

CUTTING

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Apple pandowdy is baked with a pie crust on top. Apple brown betty mixes the apples with pieces of bread, sort of like a bread pudding. Apple cobbler has a biscuit-based topping.

The total cost? Even with a store-bought ice cream, it was still only 89 cents per serving.

I saved enough money to buy more lottery tickets.

SPAGHETTI WITH TUNA (SPAGHETTI AL TONNO)

Yield: 4 servings

10 ounces tuna, preferably preserved in oil
2 cloves garlic
12 ounces spaghetti
3 tablespoons olive oil, divided
1 tablespoon butter
2 tablespoons chopped parsley

1. Fill a large pot with salted water for pasta and heat to a boil. Meanwhile, drain the tuna. Peel and crush the garlic.

2. Add spaghetti to the boiling water. While it cooks, heat 2 tablespoons of the oil in a pan and add the crushed garlic. Saute until fragrant, about 30 seconds. Flake the tuna and add to the pan. Cook a few minutes, stirring constantly.

3. When spaghetti is cooked al dente, drain and add to pan with tuna. Stir in remaining 1 tablespoon oil, butter and parsley. Add salt and pepper to taste, and serve.

POLENTA WITH KALE AND GARBANZO BEANS

Yield: 6 servings

1 teaspoon salt
1½ cups yellow corn meal, preferably medium or coarse
3 ½ tablespoons butter, divided
1 ounce grated Parmesan cheese
2 tablespoons olive oil
1 small onion, chopped
2 garlic cloves, crushed
Leaves from 1 pound kale, chopped
1 (14.5-ounce) can diced tomatoes
1 (16-ounce) can garbanzo beans, also known as chickpeas
2 lemon wedges

Note: If you want to fry the polenta, begin making it a few hours before serving, or overnight.

1. Make the polenta: Add the salt to 3 cups of water in a medium or large pot, and bring to a boil. Have another pot with at least 6 cups of wa-

ter simmering nearby. Slowly sprinkle corn meal into the salted water, stirring constantly. Lower the temperature to a very low simmer.

2. Stir frequently and add the simmering water, a ladle at a time, whenever the polenta starts to become stiff and dry. Cook until smooth and tender, about 30 minutes. Stir in 2 tablespoons of the butter and the Parmesan cheese until well-mixed.

3. If frying the polenta: Pour into a large, well-greased skillet or wide bowl to a depth of 1 to 1½ inches, and smooth the top. When cool, cover with plastic wrap and place the skillet or bowl in the refrigerator for at least 2 hours or overnight to allow the polenta to set. Slice into 6 wedges. Melt the remaining ½ tablespoons butter in a large skillet. When very hot, add the polenta wedges so there is at least some room between each wedge (do this in batches if necessary). Cook wedges, without touching, until they start to turn brown on the bottom. Flip and cook until brown on the other side. Remove to a platter.

4. Make the topping: In a large skillet, heat the oil until shimmering. Add the onion and saute until soft, about 3 minutes. Add the crushed garlic and saute until fragrant, about 30 seconds. Add the kale and cook until wilted.

Stir in the diced tomatoes and cook until hot. Stir in the garbanzo beans and cook until hot. Add juice from lemon wedges and mix.

5. To serve, place polenta on a plate, either fried or in semi-liquid form, and top with the vegetables.

BRATWURST AND SAUERKRAUT WITH APPLE

Yield 4 servings

2 tablespoons vegetable oil
1 quart sauerkraut (2 pounds), preferably from bag or jar, washed and drained
1 small onion, sliced
1 large apple, peeled if desired, cored and sliced thin
1 tablespoon caraway seeds, lightly crushed
1 tablespoon butter
1 pound bratwurst, cut into thick slices

1. Heat oil in a large pot over medium heat. Saute sauerkraut, onion, apple and caraway for a couple of minutes. Cover and continue cooking over low heat about 20 minutes.

2. Meanwhile, heat butter in saute pan. Cook bratwurst in butter until it browns on all sides. Pour off excess fat.

3. To serve, arrange sauerkraut on platter, surrounded by bratwurst. If desired, serve

with Dijon mustard.

