



**NUTRITION:
IT'S ALL GOOD**
ANN BLOOM

Peanut butter: It's packed with nutrition

Whether you grew up eating Skippy, JIF or you are a loyal fan of Peter Pan or some other brand, peanut butter probably figures prominently somewhere in your childhood. Peanut butter and jelly sandwiches are as much a part of growing up for many people as skinned knees and the ABC's.

Peanut butter is, of course, made from peanuts. Peanuts are not a nut, but a legume. Legumes are part of a group of food which also contains dried peas and lentils. Peanuts grow underground and are part of the protein food group.

To make peanut butter, peanuts are usually first roasted and then ground into a paste with a little salt added. In many commercial varieties, sometimes oils and sugar, or shortening is added. Peanut butter is simple to make at home, too, so it is a great at home project to do with children. Natural peanut butter will separate (the oil will float to the top). This can be fixed by simply stirring the oil back into the peanut butter until it is a smooth paste again.

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**BETWEEN
THE ROWS**
WENDY SCHMIDT

Making Easter lilies part of your landscape

The most exciting thing in the garden is the blooming dandelion I saw in my mother's yard yesterday. It was funny to me because she spent lots of time every spring trying to kill them. One of my favorite flowers was a weed to her. The weeds always win. Anyway, to me it was a great thing to witness a comeback story in the making.

The buttercups have started blooming in the countryside. There are snowdrops, snow glories, and daffodils blooming in town, and countless bulb foliage poking up everywhere. The night temperatures are still too low to start gardens, but the tomatoes, peppers, and petunias can certainly be getting started on the windowsill in the house.

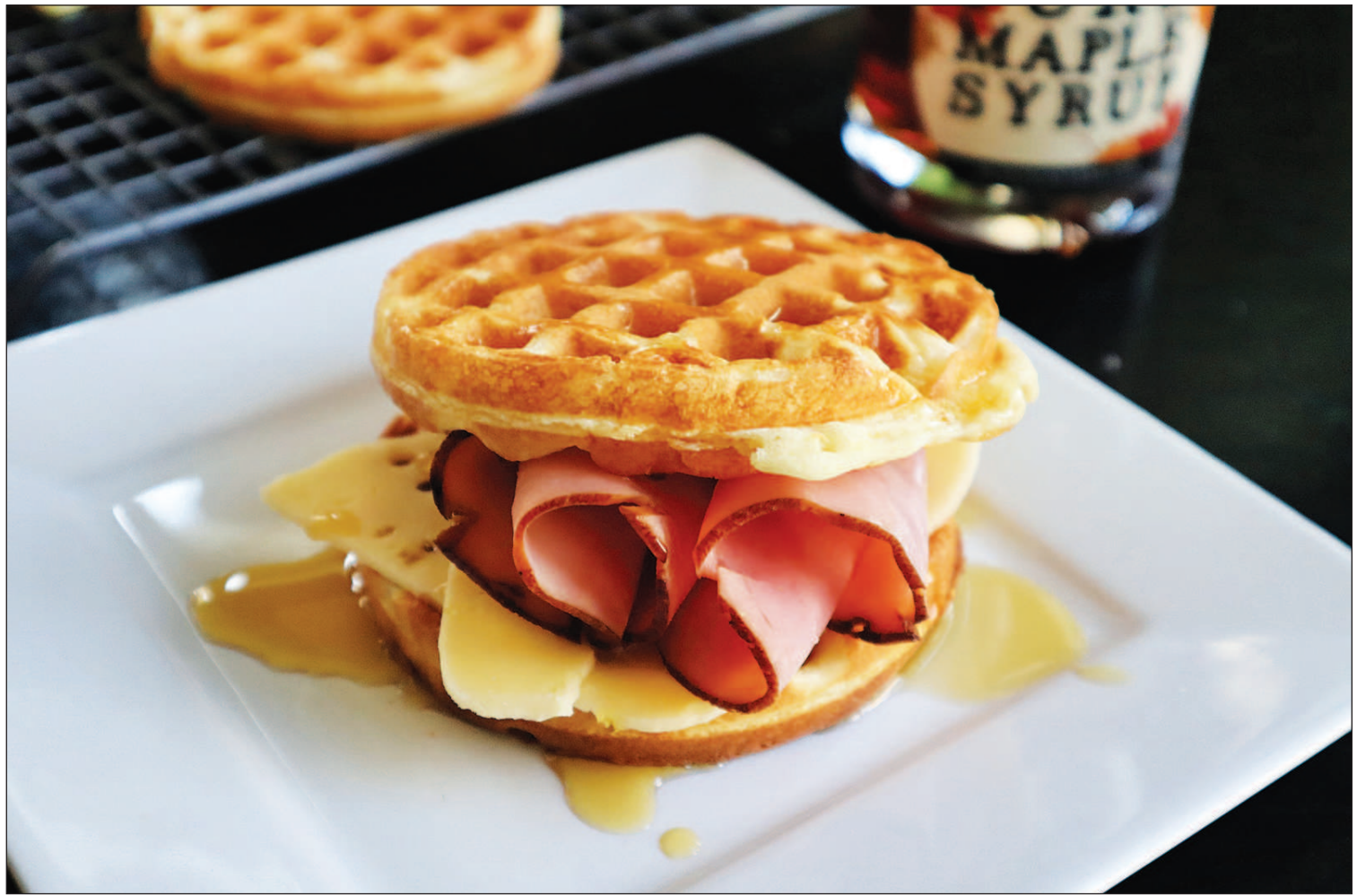
Easter lilies are stately and fragrant in pots ready to hitch a ride home with you in shops all over town. A sure sign of spring.

