

Peppers offer wide variety of culinary uses

By Kay Melia
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kay melia

the gardener

Arguably, one of the most useful of all the vegetables we strive to grow to maturity in our backyard each summer, is peppers. Does that make sense? Useful peppers? Think about it. Please name a home garden product that has more uses than peppers. You say tomatoes? Or cucumbers? You're probably right. But to my way of thinking, peppers offer an extremely wide use of culinary possibilities, ranging from the tasty sweet ones to all temperatures of the hot ones.

pepper in the High Plains is the wonderful green bell pepper. I don't have any statistic to back that up, but common sense tells me that's the case. There are, of course sweet non-bell peppers with flavor differences that run the gamut from the small yellow Gypsy to the long yellow Banana and numerous others you have probably discovered over the years.

And then there are the hot ones, those we must learn to identify more carefully else we end up with those that are simply out of our realm of enjoyment because they are just too hot. Or on the other side of the spectrum, they just don't pack as much heat as we wanted. The so-called "heat" contained in the hot ones is not thermometer type heat, but a compound called capsaicin (cap-SAY-uh-sin), a colorless crystalline material and a powerful irritant to any tissue it touches. Habanero peppers come to mind during a hot pep-

per discussion, although there are those much hotter that have come into prominence in the last decade, mainly grown in countries such as Thailand, Pakistan and India.

Measurements of heat, or capsaicin, are the result of a scale authored by a pepper lover named William Scoville in 1912. Scoville devised the accepted method of pepper heat that we use today. These measurements are referred to as "Scoville units" and just about every pepper known to man is now rated from zero, to the top rating of pure capsaicin. Here are some sample ratings.

- Pimento.....no heat.
- Pimento.....100 to 900 Scoville units
- Anaheim or Poblanoes....1,000 to 2,500 units
- Jalapeno, Chipotle or Hungarian Wax....3,500 to 8,000 units
- Serranos....10,000 to 23,000 units
- Cayenne and Tobasco....30,000 to 50,000 units
- Orange Habanero or Scotch Bonnet....50,000 to 100,000 units
- Red Habanero350,000 to 580,000 units
- Naga Viper and Infinity...855,000 to 1,463,700 units
- Most law enforcement pepper

spray....500,000 to 1,000,000 units
Bear spray....8 to 9 million units
Pure capsaicin....15 to 16 million units

The variances in some categories are due to different soil types. As you might expect, the hot ones with the least heat are the ones grown by most gardeners. The cayenne and habanero types are basically grown and used by those who enjoy their own homemade salsa or pepper sauce.

Keep in mind that capsaicin is a powerful substance. When you work with the hot ones, wear rubber or latex gloves, and avoid contact with any part of the body.

country clovers 4-h

The regular monthly meeting of the Country Clovers 4-H Club was held on Monday, April 23, at the Sherman County 4-H building. President Parker Sieck called the meeting to order. Ella Ihrig and Peri Sieck led the club in the flag salute and club pledge. Ihrig and Peri Sieck also led the club in a song of "If You are Happy and You Know It." Roll call was answered by their favorite spring activity. There were 20 members, two leaders, three guests and five parents present.

Secretary Kaitlyn Daise read the minutes and they were approved

as read. Leader Glenda Cochran gave the treasurer's report and it was received as read. Trevor Daise, reported, stated that an article was submitted to the newspaper. Kate Zelfer, council member, gave the council report. Leaders Glenda Cochran and Diane Zelfer gave the leaders report.

There was no old or new business.

For the program, Jason Cowan gave a demonstration on his goat project on "How to Ear Tag a Goat." Parker Nemechek gave a demonstration on his foods project "How

to make a Texas Smoothie." Lacie Cowan gave a project talk on her foods project on "All about 4-H Cooking." Kaitlyn Daise gave a project talk on her photography project "Tips to a Perfect Picture." Kelsey White played the piano.

Peyton Sieck and Kelsey White led the club in a fun game of "Tag."

It was moved and seconded to adjourn the meeting by saying the club motto.

The Cowan family brought delicious refreshments that were en-

joyed by all. The next meeting will be at 7 p.m. on Tuesday, May 29.

Trevor Daise, reporter

Classifieds work!
899-2338

public notice

RESOLUTION NO. 1365

A RESOLUTION FIXING A TIME AND PLACE AND PROVIDING FOR NOTICE OF A HEARING BEFORE THE GOVERNING BODY OF THE CITY OF GOODLAND, KANSAS, AT WHICH THE OWNER, HIS OR HER AGENT, LIENHOLDERS OF RECORD, OCCUPANTS AND OTHER PARTIES IN INTEREST OF STRUCTURES LOCATED WITHIN SAID CITY AND DESCRIBED HEREIN MAY APPEAR AND SHOW CAUSE WHY SUCH STRUCTURE SHOULD NOT BE CONDEMNED AND ORDERED REPAIRED OR DEMOLISHED AS AN UNSAFE OR DANGEROUS STRUCTURE.

WHEREAS, the enforcing officer of the City of Goodland, Kansas, did on the 21st day of May 2012, file with the governing body of said city, a statement in writing that the structure, hereinafter described, is unsafe and dangerous.

NOW, THEREFORE, BE IT RESOLVED BY THE GOVERNING BODY OF THE CITY OF GOODLAND, KANSAS:

That a hearing will be held on the 2nd day of July, 2012, before the governing body of the city at 5:00 o'clock p.m. MST at the City Commission Chambers, 204 W 11th, 2nd Floor; Goodland, Kansas, at which the owner, his or her agent, any lien holders of record, any occupant and any other parties in interest, as that term is defined by law, of the structure located at:

Lots Six (6), and Seven (7), Block Twenty-four (24), Second Addition to the City of Goodland, Kansas according to the recorded plat thereof. Also known as 412 Center

may appear and show cause why such structure should not be condemned as an unsafe or dangerous structure and ordered repaired or demolished.

