



**Betty Kaiser**

# Betty Kaiser: Cook's Corner

## A Different Taco Salad

people to Mexican food. I beg to differ.

As someone who grew up in Los Angeles, Calif. we always knew about wonderful Mexican food. In the early 1950s, one of our family's favorite dining out treats was dinner at El Cholo Restaurant on Western Ave. Also, the now famous Olvera St. Marketplace. At those places, albondigas soup, chili rellenos, enchiladas, tamales, etc. were in abundance but I don't remember Taco Salad being on the menu.

Another legend has it that Taco Salad was introduced in that same era at the newly opened Disneyland Park! Chuck and I and a group of friends drove out to the park the summer of 1955-6 in a convoy (where Chuck's 1949 Ford broke down at midnight — but that's another story).

None of us knew Disneyland had a Mexican restaurant. However, the Morales family, ran Casa de Fritos into the new magic king-

dom where they introduced another now well-known snack food: Doritos! Then they invented a taco dip to go along with the chips and eventually it morphed into a Taco Salad. Who knew that Taco Salad was a legend?

I thought it began at home. After all, most home cooked meals are discovered by a desperate housewife who doesn't know what to fix for dinner! For instance, my decision to make a Taco Salad that night was because I had on hand the traditional ground meat, pinto beans, onions, lettuce, tomatoes, onions, salad dressings, seasonings and corn chips.

Recently, I also found the following Taco Salad recipe on the Internet. I haven't tried it yet but the combination of arugula, tomatoes, bacon, fried bread (!) and an easy balsamic dressing sounds interesting. It could be served as a side salad or light supper. Let me know what you think. Enjoy!

## SPOTLIGHT RECIPE

### BLT PANZANELLA!

By LINDSAY @ PINCH OF YUM.COM

#### INGREDIENTS:

- 2 pints cherry tomatoes, halved
- 1 shallot, thinly sliced (or 1 clove garlic, grated)
- 5-6 slices bacon
- 4 thick slices ciabatta bread, cut into cubes
- 2 avocados, cut into chunks
- Thin slices of red onion
- 3-4 cups arugula (can substitute lettuce)
- 1/2 cup fresh basil leaves, cut into thin strips
- olive oil, balsamic, salt, and pepper to taste

#### INSTRUCTIONS:

Toss the cherry tomatoes and shallot and/or garlic with a drizzle of olive oil and balsamic so it can hang out while you fry the bacon.

Fry the bacon until crispy. Set aside on a paper-towel-lined plate. Leave the grease in the pan.

Add bread to the pan with the bacon grease. Toss the bread over medium heat until golden brown and crispy. Set aside on a paper-towel-lined plate.

Crumble your bacon. Toss the bacon, bread, avocado, arugula, and basil together gently. Season with more olive oil, balsamic, salt, or pepper as needed. Note from Betty: Other favorite dressings or salsas can be used.

Contact Betty Kaiser's Cook's Corner at 942-1317 or email [bchatty@bettykaiser.com](mailto:bchatty@bettykaiser.com)

## Pet Tips 'n' Tales: Let's Talk Turkeys!



By Mary Ellen  
"Angel Scribe"

Ten years ago, Joy and Dean's poop problem began when 'a few' wild turkeys invaded their lives.

According to the couple, turkeys are a nuisance with only one redeeming quality: they eat lots of bugs, ticks and fleas and consume lawns, so no mowing is needed for five months of the year.

The reason no one wants turkeys on their yards, porches, fences, roofs, or cars is that they poop corrosive-slimy goop everywhere. Imagine what anything that eats slug's excrement would look like. What a mess!

"Once you step in their muck, it follows you into homes and cars," said Joy. "We have up to 200 huge birds now, who are not na-

tive to Oregon. I heard they arrived when some hunters brought in three pair and let them go wild. Therefore, the birds don't have any natural predators to keep them in check.

