



## BOB'S THOUGHTS

BOB BAUM

## Memories of an old newsman

On the Sunday that Mount St. Helens blew 40 years ago, I was working on the desk at the Associated Press' Portland bureau.

The man who was working with me took off toward the exploding mountain while I stayed at the desk filing copy that was pouring in from various sources. He was gone for two days, spending the night at an evacuee center then hitching a ride in a government helicopter to survey the incredible destruction.

When I went home, I gathered my kids and drove to the top of Rocky Butte and watched the ash billowing from the summit.

It was an amazing event that I was lucky to be a part of.

You see, I never started out to be a sports writer. I was, first and foremost, a journalist.

A few days before the mountain blew, I was covering Sen. Edward Kennedy's presidential campaign. I was on the campaign plane for the short flight from Portland to Eugene when Kennedy asked the pilot to fly over Mount St. Helens. I looked down at the summit that was scorched black and ready to blow.

After graduating from the University of Oregon in 1973, I got a job at The Bulletin in Bend, where my first beat was Deschutes County government. After a year of that, I was switched to covering the U.S. Forest Service.

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## BETWEEN THE ROWS

WENDY SCHMIDT

## Admiring roses and dealing with aphids

There are nice buds on the rose bush. I can even see a hint of pink, so you know how big the buds must be and how closely I looked at them. But there are also aphids the color of the buds, hardly noticeable, but there for sure.

Rose aphids (*Macrosiphum rosae*) are sap-sucking insects in the family aphididae. They ingest rose bushes as their main host in spring and early summer, congregating on the tips of shoots and tender new buds.

Often the aphids aren't alone. Ants and aphids have a well-known symbiotic relationship. The ants eat the "honeydew" the aphids excrete, and the ants offer the aphids some protection from predators. It has been likened to farmers keeping herds of dairy cows.

To rid yourself of the unwanted herds of honeydew-extruding, sap-sucking "cows" from your roses there are numerous things you can do:

- You can pick them off by hand and delight in squishing them. This will help with some of your pent-up pandemic anxiety and anger.

- Sevin or malathion will kill them. Follow the directions on the container. Be sure to get the spray on the underside of the leaves. Spray early in the day when there is no wind.

- Mix a teaspoonful of dishwashing liquid with a quart of water and spray the aphids. Or use insecticidal soap and follow included directions.

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## From The Freezer To Your Dinner Table



Abel Uribe/Chicago Tribune-TNS

Frozen salmon fillets are quickly sauteed in a skillet then paired with an herb butter and served with farro, the Italian grain.

# No Reason To FEAR FROZEN FISH

■ As long as it's thawed properly (read: refrigerator), frozen fish can maintain flavor and texture

By **Jeanmarie Brownson**  
Chicago Tribune

My freezer and pantry shelves overflow. And not just during a health crisis. The pantry shelves of most food professionals hold a variety of grains, canned chiles, condiments and broth. We utilize freezers for a convenient supply of fish and poultry, as well as to stock up on the season's best fruits, vegetables and herbs.

Frozen fish in many cases proves far superior to the "thawed for your convenience" items at the supermarket. I prefer to have control over the defrosting. Thawed properly, in the refrigerator, seafood maintains its flavor and texture all the way to the dinner table. I regularly stock frozen salmon, cod and halibut fillets as well as shrimp and scallops.

Look at the labeling for frozen fish: Ideally it says frozen at sea. That way, you'll know the fish was frozen at its peak flavor and texture. Always, and I mean always, thaw fish in the refrigerator — never at room temperature or under running water as this quick-thawing seriously destroys the final texture.

We look forward to a variety of Alaskan fish from a CSF (community supported fishery), called Sitka Salmon Shares ([sitkasalmonshares.com](http://sitkasalmonshares.com)), arriving on our porch. Sitka features sustainable, responsibly fished wild Alaskan sockeye and King salmon, plus other fish, that are shipped directly to the house. [wildalaskancompany.com](http://wildalaskancompany.com) is another excellent mail order source. Be sure to have freezer space available for when the item delivers — the more you order the lower the cost per pound.

I like boneless fillets of wild Alaskan sockeye in the sauteed fish recipe that follows. Other options include flounder, cod, tilapia, haddock, snapper or halibut. Nearly any fish fillet will work as long as it's not too thick or too thin; ½-inch thick cooks beautifully in a skillet.

Always check the fillets for bones by running your finger over the fillet; use tweezers to remove the bones. Remove the fish skin if you wish. To enjoy crispy skin, start the cooking skin side up to brown the flesh, then flip the fillet skin side down to finish the cooking. Start the reduction for the butter sauce before cooking the fish, then finish the sauce by whisking in the butter after the fish is cooked.

Slow-simmered, nutty textured farro makes an excellent companion to mild, tender fish. Farro, a type of wheat high in protein and fiber with lots of minerals and vitamins, proves



Abel Uribe/Chicago Tribune-TNS

Canned clams reach their peak potential in an easy creamy sauce you can throw together to coat spaghetti.

more nutritious than white rice or refined grains. Look for farro in the natural food section of large supermarkets. If stores are sold out, try ordering it online from Bob's Red Mill or Rancho Gordo.

Farro cooks easily by simmering in water or broth until tender. To season it, stir in a generous amount of any fresh herbs on hand — new spring chives, parsley, cilantro and dill or simply the tops from green onions.

I use tinned fish when the freezer stocks are low and to avoid a trip to the store. Canned clams, seasoned with white wine, garlic, Parmesan and a bit of cream make a restaurant-quality pasta dish we enjoy all year long. Optional tinned green chiles and anchovy fillets add salt and umami satisfaction.

### SAUTEED FISH WITH FRESH HERB BUTTER AND FARRO

Prep: 20 minutes  
Cook: 40 minutes  
Makes: 4 servings

If farro is unavailable, substitute 2 cups cooked brown rice or Israeli couscous (cooked according to package directions). Always use a very sharp, thin-bladed knife to slice (rather than chop) fresh herbs; this prevents bruising which causes the leaves to turn brown quickly.

- 1 cup loosely packed tiny sprigs and leaves from fresh cilantro
- ¼ cup each: flat-leaf parsley leaves, fresh chives
- Salt
- ½ cups farro grande (spelt) or pearled farro
- 3 to 4 green onions, trimmed, very thinly sliced
- 2 tablespoons olive oil, plus a little for the fish
- 3 medium shallots (or 1 small white onion), halved, very thinly sliced, about ¾ cup
- ½ cup dry white wine or dry white vermouth
- ½ cup low-sodium chicken broth
- 3 cloves garlic, very thinly sliced
- 1¼ to 1½ pounds frozen fish fillets, about ¾ to 1 inch thick, thawed
- Freshly ground black pepper
- Expeller pressed canola oil, sunflower or safflower oil for high-heat cooking
- 7 to 8 tablespoons softened unsalted butter

1. Use a very sharp knife to thinly slice all the fresh herbs. Mix them in a bowl. Refrigerate covered with a damp towel until needed or up to 2 days.

2. Heat 4 cups water to a boil in a medium saucepan; add 1 teaspoon salt and the farro. Cook uncovered, stirring often, 4 minutes. Reduce heat to very low. Cover the pan and simmer, stirring once or twice, until tender but still a bit toothsome, about 30 minutes.

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