

Kid's KOrner

Food & Fun

What foods can I grow?

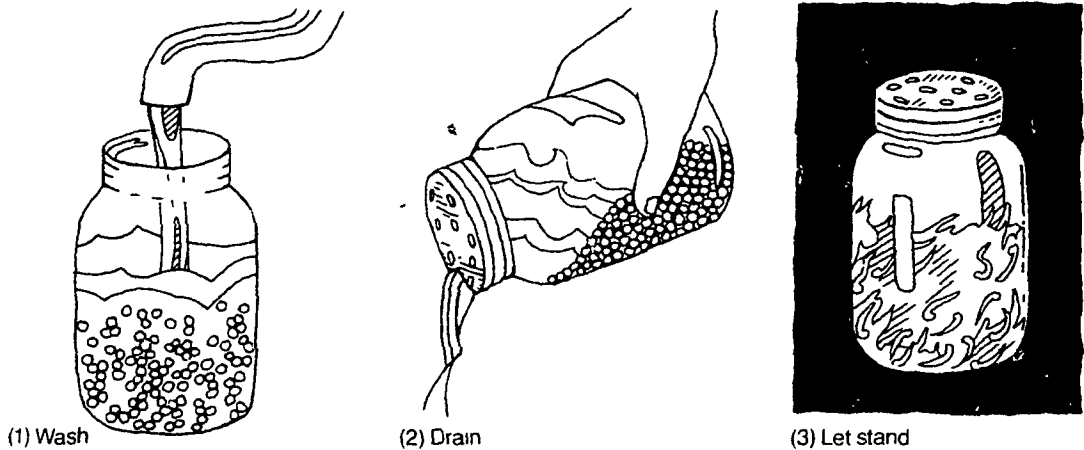
LANCASTER — Have you ever picked a red, juicy tomato right off the vine and bitten into it? Or pulled a fresh, crisp carrot right out of the ground, wiped the dirt off, and munched down on it? Or have you ever broken off fresh lettuce leaves from the plant and chewed them down like a rabbit?

If you haven't, you've missed a lot of fun - the same kind of fun dad and mom get from watching their crops grow. You've also missed some mighty good eating too.

But if you have, then you already know how much fun gardening can be. And you know what it means to grow nutritious foods that are really great to eat. You also know that gardening is work - sometimes hard work - but the food you get from it makes it fun work.

One of the nice things about having your own garden is that it's something you can do outdoors or indoors, in the country or in the city. It doesn't matter that it's only March for some gardening. To help you get started, why not grow bean sprouts for a delicious salad?

Growing Bean Sprouts



(1) Wash

(2) Drain

(3) Let stand

You might want to start with something easy - like bean sprouts, for instance. To grow bean sprouts, all you need are some beans, a screw-top jar, water, and a little time. Buy some Mung beans from a seed catalog or a "natural" food store. Then follow these three steps: (1) Wash a half cup of the beans and soak them

overnight in cold water; (2) Drain off the water. Punch holes in the lid of your screw-top jar. Put the beans in and screw on the lid; and (3) Put the jar in a dark place. Rinse the beans with water and drain them two or three times each day. Each time put the jar back in a dark place. The sprouts grow very fast - in fact, they'll be ready to eat in 5 days. They're re-

ally good in salads, or cooked with other vegetables. Bean sprouts, of course, are only the beginnings of plants. If they were to grow much bigger and develop green leaves and stems, they would need more than just the water you would give them to make sprouts. They would need soil, light, and air.

E-town 4-H horse club elects officers

ELIZABETHTOWN-The Pegasus 4-H Horse and Pony Club of Elizabethtown held its February meeting on Wednesday, Feb. 24 at the First Church of God.

At the January meeting the elections for new officers took place. Re-elected as president was Jessie Zartoss. Ginger Sowers was elected vice-president. Other officers elected were: Secretary - Leah Steinkamp; Treasurer - Jody Florschutz; Song and Game Leaders - Lori Fink and Diana Frantz.

The Club was presented an American Flag by the Ladies

Auxiliary of the Veterans of Foreign Wars. The Club also received pamphlets entitled, "Entiquette to the Stars and Stripes." The pamphlet describes the history, prestige and care for the flag.

Plans were continued for the upcoming horse show. Sponsor

sheets were given to members interested in sponsoring an individual class in the show. Patrons will get their name on a patron list.

Anyone interested in joining the club or attending a meeting can contact Leah Steinkamp, 367-5746 or Jessie Zartoss, 367-1655.



DID YOU KNOW?

- Italian pasta (noodles) first came from China.
- French croissants (rolls) were first made in Hungary.
- The Irish Potato got its start in South and Central America.
- And the good, old American hamburger actually came from Germany...from a town called Hamburg, of course.

COLOR THIS!

- | | |
|-----------|---------------|
| 1. GREY | 6. PINK |
| 2. RED | 7. GREEN |
| 3. YELLOW | 8. LT. BROWN |
| 4. BLUE | 9. LT. BLUE |
| 5. BROWN | 10. LT. GREEN |

BLACK-BILLED CUCKOO. IS A SHY SECRETIVE BIRD WHICH PERFORMS A GREAT SERVICE BY DESTROYING THE GREAT PEST, THE TENT-CATERPILLAR. MANY OTHER HARMFUL INSECTS ARE THE VICTIMS OF ITS TREMENDOUS APPETITE. THE CUCKOO HAS BEEN CALLED THE "RAIN CROW" AND OFTEN IS HEARD GIVING ITS WEIRD CALL AT NIGHT.

