

# CABBAGE

Continued from Page 1B

## SMOKY PORK STEW WITH MELTED CABBAGE AND SAUERKRAUT

Prep: 30 minutes  
Cook: 6 1/2 hours in slow-cooker  
Makes: 6 servings

The sauerkraut mellows beautifully when simmered with the meat. However, you can skip the sauerkraut and instead, make the stew

with all fresh cabbage; use 1 small whole head of cabbage. Adjust seasonings with a couple of teaspoons apple cider vinegar, if you like. Smoked turkey or chicken can sub for the ham, if you prefer, but add those along with the sausage near the end of the cooking.

- 1 to 2 tablespoons expeller-pressed vegetable oil or bacon fat
- 2 pounds boneless pork country ribs or pork shoulder, in 2-inch chunks
- 1/2 ounce dried porcini or dried mixed mushrooms
- 2 medium (total 8

- ounces) yellow onions, roughly chopped
- 1/2 small head green cabbage, quartered, cored, roughly chopped (or a combination of red and green cabbages), 4 to 5 cups total (8 ounces)
- 2 large cloves garlic, crushed
- 1 cup sliced fresh mushrooms
- 1/2 cup pilsner-style beer
- 1/4 cup tomato paste
- 1/2 teaspoon each: black pepper, caraway seeds, salt
- 1 1/2 cups drained refrigerated or deli-counter sauerkraut, 8 ounces
- 4 to 6 ounces smoked ham, Canadian bacon or smoked pork butt,

- cut in large chunks
- 10 to 12 ounces cooked smoked Polish sausages, pork or chicken kielbasa, sliced 1/2 inch thick

For serving:  
Small golden potatoes, boiled whole and buttered  
Hearty rye bread and soft butter  
Creamy horseradish sauce or spicy brown mustard

1. Heat oil in large nonstick skillet over medium heat. Working in batches, brown the pork on all sides, about 10 minutes per batch. Transfer to a 4-quart slow cooker.

2. Meanwhile, cover porcini mushrooms with 1 cup very hot water; let stand until rehydrated, about 20 minutes. Strain the soaking liquid to remove any grit. Stir mushrooms and strained liquid into the slow cooker.  
3. Stir onions into pan drippings in skillet. Cook and stir until brown, 5 minutes. Add cabbage; cook and stir about 4 minutes. Stir in garlic; cook, 1 minute. Stir in fresh mushrooms, beer, tomato paste, black pepper, caraway seeds, salt and 1/3 cup water. Mix well, then transfer to slow cooker.  
4. Add sauerkraut and ham

chunks to slow cooker. Cover tightly. Slow-cook on low, stirring occasionally, until fresh pork is fork-tender, about 6 hours. Add the sausage slices during the last 30 minutes. Taste and adjust salt and pepper.  
5. Serve with boiled potatoes, bread and horseradish sauce or mustard.

### Oven version

Do all the browning in a 4- to 5-quart Dutch oven. Then combine all ingredients (except the sausage) in the Dutch oven, adding an additional 1/2 cup water. Cover tightly. Bake at 350 degrees, stirring once or twice, until pork is fork-tender, about 1 1/2 hours. Add sausage. Bake until sausage is heated through about 15 minutes.

# HEALTHY

Continued from Page 1B

For more information on food preservation methods, contact your county Extension Service office or visit the Extension Service website at [extension.oregonstate.edu/food/preservation](http://extension.oregonstate.edu/food/preservation)

Gardening can be educational in teaching children about the life cycle of plants and the importance of composting in adding nutrients back into the soil. Children can plant seeds, water and pull weeds from garden beds. They can be taught the whys and hows of thinning, and when the

vegetables are ripe, how to harvest. Children can also learn simple preparation methods in the kitchen, from washing and drying the lettuce for a salad to shelling peas and snapping the ends from the bush beans.

Will this be the year you plant pole beans or try Zebra tomatoes? How about that new variety of zucchini or will it be three types of basil for a new twist on your favorite pesto recipe? Is this the year you experiment with parsnips? Whichever way you go, maybe Oregon State University (OSU) can help.

