

Family

Garden conditions affect veggie values

Back in the days when I was doing a daily three-minute gardening program on Kansas radio stations, I would get mail — quite a bit of it.



Kay Melia

• The Gardener

Listeners would have questions about various garden crops or garden procedures, and I would always answer their letters. This sometimes took some research, because this old farm boy nearly always flew by the seat of his pants when it came to some of the finer points of horticultural subject matter.

I remember that someone was always writing and asking about the vitamin content of some of the commonly grown vegetables in the average garden, like I was some kind of nutritionist or something. But I would look it up and pass along some of the answers on the next program, and always answer the letter to the best of my ability.

So, how about the nutritional value of the vegetables we grow and consume every day? Do you care? After all, we all grew up being told to “eat those vegetables ... they’re good for you!” So it has been drilled into our psyche for years, but we really don’t have a clue, but for the most part, about just how good they are.

Actually, the food value of a vegetable depends quite a little on what stage of maturity you harvest it and how you prepare it. For example, vitamin C in fresh garden produce is highest in fully ripe crops and then decreases as the crop grows past its prime. Take tomatoes ... tomatoes shaded by foliage have 37 percent less vitamin C than fruits ripened in the full sun. Even a few hours can

make a difference. I don’t know who or why somebody would try to determine what kind of thing, but they do.

Anyway, it is generally conceded that broccoli, when harvested in a timely fashion, contains more nutrients than any other garden vegetable, rated exceptionally high in vitamin C and riboflavin, very high in calcium and above average in phosphorous, potassium, vitamin A, thiamine and niacin. Broccoli has it all, but keep in mind if you leave it lying around in the fridge, the nutrient value is lost quickly. So pick it and eat it, and that goes for just about any crop we grow in the garden.

Other notables include spinach, very high in just about every nutrient you have ever heard of, particularly in its raw form. Carrots are exceptionally high in most vitamins, as are red bell peppers and thiamine-rich slicing onions.

What fresh vegetable doesn’t offer much in the way of nutrition? Radishes for one. Cucumbers? Forget about it. Even green beans don’t contribute much to your over all health ... it’s the joy of their wonderful fresh flavor that keeps us planting row after row of them in our garden.

So, eat your broccoli, spinach and carrots whether you like them or not. They’re good for you! But keep in mind that any garden vegetable, vitamin rich or not, is a real joy this time of year.



Don and Shirley Perkins

Family reunion celebrates anniversary

Don and Shirley Perkins of Colby celebrated their 50th anniversary last fall with an Amtrak trip to the east coast. They spent 10 days in September and October traveling by train through many cities including, Chicago, Pittsburgh, Philadelphia and Boston.

They also celebrated with a family reunion at Fike Park in Colby on May 30, 2009. They were surprised by 35 family

members with an anniversary cake, card shower and a photo collage of their 50 years together.

The couple married June 5, 1959, at the Kendall Methodist Church.

They have two sons, Todd Perkins of Manhattan, and Steve Perkins, who lives in Parker, Colo., with his wife Susan and two sons, Shaun and Seth.

Deaths

Marietta Ramsey

Marietta Ramsey, 86, Wichita, formerly of Colby, died Sunday, June 7, 2009, at Wesley Medical Center in Wichita.

Services will be at 2 p.m. Tuesday, June 9, 2009, at the Glenn

Park Christian Church in Wichita and at 1:30 p.m. Wednesday, June 10, at Beulah Cemetery in Colby.

Arrangements are by the Baker Funeral Home, Wichita, (316) 612-1700.

David J. Haremza

David J. Haremza, 65, Colby, died Monday, June 8, 2009, at St. Joseph Hospital in Denver. Ser-

vices are pending with Kersensbrock Funeral Chapel in Colby, (785) 462-7979.

Jeane Borthwick

Jeane Borthwick, 84, Beeler, mother of Kathy Baird of Brewster, died Friday, June 5, 2009, at the Manor of the Plains, Dodge City.

She was born Nov. 29, 1924, in Gove County to Thomas and Juanita (Lehman) Norton. On June 16, 1946, she married Robert Borthwick on her parents’ farm near Beeler.

She had lived on the farm since 1952. She was a homemaker and helped her husband with the farm. She was a member of the Beeler United Methodist Church, the Friendship Circle and the Embroidery Club. She was also a member of the Kalvesta Quilters and the Ness County Historical Society. She was a former 4-H leader.

She was preceded in death by two brothers, Leonard and Thomas Norton, and a son-in-law, Tom Baird.

She also is also survived by her husband, of the home; three sons,

Jim and Alan Borthwick Hays, and Rex Borthwick, Beeler; two other daughters, Mary Hemp, Moberly, Mo.; and Kristi Carrithers, Dodge City; two brothers, Clell Norton, Shoreline, Wash., and Lee Norton, Ness City; three sisters, Fay Bauer, Hays; Wilma Ochs, Granbury, Texas; and Judith Carter, Fountain, Colo.; 10 grandchildren; and three great-grandchildren.

Services will be at 10 a.m. on Tuesday, June 9, 2009, at the church, with Pastor Warren Hett presiding, and burial in the Ness City Cemetery.

Visitation was to be Sunday from 10 a.m. to 9 p.m. today from 9 a.m. to 9 p.m. at the Fitzgerald Funeral Home, Ness City.

The family suggests contributions to the church or Hospice of the Prairie, in care of the funeral home, Box 96, Ness City, Kan., 67560.

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat (bushel)	\$6.15
Corn (bushel)	\$4.04
Milo (hundredweight)	\$6.33
Soybeans (bushel)	\$11.25

Colby native graduates from Benedictine College

Joseph Melnyk of Colby graduated from Benedictine College with a Bachelor of Arts degree in business administration on Saturday, May 16 during commencement exercises in the Ralph Nolan Gymnasium on the Atchison campus.

