

# It is time to start the canning process

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Last week, I was not reticent, timid, or apprehensive, nor was I fearful about reminding all gardeners that it was time to dislodge the pressure cooker and the boiling water canner from their winter hiding place, and go to work! I know that many of you have already done that, and have begun the canning process as many of our favorite summer vegetables reach maturity. The green beans are abundantly producing now, the sweet corn is mature, the beets are awaiting placement into those wonderful Mason jars, and soon, the mighty tomato will favor us with untold goodness. Incidentally, I picked my first tomato this year on July 27, just a few days later than last summer. It was a Northern Exposure, and the taste was WOW!

tremely busy as we put the cookers through their paces. We do this of course because we thoroughly enjoy our garden production, in a preserved form, during the winter months. Preserving the bounty from our garden is the natural extension of gardening, and if you have been hesitant to get involved then this might be the year to join the ever-increasing crowd. For about \$50, you can begin to can the excess from you garden, and enjoy them for the next several months. A dozen jars, a boiling water canner, and the Bible of the canning process called a Ball Blue Book, will have you heading down the road to extended gardening enjoyment.

I fear that there are still many gardeners who do not trust the safety of the home canning procedure. I would suggest that it's not so much the fear of canning as it is the confidence of learning the proper procedures. Believe me when I say that the process is safe! There is plenty of help out

there if you need it, and the Blue Book offers step-by-step guidelines to make the job easy. You can do it, and in fact, should do it, in order to extend your gardening experience. Yes, there are rigid, but not impossible, requirements to follow. Controlling microorganisms, enzymes, oxygen, and moisture loss ensures a high quality, flavorful product.

Pickling a few cucumbers might be a good way to start your preservation operation. Five or 6 pounds of small fruit will produce roughly 8 pints of delicious dill pickles. Or maybe a few jars of bread and butter pickles would be welcome among family members, and there are dozens of sweet pickle possibilities out there, as you search for a family favorite.

And now if you'll excuse me, I'd better begin moving those jars of freshly canned dill pickles to a safer place, somewhere away from the wandering eyes of visiting guests and grandchildren!



## Tiger Stripes

The Norton Library presented the Rolling Hills Wildlife Adventure Thursday. The Rolling Hills Wildlife Adventure's staff shared animal legends from around the world and also presented live animals and biofacts that were shared among the audience. The organization brought four animals including a sugar glide, ferret, black spiny tailed lizard, and an armadillo. Above is a young staff member showing a tiger's pelt to the audience and letting them feel how soft it is.

-Telegram Photo by Brandi Diederich

## Student News

Colby Community College has announced an expanded schedule for adult learners in several towns in northwest Kansas. The Adult Education Department is offering on-campus learners who meet in Colby a choice of day or evening classes. Additional outreach sessions are planned to serve individuals living in the WaKeeney, Stockton, Hill City,

Phillipsburg, Norton, Goodland and Hays areas.

Colby Community College adult education classes provide the opportunity to raise skills, study and prepare for the General Educational Development (GED) exam leading to the Kansas High School Diploma.

Learners who have a high school diploma can work to im-

prove their abilities and enhance their skills to transition into post-secondary education, training and employment.

There is no charge for these classes.

For more information about specific sites and classes, call Nance Munderloh at (785) 460-4663.

# Choose best value when you shop for meat and poultry

Meat and poultry can be among the more costly items in the grocery cart, but the least expensive per-pound price may not be the best bargain.

Lean (and boneless) meats can be more costly per pound, but usually offer more value for your money. Consider the cost-per-serving before buying.

One pound of lean boneless meat will typically yield about 12 ounces (four three-ounce servings) after cooking. A cut with bone, gristle or fat will typically cost less per pound, but more per serving, because of waste.

Rib and loin cuts are tender cuts that lend themselves to quick cooking, such as stir-frying, broiling or grilling.

Tougher cuts of lean meats such as chuck, round, flank, plate, shank or brisket often are a very good value. Try cooking these cuts slowly in liquid until they're

Home ed  
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specialist



tender. Marinating less tender meats also enhances their tenderness, and adds flavor.

Buying ground beef in bulk usually offers a savings, but dividing a larger purchase into family-friendly portions for cooking or freezing is recommended.

To reduce over-the-counter cost, assemble kabobs or shape patties yourself, and look for reduced-price tags that signal meat and poultry products that will need to be cooked within one to two days of purchase.

Buying at sale prices is recommended, but only if quantities can be reasonably used or frozen for future meals. It is also recommended that consumers try doubling or tripling a recipe and freezing the extras for future meals.

With poultry, cook a whole bird. Roast chicken and turkey generally offer good value. After roasting a whole bird, a family can freeze the extra portions and stretch their food dollars with cost-saving sandwiches, salads and casseroles.

More information on food, nutrition, health, managing food costs and basic cooking, meal and menu planning is available at your local K-State Research and Extension Office or by e-mailing Tranda Watts at twwatts@ksu.edu

## Are you a poet?

A \$1,000 grand prize is being offered to the last poet standing in a free contest sponsored by the Celestial Arts Society. There are 50 prizes in all totaling \$5,000.

