Family

Lettuce varieties add spice to spring

I am easily impressed by many of the forms of plant life I see growing in the vegetable garden each spring and summer, especially after a long dark winter.

Inevitably, one of the first impressions my garden provides each year is the innumerable variations of form and color in the short row of leaf lettuce that is among the first seeds planted each year. There are the slightly variegated leaves of the Green Ice variety, the large erect leaves and deep redbronze leaves of the All-America winning Red Sails variety and the ultra-frilly variety of Lollo Rosso with its endive texture and easy harvesting characteristics.

Despite the beauty and orderliness of garden leaf lettuce, most of us fail to detect any major difference in taste among the dozens and dozens of varieties. A blindfold taste test might detect variations of bitter and sweet, but usually only when one of the spicy leaves of one of the many mescluns is added to the mix. Not only is the taste of the different lettuces similar, but the textures, the different colors and growing habits make leaf lettuce one of the absolute musts in the spring garden.

I mentioned the mescluns. These are the sometimes strong tasting lettuces that offer most of the flavor of a home-grown spring salad. A packet of mesclun mix seed will present you with the strong flavor of arugula, the unusual peppery bite of mizuna, the garlicky red mustard or the noticeable different texture of purslane.

I like to plant a packet of the regular leaf lettuce varieties and extend the row with a packet of mesclun. At harvest time, I then can blend them into a salad bowl of wonderful mild and spicy flavors unlike anything you'll har-

Markets

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Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$3.73
Corn (bushel)	\$3.01
Milo (hundredweight)	\$4.91
Soybeans (bushel)	\$8.35

Corrections





vest all summer long. We must remember too that a very light dressing works best for the delicate soft leaves of garden lettuce, not the heavy strong tasting creams that come in a bottle and tend to overwhelm the tenderness and color.

A very basic vinegar and oil dressing is most agreeable with the fresh lettuce leaves. The recipe is simply three tablespoons of a good oil, olive or vegetable, 1 tablespoon of vinegar and 1/4 teaspoon of dry mustard, with salt and pepper to taste. Add a couple of your favorite flavors if you wish, such as a crushed clove of garlic, a couple of finely chopped green onions or maybe even a bit of brown sugar.

The basics of oil and vinegar are the secrets to any light dressing you might create. Experiment as you wish, with lemon juice or any number of herbs that will add unusual taste to a freshly picked salad.

Growing leaf lettuce is a snap. Plant very early, like this weekend. Try to scatter the very small seed very evenly when you plant in a shallow row that has been watered. Cover the seed in a very shallow manner and never let it get dry. You should be enjoying an unbelievable salad in just 30 days!



Conner John Surmeier

Conner John Surmeier, son of Darrell and Erica (Stephens) Surmeier, was born Thursday, Dec. 3, 2009, at Hays Medical Center.

He weighed 8 pounds, 1 ounce and measured 20 inches

Grandparents are Pete and Sondra Stephens and Tony and Kathy Surmeier, all of Colby.

Great-grandparents are Dean and Patricia Larsen of Colby.

Alison Jo Cox

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Alison Jo Cox, daughter of Ter- and Lori Miller of Rexford. Great-Citizens Medical Center.

She weighed 8 pounds, 4 ounces and measured 20 inches.

Grandparents are Butch and Dalene Cox of Colby and Mark

Angel Noe Tarazan

Angel Noe Tarazan, son of Raul Tarazan and Johana Medina, was and Guadalupe Delgadillo, Anaborn Tuesday, March 23, 2010, heim, Calil.; Noe Medina, New at Citizens Medical Center. He Mexico; and Guadalupe Chinweighed 6 pounds, 15 ounces and chilla. measured 19 inches.

A-Highway groups in Kansas re-

move from along roads each year.

Kansas Department of Transporta-

tion, which sponsors the program,

multiplying the number of groups

by an average of 15 bags of trash

per cleanup three times a year. It

shows the positive impact the pro-

much trash is along our roadways

"Most people don't realize how

gram has in Kansas.

This is a rough estimate by the

ry and Abbie Cox of Colby, was grandparents are Larry and Marge born Thursday, March 18, 2010, at Miller and Thurman Cox of Colby and Gary and Shirley Emigh of Selden. Great-great-grandparents are Bud and Tret Rogers of Selden.

Conner S

Grandparents are Raul Tarazon

Expo on aging coming in April

ing Expo" sponsored by North- Harris, a physical therapist. She west Area K-State Research and Extension and Northwest Kansas Area Agency on Aging will be from 9:30 a.m. to 3:30 p.m. Friday, April 23, at the Colby United Methodist Church

Registration information is available at the Northwest Area Extension Office at (785) 462-6281; ask for Libby Curry or Becky Darling. Registrations are due Thursday, April 15, to receive an early-bird reduced price. Walkins will be accepted at the door with no guarantee of lunch. If you need continuing education units, contact the office.

