



**NUTRITION:
IT'S ALL GOOD**

ANN BLOOM

Celebrate the salad

Cheese, salsa, strawberries, asparagus, eggs — they don't seem to have very much, if anything, in common do they? May is Salad Month and the nice thing about the foods just listed is that they are also foods highlighted for the month of May and they can all be incorporated into a healthy salad, either separately or altogether on a bed of greens, as an entire meal.

On their own, strawberries, asparagus, eggs, cheese and salsa (either tomato or fruit-based) all contain many vitamins and nutrients that make them an important part of a well-balanced and nutritious diet. Combined with greens such as spinach or Romaine lettuce, they become flavor-packed salads.

For example, strawberries contain Vitamin C, fiber, manganese and potassium. They are also low in calories and are sodium-free. The vitamin C in strawberries helps the body heal cuts and bruises. Strawberries should be stored in the refrigerator and will last about five days. Strawberries are a perishable fruit and should be used soon after purchase.

The berries should not be washed prior to use; washing encourages spoilage. Before using, place them in a colander under cold running water for a minute or two and drain; pat dry with a paper towel. When selecting berries, avoid ones that are moldy or have spots on them. Berries can be sliced and added to a green or fruit salad.

Although strawberries can be found in the store all year, they are at their peak of flavor and ripeness in season, spring and summer. Strawberries can be grown by home gardeners and also be purchased at farmer's markets and fruit stands. Oregon is famous for its many varieties of strawberries, and depending on the variety are available in stores from approximately mid-May through September.

Asparagus, another spring vegetable (though both strawberries and asparagus can be found in grocery stores year round, both are usually more expensive when out of season) contains vitamin B6, calcium, zinc and magnesium. It, too, is low in calories and high in fiber. Asparagus is good steamed and eaten as part of a cold salad plate or side dish. Asparagus is also good roasted with a little olive oil, salt and pepper. Steamed asparagus, once cooled, can be sliced and added to a green salad with cold, diced chicken and other vegetables for a dinner salad.

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Linda Gassenheimer/TNS

Jerk Pork with Coconut Rice and Beans.

SOMETIMES IT'S OK TO BE A JERK

■ This simple, Jamaican-style dinner pairs tender pork with coconut-flavored rice and beans

Linda Gassenheimer
Tribune News Service

Hot Jamaican jerk spices coat tender pork tenderloin slices for this easy dinner. Coconut-flavored rice and beans complete the meal.

Jerking is an old Jamaican method for preserving and cooking meat. It is thought to have been invented by the Arawak indigenous peoples of South America and the Caribbean. Today, the men who prepare the meat are called "jerk men." They use a long process involving marinating the meat and then slowly cooking it over a pimento (all spice) wood fire. For this quick meal, I use jerk seasoning from the spice section of the market to create the jerk flavors.

Rice and beans cooked in coconut milk is the perfect side dish to temper the spices of the jerk seasonings.

Helpful Hints

- Boneless pork chops can be used instead of port tenderloin. Cook them about 5 to 8 minutes or until a meat thermometer reaches 145 degrees.

- Any type of canned beans can be used such as red kidney beans or black beans.

Countdown

- Start rice.
- Prepare pork ingredients.
- Finish rice.
- Saute pork.

Shopping List

^a To buy: 3/4 pound pork tenderloin, 1 bottle jerk seasoning, 1 small package white rice, 1 can lite coconut milk, 1 can pinto beans and 1 bunch scallions

- Staples: canola oil, salt and black peppercorns.

JERK PORK

Recipe by Linda Gassenheimer
3/4 pound pork tenderloin
1 tablespoon jerk seasoning
2 teaspoons canola oil

Remove visible fat from the tenderloin. Cut into 1-inch slices and pat down with a meat bat or bottom of a heavy skillet to 1/2-inch thick pieces. Rub jerk seasoning into the meat.

Heat oil in a large nonstick skillet. Add the pork and saute 2 minutes. Turn and saute 1 minute. Remove to two dinner plates. Serve with Coconut Rice and Beans.

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Jerome Foley: the man who couldn't stand vacant lots

By Ginny Mammen

As we continue east, the three-story building next to the telephone building (1005 Adams) is designated as the New Foley Building (1011-1015 Adams), built in 1923 to expand the five-story Foley Building at the end of the block.

The white brick New Foley Building, as it was referred to in 1921 and for some years after, differentiated it from the Foley Building next door, which had been constructed by the same Jerome E. Foley in 1912. The cost of this new building in 1921 "was to be \$26,055.00. It was to have a full basement, commercial spaces on the first floor and offices and apartments on the two upper floors."

Nearly as soon as it was built, many established professionals moved from their current location to this new modern building where the entrance to the second and third floor was available by elevator from the Chestnut Street side of the Foley Building.

Some of the doctors were

G.L. Driggers, E.G. Kirby, Harry and Lee Bouvy, and C.S. Moore.

Carl Helm, Sr. and Robert Dixon, attorneys, and Realtor C.J. Black and Co. were also among the new occupants.

Current occupants of the building on the street level are Lush Boutique Salon and John Leithner, Financial Advisor.

But what did this building replace? Again originally this area was a part of Chinatown, but sometime prior to 1902 the Cottage Photograph Gallery was opened in this location. In March of that year two young women — Ethel Smith (age 19) and Bessie Krumm, a photographer from Portland (age 27), purchased the Cottage Gallery. In July they hired Mr. Ed Cooledge, an expert retoucher, to do all of their retouching. They advertised "Babies Pictures a Specialty" and also "draped pictures."

Bessie remained a partner only until July of that year when she moved back to Port-

land. Ethel married Preston Lewis, a local merchant, in May of 1904.

A Sanborn Map of 1910 shows that a restaurant had replaced the photography shop. Later photos indicate the lot stood empty for a period of time before the New Foley Building was constructed.

Jerome E. Foley — Jerry to his friends — was born into a poor family in Illinois in 1850. Early in his life the family moved to Missouri. As a young man with little education, he went to work for the Union Pacific Railroad where he developed a talent for bridge building. His work with the railroad brought him farther west until he finally landed in La Grande in 1881 working with the OR&N railroad.

Foley was also an entrepreneur. It was said that nothing appealed more to him than to erect buildings and that he could not stand vacant lots. In 1912 he constructed the five-story Foley Building for

\$40,000, the first skyscraper in La Grande as an "up to the minute" office building complete with an elevator. It had been only eight years since the first electric elevator had been installed in New York.

The original intent for the building was to serve as offices for the Union Pacific Railroad. However, through the years this building has served as a location for apartments, meeting rooms, small businesses, medical offices and even a small hospital. The current occupant of this building at 1017-1019 on the street level is Associated Design and Engineering Services.

J. E. Foley was one of the major contributing citizens of La Grande. He was elected Mayor in 1904 and later served as City Manager. He retired in December of 1916 and died in 1922, just one year after completing the New Foley Building and completing the 1000 block of Adams Avenue.

Keep looking up! Enjoy!



John Turner and Richard Hermens Collection

The New Foley Building was so named to distinguish the three-story structure from the adjacent five-story Foley Building. Both were built by Jerome E. Foley, the latter in 1912.