

## 4-H cookbook is coming

LANCASTER — Pennsylvania 4-H will soon be publishing its very own cookbook.

Favorite Recipes of Pennsylvania 4-H Families: Appetite Pleasers will be a limited, one-of-a-kind edition with hundreds of home-tested recipes from 4-H leaders and members throughout the state. Favorite recipes from our more famous 4-H alumni will also be included.

The collector's item will include over 450 recipes in the following categories: salads and salad dressings; soups and sandwiches; breads; main dishes made with

meats, poultry, seafood and vegetables; vegetables; desserts; side dishes.

In addition to American dishes, many different cultures will be represented to reflect the diversity of cooking in Pennsylvania. Each recipe will include a nutritional breakdown of calories, sodium, protein, potassium, carbohydrates, total fat and cholesterol per serving.

This general, all-purpose cookbook will also include cooking charts, tips, information about the

4-H program and both color and black-and-white photos. The cookbook will feature a spill-proof cover and be spiral-bound for easy use.

Four-H Clubs will be selling this cookbooks after July 1. Cost is \$5 plus tax with all proceeds to benefit the 4-H program in Pennsylvania. Presently, 4-H reaches more than 145,000 youth ages 8-19 in Pennsylvania.

To order your cookbook, please contact your local county Extension office.

## Hunterdon 4-H'ers join dairy bowl

FLEMINGTON, N.J. — Two Hunterdon County 4-H dairy teams participated in the state 4-H dairy bowl at Cook College, recently, with the senior team placing third overall.

The team consisted of Gretchen Kuehn, 17; Mark Bodine, 16; and Hope Atkinson, 16.

Members of the junior team included Becky Alpaugh, 13; David Hunt, 13; Kenny Rogers, 13; and Susan Kuehn, 11.

## Hunterdon 4-H rabbit team

FLEMINGTON, N.J. — The Hunterdon County Rabbit Team, one of seven teams participating in the state 4-H rabbit bowl, recently

placed fourth overall.

The team included Lorrie Nief, Kathy Tallamy, Amy Seeley, and Anne Marie Fortin.

## New Holland Beef Club meets

NEW HOLLAND — The New Holland 4-H Baby Beef Club met for its third meeting at the Sperry New Holland plant on March 16.

Guest speaker was Chester Hughes who showed slides on how to fit show steers.

The next meeting will be held April 19 at Sperry New Holland.

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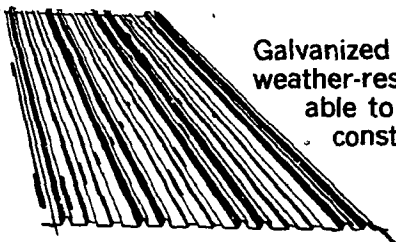
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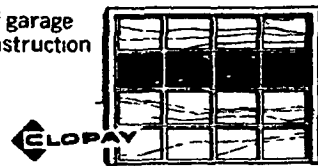
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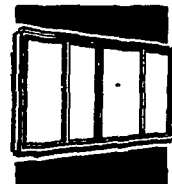
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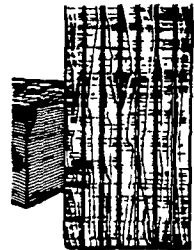


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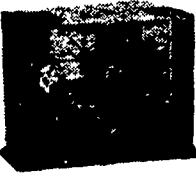
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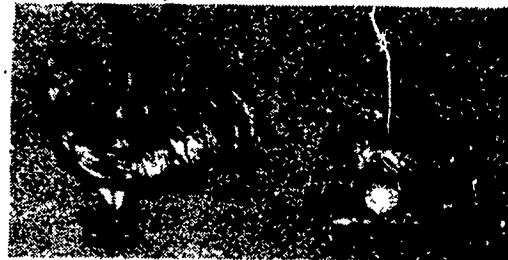
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