



BY BETTY KAISER
For the Sentinel

Cook's Corner

Back to basics with dining dollars

They are:

1. Make a seven-day meal plan.
2. Check the pantry and freezer before I buy.
3. Never shop without a list.
4. Buy products on sale.
5. Buy the basics first (bread, eggs, milk, fruit, veggies, meat)
6. Go easy on junk food i.e. potato chips, empty calories.
7. Divide my budget into four segments and shop weekly.

There are two other vital components of meal planning: "Make it yourself" and "Planned leftovers." Once a week I bake a whole chicken or cook a small roast so we can have a couple of dinners and lunches out of one meal. It's amazing how good chicken salad sandwiches taste instead of lunchmeat.

We also usually have a stir-fry once a week. Onions, celery, carrots, broccoli and a little meat over rice are an economical meal. We always have a pasta meal, and if I make a big pot of chili, stew or soup, I freeze half of it. I seldom buy a dessert if I can make myself. It only costs me a couple of dollars versus a \$20 bill at the bakery. I save that for weak moments when a cream puff is calling.

FYI: Health note. One other advantage of making it yourself is that you don't have to worry about the fillers and chemicals in pre-made food. If the product's ingredients take up the whole back of a package you really don't want to eat it!

Today's recipe will smell wonderful and taste like a mil-

lion dollars. It came from a friend who loves freshly baked gingerbread—with a twist—thin slices of pears that bake right into the batter. It bakes up sticky on the outside and steaming and moist in the center. So, save some money, eat well and enjoy!

WARM GINGERBREAD WITH PEARS

2 1/2 cups unbleached all-purpose or pastry flour
1 tablespoon ground ginger
1 teaspoon ground cinnamon
2 teaspoons baking soda
1 teaspoon salt
1/3 cup molasses
1/3 cup corn syrup
3/4 cup brown sugar
6 ounces melted butter
2 eggs
1/2 cup chopped crystallized ginger
1 cup boiling water
2 medium ripe pears, cored and cut into thin slices

Jelly, powdered sugar, whipped cream or lemon curd, for serving (optional)

Preheat oven to 350° F.

In a medium bowl, stir together flour, ginger, cinnamon, baking soda and salt.

In a large mixing bowl, combine molasses, corn syrup, brown sugar, melted butter, eggs and crystallized ginger. Stir to blend well. Gradually stir in flour mixture.

Carefully add boiling water, a little at a time, until you have a sticky and glossy batter.

To make individual gingerbread desserts:

Butter and flour 12 to 16 ovenproof ramekins and fill each about 3/4 full. Place 2 to 3 slices of pear on top, pressing them gently down into the batter to anchor them. Bake until a skewer inserted in the center comes out clean, 20 to 25 minutes.

Brush the tops with melted jelly or sprinkle with powdered sugar and serve with whipped cream or lemon curd.

To make one cake:

Butter and flour a 9- by 13-inch baking dish and spoon in the batter. Arrange slices of pear over the surface, tucking them down into the batter slightly to anchor them. Bake until a skewer inserted in the center comes out clean, 30 to 40 minutes.

Brush the top with melted jelly or sprinkle with powdered sugar and serve with whipped cream or lemon curd.

Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email bchatty@bettykaiser.com

TOGETHER

Continued from page 1A

years, said that experts there have seized on the potential of grafted vegetable plants and have been growing a new combination for about five years — a plant that combines, through grafting, the roots of a potato plant with the stem and leaves of a tomato.

Yes, you read that right — one plant that produces both tomatoes and potatoes. It's called Ketchup n' Fries by TomTato, and Log House and SuperNaturals Grafted Vegetables, LLC will be offering the new combo using help from, who else? — Territorial Seed Co., which will offer the plant exclusively through its mail-order system for two years.

Despite their own work grafting unique combinations, Doyle said Log House took notice of the success a Dutch grower had marketing TomTato in England, where about 40,000 examples of the early-season tomato/late-season potato plant were sold last year.

"We decided that since they've been so successful in England, we'd utilize their track record, though we continue to do our research on different varieties of tomatoes and potatoes that could graft well together," Doyle said.

Doyle called Ketchup n' Fries a "way to have fun with gardening" but cautioned that the plant's ability to produce both tomatoes and potatoes should not be overlooked.

"It's more of a gimmick involving grafting than anything else," she said, "but it still produces a lot of fruit and a pretty good set of potatoes, whether it's planted in the ground or grown in a container."

