

Food for Thought

It's too bad zucchini can't just stop growing when it reaches about 6 inches long. Overnight, it seems, zucchini can grow to about 12 inches and, soon, many gardeners will have more zucchini than they know what to do with. It was probably a gardener who came up with the idea to designate Aug. 8 as "National Sneak Some Zucchini onto Your Neighbor's Porch Night."

If someone leaves an armload of zucchini on your porch, here are some reasons to be thankful:

Zucchini is low in calories and contains useful amounts of folate, potassium and vitamin A. It's also an excellent source of vitamin C. Dark green zucchini also has some beta carotene, and all types provide small quantities of minerals. Skin colors include almost black, dark green, pale green, and yellow.

ZUCCHINI BOATS

2 tbs canola oil, divided 2 medium zucchini 1 tbs Dijon-style mustard
1/2 tsp dried basil leaves 1/2 cup soft breadcrumbs
2 tbs grated Parmesan cheese 1/2 tsp paprika

Preheat oven to 425 degrees. Brush an aluminum foil-lined 8 x 8 x 2-inch baking pan with 1/2 tbs oil.

Cut each zucchini into 4 horizontal slices; place slices in pan. Combine 1/2 tbs oil, mustard and basil. With a knife, spread a thin coat of the mustard mixture on top of each zucchini slice. Combine breadcrumbs, cheese, paprika and 1 tbs oil; sprinkle evenly over each zucchini slice. Bake for 10 minutes or until tender but crisp and browned.

ZUCCHINI AND TOMATOES

2 lbs zucchini 2 cloves garlic, crushed
1/4 tsp ground coriander 2 tbs olive oil
3 medium tomatoes, chopped Salt and black pepper to taste
2 tbs parsley, chopped

Wash and dry zucchini. Slice zucchini into moderately thick rounds. Heat oil in heavy skillet. Sauté garlic and ground coriander in oil. Add zucchini slices. Cook gently for about 10 minutes, stirring often. Add tomatoes, salt, pepper and parsley. Simmer until cooked about 20 minutes. Serve hot. Makes 4 servings.

FETTUCCHINI WITH ZUCCHINI AND MUSHROOMS

1 lb fettuccini 2 tbs salt 1 tbs olive oil 1/2 lb mushrooms
1/4 cup butter 1-1/4 lb zucchini, julienned 1 cup heavy cream
1/2 cup butter in pieces 1 tbs dried basil
3/4 cup grated Parmesan 1/2 cup chopped parsley

Boil water with salt and olive oil. Add noodles.

Sauté thinly sliced mushrooms in large skillet over high heat for 2 minutes in 1/4 cup butter. Add cream and remaining butter pieces, bring to a boil and simmer 3 minutes. Add basil.

Drain noodles and add to skillet with Parmesan and parsley. Toss and serve.

ZUCCHINI MARMALADE

6 cups zucchini, peeled and grated 1 cup water
6 cups sugar 2 tbs lemon juice 1 can (20 oz) crushed
pineapple, drained
1 3-oz box lemon or orange gelatin

Combine zucchini and water in sauce pan and boil for 10 minutes. Add sugar, lemon juice and pineapple. Simmer 10 minutes. Stir in gelatin and continue to simmer for another 10 minutes.

Pour into hot, sterile pint jars and adjust lids. Cool completely. Makes 6 pints.

ZUCCHINI CHEESE SQUARES

3 cups zucchini, grated 2 tsp salt Butter 1-1/2 cups flour
1 tbs baking powder 1 onion, diced 2 cups grated cheddar cheese
2 tsp fresh thyme leaves 1 tsp freshly ground black pepper
1/2 cup canola oil 3 large eggs, beaten

Combine zucchini and salt in a colander and toss to mix. Set aside to drain for 30 minutes. Squeeze out the excess water.

Preheat oven to 350 degrees and grease a 7 x 11-inch baking dish with butter. Stir together flour and baking powder in a medium bowl. Add zucchini, onion, cheese, thyme and pepper. Mix well with a fork.

Whisk together oil and eggs in a small bowl. Pour into the zucchini mixture and mix well. Spread evenly in the baking dish.

Bake for about 35 minutes, until golden. Let cool on a wire rack for 5 minutes. Cut into squares and serve warm or at room temperature.

Servings: 6 to 8.

ZUCCHINI CORNBREAD PATTIES

1 package cornbread mix 2 cups shredded zucchini
1/2 cup chopped onion 1 egg Salt and pepper taste

Mix all ingredients together. Do not add any other liquid. Pour a small amount of oil in a skillet and fry cornbread mixture in patties. Turn, allowing both sides to brown, and remove from skillet.

ZUCCHINI CASSEROLE

6 cups zucchini 1/2 cup melted butter
1 cup sour cream
1 can cream of mushroom soup
1/2 cup diced onion 1 cup shredded carrots
2 cup croutons, divided

Preheat oven to 350 degrees.

Cook zucchini until soft. Combine all ingredients except croutons.

In casserole dish put 1 cup croutons on bottom, add squash mixture, then 1 cup croutons. Bake 30 to 40 minutes.



Church Directory

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.

VERNONIA FOURSQUARE CHURCH

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

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.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

SEVENTH DAY ADVENTIST

2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Bible Study 9:15 a.m.

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Marc Farmer, 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.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 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 7:00 p.m.



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