

ConAgra Hits AHA Standard With Beef Entrees

EPHRATA (Lancaster Co.) — ConAgra has introduced a new line of frozen dinners, called Healthy Choice entrees, according to "Drovers Journal."

The new line, aimed at health-conscious consumers, includes

three beef entrees that meet the American Heart Association and National Institutes of Health dietary guidelines. The beef entrees are Oriental pepper steak, sirloin tips, and Salisbury steak.

The new line is available in 17 markets with growth expected into many more. The dinners are priced to sell for a suggested retail price of \$3.19, which is lower than the average frozen entree.

Ida's Notebook

Ida Risser



As long as I can remember, I've always been interested in wildflowers growing in pastures and woodlands. My parents had a hilly pasture where I would take my younger sisters for a walk in the spring. We picked some flowers but what really destroyed a lot of them was putting sheep in the meadow. They can really clip growth down to the roots. I've transplanted half a dozen wildflowers and they grow fine along the edge of my frontyard.

This past week I took a day trip to Mt. Cuba, Delaware, to see the ten-acre preserve of Piedmont flora. The Piedmont region is the foothills of the Appalachian Mountains and extends from New York to Alabama. At present the gardens of Mrs. Lamont duPont Copeland are still private but later will be open to the public.

Our guide took us on mulched and turf paths and explained the many plants growing in the area. Bright colored azaleas were blooming and ferns grew around the four ponds. Moss was used to edge the stream and we watched fish in the clear water. There was a dogwood trail, a lilac path and a

sedge field with native grasses. We had a leisurely two hour stroll under huge tulip poplar trees.

We also were shown some very unusual white pine trees, shipped from Connecticut and weighing ten ton each, that were grown from witches'-brooms. This is an abnormal tufted growth of small branches caused by fungi or viruses.

After a picnic lunch at Valley Garden Park we were taken by a smaller bus to see the Mt. Cuba's Astronomical Observatory near Greenville, Delaware. It is in a wooded area and has several telescopes including a 24-inch one with a rotating observation dome and also a mounted 34 cm reflector. It operates solely on donations and has photographed supernova. I was not familiar with the minor planets and asteroids that they discussed but it was interesting none the less.

When I got home I did the dishes from the noon meal that I had prepared for the men the night before my trip. They told me that they had been putting rye in the silo and would leave some to bale later.

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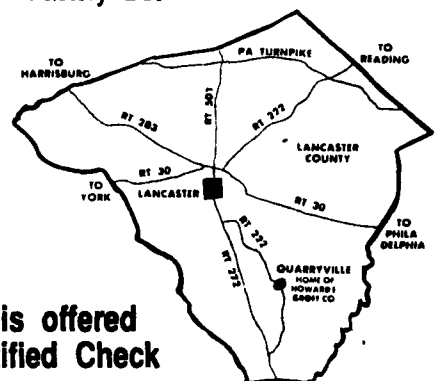
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