

Recipes from Southwest Indians use native plants

Lois Ellen Frank in her book "Foods of the Southwest Indian Nation" writes of the sacredness of every plant and animal used for food. There are beautiful photographs and lots of interesting information.

She includes recipes for corn, beans, squash, lamb, rabbit, venison and fish. There are also recipes for wild plants. The following recipes are from that book.

Zuni Sunflower Cakes

3 cups shelled sunflower seeds
3 cups water
5 tablespoons finely ground blue cornmeal
1 tablespoon sugar
1/2 cup vegetable oil
In a saucepan combine water and sunflower seeds and bring to a boil over high heat. Reduce the heat and simmer uncovered for 15 minutes



pat
schiefen

• postscript

or until almost all of the water is gone.

Remove from the heat and drain off excess water. In a food processor place cooked sunflower seeds, blue cornmeal and sugar and process about 3 minutes until the seeds are completely ground. If any whole seeds are around the edges of the food processor, scrap into the center and process again until they are ground about 1 minute. The dough will be quite thick.

Shape dough into round cakes

about the size of silver dollars with your hands.

Heat oil in a large skillet until hot but not smoking. Place cakes in skillet and brown for 2 to 3 minutes on each side,

turning once. Remove from skillet and pat dry with paper towels.

Serve with a fruit sauce, honey or jelly. Serves 6.

Tumbleweed, Pinto Bean and Wild Rice Salad

New young tumbleweed shoots sprout up after the first rains in the spring. The shoots must be picked while they are 2 to 3 inches tall before they become dry and brittle and develop thornlike pricklers. Pick sprouts from the base of the stem. Was thoroughly until all dirt is re-

moved. Drain and pat dry.

3/4 cup dried pinto beans or 1 1/2 cups cooked pinto beans

1 1/2 cups tumbleweed greens, curly endive or fennel tops, coarsely chopped

1 1/2 cups cooked wild rice

3/4 cup sunflower oil

3 tablespoons herb flavored red wine vinegar

2 tablespoons chopped fresh chives

2 small cloves garlic

1 tablespoon freshly squeezed lemon juice

1/4 teaspoon black pepper

1/2 teaspoon salt

chive blossoms, for garnish

Soak beans overnight with enough water to cover. The next day, drain and rinse with cold water. Place in a saucepan with fresh water to cover. Bring to a boil over high heat. Decrease heat and simmer for sev-

eral hours until beans are soft and skins begin to split. Add water when necessary to keep beans from drying. Stir occasionally to prevent burning and sticking. Remove from heat and drain. Allow to cool.

Toss together beans, greens and rice in a bowl. Cover and chill for at least 30 minutes in a refrigerator.

Combine oil, vinegar, chives, garlic, lemon juice, pepper and salt in a blender. Blend until chives and garlic are finely puréed.

Pour dressing over salad and garnish with chive blossoms. Serves 6.

Squash Blossom Soup

Pick male squash blossoms in the early morning before they open. You only need a few for a squash patch. The female blossoms have a baby squash attached.

60 male squash blossoms (or female blossoms if the male are not avail-

able), washed

1 tablespoon unsalted butter

1/2 cup chopped wild onion or yel-

low onion

2 cloves garlic, finely chopped

1 teaspoon salt

1/2 teaspoon white pepper

6 cups chicken stock

18 springs chervil for garnish

If using male squash blossoms remove stamens. Set aside. Melt butter over medium heat in a saucepan.

Sauté onions and garlic until onions are translucent. Decrease heat to low. Add salt, pepper and squash blossoms. Sauté for 3 minutes, stirring occasionally to prevent burn-

ing. Add stock and bring to a boil over high heat and decrease heat to low and simmer for 10 minutes.

Remove from heat and serve hot.

Garnish with springs of chervil. Serves 6.

Library gains new books, cassettes and compact discs this month

The Goodland Public Library has the following new books, cassettes and compact disks as of Feb. 1:

In adult fiction: "Emma's Secret," by Barbara Taylor Bradford; "The Cat Who Talked Turkey," by Lilian Jackson Braun; "Sunny Chandler's Return," by Sandra Brown.

"Vertical Coffin," by Stephen Cannell; "Time's Eye," by Arthur C. Clarke; "The Kills," by Linda Fairstein; "The First 48," by Tim Green; "Retreat, Hell!" by W.E.B. Griffin; "New Spring," by Robert Jordan; "Truth or Dare," by Jayne Ann Krentz.

"Absolute Friends," by John LeCarre; "Mr. Paradise," by E-

Imore Leonard; "The Zero Game," by Brad Meltzer; "Crown Jewel," by Fern Michaels; "The Sight of Stars," by Belva Plain; "The Codex," by Douglas Preston; "Divided in Death," by J.D. Robb; "Key of Valor," by Nora Roberts; and "Amateur Marriage," by Anne Tyler.

In adult non-fiction: "The Complete Idiot's Guide to Computer Basics," by Joe Kraynak; "Beginning Programming for Dummies," by Wallace Wang; "1,001 Letters for all Occasions," by Corey Sandler; "Life, Liberty and the Pursuit of Healthiness," by Dean Edell; "Diabetes: fight it with the blood type diet," by Peter D'Adamo;

"Edmund's New Cars and Trucks — 2004 price guide."

