

# Rhubarb, asparagus delectable springtime treats



LOIS THIELEKE

Springtime in Michigan always brings some delectable foods and flowers to make your mouth water and add excitement to meals.

Rhubarb is a welcome spring fruit. Botanically, rhubarb is a vegetable but is recognized by most people as a fruit. The spring stalks of rhubarb are the most tender. Pink to red and all shades in between make rhubarb flavorful. Rhubarb's long celery like stalks are edible but the leaves and roots contain oxalic acid which are toxic.

Rhubarb, after picking and left at room temperature will wilt rapidly. Place in a moisture proof container and refrigerate. Rhubarb can be stewed, made into jam or jelly, used in coffee cakes, pies, cobbler, salads, cokes or

into sauces for meat or poultry.

Rhubarb is extremely tart so it will need a lot of sugar unless you add another sweet fruit, such as strawberries or pineapple.

One pound of fresh rhubarb makes about two-and-one-half cups sauce or one bunch makes about four-and-one-half cups sauce. Two pounds will make a generous eight- or nine-inch pie. Rhubarb freezes well. Cut up and freeze in a moisture proof freezer container or bag.

**Asparagus**

Asparagus is another springtime delicacy that is grown in Michigan. Most of the Michigan asparagus produced goes to processors so the fresh supply here is limited or comes from California, or comes from your back yard. Asparagus is a member of the lily family.

Shop for firm, fresh, crisp, bright green stalks. (There is also white asparagus that is picked as

the tip breaks the ground.) Most of Michigan asparagus is hand snapped above the ground so it is green. Asparagus tips should be tightly closed, compact and uniform in shape so it all cooks in the same amount of time.

When you get the asparagus home, separate the woody portion from the green stalk. The stalks will break or snap easily just below the most tender part of the stalk. Wash in cool, salt water to remove sand and grit. Pat dry and refrigerate immediately. You can also refrigerate asparagus upright with stem ends in water. Either way, it should keep a week. When asparagus is kept at room temperature rather than refrigerated, it loses about half the vitamin C within two days.

Cook asparagus quickly, overcooking makes it limp, discolored and bitter. Test the doneness with a kitchen tong, pick up the stalk. If it bends slightly, it's done. Drain and serve hot or

plunge into cold water and then refrigerate to serve cold. Avoid heavy cream or butter sauce on asparagus; use instead a light tarragon or dill seasoning so you can taste the asparagus. Leftover asparagus can be used in a soup. You can eat the stalks raw, but they should be very fresh. Asparagus can be frozen by blanching, then cooling quickly in cold water, draining thoroughly and freezing.

**Edible flowers**

To decorate the fresh spring dishes, edible flowers can add color, flavor and fragrance. Edible flowers can be used as a garnish or as a salad ingredient. If you are unsure of the safety of a flower or part of the flower, don't use it. Find a complete list of edible and poisonous flowers at the library or from a reputable garden center to make sure what you eat is safe.

Do not pick and serve flowers from a pesticide sprayed backyard or exhaust coated roadside or

from a florist. You'll need to get edible flowers from a gourmet shop, a mail order company or your un sprayed garden. Only use clean flowers that you know for sure are edible. Gather edible flowers in the early morning, just after the dew is dried. They can be gently washed and patted dry, and held several hours. Dip in ice water to refresh before using. In a salad, only add edible flowers after all the other ingredients and dressing has been mixed, prior to serving, this keeps them looking fresh.

Some common edible flowers are, daisies, nasturtiums, geraniums, lavender, marigolds, pansies, roses, and violets. Nasturtium blossoms add a peppery flavor to salads and taste like water-cress. Rose petals are a natural fragrant addition to fruit salad or sandwiches and lavender makes a delicate flavored jelly. Don't forget about the vegetable blossoms such as garden pea and squash, especially zucchini flowers. Some

of these blossoms are large enough to stuff with cheese and deep fry, made like this, they are an Italian specialty.

Herb flowers like oregano, thyme and borage taste just like the herb. But remember, flowers from some herbs can have a laxative effect. Blossoms from apple, peach, plum, orange and lemon trees are fragrant and flavorful. Flower oils and vinegars are easy to prepare and use. Be sure to store them safely so they are flavorful and not moldy.

Flowers can also be crystallized and used as elegant decorations for desserts and cakes. Edible flowers are indeed beautiful, just make sure you know what you're eating.

