## Ida's Notebook

Ida Risser



The calendar tells me it is time to prepare for planting the garden. I'm hoping the weather agrees.

Last week I took inventory of my big can of seeds. We're told not to use old seed but I do and have not had any big trouble. The other year my husband bought five pound of hull pea seed for me. It will take a few seasons to empty the big bag of pea seed.

Often I will gather seed from dill, parsnips or chard and finally ten years later throw them away as they do reseed themselves. In the bottom of my seed cache, I have persimmon and pawpaw seeds from two great aunts. They are stored in tiny cloth bags with drawstrings that they sewed by

hand. Both of these ladies were born over a hundred years ago. Nowadays, the seeds would probably be put in a plastic sandwich bag and pressed shut quickly.

There are very few things that I need to buy this year. A pound of tiny yellow onions, a package of parsley seed and one of red radishes. Somehow, I've managed to accumulate more green bean seed than I'll need in three years.

Speaking of beans, I did have a problem with my edible soybeans last year. I planted a row twice and only had two plants that grew. I had even gone to the trouble of putting up a poultry netting fence ahead of time to protect them from the rabbits. At least the fence kept

## Ag Week At Delaware Mall

DOVER, DE — Do you know what gel seeding is? Do you know where the first broiler chicken was raised? Do you know what a wick bar is?

Unless you're in the business of farming, you probably don't know the answer to any of these. That's what Ag Week at the Mall is for — making the general public more aware of what agriculture in Delaware is all about.

my peanut plants from being eaten off.

I haven't bothered to start many plants indoors as they usually produce much later than plants that I can buy. One year I raised 18 pepper plants from seed and then in the fall, after I'd frozen several quart, I still had a five gallon bucket of green peppers to give away. I will admit that my neighbors grabbed them up quickly and solved my problem of what to do with them.

Another year of gardening! It is just like farming-- you never know what to expect. Some years a good harvest and others drought, hail and flood. I have experienced all of them.

This year's celebration of Delaware's leading industry will run March 31 through April 2 at the Blue Hen Mall in Dover. Gov. Mike Castle proclaimed Delaware Ag Week March 19-25 as a way of urging all citizens to recognize the importance of agriculture and its related industries to the state's economy.

Those dates also correspond with National Ag Day which is traditionally celebrated the first day of spring, March 20. The American Council on Agriculture has a host of events planned in Washington, D.C., for that celebration.

The Delaware Department of Agriculture is sponsoring Ag Week at the Mall for the second year in a row. A host of agricultural organizations, associations and businesses will have exhibits open during regular mall hours. Exhibitors include the state's 4-H Grange and Future Farmers of America clubs, Delaware State's College of Agriculture and Natural Resources, University of Delaware Cooperative Extension Service and the Department of Agriculture.

Several commodity groups are tentatively planning cooking demonstrations that will include taste testing for consumers. Among them, the Delaware Potato Board.

Craft demonstrations such as broommaking and weaving are also planned.

Another special treat will be a petting zoo for children. The Future Farmers of America will have a large tent set up in the Blue Hen Mall parking lot stocked with lovable farm critters. For children who have never seen or touched a live calf, chicken or sheep, it's a great opportunity to see them up close.

Ag Week at the Mall will culminate a month of activities aimed at promoting agriculture. The Department of Agriculture sponsored a seminar March 4 for agricultural associations designed to help them promote their products, and the Council of Farm Organizations held its annual Ag Industry Dinner March 11 to honor legislators for helping keep agriculture alive in Delaware and to honor the state's agricultural producers and manufacturers.

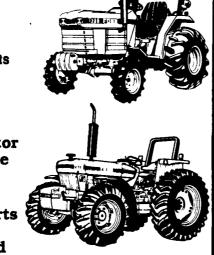
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Dear Golden Pride: 1988

I had a massive heart attack in January 1979. It was put on medication and wore nitro patches for six years. Then I developed diabetes and the doctor put me on micronase for 2 years. My medical bills ran \$1300 a year. I also had lower back trouble, numbness from my waist to my elbows and needles in my fingers. I was stooped over (and) could not straighten up. The longer I took the medicine the worse I was feeling. It got to the point when I went to the store, I would look for a chair so I could rest as I was exhausted.

I was introduced to Golden Pride (in) September 1986 and started to take Formula #1 and #2 After six days, I got up one morning and had some energy, I could not believe it I continued on #1 and #2 about four months and I felt so much better that I started to drop my heart pills a little at a time Last I dropped by diabetes pills and the nitro patches. Now I have added Formula #3 and #4 I went to the doctor for a check-up, all tests came out perfect! Thanks to Golden Pride! I praise the Lord for giving man the wisdom to make these products

Robert Haines

Dear Golden Pride:

December 1988

For more than a year, I suffered from severe pains in my legs, hips and feet To ease the discomfort, I relied heavily on over-the-counter ibuprophen tablets, keeping them with me at all times.

In October of 1988, my daughter gave me a bottle of Golden Pride's Green

Barley insisting that I try it. At first the green "cocktail" was a little hard to take, but I soon learned that the benefits far outweighed the slight unpleasantness. Within days, I stopped taking the Ibuprophen tablets altogether. In fact in the

five weeks that I've been using the Green Barley, I have taken only two Ibuprophene tablets!

I am very pleased with your wonderful product and plan to continue using it

faithfully!! I am now also taking the Formula #1 and I feel better every day! Thanks again!

Doris Wheatley

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