APPLE CRISP

Yield: 6 servings

6 baking apples such as Granny Smith, peeled, cored and cut into wedges
1 tablespoon lemon juice
½ cup granulated sugar
1¼ cups plus 2 tablespoons all-purpose flour, divided
½ cup old-fashioned oats
½ cup light brown sugar
½ teaspoon ground cinnamon
1¼ teaspoons salt
12 tablespoons (1½ sticks) butter, chilled and cut into small pieces
3 cups vanilla ice cream, optional

1. Preheat oven to 350 degrees.

2. In a large mixing bowl, toss together the apples, lemon juice, sugar and 2 tablespoons of the flour. Drain, and pour the apple mixture into a buttered 2-quart baking dish, and set aside. This may be done the day before baking, and kept refrigerated.

3. In a large mixing bowl, mix the remaining 1¼ cups flour, oats, brown sugar, cinnamon and salt. With a food processor, pastry blender or

your fingers, work the butter into the mixture just until it comes together and large clumps form. This may be done the day before cooking and kept refrigerated.

4. Sprinkle the topping evenly over the fruit. Bake until the fruit is bubbling and the topping is golden brown and crisp, about 45 minutes. Serve topped with ice cream, if desired.



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PRIMROSES

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All *Oenothera* like full sun and can survive well with just an occasional watering. They are very pretty in a bed planted with iris, or try them with coreopsis and butterfly weed for a "native" garden.

CHORES

- Finish transplanting broccoli, brus-

sels sprouts, cabbage, and cauliflower plants into the garden. High phosphorus fertilizers help get transplants off to a quick start.

- Winter mulches should be removed from roses. Promptly complete pruning. Remove only dead wood from climbers at this time. Cultivate lightly, working in some compost or other organic matter.
- Examine shrubs for winter injury. Prune all dead and weakened wood.
- When forsythia is in bloom, winter

mulches may be removed.

- Break off rims from peat pots when transplanting seedlings, otherwise they act as a wick to draw moisture away from the roots.

- Butterfly weed and milkweed are the last to break dormancy. Cultivate carefully to avoid injury to these tardy growers.

If you have garden questions or comments, please write: greengardencolumn@yahoo.com Thanks for reading!

MEMORABLE

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The Museum, all 110,000 square feet and costing \$700 million, was the most moving of all, beginning with one's entry. As you step into the building you are faced with an escalator descending 30 feet below street level into the museum display area. This runs along beside one of the displays — a section of the survivors' staircase. The descent takes you into a cavernous area with ceilings ranging from 40 feet to 60 feet in height. Here you will see the slurry wall, a retaining wall originally built to hold back the Hudson River, and

remnants of columns that once formed the exterior structure of the Twin Towers. The display of a mangled 20-foot section of the enormous 360-foot (longer than a football field) antenna weighing more than two tons which once stood on top of the north tower was only one of the things that gave me a sense of the power exhibited that day. There are numerous other displays of memorabilia, pictures and artifacts to present a concept of what was before that day and what happened that day to change the lives of so many people. It was extremely moving.

The last piece to be returned to its location in the complex was the 25-

foot bronze sphere originally locally in Liberty Park. It survived the collapse of the Twin Towers and although damaged was temporarily relocated in Battery Park until shortly before our visit. In August it was placed in Liberty Park overlooking the Memorial and its original location.

This was our second visit to New York, but by far the most memorable. The following day we flew home. My granddaughter Teagan and her mother just arrived home from the Philly trip and I am eager to hear Teagan's stories of her visit to New York and the rest of the busy week she just experienced. Enjoy.

DORY

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I like to do my part in keeping the economy and recycling in an active state.

I found it among the hundreds of books. I had never seen so many books in a yard sale before and when they say that electronics has taken over book reading, I believe that many folks still like to see, feel, and read a book held within one's hands. At least the long line of folks of all ages leads me to believe so.

At one point, I was standing

away from the crowd doing another overall visual gleaning of the scene when I was approached by a very nice young woman who connected me with the Dory's Diary column. She thanked me for something I had once said to her about 12 years ago, and I struggled to recall the incident. Vaguely it began to take form. Sub-Shop, lunch, mother...

We spoke for several moments and then she took her leave rather abruptly and I wondered if she wanted to speak further of the long ago incident but it was no longer

the time or place to do so. It just felt unfinished.

After I arrived home and was recalling her kindness in speaking to me, I felt her pain that may not have left with her.

Should she read this and feel the need to discuss it further, please contact me and perhaps we can visit over a cup of coffee somewhere in town.