Poems of 21 lines or fewer on any subject and in any style will be judged by the contest director Dr. James Cameron. "I encourage poets to send in the poem they're most proud of," he says. "I know this contest will produce exciting discoveries!"

Entries must be received by August 31, and may be submitted by mail to Free Poetry Contest, 221 N. Central Ave. #228, Medford, Oregon 97501. Or enter online at www.freecontest.com.

Those sending entries should include their name and address on the same page as a poem. A winners' list will be sent to all entrants.

## FYI

A Chess Tournament for all school-aged children of any level of expertise will be held at the Norton Public Library Community Room on August 6th from 1:00 PM to 5:00 PM. The tournament is free to enter and is sponsored by the Friends of the Library. Medals will be awarded. Please register for this event at the Norton Public Library or call the Library at 877-2481.

The Norton Schools will be enrolling for the 2011-12 school year during the week of Aug. 8.

Monday, Aug. 8: NCHS: Seniors; 9 a.m. - Noon.

Tuesday, Aug. 9: NCHS: Juniors; 9 a.m. - Noon. EES: 8 a.m. - 4 p.m.

Wednesday, Aug. 10: NCHS: Sophomores; 9 a.m. - Noon. NJHS: 8th Grade; 9 a.m. - Noon and 1 p.m. - 4 p.m.

Thursday, Aug. 11: NCHS: Freshman; 9 a.m. - Noon, NJHS: 7th Grade; 9 a.m. - Noon and 1 p.m. - 4 p.m.

Friday, Aug. 12: NCHS: New Students and Make-up; 9 a.m. - Noon

Fee and meal information at www.usd211.org.

## Duplicate Bridge

There were three tables at Duplicate Bridge on Wednesday. Tie for first went to Jack Graham and David Graham, Myron Veh and Jerry Moritz, second, Bob Jones and Karla Latimer.

Call the Norton Telegram with all your news at 785-877-3361



## Local couple will celebrate 65 years

Lyman and Georgia Rowh are celebrating their 65th Anniversary. The happy couple married Aug. 14, 1946.

They will be celebrating with family for a luncheon on Aug. 20. Helping celebrate will be their four children, Jay and wife, Rita, Beloit; Jim, Clayton; Jon and wife, Patty, Norton; Carla and husband, John, Oakley; 12 grandchildren; and 4 great grandchildren.

Lyman and Georgia were married at the home of the bride's parents in Clayton.

The couple has resided in Norton since 1947. Lyman served as Norton Junior High principal before owning and operating Rowh Motor Company for 27 years.

Georgia was a service representative for Southwestern Bell Telephone Company and worked in the office of the Andbe Home, both here in Norton.

Cards can be sent to 202 West Armory Dr., Norton, KS 67654.

### Community Center Menu

August  
Monday 8 - Steak Fingers, Mashed Potatoes/gravy, Beets, Bread, Apricots  
Tuesday 9 - Chili Dog w/cheese, Winter Blend Vegetables, Watermelon, Bun, Bar Cookie  
Wednesday 10 - Pasta Salad w/ham, Pineapple, Bread Sticks, Cottage Cheese  
Thursday 11 - Turkey and Noodles, Seasoned Carrots, Creamy Cucumbers, Bread, Mandarin Oranges  
Friday 12 - Cheeseburger, Upside Down Pizza, Potato Salad, Rosy Pears, Cook's Choice Complement

Aug. 5 - Aug. 10  
Showing at the  
**NORTON THEATRE**  
**Zookeeper**  
1 Hours, 55 Minutes (PG-13) Presented in Digital Sound  
Friday and Saturday: 7:00 and 9:15 p.m.  
Sunday: 5:00 p.m. and 7:15 p.m.  
Monday, Tuesday and Wednesday: 7:00 p.m.  
**Cowboys and Aliens**  
2 Hours, 8 Minutes (PG-13)  
Since both movies are premieres, only premiere passes accepted  
Zookeeper is Premiere Price \$7.00 & \$6.00 - NO Sunday Discount  
Cowboys and Aliens is Premiere Price \$7.00 & \$6.00 - NO Sunday Discount  
Visit our Website: [nortontheatre.com](http://nortontheatre.com)  
This ad is brought to you by The Norton Telegram

### Norton Chiropractic Center

WE ARE

Monday ..... 7 a.m.-11 a.m.  
3 p.m.-5:30 p.m.  
Tuesday ..... 7 a.m.-11 a.m.  
Wednesday ..... 7 a.m.-11 a.m.  
3 p.m.-5:30 p.m.  
Thursday ..... 3 p.m.-5:30 p.m.  
Friday ..... 7 a.m.-11 a.m.

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Come help  
**Bob and Kay Strevey**  
Celebrate Their  
**40th Wedding Anniversary**  
with a Reception on Sunday, August 7 from 1-3 p.m. at the Norton Community Center (Senior Center)  
Love, Trudi, Wendy and Hollie

### Back-to-School Specials

## DRASTIC PRICE REDUCTIONS!!!

Quantities are limited so hurry in and pick one up while supplies last!!!

ASUS A53 15.6" Notebook - \$499.00  
Dell 20" Flat Panel Display - \$129.99  
Canon All-In-One Printer - \$49.95

### MORTENSEN COMPUTER SERVICES

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