

Philadelphia Cook Tops Egg Recipe Contest

BY SUZANNE KEENE
LANCASTER — Daryl Urzen of Philadelphia captured first place in the Pennsylvania Egg Recipe Contest with her Avocado Egg Salad recipe here Saturday. Mrs. Urzen was one of five finalists competing for a \$1,000

prize and an opportunity to compete in the national contest. The finalists were selected from a pool of over 700 entries. The winning recipe combines hard boiled eggs with avocados and chopped tomatoes for a nutritious and tasty end product.

"Avocados are highly nutritious. Combined with the protein in eggs, the salad is highly nutritious," Mrs. Urzen said. The Avocado Egg Salad can be served individually on lettuce leaves on salad plates or in sandwiches, Mrs. Urzen said. For sandwiches, she suggests slicing round rolls in half, removing most of the bread within and filling the cavities with the salad. For a buffet, allow guests to spread the salad on thinly sliced French bread.

Mrs. Urzen said she spent about six months developing and perfecting her easy-to-assemble recipe. She said this is the first state-wide recipe contest she has entered.

Other finalists competing received \$100 checks for their participation. They were: Phyllis Dobson of Liberty, Mrs. Tim Hooper of New Holland, Mrs. Sandra L. Nocivelli of Apollo, and Ms. Tina Washington of Lebanon.

Judges for the event were Alletta Schadler, Lebanon County Extension home economist; Mrs. Kay King, mother of the Pennsylvania poultry queen; and Judy Mentzer, a free lance home economist and consultant for Victor Weaver, Inc.

The contest is sponsored by the Department of Agriculture, the Pennsylvania Egg Marketing Association and the Pennsylvania Poultry Federation.

For a copy of Mrs. Urzen's winning recipe, turn to the featured recipe on page B6



Daryl Urzen of Philadelphia captured the \$1,000 first prize in the Pennsylvania Egg Recipe Contest with her Avocado Egg Salad.



Berks Executive Board

The Berks County Farm Women Executive Board met recently at the Ag Center. President Joan Loeb opened the meeting. Berks Heim bingo will be held Nov. 13 at the main building. Plans

were finalized for the County Convention on Oct. 4. Several groups will sell baked goods at the Reading Fair. The next board meeting will be held Nov. 3.

Johnsongrass

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canals was sometimes burned. The most effective method now in use, researchers say, is a combination of chemicals and plowing, crop rotation, pasturing, and mowing. "A good farmer's not going to have johnsongrass on his place," says Thomas N. Jordan, a professor of weed science at Purdue University. Lest it be thought that john-

songrass is unduly libeled, it should be noted that it's actually welcome in some places. It can prevent erosion. And on the prairies of Texas and Oklahoma, it is food for cattle. Still, in much of the world the adaptable tall grass marches on, unloved and unwanted, a nuisance at best and an economic threat at worst.

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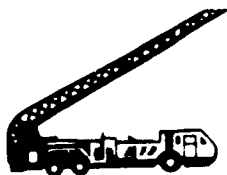
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