

## York Co. 4-H Council plans family fun night

BAIR, Pa. - The York County 4-H Council completed plans for a family fun night at their monthly meeting held March 2 at the 4-H Center, here. Family Fun Night will be held March 12 at the 4-H Center from 7-10 p.m. The evening will begin with a covered dish meal. Families whose last name begins with "A" through "K" are to bring a vegetable

and dessert, and those with "L" to "Z" are to bring a meat and salad dish. Drinks and utensils will be provided by the county council.

After the meal, a square dance will be held. Caller is Fred Hutschenreuter. Bingo will be played. Those intending to participate are asked to bring a small prize. The poster contest will also be held. The top five posters will be sent to state competition. All members are encouraged to make a poster. Prizes will be awarded.

Laurie Dobrosky and Jonathon Myers also presented their state medal-winning demonstrations during the county council meeting, "Wool Wins" by Miss Dobrosky focuses on wool and its characteristics, while "Wheelin' and Dealin'" by MMyers concentrated on bicycle safety and maintenance.

On March 9, at 7:30 p.m. at the 4-H Center, an educational meeting on Pennsylvania Farm Cooperatives will be held. Members interested in learning about the American business system are urged to attend.

The next County Council meeting will be April 6 at 7:30 p.m. at the 4-H Center. The program will be presented by a foreign exchange student from Chile.

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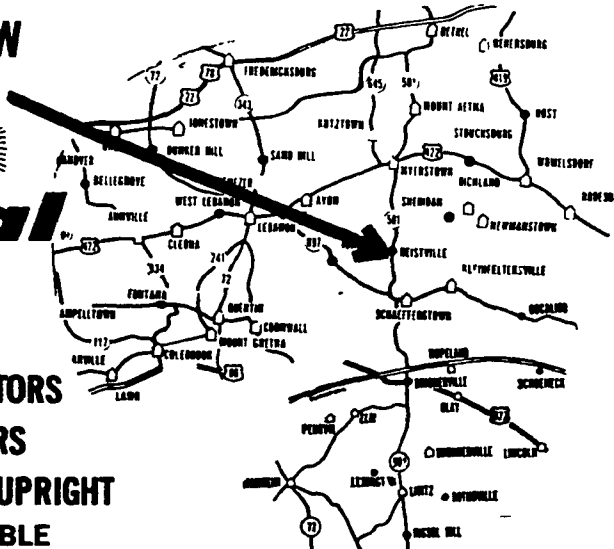
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## Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



### CHICORY: A COFFEE SUBSTITUTE?

If you're looking for a way to beat the rising costs of coffee and still satisfy your taste buds, chicory could be an answer.

Coffee with chicory has been served in Europe and parts of the United States for years. You can even cultivate chicory in home gardens.

Roasted and ground chicory is available in your specialty and health food stores and costs about \$1.50 to \$1.75 a pound. Pure food laws prevent a commercial mix of coffee and chicory or any other additive, unless the label is clearly marked.

Extension specialists at the Pennsylvania State University representing foods and nutrition and consumer management, conducted some taste acceptability tests using chicory alone and in combination with regular coffee. Based on these experiments, they offer the following

suggestions for using chicory as a coffee substitute:

Try a mixture of four parts ground coffee to one part chicory to begin with. Then keep increasing the chicory to find the blend you like best.

Chicory flavor is strong, so also try decreasing the amount of grounds used per pot.

Brewing chicory as you would tea results in an acceptable but different-tasting hot beverage. The aroma could also be a deterrent.

Perked chicory used in the same proportions as recommended for coffee, was not acceptable in flavor or aroma. But using half as much chicory as called for is acceptable.

No evidence exists that chicory contains caffeine; therefore, it would not provide the stimulation coffee does. Chicory does have some laxative effect, however.

### TIPS ON GROWING CHICORY - A COFFEE SUBSTITUTE

Using chicory as a coffee substitute has real possibilities. Home gardeners can even grow their own as it is a plant native to Pennsylvania.

Extension specialists at Penn State University working in foods and nutrition and horticulture, say the chicory plants grow wild through the state. But they don't recommend harvesting the wild plants for several reasons. Aside from the important fact that harvesting chicory involves destroying the plant to use the roots, there is added risk of additional, possible toxic additives such as exhaust fumes, rubber residue, and pesticide sprays. Inexperienced persons may also incorrectly identify the plant and get one that is not chicory and not edible.

A better alternative to economic coffee substitutes is growing chicory in your home garden. It's an easy plant to grow and requires a deep, rich, loamy soil.

The garden variety has several common names: Witloof chicory, French endive, and Belgium endive. Seeds for growing chicory are available from many commercial seed producers. Generally, the seed packets contain specific growing instructions.

Chicory leaves are also edible and recommended for use in salads or blanched as a vegetable green. The leaves are high in vitamins A and C.

In late Summer or Fall after the leaves of the plant have been harvested, roots can be dug. Scrub roots well, chop in small pieces and roast them in the oven until they are hard and coffee-colored. Roasted pieces can then be ground to the consistency of coffee grounds.

Ground and roasted chicory is also available at many health food and specialty stores.

## Holstein meeting set

STREET, Md. - The Harford County Holstein Breeders Association will hold their annual meeting and banquet on March 17 at the Emory United Methodist Church, here. The activities begin at 7 p.m., according to Mrs. Charles Glasgow, secretary of the county organization.

John Hall, program director of the Holstein-Friesian Association of America, will talk and show slides about the national organization. Tickets may be obtained at the door the evening of the meeting.

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