

Tim Foreman shows champion at Dauphin Beef Roundup

HARRISBURG — Tim Foreman of Hershey showed his 1,270 pound steer to champion honors at the annual 4-H Beef Round-up, held Nov. 15 at the Farm Show Complex. Sally Messick of Middletown showed the reserve champion. In all, 12 steers were shown with 11 moving on to the Farm Show competition in January.

Below are the top three placings

in each class.

- Class 1**
1 Dave Coble, Hershey, 2 Darryl Coble, Hershey
- Class 2**
1 Dwayne Messick, Elizabethtown 2 Garth Sweigard Halifax
- Class 3**
1 Scott Deppen Halifax, 2 Jim Lupey Harrisburg
- Class 4**
1 Mike Messick, Middletown 2 Dwayne Coble Hershey
- Class 5**
1 Sally Messick, Middletown, 2 Matt Messick Middletown

Make flowers a part of your menu

WASHINGTON, D.C. — You step into a French restaurant and the menu reads like one of Burpee's catalogues: nasturtium salad, squash blossoms topped with mozzarella, chicken broiled with dried marigold petals and rose petal ice cream.

Fact or fiction?

Flowers have become a delicacy in many parts of the world, according to "International Wildlife" magazine. From Italy to the Philippines, the art of cooking with flowers has blossomed, as cooks increasingly use petals in soups, salads, desserts and even main dishes.

The virtues of this culinary delight are many: flowers add not only color, aroma and pungency to any meal, but also vitamins and minerals. "They have especially high levels of potassium, and are excellent sources of vitamins and iron," says University of Hawaii biologist Joann Roskoski.

Although flower-eating has yet to take hold in most of the United States, flowers have long been part of the diet in other countries. For instance, a pungent flower known as flor de cacao was used by the Aztecs of Mexico to flavor chocolate drinks. The flower is still sold in native markets in southern Mexico to add a peppery zest to chocolate beverages.

Other instances of flower-eating abound. In southeastern Mexico, for example, the vivid, wine-red blossoms of the coral tree, or erythrina, are used as a meat substitute. They taste like chicken, local residents say. Mexicans also eat fragipani, a fragrant flower used to make Hawaiian Leis. "Mexicans like the taste of the yellow better than the white, and the purple best of all," Roskoski says.

Hawaiians do not eat fragipani, but you can find another flower in the food section of the island's markets. It is a soft, pink and white flower that looks like a parrot's beak. Called "katurai" in the Philippines and "agati" in India, the blossoms are also a favorite food in Sri Lanka, Burma, Thailand and Indonesia. Filipinos prepare them by boiling them for a minute or two. They are also stir fried, added to curries or eaten raw as a crisp, slightly bitter salad.

In Papua New Guinea, the flowers of winged bean plants are mixed with the plant's leaves and pods, wrapped in a banana leaf and steamed. The result is a chewy mixture that tastes like mushrooms.

In Italy, squash with flowers still attached are made into fritters or squash-blossom sandwiches.

Although flower-eating is not exactly a national pastime in the lower 48 states, it is becoming more popular. Trend-setting restaurants, particularly in California, offer a wide array of flower dishes. Chez Panisse, in Berkeley, for instance, has its own garden of edible flowers including nasturtiums, roses, calendulas, violets, Johnny-jump-ups and chervil.

The petals of all of them will end up on diners' plates. A particularly popular dessert treat: candied

roses and rose petal ice cream. "It's regular fare now," says the restaurant's Alice Waters. "Everything is strewn with flowers."

Champion lamb goes to Mark Brubaker at Dauphin Co. Roundup

HARRISBURG — Nineteen 4-H Lambs participated in the largest fall lambs show in recent years held by Dauphin County 4-H Clubs. At this show, held Nov. 15 in the Farm Show Building, Mark Brubaker's lamb was picked grand champion. The reserve champion was shown by Garth Sweigard. Both of the winners are 4-H'ers

from Halifax.

Seven lambs were selected to attend the Farm Show in January. They are owned by Garth Sweigard, Halifax; Mark Brubaker, Halifax; Chad Lebo, Halifax; Monique Sweigard, Halifax; Margaret Arms, Dauphin; Amy Bowman, Elizabethtown; and Ken Arms, Dauphin.

Below are the top three winners in each class.

- Class 6**
1 Tim Foreman Hershey 2 John Lupey Harrisburg
- Grand Champion**
Tim Foreman
Reserve Champion
Sally Messick
Simmental Heifers
1 Mark Foreman, Hershey
- Showmanship Juniors**
1 Mark Foreman, 2 Darryl Coble, 3 Matt Messick
- Intermediates**
1 Mike Messick, 2 Garth Sweigard, 3 Dwayne Coble.
- Seniors**
1 Tim Foreman, 2 Dwayne Messick, 3 Sally Messick

Chad Lebo, Halifax; 3. Monique Sweigard, Halifax.

Class 4

1. Mark Brubaker, Halifax; 2. Margaret Arms, Dauphin; 3. Tracy Buffington, Millersburg.

Class 5

1. Mike Messick, Middletown; 2. Linda Buffington, Millersburg.

Grand Champion
Mark Brubaker, Halifax
Res. Champion
Garth Sweigard, Halifax

Showmanship Results

Seniors

1. Margaret Adams; 2. Mike Messick; 3. Amy Bowman.

Intermediate

1. Garth Sweigard; 2. Mark Brubaker; 3. Jim Long.

Juniors

1. Malinda Schldt; 2. Chad Lebo; 3. Darryl Coble.

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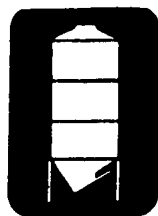


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