Spring gives us new flavors and fresh garden produce that never taste as good as they do in the spring.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County office.

# Top pastry chef creates a berry low-fat dessert

AP — Gale Gand, chef-partner of Trio, a popular new restaurant in Chicago, has created a lighter version of panna cotta, a traditional Italian dessert. In the following recipe, Gand uses skim milk and unflavored gelatin, then tops the panna cotta, which means cooked cream, with mixed berries. You can also serve the panna cotta on a bed of mango or raspberry puree.

**PANNA COTTA WITH MIXED BERRIES**

4 cups skim milk  
1/2 vanilla bean, split lengthwise, or 1 1/2 teaspoons vanilla extract

1/4 cup sugar  
2 envelopes unflavored gelatin  
3 tablespoons cold water  
1/4 teaspoon almond extract (optional)

Topping: 2 cups mixed berries such as blueberries, blackberries, raspberries and strawberries

Mango Puree (recipe below), optional  
Raspberry Puree (recipe below), optional

In medium saucepan, heat milk, vanilla and sugar to simmering point, stirring occasionally.

Meanwhile, soften gelatin by sprinkling cold water in a small

dish. Stir gelatin into hot milk mixture. Stir until dissolved. Remove from heat; stir in almond extract if desired. Divide among four 8-ounce molds or custard cups. Refrigerate at least 4 hours or overnight.

To serve, dip base of molds into

hot water; loosen with knife if necessary. Unmold onto dessert plates. Top with mixed berries, or serve on a bed of mango puree or raspberry puree. Makes 4 servings.

Nutrition facts per serving: 140 cal., 24 g carbs, 11 g pro., 0 g fat, 5

mg chol., 120 mg sodium.

For the Mango Puree: Peel and cut 1 medium-ripe mango into chunks. Puree in food processor with 1 to 2 tablespoons lime juice.

For the Raspberry Puree: Puree 1 cup raspberries in food process-

or. Press through sieve to remove seeds. Sweeten to taste.

For a free recipe booklet developed by Gand and other top chefs, "Trim with Skin," call (800) 949-6455, staffed by registered dietitians and nurses.

## FARMINGTON PUBLIC SCHOOLS INVITATION TO BID

Farmington Public Schools will accept sealed bids for boiler replacements at Eagle Elementary School, Cloverdale Training Center and Ten Mile Annex until 1:30 P.M., Monday, May 8, 1995 at the Lewis Scholman Administration Center, 23500 Shawwassee, Farmington, Michigan 48334, addressed to Paul Hain at which time they will be publicly opened and read for presentation to the Board of Education at their next regularly scheduled meeting. The Board will not consider or accept a bid received after the date and time specified.

The Board of Education reserves the right to accept or reject any or all bids or to waive any formalities therein or for reasons of establishing uniformity, to award the contract to other than the low bidder.

A bid bond for 5% of the bid amount issued by a carrier licensed by the State of Michigan and with an excellent or superior rating from AM Best Company must accompany your bid proposal. No certified checks accepted.

Any questions should be referred to Art Forstnerberg of Forstnerberg, Cramp-ton & Associates at (810) 553-2530. Bid specifications and documents may be obtained from the purchasing department, 23500 Shawwassee, Farmington, Michigan 48334, (810) 489-3346. Please call to verify availability.

SUSAN C. LIGHTNER, Secretary  
Board of Education

## FARMINGTON PUBLIC SCHOOLS INVITATION TO BID

Farmington Public Schools will accept sealed bids for roof renovation at Farmington Training Center, Ten Mile Annex and Farmington High School until 1:30 P.M., Monday, May 8, 1995 at the Lewis Scholman Administration Center, 23500 Shawwassee, Farmington, Michigan 48334, addressed to Paul Hain at which time they will be publicly opened and read for presentation to the Board of Education at their next regularly scheduled meeting. The Board will not consider or accept a bid received after the date and time specified.

The Board of Education reserves the right to accept or reject any or all bids or to waive any formalities therein or for reasons of establishing uniformity, to award the contract to other than the low bidder.

There will be a mandatory prebid meeting held on April 24, 1995 at 1:00 P.M. at the Farmington Training Center in Room 1.

A bid bond for 5% of the bid amount issued by a carrier licensed by the State of Michigan and with an excellent or superior rating from AM Best Company must accompany your bid proposal. No certified checks accepted.