"Let's do the math. One hen has three clutches of 15 eggs, three times a year. One turkey soon turns into 45 turkeys, then their daughters mature and up goes the numbers. Imagine having 200, ten-pound females and thirty males who weigh 20 pounds strutting and pooping everywhere. It is really hard to say, 'Oh, look how cute the babies are' when you know they will soon mature and mate."

The aggressive birds stand 3/4 of the way up a garbage can, and their call is an ugly high-pitched squawk.

They nest in trees on the couple's property, and at night fly and nest in the tallest trees or on roofs. Joy and Dean's nightmare intensifies 30 minutes before sunrise when the birds wake and go rooster-squawking crazy ... all

of them!

They use roofs for their lookouts, but their large claws damage and knock off shingles. They also tear into roofs causing leaks.

They are protected wildlife, so a permit is required to haze them off your property. Homeowners are not allowed to hurt them. You can chase them, spray water at them, wave red towels or clap.

If you have a wild turkey problem, call your local Fish and Game for the free permit to legally haze them away.

Two seasons a year, hunters pay \$45 for a hunting license in Oregon, a tag for each one shot is \$25 each, and hunters are allowed to take only three per season. So, it is very expensive to hunt them.

"Turkeys are smart," said Joy. "When we try hazing them off the property, they know just how far the frisbee we toss will go and

scatter out of reach.

It is legal to feed songbirds as long as you use a secure container preventing access from other animals, but no feeding turkeys.

Don't get excited if you have a few turkeys in your neighborhood because they may become a flock of hundreds. When Joy's neighbor's turkeys first arrived, they thought it was fun feeding wildlife. But not for long! The turkeys invited all their cousins, sisters, brothers, and friends to join them.

Joy and Dean wouldn't trade living in the country. "It is a gift to have wildlife around, that is until they become too many," said Joy. "I love the deer and fawns that come down from the woods; but since we have been chasing the turkeys off with a red towel, sadly the deer are now staying away."



COURTESY PHOTO

**Turkeys have invaded Joy and Dean's ranch. The males strut their finest, fanning their tails to impress females; but Joy is yet to be impressed.**

Our neighbors just got year?" bison. The bovine are beautiful and we are thrilled that they don't procreate and spread like wild turkeys."

#### TIPS

"When you have a wild turkey problem, contact your local Fish and Game department to get a free permit to legally haze them away," recommends Joy. "The permit is good for one

Let's do an article on your pet!

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Humane Society for Neuter/Spay Assistance Program: 541-942-3130

## LORANE COUNTRY NEWS

CONTRIBUTED BY LIL THOMPSON  
FOR THE SENTINEL

- August has arrived with many upcoming events and several returning after this pandemic shut us down. This Saturday, Aug. 7, the annual Lorane Community Potluck returns at Lorane Grange. Doors open at 10 a.m. to visit with old and new community members with eating at noon. It was voted on two years ago to try holding it on Saturday.
- On Sunday, Aug. 8, the annual Fire Department Ice Cream Social is back from 1-5 p.m. Come out once again and enjoy delicious pies and ice cream while visiting with

friends and neighbors. There are also several fun family events.

- Next Saturday, Aug. 13, is the annual BBQ chicken dinner from 1-4 p.m. at Crow Grange. It is dine-in or take out. Just a note: the annual Scandinavian Festival in Junction City is also that weekend, from August 12-15 daily.
- The Lorane Community-wide Yard/Garage Sale is on Sunday, Aug. 14. Many homes around the community are having sales, plus tables have been rented at the grange. Maps are available at the store and most homes. Contact Louise at [lorane.sale@yahoo.com](mailto:lorane.sale@yahoo.com) to be placed on the map or for more information. Make sure your place is on the map!

## 6-day weather forecast

<b>FRIDAY</b> 81°   57° Partly Cloudy	<b>SATURDAY</b> 87°   58° Sunny
<b>SUNDAY</b> 80°   52° AM Clouds/PM Sun	<b>MONDAY</b> 83°   55° Sunny
<b>TUESDAY</b> 86°   59° Mostly Sunny	<b>WEDNESDAY</b> 94°   61° Sunny

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