

Ida's Notebook

Ida Risser

It seems that we are as busy as the squirrels who gather all the shellbarks before I get a chance to pick them up. But, my husband has been quite busy picking up bag after bag of black walnuts. This year we have had a market for them as certain farmers in our county have a machine to hull them. It can do a large quantity in a short time. One is in the eastern end of our county and lately we discovered another very near our home.

While he picks up nuts, I glean corn and husk it as the man who

harvested our corn missed a lot. It was ground up with the high moisture corn and put into two large, white plastic bags. Surely was a pleasure to have our two-year-old grandson help me to peel the husk off the ears of corn. Let's hope it will be enough for the cows and heifers all winter long.

My 95 houseplants are now placed on every windowsill in the house. The two bay windows hold a lot of plants that I have repotted from the garden. I've dug all the lily bulbs and dahlias and stored them for the winter. Although, I did decide to leave some dahlias in the ground as I have too many.

I'm still getting a few strawberries and red raspberries off the plants on the hill behind our house. Somehow I appreciate the last things in the garden more as winter draws near. Yesterday I picked a few lima beans, some

kale, broccoli and small heads of cabbage. The peanut plants that I dug were full of nuts but the cotton plant hulls have not opened. And, I have been covering my begonias and impatiens to protect them from the frost.

If you have high blood pressure, you may want to check out your minerals. Calcium, potassium, and magnesium prevent and manage hypertension, according to the National Institute of Health, so make sure you're getting enough. Major food sources of calcium are dairy products; of potassium are fruits and vegetables; and of magnesium are vegetables, legumes, and cereals. These three minerals (and sodium, of which we get plenty) regulate blood pressure and water balance in cells.

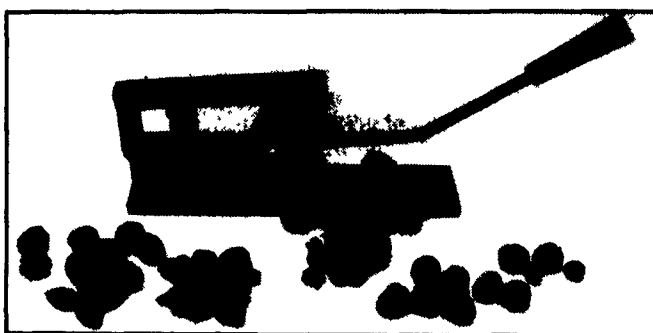


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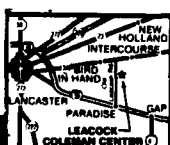
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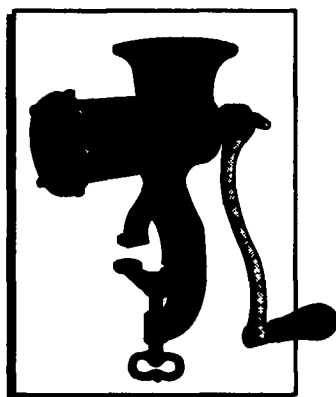
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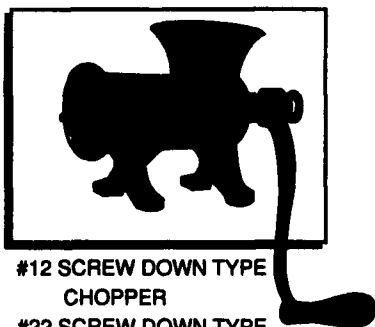
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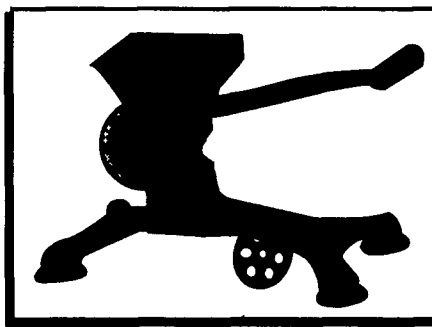
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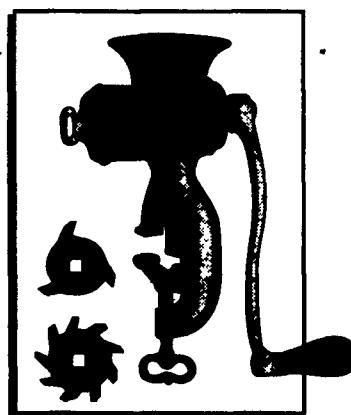
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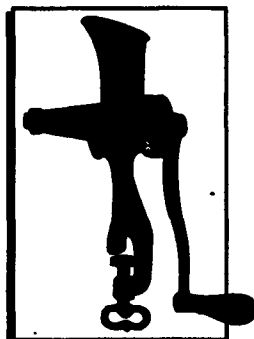
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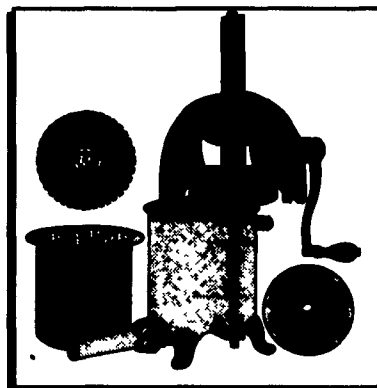
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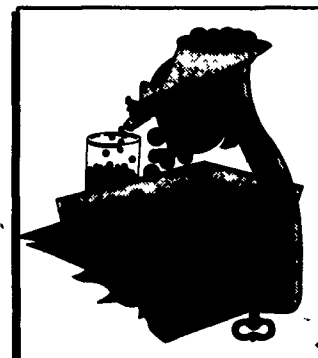
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