The plant can produce about five pounds of potatoes versus a typical two-pound output, Doyle

said, and it's creating quite a buzz in the gardening world. Ketchup n' Fries was even featured on the Colbert Report in 2013.

"We keep getting calls," she said. "There's been a lot of interest already, and we think it's going to get new gardeners interested in growing their own vegetables this spring, which is what we like to do."

Doyle said her company has had nothing but success working with Territorial Seed and is excited for this new foray.

"Territorial does a wonderful job naturally," she said. "We've never had one complaint on any of their shipments, and this will be a fun project to work on together."

Territorial owner Tom Johns agreed.

"This is going to be a real fun thing for people," Johns said. "It's already immensely popular in England, and we're excited to have the exclusive here in America. It's fun for Territorial, and to have Log House's involvement. We've worked closely together on things with a national scope before, so it's really interesting that we're located in the same town."

Johns said that, since England's climate is a lot like ours, Ketchup n' Fries could find a welcome home in Oregon. The plant can be grown in the ground or a container, though Doyle cautions that the container should be at least 18 inches in diameter to accommodate the plant's healthy rootstock.

Both Doyle and Johns hinted that their companies have only yet scratched the surface of possibilities for grafting vegetable plants.

"Tomatoes and potatoes are of the same genus, so you could graft peppers, eggplant, tomatoes — we've done it before," Doyle said.

Whatever your income, you have to eat. So, I wondered, what does it cost today to feed a family with young children? According to the USDA Food Plan, a Thrifty Plan to feed a family four costs about \$131 dollars a week. A Low Cost plan is \$166; Moderate cost is \$206; and a Liberal plan is \$255 per week. Remember, these are government figures. Extreme coupon clippers and the very frugal can eat on much less, but they are not the norm.

Let's face it—food is expensive, and when you shop, you'd better have a plan. Shopping is the one thing we have control over. Planning is key. Without a plan, I spend too much on junk. So I'm back to basics (but not boring!) with my dining dollars.

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Worship Directory

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Calvary Baptist Church

77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Church of Christ

420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church

1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 8:30am, 11am
Sunday School: 9:45am
Youth Group Mondays 6:30pm
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Delight Valley

Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Presbyterian Church

3rd and Adams St • 541-942-4479
Pastor: Rev. Bruce Cameron
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

"VICTORY" Country Church

Community Center Shepherd Room
700 East Gibbs • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
"WE BELIEVE IN MIRACLES"

Old Time Gospel Fellowship

103 S. 5th Street • 541-942-4999
Pastor: Herb Carson
Sunday Service: 10:00am
Sunday Bible Study: 6:00pm
We sing the old time hymns.

Trinity Lutheran Church

6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School &
Adult Education 9:15am
Sunday Worship 10:30am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
trinitylutherancottagegrove.com

6th & Gibbs Church of Christ

195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

United Methodist Church

334 Washington • 541-942-3033
Pastor: Jerry Steele
Worship: 10:00am
Adult & Sunday School: 9:00am
Comm. Dinner (Adults \$3, Kids Free)
Mon. 5-6:30pm
cottagegroveumc.org

Hope Fellowship

United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupcc.com
"FINDING HOPE IN YOUR LIFE"

Non-Denominational Church of Christ

1041 Pennoyer Ave • 541-767-0447
Preachers: Tony Martin & Robert Evans
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravecoc.com
St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Calvary Chapel Cottage Grove

522 E Whitaker • 541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Wednesday Service 6:45 pm
Child Care 10:45am Service Only
Youth Group Bible Study:
Wed. 6:45 pm & Sat. 6 pm
www.cgcalvary.org
look us on facebook:
calvarychapelcottagegrove

Living Faith Assembly

467 S. 10th St. • 541-942-2612
Pastor Rulon Combs
Sunday School All Ages 9am
Worship & Children's
Church 10:30 am
"The Bridge" Saturday Evening Service
6:00pm
Youth ABLAZE: Wednesday 6:30pm
Children's Breakout Class:
Wednesday 6:30pm

Cottage Grove Faith Center

33761 Row River Rd. • 541-942-4851
Lead Pastor: Isaac Hovet
www.cg4.tv
Sunday Service: 9am and 11am
Full Children's Ministry available

Our Lady of Perpetual Help and St. Philip Benizi

Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Holbrook Lane • 541-895-8686
Sunday: 8:30am

Seventh-day Adventist Church

820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 6:45 pm

Center for Spiritual Living

Cottage Grove
700 Gibbs Ave (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
Info: 541-767-0182 (Mrs. "T")

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.