

# Harvest Festival plans 'Econo-Eating' target Sept. 9, 10, 11

Plans are underway for this year's Harvest Festival. The Festival sponsored by the Boardman Lions Club will be held September 9, 10 and 11. A barbecue and the first football game of the season will kick-off the weekend's activities. The barbecue will be held prior to the football game which will be held at 7:30 p.m. at the Riverside High School football field. The

Riverside Pirates will meet up with Heppner's gridiron representatives. The following day will bring a parade, mini hydro boat races on the Columbia, and a golfing accuracy contest. Sunday will continue the boat races and golfing contest. Also to be offered will be an auction, homemade boat races at the Marina and a playday to take place at Tatone's rodeo arena.

By MONINE STRODE-STEBBINS  
OSU Extension Service

Five years ago our family had the most delightful experience. We hosted a Japanese woman for a month. She was one of the adults who accompanied the LABO children, a 4-H youth exchange. It was so much fun to share cultures with each other.

One day we were talking about traditional foods and she asked about rice—what kind did we eat? I showed her the long-grain rice and she laughed and said that they called that "foreign rice." I happened to have some pearl rice on hand, so asked if that was the kind they ate. She was excited to find that we had some of the rice that they liked. "What do you call it?" I just couldn't resist—"We call it foreign rice!" We giggled like kids over our joke.

She introduced us to several Japanese dishes using pearl rice, including sushi and fried rice. We all learned how to use chop sticks and appreciated the pearl rice and the way it clumps together making it easier to pick up. My new family only eats pearl rice, so it was nice to be used to it already.

When I priced rice in the store, it had the widest price spread of anything I have priced for this column. The highest priced rice was the gourmet wild rice and long-grain rice mixture that cost \$4 per pound. The least expensive was the generic rice in the four-pound sack that cost 39 cents per pound. The generic rice was somewhat broken

looking and not as attractive as the bulk rice that was 45 cents per pound.

It pays to look at the unit price tag when shopping for rice. The spread between different brands may be as much as 50 cents per pound. A little beef or chicken bouillon and the price nearly triples.

They really trade on our insecurities with making rice, too. The pre-cooked, "fool-proof" type costs at least twice as much as regular rice. Those commercials on TV make cooking rice sound like it's almost impossible, that you're doomed to failure. Well, you're not! You, too, can cook perfect rice every time and without paying extra for the pre-cooked kind. All you need to do is to measure the rice and liquid accurately according to the package directions, add rice to boiling water, cover the pot tightly and turn heat to low. Time it exactly, and remove the cover and fluff it lightly to allow steam to escape.

Store cooked rice in the refrigerator. It should not be left at room temperature. It can cause foodborne illness if left out! Rice is one of the things that can easily be a "planned over" instead of a left over. There are a lot of dishes that can use left over rice. I often cook twice as much rice as I plan to use so I can fix another meal easily.

Several different types of rice are available. In all of the milled rice, look for the enriched kind (added thiamin, niacin and iron). The largest amount sold in the United

States is called "regular milled white rice"—the label usually reads long grain rice. If you want fluffy separate grains, you want to buy long grain rice. This is the kind that is touted on TV as the successful type.

There is also a medium grain and a short grain or pearl rice. This is a more tender and moist rice that clings together—it's supposed to, that's not a failure. It's useful in rice molds, croquettes or anything that needs to stay together.

Parboiled or "converted" rice has been subjected to a special steam-pressure process before milling. The grains tend to be more separate and plump and a part of the nutrients from the bran are retained. It is also more expensive, but is noted for its holding quality after cooking.

Instant or pre-cooked rice has been milled, cooked and dehydrated. It's ready for use when rehydrated, so takes a very short time to cook. Some brands even come in little boil-in-the-pouches at about twice the price.

Brown rice is whole, unpolished grain without husks. It still has a small amount of the bran that gives it a nut-like flavor and chewy texture. It is often used in stuffings for poultry.

Here are a couple of good rice recipes. The first is a herb rice recipe that is better than the triple-priced flavored rices I already mentioned. The other is a great way to make that "planned over" rice be a delightful salad the next day. Long grain or pearl rice will work well with either recipe.

#### Herb Rice Blend

- 1 cup uncooked rice
  - 1 t. or 1 cube bouillon base—beef or chicken
  - 1/2 teaspoon salt
  - 1/4 teaspoon rosemary, crushed
  - 1/2 teaspoon marjoram leaves, crushed
  - 1/2 teaspoon thyme leaves, crushed
  - 1 teaspoon dried onion flakes
  - of 1 tablespoon minced onion
- Mix all ingredients. Heat 2 cups water and 1 tablespoon butter or margarine to boiling and add rice mixture. Stir with fork. Cover tightly and simmer 20 min. Simmer 25 minutes for softer rice. Fluff

with fork. 4 to 6 servings.

