

# Outstanding Youth in Floriculture

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Sandy is now putting her education to use at Ruhl's Flowers in Mt. Joy where she is employed.

"I enjoy working with flowers and in the floriculture field," she explained, "flowers are a good way to cheer people." "Flowers can bring a little of the outdoors, inside."

As for her future plans, Sandy said that she likes the work she is doing and wants to stay in the floriculture business.

Sandy's parents own 150 acres and raise steers and hogs for market. Sandy helps at home in the vegetable and flower gardens besides her job.

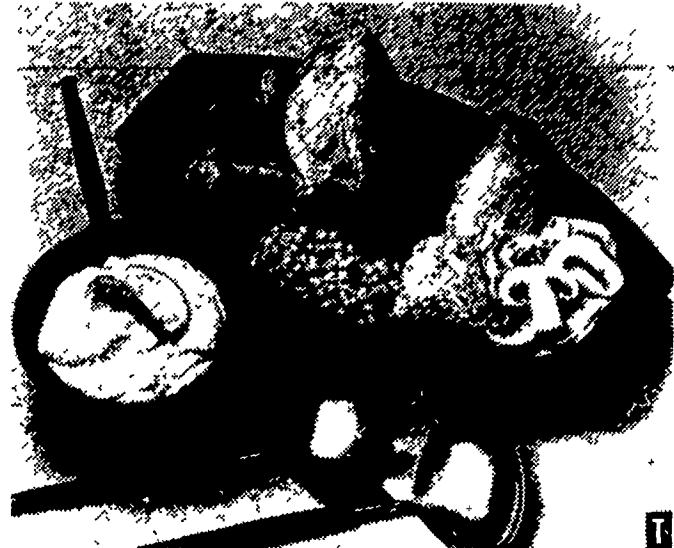
Daniel Helwig, instructor of floriculture at Mt. Joy Vo-Tech explained that since the Vo-Tech schools have come into being, more girls like Sandy have been able to participate in the Ornamental Horticulture projects and compete in FFA activities.

"Four years ago, girls competing at FFA State Days was unheard of," Helwig said.

"Now they have opened a dormitory for the girls and are including them in the contest."

With the many new projects that have come into being FFA is changing from the strictly farm production organization to one that incorporates many new areas for women as well as men.

## Vegetables Big This Summer

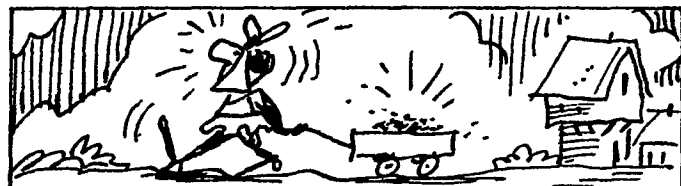


Whether home garden grown or harvested from the produce counters, now is the time to make the most of vegetables. A change from the usual hot cooked vegetables are those marinated, chilled and served cold with a dressing of real mayonnaise. Although the platter here calls for specific vegetables, use whatever is in season and supplement, if needed for color or flavor, with frozen or canned vegetables.

### MARINATED VEGETABLE PLATTER

- |  |  |
|--|--|
| 2/3 cup corn oil   | 1/4 pound sliced fresh mushrooms                                   |
| 1/4 cup lemon juice  | 16 asparagus stalks, cooked or 1/2 pound whole green beans, cooked |
| 1/2 teaspoon salt  | 1 head lettuce   |
| 1/4 teaspoon tarragon  | Tomatoes, if desired   |
| Dash pepper  | 1 cup Hellmann's or Best Foods real mayonnaise                     |
| 1 cup cooked sliced carrots  |  |
| 1 cup fresh cooked corn, or 1 can (8 oz.) whole kernel corn, drained |  |

Mix together corn oil, lemon juice, salt, tarragon and pepper. Put vegetables into separate bowls. Pour marinade over each. Marinate 2 hours, stirring occasionally; drain. Arrange marinated vegetables, lettuce and tomatoes, if desired, on platter. Mix together real mayonnaise and 2 1/2 tablespoons marinade. Serve with vegetables. Makes 4 servings.



In England, carrying caterpillars about was prescribed as an aid to toothache!

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Sandy enjoys making arrangements at home as well as at work. To compliment the kitchen, Sandy arranges small flowers from the farm.

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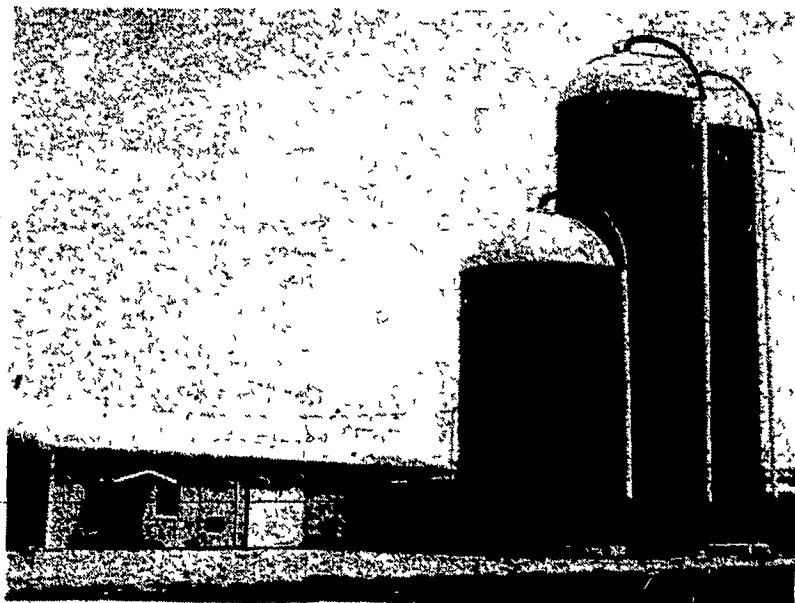
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