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Sunday, March 13 • Noon

Downtown Mayville in old Amber Computer building
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Maple bedroom set vanity & dressers
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2 very nice hutches
Several occasional chairs
Very nice dining room table, no chairs
Kenmore fridge, 2 TV's working
Gibson washer & dryer like new
Stereo and speakers, CD player
Pots & pans, lots of glassware
2 Aladdin lamps, one with old shade
Kiln like new, plug in and go

Pink depression glass
Fostoria glasses
Norman Rockwell plates
Hummel plates
Lots of costume jewelry
Chalk ware, cut glass
Much more by day of sale

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Sears 10" HD table saw
6' by 18' Garage door with hardware
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A Publication of the Traill County Tribune & Hillsboro Banner
PO Box 567 • Mayville, ND 58257

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Courier Deadline: Noon on Wednesdays

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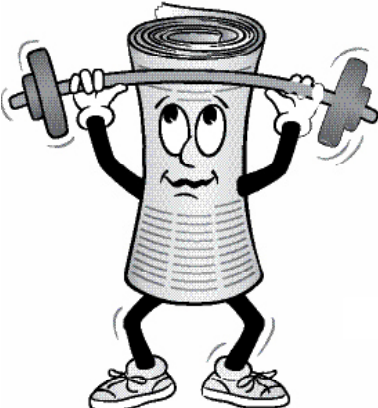
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Platter Chatter - Reheated

By Lin Smithwick

Making music with herbs and flowers

A turn into the driveway of Don and Nancy Condit's nursery near Hatton is like entering the Garden of Eden. The profusion of flowers, herbs and plants says welcome as only color and fragrance can.

What started out 13 years ago as a hobby greenhouse for two retired music teachers has turned into a growing business – literally and figuratively. The Condits' green-thumb magic with plants seems to extend to their business, too. Nancy smiles as she walks along in front of the greenhouses each filled with a variety of flowers, plants or herbs. "We started out with just one greenhouse and they just keep spreading. We don't how to stop. We are always adding more plants and more varieties of herbs."

Customers stopping by the Condits greenhouses find hundreds of plants and herbs along with answers to questions about the care and keeping of gardens. "We are constantly studying and expanding our knowledge and are always looking for new ideas to try," Nancy says.

For two music majors who met at NDSU, learning is nothing new. "There is so much literature out there that helps us be better informed for our customers. We are always learning."

The Condit's also draw on their practical life lessons to enhance their greenhouse expertise. Don grew up on a farm near Souris, and Nancy is a farm girl from Starkweather. "Because of our farming background, we both knew a lot about that part of it. Our mothers focused mainly on vegetable gardens," Nancy said. "I never ate any vegetables that came out of a can. Everything came out of a jar of Mom's home canned vegetables." The same was true for Don.

By the time they met in college, Don and Nancy were on track for the career paths that would take them to band rooms and music rooms in schools throughout the area. They finished their teaching careers close to home. Don retired from Central Valley and Nancy retired from Northwood-Hatton, where she was also a counselor.

With their own four children raised and grown, Don and Nancy were ready to enter a new field that would yield plenty of growing opportunities. "We started out just doing flowers and having them available for sale on a low-key basis. Each year it seemed to get bigger and bigger. People were asking for specific things, so we tried to get what they wanted."

Five years ago, they added vegetable plants and then it was the herbs. This year, Nancy planted a salsa tub filled with all the ingredients need to make salsa. "It is really fun to experiment and come up with something new. Customers seem to like it and we enjoy it."

Even though the nursery is open from the first of May until about the middle of June, the work begins long before that. "Don is out here planting by February 15. About 85 percent of the plants we have are grown from seed." Translated, that means Don typically plants more than 40,000 seeds just to get the business growing every spring.

"This is a labor-intensive business," Nancy says. "We put in a lot of hours, but think it is worth it when we see the results." Their customers agree.

All the herbs are grown organically and kept in greenhouses separate from the flowers, vegetables and other plants. The Condits only use necessary chemical treatments to protect plants from aphids.

It's true the Condits have retired from professionally making music on a daily basis. They are making melodies of a different note in their gardens along a rolling country road.



Don and Nancy Condit with their faithful sidekick Rascal.

Add a snake with an apple or two and their paradise could be mistaken for Eden.

Tomato Basil Jelly
6 cups tomato juice, canned (like V8) or homemade using a variety of tomatoes
¼ cup vinegar
1 tsp. dried basil or 1 tbsp. fresh basil
1 pkg. pectin (Sure-Jel)
4 cups sugar
Mix tomato juice, vinegar and pectin in a large pot. Bring to rolling boil. Add the sugar and bring back to a boil; boil for one minute. Skim off any bubbles. Pour into sterilized jelly jars; seal.

