

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 red-bronze 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 blind-fold 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-



Kay Melia

• The Gardener

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!

MOVIE PASSES
Watch for your name in the Wednesday movie listings for 2 free passes.
(Passes must be used within 7 days.)
Pick up your passes at your:
COLBY FREE PRESS

Babies

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.



Conner S.

Alison Jo Cox

Alison Jo Cox, daughter of Terry and Abbie Cox of Colby, was born Thursday, March 18, 2010, at Citizens Medical Center.

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

Grandparents are Butch and Dalene Cox of Colby and Mark

and Lori Miller of Rexford. Great-grandparents are Larry and Marge Miller and Thurman Cox of Colby and Gary and Shirley Emigh of Selden. Great-great-grandparents are Bud and Tret Rogers of Selden.

Angel Noe Tarazan

Angel Noe Tarazan, son of Raul Tarazan and Johana Medina, was born Tuesday, March 23, 2010, at Citizens Medical Center. He weighed 6 pounds, 15 ounces and measured 19 inches.

Grandparents are Raul Tarazon and Guadalupe Delgadillo, Anaheim, Calif.; Noe Medina, New Mexico; and Guadalupe Chinchilla.

Adopt-A-Highway cleans up in April

More than 31,000 bags of trash—that's the average of what Adopt-A-Highway groups in Kansas remove from along roads each year.

This is a rough estimate by the Kansas Department of Transportation, 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 program has in Kansas.

"Most people don't realize how much trash is along our roadways and what a serious problem littering is," said Angel Fitzgerald, the

program's coordinator for northeast Kansas.

Those groups' efforts have been taking place for a long time. In fact, Adopt-A-Highway is celebrating its 20th anniversary in Kansas this year.

New groups are asked to sign a two-year agreement with the program and to clean their sections of roadway three times a year at their convenience.

Any nonprofit group that does not discriminate based on race, religion or sex can adopt a section of roadway. Youth groups with

Expo on aging coming in April

The next "Full Circle – An Aging Expo" sponsored by Northwest 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. Walk-ins 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

"Mind-Body Exercises" by Tina Harris, a physical therapist. She 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 twatts@ksu.edu.

Markets

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

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.

HAPPY 90th BIRTHDAY!

"Doc" Smith's 90th birthday is March 31st.

Cards can be sent to:
"Doc" Smith
880 Sunset Dr.
Colby, Kan. 67701

We want your local news: e-mail to colby.editor@nwkansas.com

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

AMERICAN PROFILE HOMETOWN RECIPES FOR THE HOLIDAYS

Give the gift of good taste... and smell, fun and good memories

American Profile — yep, the magazine that comes in the local paper and always has a great recipe — now has a great cookbook. Get 120 recipes categorized by holiday for yourself or as a gift. Just \$18.95 plus tax. Available at:

COLBY FREE PRESS
155 W. 5th, Colby 785-462-3963

Embark Health
455 N. Franklin
Open House
Wednesday, March 31
Thursday, April 1
4 PM to 7 PM

Embark Health
455 N. Franklin Ave.
Colby, KS. 67701
785-460-0482 ext. 5202

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
"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

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After School; Monday - Friday
About 1 hour per day

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For more information call the Colby Free Press office: 785-462-3963 or stop in at 155 W. 5th Street

MOVIES

NOW SHOWING
March 26th - April 1st

HOW TO TRAIN YOUR DRAGON
Genre(s): Adventure/Comedy/Animation
PG 1 Hour, 40 Minutes
Friday & Saturday 7:00 & 9:00
Sunday - Thursday 7:00

GREEN ZONE
Starring: Matt Damon
Genre(s): Drama/Thriller/War
R 1 Hour, 55 Minutes
Friday & Saturday 7:00 & 9:00
Sunday - Thursday 7:00

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