eaten like potatoes during the fall, winter, or spring. The Indians ate these artichokes raw, boiled, or baked. The plant, which grew wild in the fields or along streams, was eaten as a secondary food by several tribes. Some Iroquois women became especially fond of this food and were named "artichoke eaters" by their friends. The early settlers were quick to export this plant, and it soon became extremely popular in Europe, especially in the Mediterranean countries where the tubers were named girasol in Spain and girasole in Italy. The English evidently misinterpreted these names, changing them to "Jerusalem." Thus the common name as it stands today. This indigenous plant is a species of sunflower that was once extensively cultivated throughout North America. The plants have since "escaped" and are common along roadsides, in fields, or in garbage dumps. They have thick, hairy stems and grow between six and ten feet high. The bright yellow flowers bloom between July and October. Interestingly, since these fleshy tubers reportedly lack starch, they would make a good food for people who want to avoid this carbohydrate.

## What counts as one serving for a child?

What counts as 1 serving for my child? How many servings from each group should I feed my child each day? The amount of food that counts as 1 child serving is listed in the chart below for each of the five pyramid food groups. The chart also shows you how many servings from each group your child should eat every day.



- Bread Group (6 servings per day)**  
1/2—1 slice bread  
1/4—1/2 cup cooked cereal, rice, pasta  
1/2 cup ready-to-eat cereal
- Vegetable Group (3 servings a day)**  
1/2—1 medium raw vegetable  
1/2—1 cup leafy vegetables  
1/2 cup vegetable juice
- Milk Group (2-3 servings a day)**  
3/4—1 cup milk or yogurt  
6 Tablespoons custard or milk pudding  
1 ounce cheese
- Meat Group (2-3 servings a day)**  
4 Tablespoons meat, poultry, fish  
1 egg  
2-3 Tablespoons peanut butter  
1/2 cup cooked dried beans or peas
- Fruit Group (2 servings a day)**  
1/2—1 medium raw fruit  
4-5 Tablespoons cooked fruit  
1/2 cup fruit juice

*A good breakfast is made up of foods from at least three of the food groups.*

## Clover speaks

We would like to thank all the 4-H Leaders for turning in 4-H enrollment forms. Thank you, thank you, for all your cooperation we appreciate greatly! **Sumner County from Kansas seeks exchange opportunity** Sumner County Kansas 4-Her's would like to exchange with an Oregon County. They need to host in 1994 and travel to Oregon in 1995. They would like to work with a county that would send and receive about 15 youth ages 13-18 and 2 to 5 adults. Sumner County is located in South

Central part of Kansas and borders Oklahoma on the south. Agriculture is the major industry with wheat being the major crop. County population is 25,000. Other crops include grain sorghum, alfalfa, soybeans, and corn. They also have considerable aircraft related industries with Boeing, Cessna and Beech located 30 miles north at Wichita. July is the best month for them to travel and host. If interested please contact Gerald E. LeValley, Jr., County Extension Agent, 320 North Jefferson,

Wellington, Kansas 67152 Phone (316) 326-7477. **Wabasu County from Minnesota seeks exchange opportunity** If you are interested in exploring the potential of a 4-H county exchange please contact: Patrick Jirik, County Extension Agent 612-565-2662. Wabasu County is about 2 hours south of Minneapolis. **4-H Club Leader Needed** The Braiding and Hairstyling club needs a new leader. Donetta had to return to Canada due to family illness.

There is also a need for beading clubs. If you can lead a project or know anyone who can lead a project/club please contact Crystal or Carol at 553-3238, Thank you. **Gardening Grants available** Lilly/Miller Inc. will sponsor ten 4-H community service garden projects in Oregon this year. Each project will receive \$500. Any 4-H club or group may apply for a grant, and members do not have to enroll in horticulture projects to be eligible. The guidelines for project design are quite broad. Gardens may be ornamental or vegetable and may be located in residential, business, or public areas. They should be provided in the spirit of community service. Further information and application forms may be obtained at the Warm Springs Jefferson County Extension Office. Deadline for receipt of applications in Corvallis is March 15, 1994. **State 4-H Natural Science family day** Families will participate in four 50 minute hands on classes taught by Natural Science specialist. Sessions will be offered in: archery, wildlife studies, nature art, rappelling, Native Americans, fishing, forestry, and much more. You will choose your classes when you arrive at the 4-H Center on the day of the event. Please be sure that children age 9 and under are accompanied by a responsible registered adult. This event is opened to all 4-H club members and to all non-4-H families as well. Registration is open to the first 100 persons to register. You may register by stopping at the Warm Springs Jefferson County office and picking up an application. Registration fee is \$6.00 and includes lunch, insurance and supplies. All fees are non-refundable. **4-H Natural Science Family Day Saturday, March 19, 1994 10:00 a.m. to 3:30 p.m. Oregon 4-H Center, West Salem Register by March 4**

