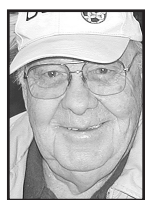


Explore options for bean varieties

I thought the KLOE Home and Garden Show last weekend was, again, a very successful event, as residents from a wide area streamed into the Max Jones Fieldhouse for the annual affair.



Kay Melia

• The Gardener

Again this year, area Master Gardeners played a role with presentations on various facets of the home garden mystique.

I had the privilege of presenting a talk about "Growing Your Own Baked Beans" on Sunday afternoon, which most of you missed. However, you don't get off that easy, because the following few lines will deal with that subject.

Obviously, when we discuss baked beans, we're talking about the cooking treatment we give to the many varieties and types of the bean seed, which results in a staple food that is prepared in different ways around the world. For thousands of years, farmers and gardeners have known about the powerhouse of nutrition contained in the bean, not to mention that soluble fiber abundance, as well as being virtually fat-free with no cholesterol. Perhaps most important of all, beans just plain taste good, prepared in so many ways.

Unfortunately, very few home gardeners grow their own dry beans. Really, none might be a more apt description of what gardeners do when it comes to raising some of their own beans. Sure, most of us plant a row or two of green beans or snap beans. But we

just don't mess with dry beans.

Actually, growing dry beans is easier than raising green, because you don't bother picking them until after the full maturity of the bean pod, which doesn't happen until the plants freeze back in October. And then you simply shell them and store them for use all winter. And with almost any other garden crop, home-grown dry beans are noticeably better tasting than the store bought kind.

When most good cooks go to the store to pickup a pound or two of dry beans, we buy the pinto or great northern, because we really don't know about any others, or they simply aren't available. Believe me, you need to try the anasazi, or Jacob's Cattle, bean, the Vermont appaloosa, the black turtle, the calypso, the yin-yang, the soldier or the Vermont cranberry. Every one of those, and dozens more, grown in your own backyard garden, contains its own unique flavors and consistencies, no matter how you prepare them.

Baked beans, ham and beans or just about any kind of bean soup, are so much better when prepared with the beans you grow yourself. So what else is new?

Two-year scholarship offered to college women

The Colby Branch of the American Association of University Women is offering a two-year scholarship for women from Thomas County who will be juniors or seniors in college this fall or next.

The branch has awarded 33 scholarships since 1977, said

Naomi Ward, a club member. Applicants must have graduated from a Thomas County high school.

Pick up an application at the Pioneer Memorial Library, or send an e-mail to wildcat4@st-tel.net.

Application deadline is June 1. For questions, call 462-2272.

Colby area students accept scholarships to Fort Hays

Five students from the Colby area have accepted scholarships to Fort Hays State University for the coming year:

- Brittany Kammer, a May Brewster High School graduate, accepted a \$1,000 Achievement Award and an \$800 Hays City Silver Academic Award. She is in National Honor Society, Junior Honor Society, volleyball, basketball, Student Council, 4-H, track, cheerleading and drama.

- Kammer, daughter of Ken and Norma Kammer, Brewster, plans to major in animal science.

- Matthew Ryan, a May Colby High School graduate, accepted a \$1,200 Miller Black and Gold Academic Award. He is in football, Fellowship of Christian Athletes, Catholic Youth Organization, newspaper, wrestling, golf and track and is on the Honor Roll.

- Ryan is the son of Steve Ryan, Colby, and Kim Ryan, Wichita.

- Cory Sager, a May Colby High graduate, accepted an \$800 Silver Award and a \$900 Academic Opportunity Award in mathematics and computer science. He is in National Honor Society, Boy Scouts, Student Council, band, C-Club, Fellowship of Christian Athletes, football, basketball and baseball and is an Eagle Scout. Sager, son of Alan and Tonya Sager, Colby, plans to major in computer science.

- Taylor Young, a May Colby

graduate, accepted a \$900 Academic Opportunity Award in allied health. She is in Student Council, Fellowship of Christian Athletes, National Honor Society, C-Club, volleyball, basketball and track and is on the Superintendent's Honor Roll. Young, daughter of Kirk and Holly Young, Colby, plans to major in radiology.

- Garrett Zwegardt, a May Colby graduate, accepted an \$800 Silver Award. He is involved in Fellowship of Christian Athletes, C-Club, wrestling, baseball, football, golf, National Honor Society and youth group and is on the Superintendent's Honor Roll.

- Zwegardt, son of Jerri Zwegardt, Colby, plans a career in pharmacy.

Poetry sought for contest

A \$1,000 grand prize is being offered in a contest sponsored by the Golden Poets Guild, with 50 prizes in all totaling \$5,000.

To enter, send one poem of 21 lines or less to Free Poetry Contest, 1600 31st St. SE, Rio Rancho, N.M., 87124.

Poems may be on any subject, using any style. Include your name and address on the page with the poem. A winner's list will be sent if a self-addressed, stamped envelope is enclosed with the entry.

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