

## Green Pastures Sheep Club

The March and April meetings of the Green Pasture 4-H Sheep Club were interesting meetings for club members.

The March meeting was a trip to the Montgomery - Bucks Farm Bureau in Souderton with 30 members and parents in attendance.

The group first toured the mill to see how grain is unloaded and stored. Then when an order is processed it is done by computer. The men use a huge panel board where they push buttons and the correct amounts of grain and feed are sent out to the loading area mixed according to the customer's requirements.

The club then went to the meeting room in the building to hear Eugene S. Soliday,

Nutritionist for Farm Bureau, talk to the members about a balanced diet for feeding sheep. Mr. Soliday gave the group information and feeding suggestions for ewes ready to lamb, nursing ewes, young lambs and the general flock.

Sheep are like people and have basic nutritional requirements. These requirements should be met in their diet. They need protein, vitamins, minerals and energy to allow for proper growth. These requirements can be met by putting different mixtures together. Mr. Soliday had a sample of each type feed, grain or mixture that could be used in feeding sheep for the members to examine. At the close of the evening Mr.

Soliday gave each family present a five pound sample of Blue Ribbon feed to take home.

The meeting ended with refreshments being served to the group by Robert Blum and his family.

On April 8 the club had 17 members attend the Shearing School at the farm of Warren Landis, club leader.

Here the group watched Ben Morgan, Extension Animal Scientist from Pennsylvania State University, shear several sheep. Other sheep owners

from Montgomery and Bucks Co. brought their sheep to be sheared for a nominal charge. Under the supervision of Mr. Morgan and William C. Keck, Assistant Bucks Co. agent many 4-Hers tried their hand at shearing.

The club sponsored a refreshment stand the proceeds of which went into the club's treasury.

The May meeting will also be held at the Landis farm where Jim Diamond, Ottsville, will show the group the principals of judging a sheep.

## Cook Books Started by Farm Wives

American housewives, today accustomed to obtaining most of their cooking needs from a well-stocked supermarket, would have been dire straits in the Revolutionary period. Today's foods are pre-cooked, convenience packed and almost ready to serve. A far cry from what the colonial housewife faced when mealtime rolled around.

Her menu was seriously limited to what was available locally and this fact is one that has led to the variety of localized specialties placed on the table in various parts of the nation. Sausage and scrapple were Pennsylvania specials, seafood along the Chesapeake Bay; ham in Virginia and lobster stew in New England.

To prepare food was usually an experience in innovation. There were few cookbooks in the colonies. Women who came up with a good recipe carefully kept it recorded and exchanged with other women those which brought them the most compliments from family and friends.

When collections of recipes began to appear in books there were also tips on preserving and salvaging food. Modern housewives, with abundant supplies of low cost food over the years, would find it easier to dispose of food than do what some colonial wives did to save food. A tip in one old

cookbook listed this method of saving tainted venison:

"Bury it in the ground in a clean cloth for a whole night and it will take away the corruption, savour and stink."

Those who found sugar an expensive item on the shopping list recently were at least able to find it. It was a scarce item in colonial America. Molasses, too, was expensive and the honey business had not yet developed here. As a result, early Americans were not used to sweet foods as we know them today.

Chopped apples, berries, pulp from near the seeds in squash and pumpkin provided sweetness and a special taste to colonial cakes.

## Agriquotes . . .

The aim of the farmers in this country, if they can be called farmers, is not to make the most they can from the land which is, or has been cheap, but the most of the labour, which is dear, the consequence of which has been much ground has been scratched over and none cultivated or improved as it ought to have been. Whereas a farmer in England, where land is dear and labour cheap, finds it to his interest to improve and cultivate highly that he may reap large crops from a small quantity of ground — George Washington

## Butter Was Farm's First Dairy Product

Butter was the main source of dairy income for many years, and it's said that excellent butter came out of Colonial springhouses. This was true even though little was known of the necessity for sterilizing utensils, and no refrigeration was available but cold spring water and ice. These methods of preserving were inadequate in the summer, when butter was silted down in wooden buckets and kept sweet in the springhouse until winter when the price was better.

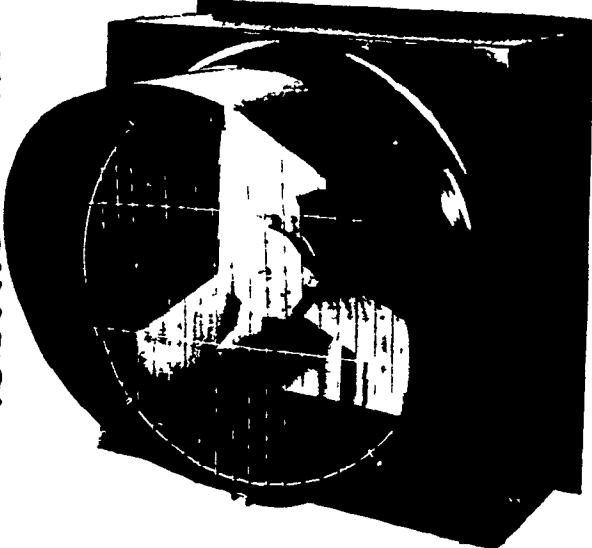
The farm wife of the day took competitive pride in the quality of the butter which she sold to year-round customers — the village doctor, lawyer, banker or to the village store. Private customers paid her 15 to 20 cents a pound for butter, while the storekeeper paid only 10 to 12 cents either in cash or barter.

Production for sale as fluid milk was limited to farms near cities and towns where delivery could be made daily. In cities like New York and Philadelphia, dairy farmers in the early 1800's would trudge the streets weighted down with a yoke carrying two large kettles of milk. "Here's the milk! Yo!" they'd call to let their customers know they were coming. Some farmers drove around in covered carts, selling their fluid bounty for six to ten cents a quart.

## Agrifacts . . .

In 1825, the Philadelphia Society for Promoting Agriculture offered a gold medal worth \$50 to any person who shall have carried on farming without using any ardent spirits on his property, except when prescribed by a physician, for a period of two years. There was no claimant for the premium. Products of home stills for many years was the chief cash crop of farming.

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