

# THE MICRO WAY LANI BLOOMER



stirring once after 5 minutes. Set aside; it will not be cooked yet, but the rice will continue to soak up water and cook as it stands.

2. To cook the chicken, cut breasts in half and arrange in pan with the thick parts on the outside. Cover with wax paper. Microwave on high for 7 minutes per pound. Turn the chicken over halfway through. Set aside to stand for 5 minutes.

3. Place the fresh peas in a covered container and microwave on high for 3 to 3½ minutes until they are bright green, but still crispy. (If using frozen peas, thaw them right in the paper carton. Microwave on high for about 4 minutes, until thawed.)

4. If the rice has not absorbed all the liquid, put it back in the oven and microwave on medium (50,5) for 5 to 10 minutes until the liquid is absorbed.

5. Slice olives in half or thirds, and cut the chicken into cubes. Combine all the salad ingredients in a large bowl.

6. Mix the dressing ingredients in a small bowl or measuring cup, and pour over the salad. Toss gently, cover and refrigerate for several hours or overnight for the flavors to combine.

Tip: Brown rice gives a won-

derful nutty taste to this salad, but will take longer to cook than white rice. Lengthen the time in Step 4 to 15 to 20 minutes with brown rice. Makes 4 to 6 servings.

### Copper Pennies

2 pounds carrots, sliced in ¼-inch slices

2 small onions, thinly sliced and separated in rings

1 green pepper, sliced thinly

### Marinade:

1 can (8 ounce) tomato sauce

½ cup sugar

½ cup cider vinegar

¼ cup oil

½ teaspoon Worcestershire sauce

½ teaspoon dry mustard

½ teaspoon salt

¼ teaspoon pepper

1. Place sliced carrots in a

covered 2-quart casserole with ¼ cup water (no more!). Microwave on high 12 minutes, stirring twice, until the carrots are almost tender. Set aside to stand for 5 minutes.

2. Combine marinade ingredients in a 2-cup measure and microwave on high for 2 to 3 minutes until it comes to a boil.

3. Drain carrots, add sliced onions and peppers, then pour marinade over the vegetables, mixing well. Refrigerate 24 hours before serving. Stir the salad once to mix marinade with the vegetables on top. Serves 8-10.

Note: The times above are for microwaves with 600-700 Watts of power. For 500-600 W, add 10 seconds to each minute; for 400-500 W add 20 seconds to each minute.

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## Miller Named Eastern Region FFA Star Farmer

HAMBURG — Attention to detail has helped Todd Miller become FFA Star Farmer of the Eastern Region. As one-third partner in his family's dairy in Hamburg, Todd has realized that small decisions can have major impact on the productivity of his operation.

In charge of the feeding program, the 21-year-old provided for 220 registered Holstein cows and their calves. He developed feed rations, changed the cattle from alfalfa to haylage, and increased milk and fat production while decreasing protein costs by 16 cents.

Since he increased his responsibilities on the farm as part of his FFA supervised occupational experience program, he has reduced the calf death rate from 16 to 1 percent. Todd is also in charge of the 703 acres of alfalfa and corn the Millers raise to feed the cattle.

The efficiency of the farm is

being improved with careful attention to fertilizer and conservation practices. During the winter, Todd oversees the maintenance and repair of all equipment and machinery, and he also helps the partners with the milking.

As a Hamburg FFA member under advisor Lyn VanTassel, Todd started his own dairy herd with 20 cows and has increased it to 109. He also owns 50 acres outside the partnership. Through many livestock shows and judging contests, he has used his dairy background and FFA training to become a champion showman and a winning judge of dairy cattle.

Although to some, Todd's impressive productivity records may seem like luck has rubbed off on the young dairyman, he has realized that making a partnership profitable means extra attention and work on the details.

## Lincoln Community 4-H Club

The Lincoln Community 4-H Club held a family picnic recently at the home of Doug, Scott and Jessica Hertzog.

The club members played several games of volleyball.

During a business meeting leader Kerry Boyd talked about the capon roundup and the recent pseudorabies situation.

The next meeting will be held Oct. 14 at the home of Penny Scheetz.

# VOTE

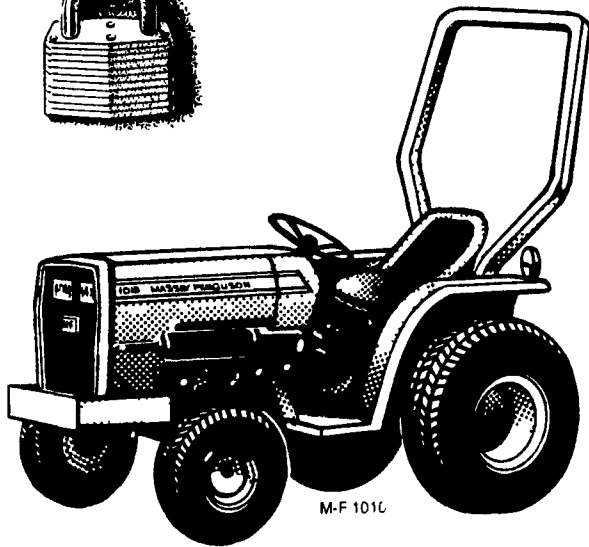
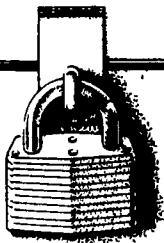
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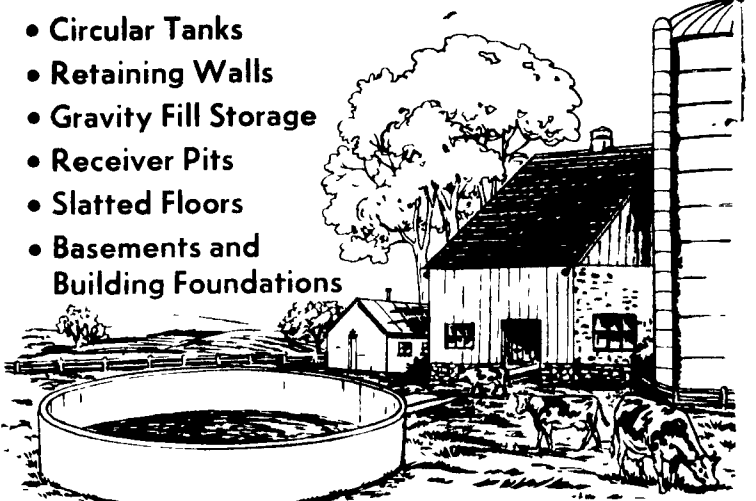
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