BE IT FURTHER RESOLVED, that the City Clerk shall cause this resolution to be published two consecutive weeks in the official city paper and shall give notice of the aforesaid hearing in the manner provided by law.

Adopted this 21st day of May, 2012.

John Garcia, Mayor

ATTEST:
Mary P. Volk, City Clerk

Published in The Goodland, Star-News, Friday, May 25 and June 1, 2012.

RESOLUTION NO. 1366

A RESOLUTION FIXING A TIME AND PLACE AND PROVIDING FOR NOTICE OF A HEARING BEFORE THE GOVERNING BODY OF THE CITY OF GOODLAND, KANSAS, AT WHICH THE OWNER, HIS OR HER AGENT, LIENHOLDERS OF RECORD, OCCUPANTS AND OTHER PARTIES IN INTEREST OF STRUCTURES LOCATED WITHIN SAID CITY AND DESCRIBED HEREIN MAY APPEAR AND SHOW CAUSE WHY SUCH STRUCTURE SHOULD NOT BE CONDEMNED AND ORDERED REPAIRED OR DEMOLISHED AS AN UNSAFE OR DANGEROUS STRUCTURE.

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Lots Eighteen (18), Nineteen (19), Twenty (20) and Twenty-one (21), Block Thirty-three (33), First Addition to the City of Goodland, Kansas according to the recorded plat thereof. Also known as 816 W 14th.

may appear and show cause why such structure should not be condemned as an unsafe or dangerous structure and ordered repaired or demolished.

BE IT FURTHER RESOLVED, that the City Clerk shall cause this resolution to be published two consecutive weeks in the official city paper and shall give notice of the aforesaid hearing in the manner provided by law.

Adopted this 21st day of May, 2012.

John Garcia, Mayor

ATTEST:
Mary P. Volk, City Clerk

Published in The Goodland, Star-News, Friday, May 25 and June 1, 2012

Worship warms the heart

Calvary Gospel Church

Pastor: Randy and Mary Payne
Fourth & College • 890-3605
Sunday: Kid's Church: 10 am
Morning Service: 8:30 and 10:30 am
Prayer and Praise: 5:00 p.m. except last Sunday of the month
Wednesday: Royal Rangers, Missionettes 6:30 p.m. during school year
Youth @ the Rock House, Sixth & Caldwell: 6:30 p.m.
Life Groups - Call for information
Join us on Facebook
www.calvarygospel.net

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
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass: Sunday: 12:30 pm



Goodland United Methodist Church

1116 Sherman 899-3631
Pastors: Dustin and Shelly Petz
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live 5:45 - 6:45 p.m. Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages

Pleasant Home Church

Serving the rural community for over 120 years
Rt. 1, Box 180 • 3190 Road 70 (785) 694-2807
Pastor: Perry Baird
Sunday: Worship Service: 9 a.m. Sunday School: 10 a.m.

Promiseland Baptist Church

Pastor: Rick Holmes • 890-7082
225 W. 16th (785) 890-7944
Sunday: Sunday School: 10:30 a.m. Morning Service: 11:30 a.m. Evening Service: 6:30 p.m.
Wednesday: Bible Study Service 6:30 p.m.
Thursdays: Adult Bible Study 7-8 p.m.

Bible Baptist Church

Pastor: Clifford Middlebrooks
Fifth & Broadway 890-7368
Sunday: Sunday School: 9 a.m. Morning Service: 10 a.m. Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO (719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

Iglesia Del Dios Vivo

La Luz Del Mundo Spanish Speaking Church
Minister: Esteban Ortiz B. 1601 Texas • 899-5275
Daily Prayer: Sunday thru Saturday: 5a.m. & 6 p.m.
Sunday: Sunday School: 10 a.m.

United Methodist Church Brewster

Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. CST
Sunday School: 10:15 am CST

First Christian Church (Disciples of Christ)

Pastor: Rev. Carol Edling Jolly
Eighth & Arcade • 890-5233
Sunday: Church School - All ages 9:15 a.m. Worship 10:30 a.m.
Youth Group: 1st and 3rd Sundays 5-7 p.m.
Thursday: Prayer Class - Noon
Pastor Carol's Class 5:30 p.m.
www.goodlandfccdoc.org

Kanorado United Methodist Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 a.m. Worship Service: 10:15 a.m.

Church of the Nazarene

Pastor: Bob Willis
Third & Caldwell 899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m. Worship Service: 10:50 a.m. Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

St. Paul's Episcopal Church

Celebrant: Father Don Martin
13th & Center Church 890-2115 or 890-7245
Services: 5 p.m. Saturday evening

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 a.m. Morning Worship: 10:45 a.m. 6 p.m. AWANA during school
Evening Worship: 7:30 p.m.
Wednesday: 6:30 youth group
Growth groups call for information
www.goodlandbible.org

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

H2O Church.TV

Pastor: Craig Groeschel
1022 Main (785) 728-0123
Experience Time
Sunday: 10:30 a.m.

Harvest Evangelical Free Church

521 E. Hwy. 24 • 890-6423
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m. Sunday school: 9:30 a.m.
Wednesday:
Senior High: 6:30 p.m. at the church
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.

Church of Christ

401 Caldwell 890-6185
Sunday: Bible Study: 9:45 a.m. Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking
Hwy. 24

Koons Funeral Chapel
North Main

Good Samaritan Center
208 W. 2nd

Goodland Star-News
1205 Main St.

KLOE/KKCE/JKWGB
3023 W. 31