

Know your local produce growers:



Shingletown grower Rudy Wusstig explains the benefits of eating bitter melon to a customer. The cucumber-shaped melons, which are widely used in oriental cooking, help to lower blood sugar levels if eaten raw. Wusstig says he soaks them in vinegar to remove their bitter taste.

Palo Cedro Farmers' Market—RUDY WUSSTIG

Rudy Wusstig, owner of Ally Gold Farms in Shingletown, is a man of two worlds. For most of his life he has worked in the fast lane of corporate America; now, after suffering a heart attack several years ago that caused him to re-evaluate his hard-driving lifestyle, he has pulled over into the slow lane, growing fruits and vegetables on his property in Shingletown and selling them at local farmer's markets.

Born in Guam, Wusstig immigrated with his family to the United States when he was five years old; they settled in the Sacramento Valley where they raised cattle. Wusstig attended Shasta College and the University of California at Davis. To help fund his college education, he took a summer job as a truck driver and liked it so well he continued to drive for

the next 10 years. "It took that long to drain the diesel out of my veins," he said.

Then he discovered that he also enjoyed selling life insurance policies to parents to fund their children's college education, and over the years he worked his way up the ladder of success to become the firm's regional manager. During those years of upward mobility, he and his wife Elaine raised four children—Scott, 28; Rudy, 27; Carlina, 24; and Paul, 21.

Wusstig said he began growing vegetables to help himself lose weight on his "See Food" diet. "If I see it, I eat it," he said with a grin, "so I am making sure most of what I see is good for me." He has lost 52 pounds and hopes to reach his goal of 180 pounds by December.

Like all home vegetable growers, Wusstig was soon producing more than he and his family could consume, so in 2004 he set up

a stand on Highway 44 near Shingletown to sell the excess. "I sold mostly watermelons that first year," he said. Then one of his neighbors, Cris Hillman founded the Shingletown and Palo Cedro Farmers Markets, so Wusstig began to grow more produce to sell at those venues. He now has three acres planted with watermelons and 3000 pumpkins that will be ready for Halloween.

Wusstig says he will probably rejoin the corporate rat race eventually, and his eyes lit up as he talked about a unique German firm that uses gold to fund personal savings accounts. He said they were in the process of setting up offices in the United States had offered him a job. In the meantime, readers can buy tasty vegetables from this charming gentleman at the Palo Cedro Farmers' Market in front of the Palo Cedro Post Office on Wednesday afternoons from 3:30 to 6:30 p.m.

Food and Farm News

A service of the California Farm Bureau Federation

Tomato harvest ramps up

They're off to a late start, but farmers who raise tomatoes for canneries say they've reached full harvest mode. The cool spring and mild summer delayed tomatoes. Both farmers and processors say they're concerned that too much fruit may ripen at the same time, leading to backups at the canneries. If those problems arise, that would likely occur in the next two weeks. California leads the nation in production of processing tomatoes used for salsa, ketchup and other products.

Wheat farmers end successful harvest

While farmers in other nations struggle with crop failures, California wheat farmers report a strong harvest. The Central Valley wheat harvest has just ended, and the California Wheat Commission says crop yields have been high. Farmers who grow wheat without irrigation saw yields about double of average. The commission says California farmers may plant more wheat this fall, as markets react to reduced crops in Russia and other nations.

Iranian pistachios to be banned

About a month from now, the U.S. government will impose a ban on pistachios from Iran, as part of the response to Iranian nuclear policies. In the past year, Iran has sent up to a million pounds of pistachios to this country. When the ban takes effect, California pistachio farmers will have the domestic market to themselves, but the Western Pistachio Association says California farmers may face more competition from Iran in export markets.

Battle against pest shows signs of success

Pest fighters report encouraging news in their efforts to eradicate a serious grapevine pest. As they await the year's third generation of European grapevine moths, officials say none have emerged so far. The first generation, earlier this year, produced more than a hundred thousand moths in Napa County alone. The invasive moth threatens grapes

and other California crops. Quarantines control shipments of grapes in areas where moths have been found.

Mild weather delays crops

It's a common refrain in many parts of California: Farmers say their crops are running anywhere from 10 days to two weeks behind a typical schedule. A mild summer on the heels of a cool, wet spring has pushed back crop development in many parts of the state. This may or may not turn out to be a serious problem, depending on weather in September and October. Early rains could cause damage if crops don't ripen in time.

Melon fly discovery triggers quarantine

Yet another invasive pest has been found in California. Inspectors found five melon fruit flies in Kern County last week. That requires a quarantine to be established, restricting the movement of plants in order to keep the pest from spreading. This marks the first findings of melon fruit flies in the San Joaquin Valley. Officials suspect a tourist may have brought them into the country in fruit that had not been inspected.