But wait — Easter lilies' natural bloom time is in June and July. They're only plentiful because of advanced planning by the floral industry. The bulbs have been brought out of dormancy early just for Easter time.

You can add this beautiful flower to your landscape for future years. Simply wait until the soil warms a bit and it finishes blooming. Plant the bulb and remaining foliage six to eight inches deep in a sunny location. Lilies prefer sandy or loamy soil so that there is good drainage.

Don't expect the lily to bloom at Easter in future years. It will come up and bloom when it is supposed to — in late June into July.

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



Gretchen McKay/Pittsburgh Post-Gazette-TNS

A drizzle of real maple syrup gives a ham and cheese waffle sandwich a sweet finish.

WHO NEEDS BREAD?

■ When making a sandwich, waffles are a perfect substitute for the top and bottom

Gretchen McKay
Pittsburgh Post-Gazette

Maple sugaring season is wrapping up in the Northeast in the next few weeks, and by all accounts it's been a pretty good year for syrup.

All those warm days followed by cool nights in March have helped the sap in maple trees to flow.

In Emlenton, Venango County, Old State Farms expects to produce some 1,000 gallons of its maple artisan syrup when operations wrap up in early April, says owner Joseph Burkett. It will be bottled throughout the year, and some will be barrel-aged in used Wagle Whiskey barrels for a richer, more complex and smoky flavor.

All this got me thinking: Maybe it's time to have some waffles for dinner.

Not just ordinary waffles, but tender buttermilk ones that stand in for bread in a ham and cheese sandwich. The waffles get a drizzle of pure maple syrup on top and a slather of maple butter inside.

I used a mini waffle maker for perfect sandwich-sized waffles. The recipe calls for thinly sliced ham and baby Swiss cheese, but Gruyere, Jarlsberg or even cheddar can be used.

Waffles tend to soften if you don't eat them immediately, so for a crispy sandwich, stick

the waffles in the toaster for a minute or so before composing it. For a more melty sandwich, wrap it in foil and bake in a 350-degree oven until the cheese has melted, around 10 minutes.

