

## Farmers invited to join Philly tailgate market

PHILADELPHIA — Nutritional Development Services of the Archdiocese of Philadelphia invited all area farmers and consumers to attend an orientation and planning meeting for the Philadelphia Tailgate Market Project 1980, on Tues., Feb. 22, 10 a.m. to 3 p.m.

The meeting, to be held at the Archdiocesan Building, 222 N. 17th Street, Philadelphia, will focus on the discussion of the tailgate project; consumer feedback on past markets; consumer suggestions; and the election of officers of the executive committee.

The tailgate markets, a farmer to consumer coalition, have experienced great success since their inception in 1977.

Last year, weekly open air markets were held at four locations within the city, July through October. A "mum market" featuring eggs, poultry and meat products was continued at one location through the end of December.

The project has brought enthusiastic response from consumers and participating growers alike. The farmers reported profits 33% to 45% higher than the farm wholesale price normally received, while consumers were able to buy day-fresh products at reasonably prices.

In addition, both electronic and print media took an interest in the publicity of the markets, enabling more city

residents to visit the sites on a weekly basis.

The cost to the participating farmer is \$50. This fee covers the cost of temporary licenses, provided by Nutritional Development Services, which entitle the participating grower to sell his product at any designated site as often as he wishes throughout the season.

Farmers or consumers interested in more information on the Philadelphia Tailgate Market Project for 1980 should contact Catherine Hanssens, Nutritional Development Services, at 215-587-3691.

## Beef herd requires management

UNIVERSITY PARK — Low-cost care is a key to profits with beef cattle. Expensive barns and large quantities of purchased feed grains are not necessary.

According to a Pennsylvania State University correspondence course, costs pertaining to such items as beef production, investment in land, and equipment per cow must be kept low. Correctly managed, a beef cow herd can be profitable.

Cattle do well in the shelter of an open shed. A deep shed facing south is excellent. Feeding is easy and less bedding is required than with animals in single stalls.

Beef cattle thrive on good forages. Farm grown

SYRACUSE, N.Y. — The true test of the homemaker's culinary cunning is her ability to deliciously disguise a "leftover" so that no one — not even her husband or children — would ever recognize it.

So while he's at work and the children are at play, quickly transform that leftover piece of ham into pretty julienne strips. In a skillet, saute onions and green pepper in butter to flavorfully tenderize them. Stretch this one-pan meal with elbow macaroni in protein-rich milk sauce, then hide the ham strips in the

### Flower Power

Though Holland is usually considered famous for its tulips, yearly sales figures show the Netherlands' top blooms are roses, followed by freesias — with tulips in third place

creamy combination. Swiss cheese, ham's favorite flavor partner, is a delicious way to slip added protein into the meal. Skillet Ham and Cheese deserves an unexpected twist so give it a tasty new identity with tangy dairy sour cream.

For more flavor intrigue, serve Skillet Ham and Cheese with almond butter-sauced broccoli and cool, refreshing milk. When your family finishes licking the platter clean, you can

congratulate yourself for one-dish mission accomplished.

### SKILLET HAM AND CHEESE

- 1/4 cup (1/2 stick) butter
- 1/4 cup chopped onion
- 1/2 cup chopped green pepper
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- 1 package (8 oz.) elbow macaroni, uncooked
- 3 1/2 cups milk
- 1 1/2 cups ham, cut in julienne strips

1 cup (4 oz.) shredded Swiss cheese

1 cup dairy sour cream  
In a large skillet melt butter; add onion and green pepper and saute until tender. Stir in flour and salt. Add macaroni and milk, then ham. Cover and bring to a boil; reduce heat and simmer 15 minutes or until macaroni is tender, stirring occasionally. Add cheese and sour cream and stir until cheese is melted. (Do not boil). Makes 6-8 servings.



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**THURSDAY, FEBRUARY 21**

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