



NUTRITION:
IT'S ALL GOOD

ANN BLOOM

Make sure your meals are safe as well as tasty

What do hamburger, salads and eggs all have in common? They are all often seen at outdoor food events, such as barbecues, many in the warm summer months. And all are potential carriers of food-borne illnesses. Unless properly handled and cooked, and stored after preparation, all of the aforementioned foods carry the risk of food poisoning (such as salmonella) and other illnesses.

Foods which contain protein, such as meat and eggs, must be kept at a cold temperature (below or at 40 degrees Fahrenheit) to inhibit the growth of bacteria. In addition, meat (including beef, poultry, fish and pork) must be cooked to a high enough internal temperature to destroy bacteria. For steak and other cuts of beef, the internal temperature must be 155 F for well done, and for hamburgers, the internal temperature is 160 F for well done, as measured with a food thermometer. For poultry the temperature is 165 F for dark meat and 160 F for white meat, (courtesy of www.webrestaurantstore.com).

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BETWEEN
THE ROWS

WENDY SCHMIDT

Perfect times for pea crop

I have been remiss in reporting the appropriate garden chores to be done this time of year. Nevertheless, I'm sure everyone's been busy doing things on time anyway.

It has been lovely weather for peas. With the cool temperatures, vines have been productive. I've picked them three times and shelled them for a really decent crop.

Peas are a good vegetable entree if they are simply steamed and buttered. Add a few to stir-fry or omelet or potato soup (or vegetable soup).

- Garden chores
- Thinning overloaded fruit trees will result in larger and healthier fruits at harvest time.
 - Thinned fruit should be a hand breadth apart.

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Homemade Ice Pops



Jamila Robinson/The Philadelphia Inquirer-TNS

Use purees of fruit, cream, yogurt or simply juice and herbs to make these pretty homemade popsicles.

LET'S JUST COOL IT

By Jamila Robinson
The Philadelphia Inquirer

Technically, we aren't supposed to call them "popsicles." That's a registered trademark. But ice pops, creamy pops made with milk or yogurt, and other fruity desserts-on-a-stick are having a moment. You might be seeing them pop up on your Instagram feed, in bright colors, made with orange and mango and filled with pieces of fruit.

Because pops are versatile and easy to make, it's worth it to try them at home, says baking and dessert blogger Vallery Lomas.

You need only fruit juice, or iced tea, and whatever fresh or frozen fruit you have on hand. You can add milk, cream, chocolate or even the last of that swig of St. Germain or bourbon if that's what it takes to cool off.



The Philadelphia Inquirer-TNS

Drop lemons and limes into the molds for these pops.

Ice pops also make a good cooking project for kids, allowing them to combine fruits, even though freezing and unmolding time do require a bit of patience. Pops are also great for serving at a social distance.

- Just grab a stick and keep it moving. Here are some tips for making your own pops:
- **Molds:** You can find ice pop molds at home goods stores like Bed, Bath & Beyond for about \$13. To remove the pops from the molds, run hot water over the mold just until the pop releases. Once the pops are removed, return them to the freezer briefly to set.
 - **Storage:** Don't store the pops in the molds because you'll have a hard time removing them. Instead, put them in zipper bags where they will keep about two weeks.
 - **Instagram-worthy pops:** Get your pops ready for social posts by adding extra fruit or even edible flowers to the mold before pouring in the liquid. Lomas says you can make pops pretty by giving them a garden atmosphere using lavender sprigs or lemon thyme leaves. "If I was having a socially distant backyard party, I would serve beautiful popsicles," she said.
 - **Fruit pops:** You'll need about 2 cups of fresh or frozen fruit, ¼ cup of orange or apple juice or and 2 to 3 tablespoons of sugar, honey, or other sweetener. Puree the ingredients in a blender, then pour into molds. Add 1 tablespoon of lemon juice to preserve the color of peaches and mango.

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Bohnenkamp Building boasts bounty of ghost signs

By Ginny Mammen

William H. Bohnenkamp, born in 1867, was the first child of a farmer and his wife who had immigrated from Germany to Carroll County, Iowa, in the 1860s.

At age 20 he married a local young school teacher by the name of Genevieve Mountford. Shortly after their wedding the young couple left Iowa and began their journey to La Grande, where Genevieve's married sister lived.

Arriving in 1887 at La Grande, a thriving town with a population of 1,800, W. H. Bohnenkamp found a position with Union Pacific Railroad. He worked in various positions within this industry for 9 years. In 1896 he left the railroad and established the Bohnenkamp Company in a rented small frame



Photo by Ashley O'Toole

An alliterative ghost sign on the top of the Bohnenkamp Building advertises 'Four Floors of Fine Furniture.'

building at 1301 Adams Ave. His first establishment advertised in the Observer the sales of "Crockery and Hardware."

But this young entrepreneur was prepared to offer whatever was required for

the growing needs of the community.

A later article told of him selling 3 tons of coal to the local blacksmiths. Various advertisements in The Observer through the years showed that the Bohnenkamp Co.



Photo by Ashley O'Toole

Sign on the top of the east side of the Bohnenkamp Building.

offered everything from Columbia Double Disc Records, cars, rubber boot and shoe repair; to dandelion exterminators and undertaking and embalming services.

It was reported by The

Observer in 1900 that the need for the Bohnenkamp Company to expand resulted in W.H. purchasing a lot and the rental frame building and moving it to the middle of the street, where business

went on as usual, while a new building at 1301 Adams was being constructed.

(Streets in La Grande were not paved until 1910.)

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