



BETWEEN THE ROWS
WENDY SCHMIDT

Water pipe replacement entertains neighbors

The replacement of the 18-inch water main buried under the street in my front yard looks more like destruction than construction. At this point there's no real difference.

The process includes a lot of noise and dust and is entertaining for retired folks.

The big backhoe is operated with very careful precision, which is admirable. For such a big machine to follow a line so straight — it's obvious that the man at the controls has done this before. (All this is bewildering to the neighborhood dogs.)

The big sage plant was spared and gets an extra drink this afternoon. I was sure that it would be in pieces that would need to be rooted so I'd have a lot of little plants in place of the gnarly giant.

The old pipe being removed did not look terrible after being buried for decades, but corrosion was not the only reason it was being replaced. The old pipe was joined with lead at each joint. Lead used to be considered all right to use, but further education has shown us that lead is toxic. The new pipe will have no lead and the water will be safe.

- Garden Chores**
- Mid to late May is the last opportunity to start pumpkins in time for Halloween.
 - Prune spring-flowering shrubs like forsythia, viburnum, and lilac after they finish their bloom.
 - Monitor roses for fungal diseases and use appropriate control measures.
 - Plant summer bulbs such as caladium, dahlia, canna, and elephant ears.
 - Set out transplants of tomato, pepper and sweet potato as soon as you're sure there will be no more night freezes.
 - Sow seeds of summer squash and watermelon.

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

Productive gardening without the poisons

By Liz Douville
For The (Bend) Bulletin

Either I'm daydreaming, or there are more articles in garden publications promoting the integrated pest management technique of home gardening. Integrated pest management minimizes the use of chemicals and emphasizes natural and low-toxicity methods such as crop rotation and beneficial predatory insects.

How, when and where did we develop the ideology that all aspects of our life, including our gardens, had to be perfect? Sometimes problems or imperfections should just be accepted as nature at work. Sometimes we are the creator of our problems.

An example would be an aphid invasion. Aphids are the most common garden problem. What are the causes? The causes might include lack of sunshine, too much water, inappropriate plants for climate or location or excessive use of nitrogen-rich fertilizer, which encourages too much tender, leafy growth.



Haddock with fresh herbs and paper-thin veggies.

Dakota Mackey/The Daily Meal-TNS

SPRING MEAL SUGGESTIONS

JeanMarie Brownson
The Daily Meal

As spring emerges and the world continues to heal, our cooking lightens and our commitment to exercise deepens — in theory, at least. At the very least, sunshine and warm breezes can't help but brighten our attitude this time of year.

Sheet-pan dinners never get old; they continue to inspire and save time on cleanup. Many of these meals, however, have more oil than I prefer. Luckily, steam can be as moisture-enhancing as oil and fat.

In the fish and veggie sheet-pan recipe that follows, I steam seasoned zucchini and shallots in the microwave — no added fat required — before roasting with haddock and tomatoes. The fish only needs a light drizzle of extra virgin olive oil for flavor and moisture. The dish yields a hearty portion of veggies and protein with plenty of nutrition and a super-modest calorie count.

Another spring trick I like to employ is using flavor-packed hot liquids to help stave off cravings and snack attacks. A nice cup of tea or a mug of broth can work wonders.

Similarly, soup is more than a winter meal, as proven by the verdant recipe below. You can create a flavorful, rich broth by gently cooking chicken in water laced with store-bought chicken base and seasonings. Poaching chicken in broth yields both a rich potage and a moist, low-fat protein to use in soups, salads and sandwiches. In the recipe that follows, I add the chicken back to the broth to enjoy as a main course with plenty of spring green vegetables and tender, garden-fresh herbs.

Of course, a mug of broth is no match for the breakfast scones and muffins at the local coffee shop but everything in moderation. On those days when I'm feeling virtuous, there's nothing more satisfying than yogurt and fruit made hearty with muesli cereal. Prepped overnight, it's a grab-and-go way to start the day.