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SUSAN C. LIGHTNER, Secretary  
Board of Education

## ADVERTISEMENT FOR BIDS GLEN OAKS SUBDIVISIONS PAVEMENT AND DRAINAGE IMPROVEMENT S.A.D. C-268

Sealed proposals will be received by the City of Farmington Hills, Oakland County, Michigan at the Clerk's Office at 31555 Eleven Mile Road until 10:00 a.m. TUESDAY, MAY 4, 1995, at which time and place all proposals will be publicly opened and read aloud.

This project consists of approximately one and three-tenths mile of residential road paving with a hot mix asphalt surface base course. The approximate quantities of major items of the work are as follows:

Residential Road Paving 11,800 S.Y.  
Curb/ret Installation 17'-18" 3,100 L.F.  
Roadside Ditching 9,800 L.F.

Plan interpretations items necessary for a completed project.

Plans, specifications, and proposal forms may be obtained at the City Clerk's Office at the above address on or after TUESDAY, APRIL 25, 1995, upon deposit of \$200, which is non-refundable. Proposals must be submitted on proposal forms furnished by the City of Farmington Hills, as security for acceptance of the Contract.

The City reserves the right to waive any or all proposals, to waive irregularities and/or informalities, and to make the award, that in the opinion of the City Council is in the best interest, and to the advantage of the City of Farmington Hills.

KATHRYN A. DORNAN  
City Clerk

## ADVERTISEMENT FOR BIDS HULL ROAD AND POWER ROAD WATER MAIN, S.A.D. C-273

Sealed proposals will be received by the City of Farmington Hills, Oakland County, Michigan at the Clerk's Office at 31555 Eleven Mile Road until 10:00 a.m. Wednesday, May 3, 1995, at which time and place, all proposals will be publicly opened and read aloud.

This project consists of the installation of water main on Hull Road from 2450 feet west of Orchard Lake Road west to Power Road and north and south on Power Road a 400 feet each way. Approximate quantities are as follows:

12" Ductile Iron Class 54 Water Main 2,661 L.F.  
18" Ductile Iron Class 54 Water Main 2,300 L.F.  
6" Ductile Iron Class 54 Water Main 45 L.F.  
Bore and Jack 3 EA.  
8" Gate Valve in Well 3 EA.  
12" Gate Valve in Well 1 EA.  
Plan interpretations items necessary for a completed project.

Plans, specifications, and proposal forms may be obtained at the City Clerk's Office at the above address on or after Tuesday, April 25, 1995, upon deposit of \$100, which is non-refundable. Proposals must be submitted on proposal forms furnished by the City of Farmington Hills. Each proposal shall be accompanied by a Certified Check or Bid Bond by a recognized surety company in the amount of five percent (5%) of the bid, payable to the City of Farmington Hills, as security for acceptance of the contract.

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KATHRYN DORNAN  
City Clerk

## SWEET-SOUR PORK AND RED CABBAGE

4 boneless pork loin chops, 3/4-inch thick  
2 cloves garlic, pressed  
2 teaspoons black pepper  
2 tablespoons vegetable oil, divided  
1 medium onion, chopped

4 cups finely shredded red cabbage  
1/2 teaspoon salt  
1/2 cup bottled sweet & sour sauce  
1 tablespoon brown sugar, packed

Cover both sides of chops with garlic and pepper. Cook chops in 1

## CITY OF FARMINGTON HILLS 3155 ELEVEN MILE ROAD FARMINGTON HILLS, MI. 48336-1165 (810) 474-6115

**ADVERTISEMENT**

The City of Farmington Hills Purchasing Division will solicit sealed bids during the next sixty (60) days for the following products and/or services:

Landscaping Materials

Specifications may be obtained by contacting the Purchasing Division. All bids must be submitted in accordance with the bid specifications.

The City of Farmington Hills reserves the right to accept or reject any or all bids, either in part or in whole, to waive any formalities and to accept the bid which it believes to be in the best interest of the City.

KATHRYN A. DORNAN  
City Clerk

## INVITATION TO BID

Farmington Public Schools will accept sealed bids for paving at various sites until 1:30 P.M., Monday, May 8, 1995 at the Lewis Scholman Administration Center, 23500 Shawwassee, Farmington, Michigan 48334, addressed to Paul Hain at which time they will be publicly opened and read for presentation to the Board of Education at their next regularly scheduled meeting. The Board will not consider or accept a bid received after the date and time specified.