It is the real beginning of yard sale season with one coming up May 4 at the First Christian Church that I'm already aware of and one at

the United Methodist Church they say. There will be others and undoubtedly well-attended at each. There is always a gaiety and a rumble of voices discussing the pros and cons of items for sale. A slight tension and hurry to secure what is needed or wanted or just for fun to help out with helpful volunteer clerks at the ready. Beneath the slight tension that hovers over it all may be someone's pain unconnected to the event and unknown by the attendees.

Just something to think about.

BARGAIN

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While recycling is great and something I still do, I prefer not to buy unnecessary packaging in the first place. And I certainly don't want to pay for it. Bulk products are less expensive in large part because the fancy, short-lived packaging and associated marketing costs have been eliminated.

In my 30s, for our family's health, we decided to switch to organic food as much as possible and we made our local food cooperative our primary market. Co-ops make bulk buying easy, but the

premium price for organics was a bitter pill for this cheapskate. Today you can find organic food in almost every market, but not always organic and bulk. While the Baker Food Co-op has the fullest range of bulk and organic options, even our local Albertsons and Safeway have small bulk and organic sections.

My favorite bulk items are spices. Yes, bulk spices are an incredible savings. You might gasp when you see organic oregano listed as \$17.17 per pound but a spice jar full will cost you less than 70 cents, which is much less than the four to six dollars you pay for pre-packaged spices. The best part is you can use

your own spice jars or other containers. Just get them weighed and labeled by a checker with a tare weight when you first take them in, before you fill them. The tare weight is the weight of the container to be subtracted from the total weight when it is filled. I love bulk spices because I am not paying for something I don't want, I'm reducing my waste, I'm reusing the jars I already have, and best of all, I'm saving money. Brilliant!

You can reach Baker City Trash Talk on Facebook at @BCTrashTalk and via email at BakerCityTrashTalk@gmail.com.

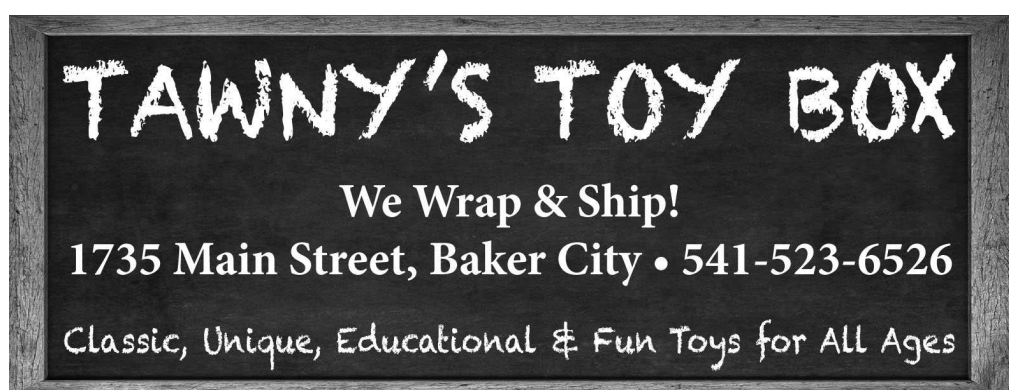


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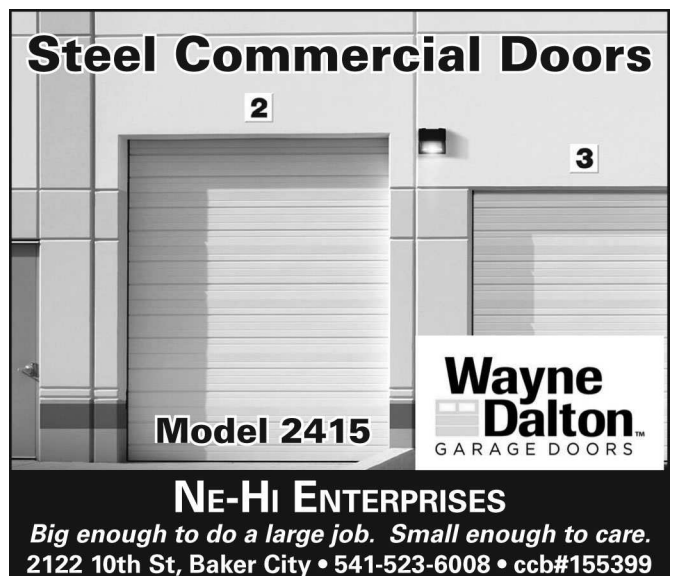
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