- #### Tuna Rice Salad
- 2 cups water
  - 1 teaspoon salt
  - 1 cup uncooked rice
  - One-third cup salad oil
  - 1/2 cup tarragon wine vinegar (or cider vinegar)
  - 1 teaspoon basil, crushed
  - 1/2 teaspoon seasoned salt
  - 1/2 teaspoon rosemary, crushed
  - 1/2 teaspoon garlic powder
  - dash of pepper
  - small can (2 1/2 oz.) olive pieces, sliced (optional)
  - 1/2 cup chopped celery
  - 1/2 cup sliced green onion
  - 1 7 oz. can tuna
- Bring water to boil, add and stir in rice. Cover, and cook over low heat 20 minutes, until rice is cooked and water is absorbed. While rice cooks, combine oil, vinegar, basil, seasoned salt, rosemary, garlic powder and pepper; mix well. Pour over hot cooked rice, and mix lightly. Cover and chill. Then add the rest of the ingredients. Can be served with tomato wedges and on a bed of lettuce. 4 to 6 servings.



Two men were college Presidents before they became Presidents of the United States — Woodrow Wilson and Dwight Eisenhower.

## URA approached for financing

Columbia Crossroads, a proposed alcohol and drug treatment center, has approached Boardman's Urban Renewal Agency in their search for funding.

Columbia Crossroads, a partnership formed by Gene Trumbull, a local businessman, and Serenity by the Sea, a similar facility in Seaside, made its proposal at the August 9 meeting of the Urban Renewal Agency.

Columbia Crossroads is seeking \$600,000 and recently was not approved for a loan by the state of Oregon. According to City Manager Larry Dalrymple that non-approval was in all likelihood a reflection of a points system used to determine the

need of the community based on age of housing, public service facilities, and the amount of unemployment; rather than a reflection on the proposed project.

The Urban Renewal Agency is made up of City Council members who were in favor of the plan as a whole but were very cautious about involving the URA in the funding of the project.

The URA board approved the concept as it was proposed and requested that the city staff prepare a report for the Board taking into consideration the bank's financing requirements for the feasibility of the project.

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## Public comments sought for 1984 angling rules

Fishery staff biologists with the Department of Fish and Wildlife are developing their recommendations for changes in the 1984 angling regulations. Biologist Don Swartz says now is the time for anglers to submit any recommendations they have for changes in 1984.

Written comments and suggestions should be mailed to Don Swartz, Oregon Department of Fish and Wildlife, P.O. Box 3503, Portland, Oregon 97208.

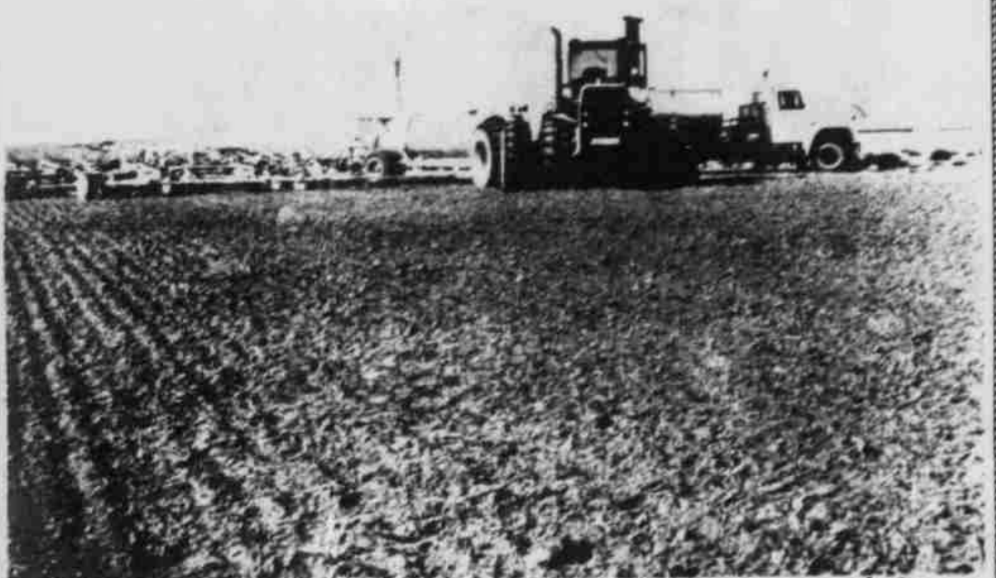
Staff recommendations and a report on recommendations

from the public will be presented to the Fish and Wildlife Commission when it meets on Saturday, September 17. Anglers are also invited to attend and contribute their suggestions to the commission at that meeting. It will begin at 8 a.m. in the main conference room at department headquarters, 506 SW Mill Street in Portland.

Staff recommendations will then be publicized and the commission and public will have about a month to consider and comment on them. The commission will again take public testimony on angling proposals in two days of public hearings on October 21 and 22. Following the public hearing on October 22, the commission will adopt angling rules for 1984.

Throughout this process, anglers may contribute ideas and suggestions. This can be done by testifying at the hearings, writing to the department, by calling on the telephone, or by personal contact with department fishery biologists.

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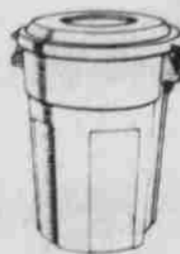
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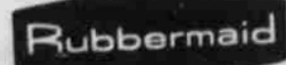
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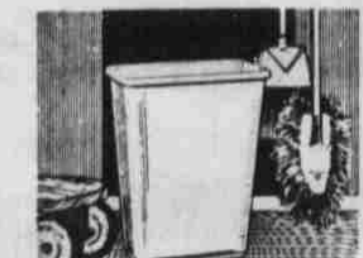


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