



## DORY'S DIARY

DOROTHY SWART FLESHMAN

## Fond memories of April Fool's Day

The first day of April is always known as April Fool's Day on the calendar. I don't know why or how it got started, but I have been aware of it since I was a small girl and for good reason.

My mother was born on April 1, 1904, and was always the victim of gentle tricks played on her, mainly by her family.

It always came out all right at the end of the day when they gathered for a party in her honor.

She was the middle child of a family of eight and the sweetest, kindest, most helpful person I ever had the pleasure to know. She never took offense at anything and tried to appease when discord disrupted the peace.

She also took the teasing with good humor that took the sting out of being the victim. It wasn't any fun to tease if it didn't upset her.

It was an annual ritual in our home for my dad to go to the window and peer outside, motioning we three children and Mom to come look.

We would all run to the window as he was saying, "Look, it's snowing," or that he had spotted something else of interest in the yard and then laugh heartily as we all rushed to see what he had spotted that would be unusual and of interest, laughing and calling out "April Fool!"

Those were the days I think of as being Gentle Days, for the tricks were never harmful, vicious or spiteful. It could be the snow falling trick or

See **Dory** / Page 2B



## BETWEEN THE ROWS

WENDY SCHMIDT

## Getting to know the bulbs in your yard

There are a wealth of spring bulbs coming up and blooming. Here is a little information about some of the ones I have seen in the yards.

Crocuses — there are two kinds of spring crocus. The little tiny early ones called snow crocus (*Crocus chrysanthus*).

The other crocus (*Crocus vernus*) or Dutch crocus is the standard crocus (which is bigger and blooms later).

Snow drops (*Galanthus nivalis*) have been blooming for about a month now. The double-flowered form is *Galanthus nivalis plena*.

Snow glories (*Chionodoxa*) are starting to bloom now as well. They are native to alpine meadows in Asia Minor. The most common color is blue, but there are also pink ones and white ones. They look like little blue stars with white eyes.

Daffodils (*Narcissus*) are many different shapes. Each of the shapes has a different name or classification. The wonderful thing about daffodils is that deer won't eat them.

Trumpet — the trumpet is as long or longer than the surrounding petals. 'King Alfred' is the best known, top seller. Newer varieties are superior to 'King Alfred' and are taking over

See **Bulbs** / Page 2B

# Crock Pots or Instant Pots? Which is better?



WesCom News Service file photo

Pork, prepared with a slow cooker, which is in the background, is shown with taco fixings.

By **Katie Workman**

The Associated Press

Now that the viral craze surrounding the Instant Pot has quieted down a bit, let's look at whether it really is an appliance you should add to your kitchen, or whether the classic slow cooker will do just fine.

### INSTANT POTS

Instant Pot is the most popular brand name for a fairly new breed

of programmable, electric, multi-function cookers. There are a number made by other manufacturers too. Instant Pots (we'll use the popular moniker) are pressure cookers, slow cookers, rice cookers, yogurt makers, steamers and warmers, all in one. They also can brown foods, so you can sear or sauté in them.

This last feature is one of the reasons I like mine so much.

When making something like pulled pork or braised chicken, I prefer to sear the meat first, before cooking it. This gives the final product more texture, with a nicely caramelized outside and a super-tender interior. With a regular slow cooker, you must do this step in a pan on the stove before transferring it to the slow cooker, which is an extra step and an extra thing to wash.

The main draw of the Instant Pot is the pressure-cooking function. The cooking temperature of an Instant Pot in the "instant," or pressure-cooker, setting ranges between 239 degrees F and 244 degrees F. Many meals can be cooked in less than 60 minutes, including things that might surprise you if you've never had a pressure cooker. Pot roast in an

See **Cookers** / Page 2B

## Rethinking pasta primavera for a spring taste

The Associated Press

You'd never know that pasta primavera, a pseudo-Italian dish that appears on virtually every chain restaurant menu, actually has roots in French haute cuisine.

The usual reproduction — a random jumble of produce tossed with noodles in a heavy, flavor-deadening cream sauce — tastes nothing like spring. Surprisingly, when we dug up the original recipe from New York's famed Le Cirque restaurant, our colleagues found it wasn't all that inspiring either, despite taking about two hours to prepare and dirtying five pans.

First, the vegetables (which had been painstakingly blanched one by one) were bland. Second, the cream-, butter-, and cheese-enriched sauce dulled flavor and didn't really unify the dish.

If we wanted a true spring-vegetable pasta — with a few thoughtfully chosen vegetables and a light, but full-bodied sauce that clung

well to the noodles and brought the dish together — we'd have to start from the beginning.

### SPRING VEGETABLE PASTA

Servings: 4-6

Start to finish: 1 hour

1 1/2 pounds leeks, white and light green parts halved lengthwise, sliced 1/2 inch thick, and washed thoroughly, plus 3 cups coarsely chopped dark green parts, washed thoroughly

1 pound asparagus, tough ends trimmed, chopped coarse, and reserved; spears cut on bias into 1/2 inch lengths

2 cups frozen peas, thawed

4 cups vegetable broth

1 cup water

4 garlic cloves, minced

2 tablespoons minced fresh mint

2 tablespoons minced fresh chives

1/2 teaspoon grated lemon zest

plus 2 tablespoons juice

6 tablespoons extra-virgin olive oil

Salt and pepper

1/4 teaspoon red pepper flakes

1 pound campanelle (farfalle and penne are acceptable substitutes)

1 cup dry white wine

1 ounce Parmesan cheese, grated (1/2 cup), plus extra for serving

Bring leek greens, asparagus trimmings, 1 cup peas, broth, water, and half of garlic to boil in large saucepan. Reduce heat to medium-low and simmer gently for 10 minutes. While broth simmers, combine mint, chives, and lemon zest in bowl; set aside.

Strain broth through fine-mesh strainer into 8-cup liquid measuring cup, pressing on solids to extract as much liquid as possible (you should have 5 cups broth; add water as needed to equal 5 cups). Discard solids and return broth to saucepan. Cover and keep warm. Heat 2 tablespoons oil in Dutch oven over

See **Pasta** / Page 2B