

TUESDAY

THURSDAY

<p>NWSDS CLATSOP & TILLAMOOK COUNTIES MARCH 2012</p>	 <p>ST. PATRICK'S DAY, SATURDAY, MARCH 17</p>		<p>Chicken Caesar Salad w/Caesar Dressing Cornmeal Roll Vanilla Pudding</p>	
	<p>♥ Cream Chicken & Vegt or <u>Pork Sausage Gravy</u> over Buttermilk Biscuit Capri Blend Vegetables Tossed Salad Pineapple Tidbits 6</p>		<p>Shaved Ham Sandwich Half on Wheat Bread Chunky Tomato Rice Soup Carrot Slaw Mixed Fruit Crisp 8</p>	
	<p>♥ Beef Spanish Rice or <u>Macaroni & Cheese</u> Succotash Marin Spring Garden Salad Multigrain Roll Spiced Apples 13</p>		<p>Chicken Salad with Multigrain Roll Navy Bean Soup Fresh Orange Bread Pudding 15</p>	
	<p>♥ Turkey Loaf w/Grvy or <u>Cntry Fried Steak w/Gvy</u> Whipped Potatoes Country Trio Vegetables Wheat Roll Butterscotch Bar 20</p>		<p>Shaved Turkey Sandwich Half on Wheat Bread Lentil Soup Garden Vegetable Salad Pineapple Tidbits 22</p>	
	<p>♥ Brd Fish Patty w/Dill Sc or <u>BBQ Pork Ribette</u> Whipped Potatoes Oregon Bean Medley Wheat Roll Apple Crisp 27</p>		<p>Egg Salad with Wheat Roll Split Pea Soup Spinach Romaine Salad Hermit Bar 29</p>	<p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk served with all meals</p>

What's the **skinny** in Asparagus?

In ancient times, asparagus was prized for its medicinal qualities, so harvesting the wild asparagus was a springtime ritual. Asparagus folklore credited the green spears with everything from curing toothaches to being a reproductive tonic.

The asparagus plant is a member of the lily family, which also includes onions, leeks and garlic. Just five stalks of asparagus is considered a serving. It is an excellent source of folic acid, thiamin, vitamin B-6, vitamin C, potassium and fiber. A serving of asparagus is only 25 calories and is very low in sodium. In addition, asparagus is high in rutin, a bioflavanoid, which helps strengthen blood vessels.

Asparagus is harvested by hand when the stalks reach about nine inches tall. The season begins in mid-February, peaking in March and April, just in time for the spring holidays. California, Washington and Michigan are the major asparagus growers in the United States.

You should purchase bright green spears with firm, compact heads. Choose spears of about the same size so they will cook evenly. Keep fresh asparagus refrigerated in a plastic bag with a moist paper towel wrapped around the stem ends or stand them upright in two inches of cold water for two to three days. Asparagus may be eaten raw or lightly cooked in boiling water, steamed, microwaved, stir-fried or roasted. It can be served as a side vegetable or in salads, soups, stews, creamed dishes or sauces. Asparagus is an excellent choice as part of the recommendation of the 2010 American Dietary Guidelines to eat more fruits and vegetables.



Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday Only
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & "A" Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiwanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660