"Toilet Training the Brazelton Way," by T. Berry Brazelton; "The Complete Idiot's Guide to Grant Writing," by Waddy Thompson; "Standard Catalog of Firearms — 2004 edition;" "Gun Digest Book of Modern Gun Values — 2004 edition;" "KISS Guide to Digital Photography," by Tom Ang; "National Geographic Guide to the State Parks of the United States;" "Elizabeth and Mary — Cousins, Rivals, Queens," by Jane Dunn; "Washington's Crossing," by David Fischer; "The Southwest," by Paul Robert Walker and National Geographic; and "Custer — a Photo-

graphic Biography," by Bill Moeller.

In children's books: "Speed Trap," by Brian Augustyn (Justice League); "Stand Tall," by Joan Bauer; "The Winter People," by Joseph Bruchac; "The Keeper of the Does," by Betsy Byars; "Biscuit Wins a Prize," by Alyssa Capucilli; "Lion Boy," by Zizou Corder; "Pascual and the Kitchen Angels," by Tomie De Paola; "No Man is an Island," by Alan Grant (Justice League); "Helping Hands," "Olive's Ocean," by Kevin Henkes; "The Outcasts of 19 Schuyler Place," by E.L. Konigsburg; "The Dead, the Doomed and the Buried," by Jane Mason; "Brian's Hunt," by

Gary Paulsen; "The Tigger Movie," by Ellen Titlebaum; and "Surviving the Applewhites," by Stephanie Tolan.

In audio books: "Emma's Secret," by Barbara Taylor Bradford (CD); "The Wild Ones," by Matt Braun (AC); "Sunny Chandler's Return," by Sandra Brown (AC); "Vertical Coffin," by Stephen Cannell (CD); "The Kills," by Linda Fairstein (CD); "Cold Mountain," by Charles Frazier (CD); "Retreat, Hell!" by W.E.B. Griffin (CD); "Truth or Dare," by Jayne

Ann Krentz (AC); "Absolute Friends," by John LeCarre (CD); "Mr. Paradise," by Elmore Leonard (CD); "The Frumious Bander-snatch," by Ed McBain (CD); "The Zero Game," by Brad Meltzer (CD); "Crown Jewel," by Fern Michaels (CD); "The Codex," by Douglas Preston (CD); "The Unloved," by John Saul (CD); "Amateur Marriage," by Anne Tyler (CD); "Harriet Spies Again," by Helen Ericson (CD JF); and "Surviving the Applewhites," by Stephanie Tolan (AC JF).

Valentine's Special

From now through Valentine's Day

All Bridal Gowns
\$100, \$200, or \$300

All Prom Gowns \$49.99 or \$99.99

Amy's Fashions & ANX

Southwind Plaza • Colby, KS • 785-462-2028

Claremont Inn
Stratton, Colorado

See the Menu of the Week at
www.claremontinn.com

Restaurant Now Open
Friday & Saturday Evenings
Bistro Cooking
Bold & Flavorful - featuring
slow-cooked soups & stews,
exquisitely roasted meats,
perfectly seared steaks, vibrant
salads and delicious desserts.

Reservations Required Call
1-888-291-8910

No Mileage

Lowest Prices Around

CODY'S CARPET CLEANING

(719) 342-0840
Free Estimates

The Goodland Star News Service Directory

785-899-2338

Your KEY to business success.

Have your name up front when a customer needs you.
Repetitive advertising is the key to opening the door to new customers.

No job too big or small

Commercial - Residential
Free Estimates

NEW SYSTEM Professional WINDOW CLEANING

Chris & Beth Lewon

**650 N. Grant
Colby, Kan.
785-462-6995 or
1-800-611-6735**

Michael A. Liles
Senior Agent
MINATL 0067
Insurance is underwritten by The MEGA Life and Health Insurance Company

800-783-9417

Madd Hatters Music Emporium
Custom Tailoring by Marie

Open Mon. - Fri. 10 - 6
120 W. 11th Goodland, Kan.
785-890-3510

PRO FLOOR CARE

HIGH QUALITY
CARPET & UPHOLSTERY
CLEANING
24 HOUR WATER
DAMAGE REMOVAL

462-8313 1-800-473-4138

Owners:
Shawn & Angela Stinemetz

Guaranteed Ultra Cleaning Power

Goodland Sinclair Stage Stop Towing

- Quality fuels, clean restrooms, well-stocked convenience store
- Greyhound Bus Service • Tourist information service
- Full service: 8 a.m. - noon, Mon. to Thurs. - Seniors (65+) and handicapped at everyday prices • Lotto/Lottery
- Open 7 days, Auto repair, 24 hour towing, after hours cell 785-821-1509

2320 Commerce Road
Goodland, Kan. 67735 785-890-6855

Truck Lettering
800-886-2423

AWARD WINNING SIGNS AND PINSTRIPING SINCE 1974

Hot Brush

**204 W. 4th Box 309
Bird City, Kan. 67731**