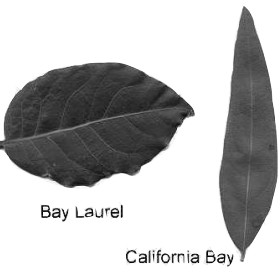


Food for Thought

Instead of recipes, this month seemed like a good time to talk about herbs and spices.

BAY LEAVES

Folia Lauris Nobilis (Bay leaves) come from Mediterranean countries and are the aromatic leaves of the laurel tree. Used in pickling, stews, spiced vinegars, soups. Use with any tomato mixture. One leaf whole or broken can flavor a whole tomato casserole or a can of tomato soup. Many people are aware that leaves of the California Bay work just as well as the imported leaves, and are considerably cheaper – especially when you pick and dry them yourself.



CAYENNE

Capsicum Minimum (Cayenne) are small African red peppers finely ground. Good with meats, fish, sauces, used in moderation. A pinch helps all, even sweet soufflés. Good in egg dishes, when used with care. Considered a stimulant for the stomach.

CLOVES

Eugenia Caryophyllata (Cloves) are the nail-shaped flower of the clove tree, originally found only in southeast Asia. Use whole in ham roasts and when pickling fruits. Use ground in baked goods, potato soup, stews. Stud lemon slices with cloves for tea. Used in meat dishes in many Scandinavian dishes. For pomanders: Stud oranges with cloves, roll in mixture of equal parts powdered orris root and cinnamon. Wrap in tissue for a few weeks; shake off powder. For fragrance and moth repellent.



OREGANO

Also know as Mexican Sage. Good in pork dishes. Rub a little between the hands, letting it fall on an omelet or other egg dishes. Also excellent in Cuban-style black bean soup.

ROSEMARY

Rosmarinus Officinalis (Rosemary) is a spiky herb originally from southern Europe. Sprinkle on beef, fish or lamb dishes, in soups and stews. Combines well with gin drinks. Europeans stuff pillows with rosemary, often mixed with pine needles, "for remembrance." Said to insure faithfulness. A pint of boiling water poured on one ounce of rosemary makes a fine hair wash. This hardy plant grows well in our climate.

SAVORY

Satureia Hortensis (Savory) is an herb in the mint family. Often combined with other herbs to flavor meats. Use in scrambled eggs, salads and soups. Also used like rosemary to stuff pillows.

SWEET BASIL

Ocimum Basilicum (Sweet Basil) is an annual plant whose leaves and tender stems are used to season tomato dishes, cooked peas, squash and string beans. Hindus plant basil outside their temples and homes to insure happiness. Basil is used in many pesto recipes.

THYME

Thymus Vulgaris (Thyme) is the leaves and stems of the garden herb of the same name. Used in stews, soups, and poultry stuffings. Good in clam and fish chowders. Yields an element called thymol, used in cough remedies. Like rosemary, thyme grows well here and is often used in landscaping.

TURMERIC

Curcuma Longa (Turmeric) is a root in the ginger family, bright orange in color. Turmeric and mustard in varying proportions are ideal for pickles and almost every meat and egg dish. Used in the tropics dissolved in water to tint unvarnished floors.

CINNAMON

Cinnamom Zeylanicum (Cinnamon) is the aromatic bark of the cinnamon tree, grown in southeast Asia. Used powdered in pastries and other sweets. In rolled bark "sticks" is used as a stirring stick that imparts flavor to beverages.



CELERY SEED

Apium Graveolens (Celery Seed) is a minute seed-like fruit grown in many countries, including the U.S. Good with fish, eggs, potato salad, tomato dishes, especially tomato soup. Used in salad dressings and pickling.

Halloween lights at Fair Complex

Lights are being put into place and straw bales are being unloaded in preparation for the second annual Bi-Mart Frite Lites, Friday, October 15 through October 31, at the Washington County Fair Complex. The walk-through, animated light show features scenes depicting Halloween and the Fall season, along with activities for youngsters, including Straw Mountain, The Black Hole Slide, and the Creepy Canoe ride. It will operate 7-10:00 p.m. Friday and Saturday, and 7-9:00 p.m. Sunday through Thursday.

There will be four, "Free Pumpkin Nights," October 15, 16, 22 and 23, when every youngster will receive a free pumpkin while supplies last.

This year every night is "Dog Boo" night, with visitors encouraged to bring their dogs on leashes. Each dog coming through the gate will get a special treat. There will also be safe Trick-or-Treat activities for the kids on Halloween night.

Admission is Adults \$5.00, age 6 to 12, \$2.50; age 3 to 5, \$1.00; under age 2 are free.

The Fair Complex is on N.E. 34th Ave., Hillsboro, across from the Hillsboro Airport off Cornell Road.

Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
*B.L.A.S.T. w/Nursery 10:00 a.m.
*Bible Learning and Scripture Training
Wednesday
Prayer Meeting 7:00 p.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets
Vernonia, 503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street
Vernonia, 503 429-6522
Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301
Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 795-2173
Sunday Services 10:00 a.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Bible Study, Wednesday 7:00 p.m.
Youth & Kids, Thursday 7:00 p.m.



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