## Stockman's Roundup: Pay attention to calving time



**Bob Pawelek**  
OSU Extension Agent  
Livestock and Range

A live, healthy calf is the key to a profitable business. Making sure you have the right key is the tricky part. Calving time is the most critical time of year for your herd, as well as your profits, and it will reap benefits to watch you cows and first-calf heifers closely. Mind you, it's not the time to start paying attention to the cows. Rather, calving time is the results of your management program. What you can do now, at calving, is to see that the herd is not stressed. Keep the cows in familiar surroundings, but away from muddy feeding grounds. Clean, well-drained grassy pastures are best. Feed at regular intervals each day. New

evidence suggests that feeding as late in the evening as possible will allow more calves to be born in daylight hours. Keep the weather in mind as well. Sure, we've had a mild winter so far, but it's only half over. For every degree below freezing, a cow's maintenance requirements increase by 1 percent. Feed more when the weather is colder. During the last 30 to 45 days of a cow's pregnancy, she needs a 10 to 15 percent increase in her ration. This is generally translated into an extra 2 pounds of hay per day. Watch for dogs roaming around in packs, since once they have a taste for chasing livestock, it's hard to stop them. Don't be afraid to shoot dogs that are chasing your livestock. Check cows every chance you get — before you go to work, when the kids get home from school, when you get off work, and when you feed in the evening. A cow will normally calve in a one to three hour time period. If she calves normally, leave her alone. There shouldn't be any problems. The calf should stand and nurse within an hour. A clean, grassy calving pasture will help ensure a healthy calf. Keep the cows on a high plane of nutrition after calving, as they have to recover from the stress of calving, get their reproductive tract back

healthy again, provide milk for the calves, and start cycling again. That's a lot of work for a cow. It's also the time for you to take stock in your overall management program, make adjustments, and look forward to sale day. The Mutton Mountains Grazing District Meeting will be held February 22 at the Public Relations Trailer behind Education Center at 7:00 p.m. A potluck dinner will be held before the meeting starting at 6:30 p.m. with an invocation by Adeline Miller. On the agenda: Introductions by Evans Spino, Solid Waste Disposal Site by Nancy Collins, Fish Management on Deschutes River by Jim Griggs, Range Conditions by Dave Smith, Noxious Weed Control by Jason Smith, IRMP II Status by Deepak Sehgal, Calving Time & 4-H Herd by Bob Pawelek, Range & Ag Dept. Projects by Bobby Brunoe, Natural Resources Dept. by Jody Calica, Wasco Co. USDA ASCS Projects by Dusty Eddy, Jefferson Co. USDA ASCS Projects by Sam Brown, and Mutton Mountain District Priority Setting by Bob Pawelek. All Speakers will be limited to 10 minutes. Questions and answers will be limited to 10 minutes. We'll have an alarm clock!

the buds on top of the plant can be eaten as corn on the cob is. The roots can be ground into a flour. And the seeds, after they start dispersing fluffy down can be used for insulating, pillow stuffing. The young shoots in the early spring can be peeled and eaten raw or cooked. The pollen from the flowerhead can be gathered in early summer by shaking it into a sack, the pollen is high in protein and can be mixed into the flour of baked goods. To gather the seeds from the flowerhead in late summer (before the plant goes to seed) burn the flowerhead and shake out the seeds and grind them. The peeled rootstalk can also be dried and pounded into flour. The flowerhead is not edible after it has turned brown. The leaves can be used in weaving by drying them and then get them wet again when weaving. The flower heads can be soaked in tallow and set afire as a torch to repel mosquitoes. Pollen can also be used for stew or soup thickener or as tinder for fire-starting. The sticky stuff at the base of each leaf can be used on cuts and toothaches. Boil the leaves and use the water to bathe rashes. **Cattail Crepes** Mix 2 beaten eggs, 1 cup milk, 1/2 teaspoon salt, 1/2 cup cattail pollen and 2/3 cup flour and let set for 1/2 hour. Pour onto a griddle as pancakes and brown both sides then fill with jam, fruit, cheese or creamed vegetables and roll up. **Cattail Pancakes** Beat 8 eggs and 2 1/2 cups milk together. Mix in a separate bowl 1

cup cattail flour, 6 teaspoon sugar, 1/2 teaspoon salt and add to the milk and egg mixture. Pour 1/2 cup batter onto griddle then add some berries or fruit and add 1/2 cup more batter and flip, cook until brown on both sides. **Steamed Cattail Roots** Clean the roots and wrap them in large leaves. Dig a shallow pit and line with stones. Put in a good bed of coals and feed them with small twigs to get them as hot as possible. Remove the coals and line the pit with wet, green grass and place the rolled roots on the grass and cover with another layer of wet, green grass. Then cover with dirt and punch a hole in the center down to the food level in the pit and pour in a small amount of water, then cover the hole and cook 1 hour or more.

**Clearjel for Sale**  
1 pound bags—\$2.00  
Great for making and canning  
PIE FILLING  
Contact Norma or Salli  
at  
OSU/Warm Springs  
Extension  
Education Center  
553-3238

**NIBBLES THE BREAKFAST BEAVER SAYS: "Celebrate breakfast with your kids."**

**BUILDING A PYRAMID BREAKFAST**

- Eating a healthy breakfast every day can help your child:
  - learn better
  - feel better
  - play better
  - do better
  - grow better
- Eating a healthy breakfast every day can help your child:
  - learn good eating habits that can last a lifetime
  - stay healthy
- Eating a healthy breakfast every day can be:
  - quick
  - fun
  - easy

*adapted by Norma L. Simpson from originals by Linda Black, OSU graduate student with Carolyn Raab, OSU Extension Foods and Nutrition Specialist*