The Board of Education reserves the right to accept or reject any or all bids or to waive any formalities therein or for reasons of establishing uniformity, to award the contract to other than the low bidder.

A bid bond for 5% of the bid amount issued by a carrier licensed by the State of Michigan and with an excellent or superior rating from AM Best Company must accompany your bid proposal. No certified checks accepted.

Bid specifications and documents may be obtained from the purchasing department, 23500 Shawwassee, Farmington, Michigan 48334, (810) 489-3346. Please call to verify availability.

SUSAN C. LIGHTNER, Secretary  
Board of Education

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Bore and Jack 3 EA.  
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KATHRYN DORNAN  
City Clerk

## FARMINGTON PUBLIC SCHOOL DISTRICT NOTICE OF LAST DAY OF REGISTRATION

The Annual Election will be held in the Farmington Public School District on the 18th day of June, 1995.

THEFORE, NOTICE IS HEREBY GIVEN, that the last day upon which unregistered persons may register in order to be able to vote at said election is:

Monday, May 15, 1995  
up to 4:30 P.M. Eastern Daylight Savings Time

Application for registration should be made to the clerk of the city or township in which the elector resides. Registration will be received during regular office hours Monday through Friday from 8 a.m. to 4:30 p.m. Farmington City residents may register at City Hall, 23600 Liberty Street, Farmington Hills residents may register at the Farmington Hills City Hall, 31555 Eleven Mile Road, West Bloomfield Township residents may register at the West Bloomfield Township Hall, 4150 Walnut Lake Road. Registrations will also be received at the branches of the Michigan Secretary of State.

Persons already registered upon the registration books of such city or township need not re-register.

Absentee ballot applications will be available at the Lewis Scholman Administration Center, 23500 Shawwassee, Farmington during the weekdays beginning Tuesday, May 23, 1995 through Friday, June 9, 1995. The Administrative Center will also be open for absentee voting on Saturday, June 10, 1995 from 10:00 A.M. until 2:00 P.M.

SUSAN LIGHTNER, Secretary, Board of Education

## CITY OF FARMINGTON COUNCIL PROCEEDINGS (Summary)

A regular meeting of the Farmington City Council was called to order by Mayor Campbell at 8:00 p.m. on Monday, April 17, 1995 in Council Chambers, 31600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 247-1974.

PRESENT: Bush, Campbell, Hartcock, McShane, Tupper.

ABSENT: None.

OTHERS PRESENT: Director Goss, Director Gushman, City Manager Lauboff, Deputy Clerk Schmidt.

Minutes of the Joint Meeting of February 28, 1995, Special and Regular meetings of April 3, 1995, and the Joint Meeting of April 4, 1995 were approved as submitted.

Presentation: Jack Hard, Kathy Hall, and Brad Hall presented Council with a WW II Commemorative banner from the sixth grade class at Power Middle School.

Presentation: Donn Wolf, County Commissioner, Paul Malyka and Doreen Tyrrell, representatives from SMART transportation system, were present to discuss the purpose of a millage increase election to fund the SMART Transportation system. Council adopted a resolution to conduct a Special Election on June 8, 1995 for the SMART System.

Minutes of other boards were received and/or filed.

Council approved the request for outside sales displays and the use of temporary shade awnings located at Fresh Approach, 25243 Grand River.

Council authorized a parole permit for South Farmington Baseball, Inc.

Council adopted a resolution allowing the sale of Road Bonds to America Security.

Council directed administration to develop traffic control orders to implement permit parking on Loomis Street and that adjacent area as recommended by the Traffic Safety Board for permit parking.

Council scheduled a budget study session on April 24, 1995 at 6:30 p.m. and of May 1, 1995 at 6:00 p.m.

Council approved membership in the Michigan Municipal League and authorized payment of the annual dues of \$4,47.

Public comments were heard.

Council comments and announcements were heard.

Council set a joint meeting of Farmington and Farmington Hills City Council on May 8, 1995 at 8:30 p.m. at the Farmington Hills City Hall to discuss jointly funded programs.

Council adopted Ordinance No. C419-95 amending Chapter 31 (OUL) Traffic and Motor Vehicles of the City Code Re: Purious under age 21.

Meeting adjourned at 10:07 p.m.

ARNOLD T. CAMPBELL, Mayor  
PATEV K. CAMPBELL, City Clerk/Treasurer