NOTE: This is delicious used as a dip or spread over cream cheese and served with crackers. It is also a good barbecue glaze.

Lemon Grass and Citrus Poached Salmon

2 ½ lbs. salmon
1 qt. chicken stock
1 qt. orange juice
2 cups white wine
1 small onion, chopped
2 tbsps. minced garlic
2 cups chopped lemon grass
1 tsp. salt
1 tsp. white pepper
Remove skin from salmon. Cut into desired portions. In a large pot, combine chicken stock, orange juice, white wine, garlic and lemon grass. Season with salt and pepper. Bring to a boil for five minutes. Reduce heat to a low boil. Place the salmon in the poaching liquid until flaky and tender, about five minutes.



Photos by Lin Smithwick / Tribune

Cream cheese served with tomato basil jelly and crackers makes a quick and easy appetizer.

Cilantro Pesto
1 16-oz. pkg. farfalle pasta
1 bunch fresh cilantro
5 gloves garlic, minced
1 tbsp. white wine vinegar
¼ cup grated Parmigiana
Reggiano cheese
½ tsp. cayenne pepper
½ cup walnuts or pecans
Salt, to taste
½ cup olive oil

Bring a large pot of water to a boil. Add the pasta, and return water to a boil. Cook pasta

for 8 to 10 minutes, or until al dente; drain well. In a blender or food processor, blend cilantro,

garlic, vinegar, cheese, cayenne pepper, nuts and salt. Add ¼ cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches desired consistency.

Pour pesto into a small saucepan and warm over low heat, stirring constantly, until pesto begins to simmer. Pour over cooked pasta and toss.



This "reheated," encore run of the Platter Chatter is provided compliments of the Traill County Tribune. The Platter Chatter and Round About Features, by Lin Smithwick, are just two of the most recent additions to the Tribune newspaper. Join us every week - online or in print - for all the latest and greatest!

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HELP WANTED: Hunter Cafe and Bakery. Cook/Baker. Will train with flexible hours. Give Deb a call at 701-874-2253. 36-37c

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HELP WANTED: The City of Mayville will accept applications for a full-time seasonal worker to perform various jobs for the city. The position will run from approximately April - November and the wage will range from \$9.00-\$12.00 per hour depending on qualifications. Applicants must have the ability to run all city equipment and work up to 40 hours per week, including Saturdays. Applications can be picked up at Mayville City Hall. For further information, contact Byron Kleven at 701-788-3433. The City of Mayville is an equal opportunity employer. 35-37c

HELP WANTED: Janitorial help wanted. Part-time, evenings. Hillsboro area. 772-3797 35-38c

HELP WANTED: Advanced Grain Handling Systems in Mayville is looking for experienced bin erection and assembly crew personnel. Experience required. Contact Randy at 701-866-9865 (cell) or 701-788-8927 (office). 35-38c

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Sunday



Discovery

CHANNEL



Sunday,
March 13

Hillsboro Events Center

3 p.m. (doors open at 1:30 p.m.)


Limited Seating

Meet Reed Timmer, Joel Taylor and the "Dominator" from Discovery's popular series Storm Chasers

Tickets: \$10 per person
Hillsboro students \$5 (special pricing)

Proceeds benefit

Hillsboro SADD Chapter



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Simple Tips for Gluten Free Goodness



many of my clients with gluten restrictions.” Glassman noted that Wheat Chex and Multi-bran Chex are not gluten free and advises to always check package labeling and ingredient panels to confirm whether a product is gluten free.

From breakfast staple to mid-day snack, or used in a gluten free recipe, Chex is a versatile pick for families on the go. Glassman and Chex offer healthy tips for anyone following a gluten free diet:

- **Start the Day Right**—Eating breakfast lays a good foundation for the day. A nutritious breakfast should contain



whole grains, low-fat dairy, lean protein such as egg whites or peanut butter, and a serving


of fruit. Chex cereals offer at least 8 grams of whole grain in every serving and pair perfectly with fruit such as bananas and blueberries, not to mention milk.

