

My new vegetable to try is head lettuce

By Kay Melia
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I have this longtime gardening habit of planting something new each year. For whatever reason.



kay melia

the gardener

It's kinda fun to go off the deep end and attempt to grow something that is unfamiliar to me due to different tastes or unusual growing habit. The challenge is the thing, and garden space is not a problem other than I have too much of it. I planted celery one year. Grew about a dozen nice large stalks of it, but it never blanched from dark green to white and was as tough as a large rope. I

never tried it again although it was fun starting the little transplants.

Last summer, I successfully grew Waltham butternut squash for the first time, after years of talking and writing about it. Squash is a bit far out for me but I can tolerate winter squash, and Waltham butternut was excellent tasting and easy to grow. I've even grown tomatillos, pop-

corn, Malabar spinach, parsnips (yum), fava beans, habanero peppers and radichio. I've never planted arugula or edible chrysanthemums.

I know you can hardly wait to hear about my choice for this year's garden. I made the tough decision early in January after studying all those seed catalogs very closely. This year — drum roll please — I will plant — head lettuce. How exciting is that?

Please understand that I always plant and enjoy a short row of leaf

lettuce and we thoroughly enjoy the many different shapes and colors leaf lettuce presents us. Flavor? Not much. And so we add great gobs of different consistencies of dressings as we search for a reason to serve the stuff in the first place.

But head lettuce? I have always understood that it was difficult, if not impossible, to grow head lettuce in a normal backyard garden in this area because of overly warm summer temperatures. But I discovered an article in an old 1985 home gardening publication that told me I could do it. The secret seems to be that you plant very early, thus escap-

ing the heat of summer which most lettuce types will not tolerate.

Head lettuce is one of four different families of lettuce. There is the aforementioned leaf lettuce, and also romaine, loosehead and crisphead. Head lettuce is a crisphead type and probably the most familiar of the foursome, since we have access to Iceberg year round at the supermarket.

There is, of course, no "crunchiness" to leaf lettuce and as a result, our homegrown salads tend to lack "body" despite the nice colors and the freshness. Maybe the crispness of head lettuce can provide that

need as well as sandwich accompaniments.

With any type of head lettuce, you must start the plants inside and early in order to get good growth and early maturity before the heat sets in.

I've chosen a variety of head lettuce called Calmar. It is described as one that has a strong resistance to heat, which it will certainly need in our area.

So, I'll start the seeds inside, get some growth on them, and then set the transplants outside very early. To do so, I'll need to plant the seeds inside about — oh oh — now!

Gotta go! See you next week!

Companies, agents need to comply with rules

Sandy Praeger, Commissioner of Insurance, is reissuing a 1991 Kansas Insurance Department bulletin to remind life and accident/health insurance companies and agents about their need to comply with advertising regulations, even if they don't directly produce their marketing materials.



sandy praeger

insurance comm.

under "Legal Issues," which are found under the "Quick Link" button located in the top right corner of the department's home page.

"Over the last couple of years

the Kansas Insurance Department has experienced an increasing trend in the number of complaints regarding life and health insurance advertisements produced and

distributed by third-party marketing firms," Commissioner Praeger said. "The fact that these ads originate with a third-party, ono-insurance business does not create a 'regulatory buffer' between Kansas Insurance Department and insurance companies and/or their agents when

it comes to Kansas law."

The companies receiving the reissuance of the bulletin will have to acknowledge their receipt of the document, as well as their notification to all their appropriate company personnel and appointed agents licensed to sell in Kansas.

"It's important that Kansas insurance consumers don't receive life and health insurance marketing materials that are misleading or don't comply with Kansas law," Commissioner Praeger said.

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Sacrament Meeting: 10 a.m.
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Minister: Esteban Ortiz B.
1601 Texas • 899-5275
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Sunday: Sunday School: 10 a.m.

United Methodist Church Brewster:
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Sunday School: 9:45 a.m. CST
Winona:
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Celebrant: Father Don Martin
13th & Center
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6 p.m. AWANA during school
Evening Worship: 7:30 p.m.
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Growth groups call for information
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First Baptist Church
Pastor: Travis Blake
1121 Main
890-3450
Sunday:
Coffee fellowship: 9:30 a.m.
Morning Worship: 10 a.m.
Sunday School: 11:15 a.m.
Thursday: Bible study 9:30 a.m.
Wheatridge Center

Our Lady of Perpetual Help
Celebrant: Father Norbert Dlabal
307 W. 13th • 890-7205
Sacrament of Reconciliation: 5-5:45 p.m. Saturday or by appointment
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Spanish Mass: Sunday: 12:30 pm

Harvest Evangelical Free Church
521 E. Hwy. 24 • 890-6423
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Sunday school: 9:30 a.m.
Wednesday:
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Junior High: 6:30 p.m. at the church
www.goodlandefree.com

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jerry Nowack
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Pastor: Darian Hybl
Sunday: Christian education/fellowship: 10:15 a.m.
Worship Service: 9 a.m.

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