HAM AND CHEESE WAFFLE SANDWICHES

For maple butter
1/2 cup softened butter
1/4 cup maple syrup

For buttermilk waffles
1 cup all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
Generous pinch of salt
1 egg, beaten
1 cup buttermilk
2 tablespoons vegetable oil or melted butter

For sandwich filling
6 ounces thinly sliced ham, divided
4 ounces thinly sliced baby Swiss, Gruyere or Jarlsberg cheese, divided
Pure maple syrup, for serving

Preheat the waffle iron.
Make maple butter: Combine the butter and

maple syrup in a bowl and beat with an electric mixer or by hand until well blended and fluffy. Set aside.

Make waffle batter: In medium bowl, whisk together flour, sugar, baking powder and a large pinch of salt. Make a well in the center and add beaten egg, buttermilk and oil or melted butter. Using a rubber spatula, mix the wet and dry ingredients together until just incorporated. It should be smooth but not overmixed.

Spray heated waffle iron with a light coat of cooking spray (before the FIRST batch only).

Pour scant 1/4 cup of batter into the waffle iron and cook until golden brown on both sides, 2 to 3 minutes. (When the steam stops coming out of the iron, waffles should be done.) Repeat with remaining batter. (You should get 8 waffles.)

To keep waffles crisp, transfer them to a 250-degree oven after you pull them out of the iron. You also can crisp them up in a toaster.

Compose sandwiches: Spread maple butter on one side of each of the 4 waffles and place them on plate. Divide ham and cheese and place on top of each waffle. Cover with second waffle.

Drizzle maple syrup on top of each sandwich and serve immediately with a knife and fork. Serves 4.

— Gretchen McKay

The history of a La Grande livery stable

By Ginny Mammen

In our next series of articles we will explore the 1000-1100 blocks on the north side of Adams Avenue.

Our first stop is at the corner of Adams and Fourth Street where Max Square is now located. Until 1893 the 1000 block and the one across Fourth Street made up the location for many small wood-frame buildings providing homes and businesses for the local Chinese community. On Sept. 24 of that year La Grande joined many other Oregon communities in an uprising that left a very dark stain on our history. According to the Dalles Times-Mountaineer, that Sunday evening about midnight "a crowd of men proceeded to the unsightly regions where dwelt the Chinese population ... each Chinese wash-house was visited and the occupants peremptorily told to decamp."

Those who did not totally leave the area were later brought back into La Grande and put on a west bound train. According to The No Place Project, "Within a few years, many Chinese returned to La Grande and a smaller community



Fred Hill Collection

Joseph Anson owned the City Stables at Adams and Fourth.

existed there for several years." Sometime before 1903, the City Stables owned by Joseph Anson were located on this corner of Adams and Fourth along with a harness shop. I had never thought much about livery stables and their importance until this one came to my attention. The idea of having a "horse motel" or "rent-a-horse" came about in the 1800s when people started moving around and traveling long distances. They needed a place to

safely leave their horse, get it fed or to have local transportation after they traveled by train from another area.

While the traveler could stay in one of the local hotels or boarding houses, the livery stables offered a number of services and a place to board their horses for the day, week or month. Here the horse was provided shelter, water, stabling, and twice a day feedings of hay. The stables also offered for a fee such services as 'first-class

turnouts" (places where horses could be out of their stalls and run free out of doors), saddle horses for travelers to rent, carriages for locals to take a wife or best girl out for a Sunday ride (with or without a hired driver) and wagons and drivers for funerals.

In the 1890s the livery stables in the larger cities began to notice a decline in their business initiated by the emerging popularity of the bicycle. Although the bicycle had been around for centuries, newer models were much more attractive and maneuverable. The western states, especially in the smaller towns and cities, did not experience this same decline. However, after the horseless carriages came out in the early 1900s the livery stables soon became history as garages began to take their place.

City Stables was still in business as late as 1910 but within the next 10 years it met the fate of many other livery stables when, not only did the automobile replace the horse, but garages sprang up to sell and service the horseless carriages.

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