

Food for Thought

With the abundance of fresh, local fruits and vegetables that have started appearing in local markets and farm markets, there is no reason to rely on packaged foods that are loaded with sodium and fat for flavor. The season for foods with both great nutrition and great flavor is now upon us. Enjoy some good eating without guilt.

FRUIT SALAD WITH YOGURT DRESSING

2 cups strawberries, sliced 1 cup blueberries 2 cups green grapes
Dressing:
 1/2 cup plain, fat-free yogurt 1 tsp honey 1 tsp lemon juice
 1/4 tsp vanilla extract

In a medium bowl, toss together the strawberries, blueberries and grapes. In a small bowl, whisk together the dressing ingredients. Pour dressing over the fruit and gently toss.

Makes 5 servings.

MELON SALAD

1/2 cantaloupe, peeled and chopped into bite-sized pieces
 1 small red onion, sliced
 1 medium cucumber, peeled, seeded, thinly sliced
 3 tbsp extra virgin olive oil 8 shakes Tabasco hot sauce (more if desired)
 Juice of 1 lime 1/4 tsp salt
 1/4 tsp freshly ground pepper 1 arugula 1/4 cup pine nuts, toasted

Combine cantaloupe, red onion and cucumber. Combine next 5 ingredients in small bowl, pour over cantaloupe mixture, stir. Let marinate 1-2 hours in refrigerator. Add Arugula, toss to coat. Makes 4 servings.

SUMMER CORN CHOWDER

2 slices Canadian bacon, diced 4 cups fresh or frozen corn
 1 small zucchini, diced 1/4 cup diced tomatoes 1 tsp vegetable oil
 2 green onions, sliced 1 can evaporated skim milk
 Diced tomatoes or red bell pepper, if desired.

In blender combine 3 cups of the corn with evaporated milk for 3 minutes.

In a medium saucepan, heat oil over medium heat. Sauté bacon, onions, and zucchini until tender, about 5 to 6 minutes. Strain the corn puree into the saucepan and add remaining cup of whole corn. Heat and garnish with diced tomatoes or bell peppers. Makes 4 servings.



LEMON SHORTCAKE WITH STRAWBERRIES

Biscuits:

2 cups all purpose flour 1/3 cup sugar 1 tbsp baking powder
 1 tbsp grated lemon peel
 1/2 tsp salt 1 cup low-fat buttermilk
 1/4 cup unsalted butter, melted, cooled slightly

Topping:

3 12-ounce baskets strawberries, hulled 1/4 cup torn fresh mint leaves
 3 tbsp sugar 2 tsp fresh lemon juice

Preheat oven to 400°F. Mix flour, sugar, baking powder, lemon peel and salt in large bowl. Whisk buttermilk and melted butter in medium bowl to blend. Add to flour mixture and stir just until moist dough forms. Drop 8 dough mounds (about 1/3 cup each) onto nonstick baking sheet. Using lightly floured hands, gently pat biscuits into neat 2-1/4 inch diameter round about 1-1/4 inches high. Bake until biscuits are golden brown, about 15 minutes.

Meanwhile prepare topping: Slice 2 baskets strawberries; transfer to large bowl. Puree remaining 1 basket strawberries in processor until smooth. Add to sliced strawberries. Stir in mint, sugar, and lemon juice. Cut warm biscuits in half horizontally. Place bottom halves of biscuits on 8 plates. Spoon topping generously over, allowing some berries and juices to spill onto plates. Place top halves of biscuits over and serve.

Makes 8 servings.

GREEN BEANS AND TOMATOES

2 tbsp olive oil 1-1/2 lbs thin green beans, trimmed
 3 garlic cloves, peeled and minced
 1 yellow onion, thinly sliced
 6 Roma tomatoes, diced 1/4 cup chopped parsley
 4 tbsp red wine vinegar 1-1/2 tsp dried oregano
 1/2 tsp salt 1/2 tsp freshly ground pepper



Heat the olive oil in a large skillet over medium heat. Sauté green beans for about 2 minutes or until they are just turning bright green. Add garlic and onion, and cook for about 1 minute. Add tomatoes, parsley, red wine vinegar, oregano, salt and pepper. Cook on medium-low heat, juices are released from the tomatoes which serve to help steam the green beans. In 5 minutes or less the sauce will reduce and thicken a little. Adjust seasonings and serve.

Makes 6 servings.

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

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.

SEVENTH DAY ADVENTIST

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

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. MARY'S CATHOLIC CHURCH

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

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 Mon. & Wed. 9:00 a.m.
 Wednesday Prayer 6:00 p.m.
 Friday Adult Volleyball 7:00 p.m.

Hey, Kids, join the "Big Backyard Adventure" during Bible School

Children are invited to join in this year's Vacation Bible School with a Big Backyard Adventure at the Vernonia Christian Church.

Each day the Backyard Bash will begin with music, puppets, and a mission story. Children will then go to a variety of interactive fun activities such as Backyard food and fun, where kids have time to move around, have fun, and fill up; Clothesline Creations, where kids have fun creating crafts that are service-and lesson-oriented; and Community corner where kids hear stories about community servants and will get motivated to be involved in community projects! All the ac-

tivities connect to the Bible story, Bible memory and the life focus of serving!

Stanley, Alex, Cooper (the dog), and Nick (the squirrel), are waiting for some backyard crews to join them in serving and having a blast!

Big Backyard Adventure will take place June 23-27, at Vernonia Christian Church, 410 North Street, from 9:00 a.m. to noon. All children from Kindergarten through 6th grade ages are welcome.

To pre-register or for more information, call Sue at 503-429-4901 or Kari at 503-429-0911.

Join the fun in God's Big Backyard adventure.