Study aims to enhance produce flavor

Once a fresh vegetable or piece of fruit leaves the farm, it can move through a number of steps to reach market. By analyzing those steps, researchers plan to develop suggestions on how post-harvest handling of produce can improve its flavor. Specialists from the University of California, Davis, and the University of Florida will cooperate on the study. A leader of the research team says it aims to find practical ways to make produce more flavorful.

Food and Farm News is a service of the California Farm Bureau Federation. For more information about any story, contact the Communications/News Division at 916.561.5550, or email news@cfbf.com. The information is also available on the Farm Bureau Federation website www.cfbf.com.

Welding and Fabrication for the Arts class to be offered again this fall

Shasta College welding instructor Elin Klaseen will offer her popular "Welding and Fabrication for the Arts" class again this fall beginning on Saturday, Sept. 25, 2010. The seven-week course is designed to teach beginning through advanced students basic fabrication techniques in metal. The course will introduce students to joining (welding, riveting, bolting), forming, cutting, and, in general, creating projects in metal. Students will design and implement their own project(s) in addition to two required class projects.

The following topics will

be covered: Oxy/Acetylene

welding, brazing, cutting, and forming; Cutting Tools - shears, band-Saw, chop-saw; Gas-Metal Arc Welding; Forming Tools - rollers, breaks, hydraulic press; Hole-making Tools- drill press, hand drill, punch; and CNC Plasma Cutter.

By the conclusion of the course, students will be able to: 1) correctly operate the Piranha Ironworker Shear; 2) correctly set up, use, and shut down an oxy-acetylene cutting torch; 3) correctly setup and utilize a drill press; and 4) run a fillet weld on a T-joint in the flat position using GMAW

technology. The Welding and Fabrication for the Arts course will run from 9:00 a.m. to 3:00 p.m. each Saturday from Sept. 25 until Nov. 6 in Room 2530 at Shasta College in Redding. The class fee is \$95.00; the materials fee is \$40.00, for a total cost of \$135.

For more information on this and other classes offered through the Economic & Workforce Development Division (EWD), or to register for this class, call (530) 225-4835 or go online to www.shastacollege.edu/ewd and click on "Pathways Catalog."

Lynn Guinn

continued from page 8

guage where "sh" can be spelled nine different ways, there is no hope for precise. (Oh, yes it can. There's sugar, mission, anxious, ocean, motion, luxury, tension, conscious, and machine—and probably more!) Think about the "oo" sound in moon, and look. Comb and bomb should rhyme, shouldn't they?

I finally made up a story to explain how English got so messed up: See, there were these old monks wearing wool robes tied with ropes, even when the weather was really hot. These grouchy old monks hated children, and wanted to do something to make their lives miserable in a way that wouldn't get them into trouble, their being monks and all.

So they decided, as they were transcribing things into the English language, that they would make the spelling so convoluted that no kid would ever be able to

figure words out on their own.

Then waving my arms about dramatically, I acted out how they said things like, "I know! Let's spell Christmas with a Ch instead of a K like it sounds! Bwahhahahah-hah!" And, "Let's spell exact with an 'x' instead of EGG-zact like it sounds! Hah! That will get them!"

I told this story for twenty-five years. Year after year when we'd come to why tomb and bomb didn't sound alike, and why there was no 'j' in soldier the kids would say, "It was those monks, huh."

Coming next: Stories (told to me by Vietnamese children over the years) that will make your hair stand on end.

Lynn Guinn, a recovering public school teacher, lives in Whitmore with her husband, Richard, and many other animals. She spends her days doing whatever she wants and if she doesn't get finished with it, she does it some more the next day. Read her blog at <http://itsajulything.blogspot.com>.

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PET ADOPTION

Shasta is a big and beautiful German shepherd dog mix female that loves to be around people. She was born November, 2006, is good with nice dogs of all sizes, and fine with cats. Shasta is fascinated by kids, and would like nothing more than to romp and play with them. When she thinks there might be a walk in her future, she goes to the door and sits up very tall to be noticed as a 'good girl'. She loves to ride in the car, especially if she can be near the window. The truth is that if she had her way, Shasta would take naps in the car even when it wasn't moving! She knows basic commands including 'come' and 'sit', and will jump through a hula hoop for a treat. After a couple of jumps, however, she figures out that it's just easier to walk around the hoop. Shasta is a big girl, but in her heart she's a puppy who likes to lie on her back in the hopes of getting a good belly rubbing. Shasta is spayed, vaccinated, and on monthly heartworm prevention.

To learn more about Shasta or any of the other pets in our adoption program, contact Another Chance Animal Welfare League at 547-PETS (7387) or visit our adoption center and thrift store located at 9384-D Deschutes Road, Palo Cedro. We are open Tuesday - Friday from 10 a.m. until 4 p.m. and on Saturday until 3 p.m. View all of our pets and learn about our organization on the web at www.acawl.org. Follow events and news on Facebook and MySpace.

ANOTHER CHANCE ANIMAL WELFARE LEAGUE