Think of it as a warm-weather alternative to hot oatmeal or a fresh take on overnight oats. Tailor the fruit additions to the season or opt for frozen fruit to save prep work. You can even turn the bowl into dessert by adding a scoop of sorbet or spooning a little warm maple syrup or caramel sauce over the top.

Get outside. Eat thoughtfully. We can do this.

HADDOCK WITH FRESH HERBS AND PAPER-THIN VEGGIES

Preparation time: 15 minutes
Cook time: 11 minutes
Yield: 2 servings

Other fish options include cod, rockfish, halibut and salmon. Look for small fillets about 1 inch thick. Serve steamed asparagus as a side dish.

- 3 small zucchini (about 6 ounces each), ends trimmed, sliced into 1/8-inch thick rounds**
Salt
Freshly ground black pepper
Crushed red pepper flakes
3 cloves garlic, very thinly sliced
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
2 medium-size shallots, very thinly sliced
2 red-ripe small round or plum tomatoes, ends trimmed, very thinly sliced
2 fresh (or thawed frozen) haddock fillets, each about 4 ounces and 1 inch thick
2 teaspoons extra virgin olive oil or avocado oil
2 or 3 tablespoons chopped fresh basil, chives, dill or a combination, for garnish

1. Heat oven to 400 degrees Fahrenheit on convection or 425 degrees Fahrenheit on conventional setting. Spray a medium-size baking sheet generously with nonstick spray or brush lightly with olive oil.
2. Put sliced zucchini into a large microwave-safe glass or ceramic bowl. Add 1/2 teaspoon salt, several pinches of black pepper and a couple of grinds of crushed red pepper flakes. Toss to distribute the seasonings evenly.
3. Cover with a glass lid or plastic wrap vented at one corner. Microwave on high (100 percent power), stirring 2 times, until zucchini is crisp-tender, 3 minutes. Add 3 cloves thinly sliced garlic, 1/2 teaspoon dried basil and 1/2 teaspoon dried oregano. Microwave 30 seconds. Let stand covered.
4. Put 2 thinly sliced shallots and 1 tablespoon water into a small microwave-safe bowl. Microwave on high until tender, about 2 minutes. Drain well and add to the zucchini.
5. Spread zucchini and shallot mixture on a baking sheet in a thin layer. Top with sliced tomatoes. Sprinkle fish on both sides with salt and pepper and place in the center of the vegetables. Drizzle each piece of fish with 1 teaspoon of oil.

6. Bake until the fish almost flakes easily, about 6 minutes. Remove from the oven, sprinkle with fresh herbs and serve immediately.

SPRING CHICKEN AND GREENS SOUP

Preparation time: 15 minutes
Cook time: 20 minutes
Yield: 4 servings

Chicken cooked on the bone with the skin always has the best flavor and texture. You can use 1 pound of boneless skinless breasts instead; reduce cooking time by a few minutes.

Buy the best chicken base available; brands I like include More Than Gourmet, Kitchen Accomplishes Broth Concentrate and Better Than Bouillon Reduced Sodium.

- 5 cups water**
1 tablespoon chicken base or broth concentrate (or follow package directions)
1/2 teaspoon ground turmeric or curry powder
Salt
2 small bone-in, skin on chicken breast halves, about 1 ¼ pounds OR 4 bone-in, skin on chicken thighs
1 medium-size zucchini, ends trimmed, halved lengthwise, thinly sliced
1 cup fresh shelled or frozen peas (or trimmed snow peas, shelled edamame or baby lima beans)
1 medium-size red-ripe plum tomato, ends trimmed, diced
1/2 small jalapeño, seeded and sliced (optional)
3 cups (2.5 ounces) baby spinach or arugula
2 skinny green onions, thinly sliced or 3 tablespoons chopped fresh chives
1/4 cup finely chopped fresh cilantro
1 tablespoon finely chopped fresh dill
Finely shredded lemon zest
Optional add-ins:
1/2 cup cooked orzo or brown rice
Diced ripe avocado
Diced queso fresco

1. Heat 5 cups water to a boil in a large saucepan. Stir in 1 tablespoon chicken base and ½ teaspoon turmeric until dissolved. Simmer 5 minutes.