April Cultural Meeting

The April FCE cultural meeting will feature the culture of present-day Iran and its rich heritage. For thousands of years this southwest Asian country was known as Persia. Lyn Craig of Fossil will share photos, stories and items from her November 2009 trip to Iran.

Lyn participated in a three week cultural exchange program as the director of Libraries of Eastern Oregon. The group arrived in Iran to much excitement, the day after Barack Obama was elected. Craig continues to stay in touch with several Iranians who share first hand information about current political events in their country.

The program will be held April 8th in the conference room at the Hood River Extension Office. Registration will begin at 9:30 a.m. with the program starting at 10:00.

Garden for Good Health

Gardening can have many benefits for your health. Studies show that children who help out in the garden eat more fruits and vegetables.

Try planting fun-to-eat vegetables like cherry tomatoes and sugar-snap peas to help your family get more vitamins, minerals, and fiber every day.

Pulling weeds in the garden can burn up to 300 calories an hour.

And, don’t forget that gardening is a fun way to spend time with your family and relieve stress in your life.
**FCE Spring Tour of Gardens**

Send this section to the Hood River Extension Office

**Lunch Menu**

- **Spaghetti and Meat balls**  
  Traditional meat sauce over spaghetti with meatballs.

- **Lasagna Classico**  
  Layers of pasta, meat sauce and mozzarella, ricotta, parmesan and romano cheese

- **Eggplant Parmigiana**  
  Lightly breaded eggplant, fried and topped with marinara sauce, and cheeses.

- **Fettuccine Alfredo**  
  Parmesan cream sauce with a hint of garlic, served over fettuccine

- **Ravioli di Portobello**  
  Portobello mushroom-filled ravioli in a creamy smoked cheese and tomato sauce.

- **Soup and Salad**  
  Just what it sez.

**Spring Tour Sign Up**

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<tr>
<th>Pick Up Station</th>
<th>Depart</th>
<th>Return</th>
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<tbody>
<tr>
<td>The Dalles Kmart</td>
<td>7:30</td>
<td>6:00</td>
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<tr>
<td>Mosier—Gas Station</td>
<td>7:50</td>
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<tr>
<td>Hood River Marina</td>
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<tr>
<td>Cascade Locks Gas</td>
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**Method of Payment**

- Check-$45
- Cash- $45

**Name**

**Address**

**Phone**

* Payment must be received by April 19th

* Seating Limited to 40 People

Send Payment and Sign-Up to:

Hood River Extension  
2990 Experiment Station  
Hood River, Oregon  97031

**Date:** April 22

**Time:**

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**Places:** Crystal Springs Botanical Gardens  
Grotto  
Olive Garden  
McMenamins

**Price:** $45.00; Covers refreshments, lunch, admissions, travel and gratuity.
How to Make Your Bouquet Last

Be sure that the vase is squeaky clean – inside and out. Bacteria in the vase can shorten the life of the flowers. Fill the vase with warm water and, to prolong the life of the flowers, add ½ teaspoon of chlorine bleach. Using a sharp knife or shears, trim at least ¼" off each stem. Also remove any leaves that will be below the water line. As each stem is cut and the leaves are removed, place it immediately into the water. This prevents air bubbles from getting into the cut, which prevents or slows down water intake. Some flowers, particularly lilies, tend to shed pollen during handling. If this happens, resist the urge to brush the pollen off your outfit. Otherwise, you may rub the pollen into the fabric. In addition, the oil from your hands may set the stain. If pollen gets on your clothes, gently shake or vacuum the fabric to remove as much pollen as possible. If there’s no vacuum on hand – or if some pollen remains – use the sticky side of a piece of tape to carefully lift off any remaining particles. If the item is washable, pre-treat with pre-wash stain remover and launder in the hottest water that’s safe for the fabric. If the stain remains, launder again, using chlorine bleach, if safe for the fabric, or oxygen bleach.

April 21 is Administrative Assistants Day

Websites to Check

Spring Cleaning
http://www.rd.com/advice-and-know-how/extraordinary-uses-for-vinegar/article24053.html
http://www.rd.com/living-healthy/14-tips-for-health-friendly-cleaning/article15303.html

Using your Easter Eggs

Earth Day
http://ww2.earthday.net/earthday2010

Healthy Recipes
http://healthyrecipes.oregonstate.edu/
Couscous Salad

3/4 cup dry **couscous**
1/3 cup dried **cranberries**
1 cup boiling **water**
1 **cucumber** peeled, seeded and diced (1 cup)
2 **green onions**, sliced
3/4 cup frozen **peas**, thawed
1/4 cup toasted **pecans**, chopped
1/2 cup low fat **Italian Salad Dressing**

1. Place the couscous and cranberries in a large bowl.
2. Pour boiling water over the mixture; Cover and let stand until just warm. Fluff with a fork to separate.
3. Add dressing and mix lightly
4. Wash and prepare vegetables and chop nuts.
5. Add to salad and toss lightly to distribute.

To toast nuts, spread on a baking sheet or pan and heat in a 350-degree oven for about 10 minutes, depending on the size of the nuts. Watch closely to avoid scorching the nuts.