

Chinese cabbage

(Continued from Page 95)

Large seed companies in the United States. Moses Chu also offers his services in helping pick the correct variety.

He also will be glad to help the grower with the proper contacts in New York City to get him started.

Chu's plan will no doubt appeal to some innovators and experimenters who are willing to speculate with a few acres of the cabbage.

But, for those who simply want to try this delicious vegetable for their own tables, Chu suggests cooking it with beef or chicken. First, he says, boil the meat. When it is ready, add the cabbage and cook only for a short while, leaving the cabbage in a crisp state.

"You save vitamins that way," says Chu, who is very much concerned with eating properly and getting all the nutrients possible from food.

He firmly believes that ginger and garlic should be grown in Lancaster County and used as both seasonings and medicines.

"Ginger aids the digestion," he says, and tells of fighting colds with a liquid containing ginger and brown sugar. This particular spice is a mild stimulant which causes the cold victim to perspire, therefore helping to shake a fever.

After explaining the various uses of the spice, Chu asks incredulously, "Do you know where we get our ginger from? Jamaica." Then, he asks another question which is foremost in his mind.

"Why do we, who are an agricultural country, import these things from other countries when we can grow them ourselves? he queries. Chu grows his own ginger in his backyard garden.

Garlic is another herb which he has used medicinally as well as to season food.

"When you get a wound, rub it with a piece of garlic," he says, "and save yourself from buying the ointment." Then, he points out for those who may be sceptical of the old herbal remedies, "You know, scientists have found

that garlic is good for use in high blood pressure cases."

As you might guess from his name and belief in herbal medicines, Moses Chu did not grow up in this country. Rather, he is a native of mainland China, having left his homeland during the Communist takeover. He lived for several years in Hong Kong, and traveled extensively in Southeast Asia. About 20 years ago, he settled in Tanzania on Africa's East Coast. There, he was a pioneer in the textile industry. Then, three years ago Chu decided to come to America to live so that he could be close to his children. He and his wife have a son who is an electrical engineer with a computer company and two daughters. One of the daughters had been an occupational therapist at Mt. Sinai hospital in New York City prior to her marriage, and another works for a publishing company.

When Chu first came to this country, he and a colleague rented an 88 acre farm for two years. The operation was a general farm with hogs, steers, and corn. That's quite a change for a man who had worked in textiles all his life.

But, the situation of ren-

Wood to be cattle feed

MINNEAPOLIS, Minn. - A new research project may make it possible to use treated wood debris for cattle feed.

"We've just started a project that aims to use debris normally left in the forest as a source of carbohydrate for cattle feed," says C. Gardner Shaw, a plant pathologist at Washington State University.

The concept involves selecting fungi that produce large amounts of lignase, an enzyme that breaks down lignin in the wood. The fungi are then inoculated into chips made from limbs and branches of no commercial value. Lignin is the tough, noncarbohydrate component of wood that serves as a binding agent to hold cellulose wood fibers together.

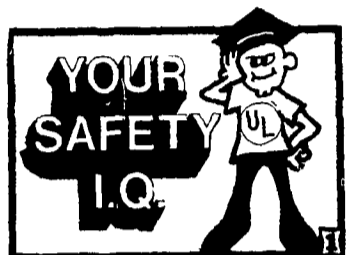
"Reducing lignin to three or four per cent of the total dry weight would make wood a satisfactory carbohydrate source for cattle," says Dr. Shaw. Higher amounts of lignin prevent normal functioning of the rumen -

the first stomach or "paunch" of cattle.

When limbs and branches are left in the forest they also create a fire hazard. This could be eliminated if the debris could be converted to cattle feed.

The concept could also be extended to timber that would otherwise be wasted after fires and precommercial thinnings.

Successful development of this process would extend the period, particularly in the fall, that cattle could be left in forested areas. "This could lead to more manure deposited on the land, increased nitrogen in forest soils and reduced pollution in feedlots," says Shaw.



ting the acreage was not totally to Chu's liking, so he left farming and went into the buying and selling of soybeans for human consumption. Chu says that he gets about a three to four month supply of the beans from this area and the rest from Ohio. He sells them to East Coast ethnic groups such as the New York Chinese community.

His other business is an African art shop on Route 30 east of Lancaster. The artifacts which he brought with him from Africa are carved from solid blocks of Ebony by mountain tribesmen.

And, now, a sideline is getting Lancaster County farmers into producing foods for ethnic markets and making people aware that they can be more self sufficient in what they produce.

To answer any questions on Chinese cabbage and to give more information, Moses Chu has given his phone number. It is 717-687-8751.

- 1 Extension cords should be nailed or tacked securely in place
 True False
- 2 An extension cord may be used as "permanent wiring" if it has sufficient voltage capacity
 True False

ANSWERS

- 1 False Nails or tacks could damage the protective insulation and make the cord a shock hazard
 - 2 False Extension cords should only be used as a temporary connection. You should have permanent wiring installed to meet the requirement.
- Provided as a public safety service by Underwriters Laboratories



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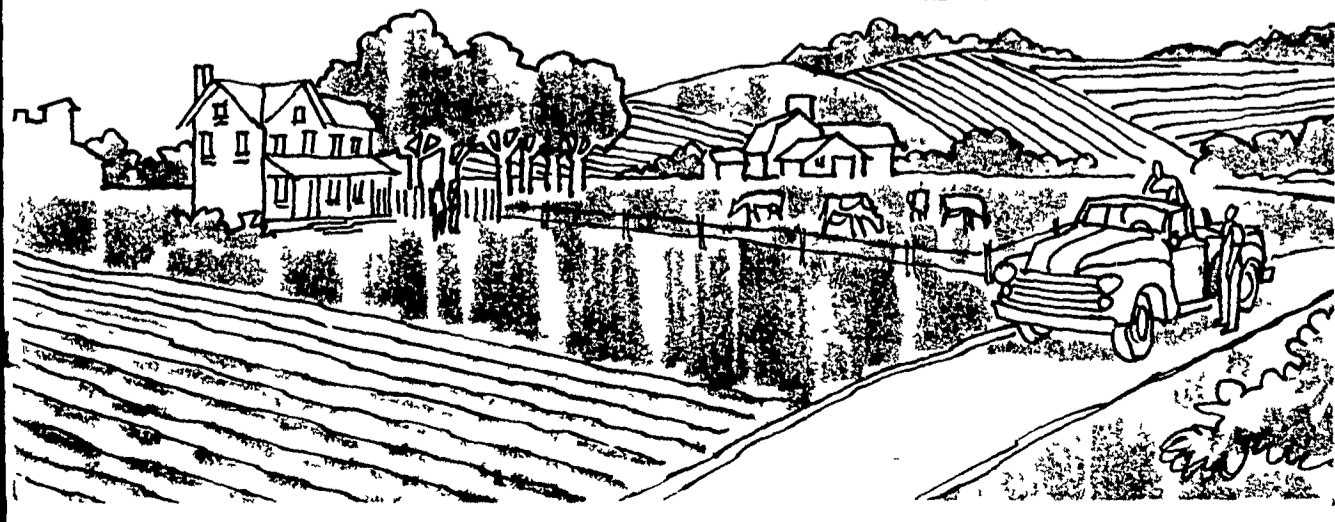
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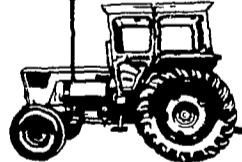
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