This year, 252 candidates received degrees, including students from Canada, Chile, China, Germany, Japan, Russia, South Africa, Sweden and Venezuela. The U.S. Senate sergeant at arms, Terrance

Gainer, a 1969 graduate, spoke.

Melnyk is a son of Patty and Randy Decker of Hillsboro, formerly of Colby.

Benedictine is a Catholic residential, liberal arts college, created in the 1971 merger of Mount St. Scholastica College and St. Benedict’s College, with roots in the area going back to 1858. Its mission is to educate men and women within a community of faith and scholarship.

Student honored with ag award

Matt Kaus of Colby High School’s FFA chapter has been presented with the school’s highest agricultural honor, the Dekalb Agricultural Accomplishment Award, sponsored by the Monsanto Co.

Kaus, the son of Ron and Charlene Kaus, won the award for excellence in academics, leadership and agricultural work experience, said ag teacher Shawna Howell-Hoffman.

Kaus has been FFA chapter vice president and treasurer, as well as participating in Partners in Active Learning Support, Agricultural Education for Elementary Students and community, farm safety and awareness programs, FFA Leadership opportunities and experiences, officer retreats, fund raisers, banquets, appreciation meals, and Supervised Agricultural Experiences. He also volunteers his time for community service projects.

He placed first in the agricul-

tural mechanics and welding and third in the farm power and diesel career development events. Matt also received the 2008-09 proficiency award in landscape management from Howell-Hoffman, the FFA advisor.

As the winner of the 2009 award, Matt’s name will be recorded on a permanent plaque displayed at Colby High School.

Monsanto has sponsored the Dekalb Agricultural Accomplishment Award, named for its brand of seed, since 1998.

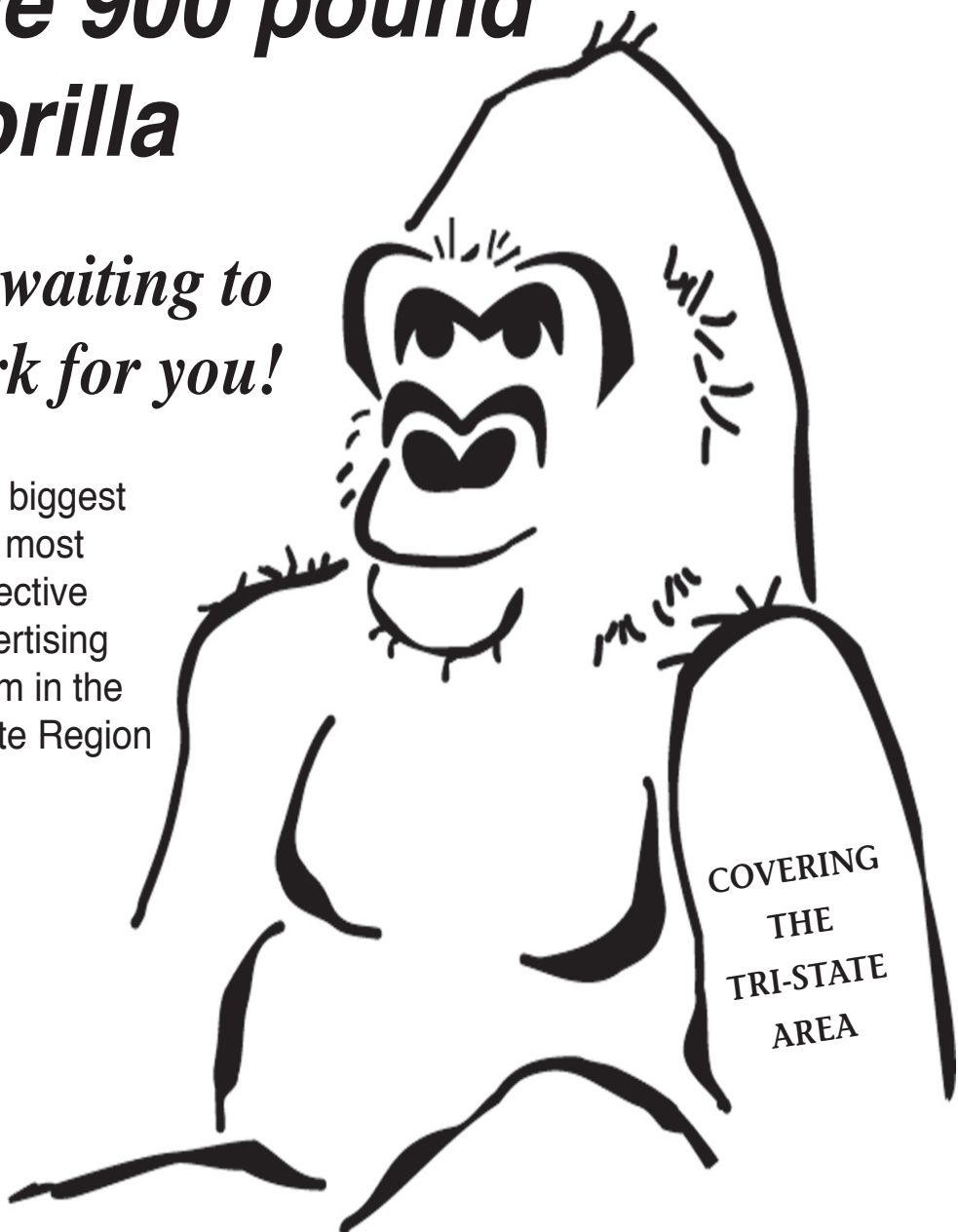
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