- **Stock Up**—Keep the kitchen stocked with delicious options that are naturally gluten free, such as fruits, vegetables, cheese and most yogurts.
- **Simple Snacking**—Nutrient-rich snacks can be part of a complete and healthy diet while helping to keep cravings at bay. Keep single servings of raw or dry-roasted nuts and crunchy gluten free cereal in your bag for an on-the-go option.
- **Keep a Food Journal**—Glassman recommends keeping a food journal to track meals and snacks throughout the day to ensure you’re meeting your daily nutritional needs, including recommended servings of grains, fruits, vegetables and protein. Jot down what works well and what doesn’t so you have a point of reference.
- **Recipe Round-Up**—Mix up your mealtime by testing delicious gluten free recipes the whole family will appreciate. An array of gluten free recipes is available at www.Chex.com/glutenfree and www.LiveGlutenFreely.com.

(Family Features) Many Americans follow a gluten free diet in their daily lives. In fact, retail sales for gluten free products nearly tripled from 2004 to 2009 reaching almost \$1.7 billion. That number is estimated to top \$2.6 billion in sales by the year 2012, according to Packaged Facts.

“Families are looking for wholesome, nutritious solutions that are gluten free and convenient but still taste great,” said Keri Glassman, registered dietitian and author. “Gluten free foods can fit into a busy lifestyle, without making mealtime sacrifices. Chex® cereal is one of my top picks, and I recommend it as a good breakfast choice to

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Mayville



- **NEW:** Pack your bags and move in! Complete updated 4-bedroom, 1.75 bath home. 14x70 lot to add that large garage. Call us to arrange a look. \$57,000. 412 4th St. SE
- Corner lot, spacious updated kitchen, 2-bath, potential of a 3-bdrm home! Fenced area for pets and a nice double unattached garage. 513 3rd St. **REDUCED.**
- Unique home - home on main floor and rent upstairs apartment! Main floor has 2-3 bedrooms, 1.75 bath. Apartment has 2 bedrooms, 1 bath. Separate meters. Great **Reduced Price!** 55 1st Ave. NW
- Beautiful home at Westwood Acres! 3 bedrooms, 2 bath, main floor laundry, den & so much more. Aluminum siding, central air, dual heat, newer shingles. Tranquil & awesome location for golf lovers! 37 Westwood Dr.
- Move-in ready, updated, absolutely beautiful 3,099 sq. ft. home. 4 bedrooms, 2.75 bath, main floor laundry, den, bonus room with sky lights. Kitchen remodel 2005. New furnace, fresh paint, new flooring on main level! 425 2nd St. NW

Portland

- **NEW!** Stellar property in the city in rural like setting. Updated rambler, 3 bedroom, 2 bath, jacuzzi room. Completely finished basement used as a family room, 1-2 additional bedrooms (no legal egress). Space Galore! 1111 8th St.
- Looking to build in Portland? Heskin Meadows lots. Call for details.
- **Back on Market** -- Enjoy making this your home- 3 bedroom/1 bath, basement ready for you to finish! Call today. 725 3rd St.

Other surrounding areas

- **FINLEY:** Charming 2-story, 2 bedroom home with old-fashioned front porch. Double unattached garage, central air, newer shingles. 205 Lincoln Ave. **REDUCED PRICE. CALL!**
- **NORTHWOOD:** 412 Washington Ave. **Pending!**
- **Hope:** Old-world charm in meticulously maintained 3-bedroom, 1.5 baths. Stain glass windows, nice size 3-season room & some hardwood flooring! Must see - 506 Steele Ave.

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Belmont Township Annual Meeting

Tuesday, March 15, 2011

6:00 p.m.

Darrell Larson's home

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STAMPS, COINS AND POST CARDS.

Very large stamp collection. A lot from the 30's and before some even delivered by pony express. Post cards. Yank magazines, WWII newspapers. Coin collection to include peace and morgan silver dollars. 1833CC. 1863 civil war token, indian pennies. silver war nickels. silver halves, 90% silver coins, 2 cent pieces. 3 cent nickel. 1847 large cent, 1866 Indian cent. Flying eagle cent. US notes. Mpls bill. 2 dollar bills. silver certs. plus lots more. Also gold jewelry, pocket watches to include coin silver watch 17 jewel Hamilton and Plymouth watch. Plus more jewelry and coins.

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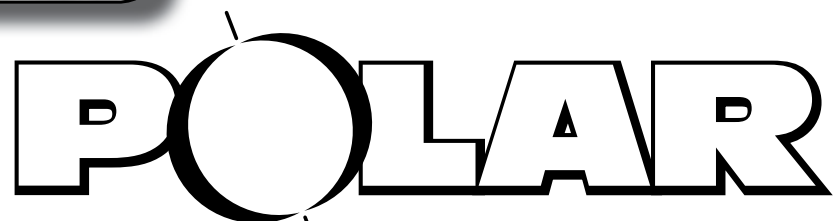


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