Dr. Tana Goering will be back by popular demand as the keynote speaker, discussing "How do you know when a trip to the doctor is necessary?"

Other speakers will help with questions about aging, including

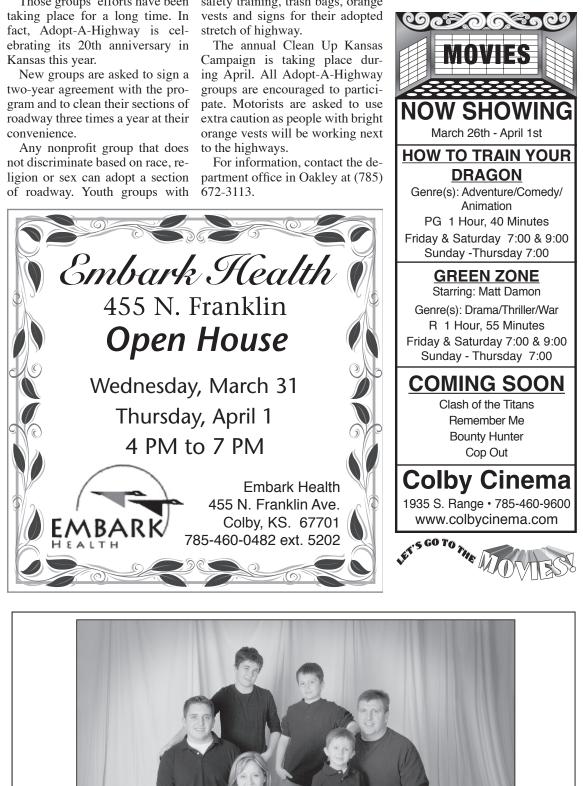
The next "Full Circle - An Ag- "Mind-Body Exercises" by Tina will explain exercise for strength, flexibility, posture and balance.

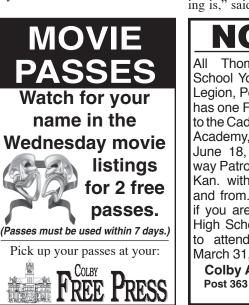
A representative of the office of the Kansas Securities Commissioner, Beth Victor, will discuss making investments, what you need to know, and how to avoid being a victim of fraud. Connie Bretz, a senior health insurance counselor and district Extension agent, will discuss getting help paying for prescription drugs.

Other topics include "Elder Law" by Randy Clinkscales; "Vitamin D" by Glen McNeil, registered dietician from Fort Hays State; "Mind Aerobics" by Kathy Sikes of the Alzheimer's Association; "Enjoying Beautiful Eye Health" by a Vision Source representative; "When a Loved One Passes" by Maralyn Cooper, social worker; "Drug Interaction" by pharmacist Mike Larmer; and "Affordable Kansas Travel" by Jennifer Haugh of the Kansas Department of Commerce.

For information, call the Extension Office at (785) 462-6281 or e-mail Tranda Watts at twwatts@ ksu.edu.

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and what a serious problem littering is," said Angel Fitzgerald, the NOTICE All Thomas County High School Youths, the American Legion, Post 363, Colby, Kan has one Full Paid Scholarship to the Cadet Law Enforcement Academy, June 13 through

June 18, 2010 at the Highway Patrol Complex in Salina. Kan. with travel provided to and from. Call 785-460-7836 if you are a Thomas County High School Junior and wish to attend. Applications due March 31, 2010.

Colby American Legion Post 363 on West Highway 24

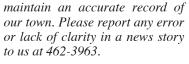
More than 31,000 bags of trash program's coordinator for north-- that's the average of what Adopteast Kansas.

Adopt-A-Highway cleans up in April

Those groups' efforts have been

members at least 11 are also eligible. Each group is provided with safety training, trash bags, orange







Andy Rose, P.A.-C Welcome to Family Center for Health Care

Family Center for Health Care is very pleased to welcome Andy Rose, P.A.-C, and his family to our family.

Andy will see patients beginning April 5, 2010 Please call (785) 462-6184 for an appointment

Our friendly staff is happy to help you complete the forms needed to transfer your original medical records to Family Center for Health Care.

Family Center For Health Care

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"Our Family Taking Care of Your Family" (Just east of the hospital) 310 E. College Drive, Colby, KS. (785) 462-6184, or 1-800-453-6751