For the second year, OSU is running the Grow This! Challenge to encourage and help Oregonians to grow their own gardens. OSU is making seed kits available to individuals, groups, schools and other organizations around the state as a way of encouraging those who have never tried garden-

ing and helping experienced gardeners try new varieties of seeds. The seed kits are free and contain packets of vegetable seeds (packets for cool and warm growing seasons), herbs and edible flowers and flower seeds that encourage pollination by bees and other pollinating insects.

Master Gardeners in Oregon are also participating in the Grow This! program and providing feedback on which seeds are successful growing in different parts of the state in different growing conditions.

The seeds are free through a generous donation from Bi-Mart. There are only 8,000 seed kits available statewide. The seeds are available on a first-come, first-served basis. Anyone interested in a seed kit can sign up using the link [www.foodhero.org/growthis](http://www.foodhero.org/growthis) starting March 1. Seed kits will be available until they

are gone, however anyone can participate with their own seeds. Seed kits will be delivered to county Extension Service Offices and those who have ordered seed kits will be notified when they may pick up their kits.

Educational gardening

videos, how-tos and handouts, live question-and-answer sessions on Facebook and email support will be offered during the growing season April 1 through September.

For more information or to order a seed kit go to [www.foodhero.org/growthis](http://www.foodhero.org/growthis).

# PALMS

Continued from Page 1B

Palms in the landscape are very attractive when lighted at night. Feather palms like the Phoenix robellini, which is the one most often sold at Walmart and garden centers, are more friendly to keep indoors as their leaves droop gracefully. Fan palms are more likely to have stiff upright leaves which can have sharp unfriendly points.

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

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## CROSSWORD PUZZLER

**ACROSS**

- 1 Scientist's question
- 4 Otherwise
- 8 Windfall
- 12 Internists' org.
- 13 Lay down cards
- 14 Gamblers' mecca
- 15 Hemispherical roof
- 17 Archaeological site
- 18 Where Tabriz is
- 19 Composition
- 21 Have occasion for
- 23 Check mark
- 25 Knife part
- 29 Dinner check
- 32 Aurora, to Plato
- 33 Got going
- 34 Mini-guitar, for short
- 35 Butter qty.
- 36 Western st.
- 37 Off-road vehicle
- 38 Referenced

**DOWN**

- 1 Play in the kiddie pool
- 2 Med. plans for short
- 3 Sweet tubers
- 4 Novelist — Forster
- 5 Directed
- 40 End of the work wk.
- 41 Sunbeam
- 42 Jack, in cards
- 43 Swit costar
- 45 Rodin sculpture
- 47 Making do
- 51 What the hen did
- 54 "The Raven" author
- 56 Say decidedly
- 57 Plaintive reed
- 58 Chop —
- 60 Left Bank friend
- 61 Low-drifting clouds
- 62 City in Norway
- 63 Look sleepy

**Answer to Previous Puzzle**

C	U	D	Z	E	S	T	S	W	A	B
E	R	E	E	L	I	A	D	E	P	T
A	B	A	S	E	T	I	N	L	O	U
S	A	F	E	L	E	N	T	I	L	
E	N	P	R	E	T	H	A	T	C	H
	S	T	A	I	D	N	O	I	R	
T	O	N	J	A	D	E	D	A	S	
R	A	I	L	T	A	N	G	O		
I	F	F	I	E	R	R	A	E	H	S
	T	E	N	O	R	S	T	E	A	L
L	Y	E	D	U	E	A	S	T	R	O
E	I	R	E	S	A	A	B	A	S	P
A	P	S	E	E	L	K	S	S	H	E

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- 6 Moves furtively
- 7 Boundary line
- 8 Horse's gear
- 9 Above, to Tennyson
- 10 — — dare
- 11 Smoking or —?
- 16 Munch on
- 20 Earned, as assets
- 22 Seacoast event (2 wds.)
- 24 Corn on the —
- 26 Seaweed derivative
- 27 Computer fodder
- 28 Greed's cousin
- 29 Pleat
- 30 Comparable
- 31 Gamma predecessor
- 36 Web addr.
- 39 Dodged, as taxes
- 40 Prominent
- 44 Rap-sheet letters
- 46 Lhasa —
- 48 Russian czar
- 49 Fictional sub commander
- 50 Power system
- 51 — Alamos
- 52 Kindergarten trio
- 53 Promise to pay
- 55 Long fish
- 59 "Hey!"

110 Announcements 110 Announcements 110 Announcements

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