

Enjoy Fresh Vegetables

ENJOY NATURE'S FRESH VEGETABLES

HONESDALE (Wayne Co.) — Whether your garden has produced a bounty of fresh vegetables, or you purchase them from a local produce stand, most of you are probably looking for new, interesting, and low fat recipes for preparing fresh vegetables. Penn State has produced a series of leaflets on five different vegetables, providing us with information on nutrition, the history, purchasing, storage, and preparation tips in

addition to some very tasty and nutritious low fat recipes. The pamphlets in the series of "Enjoy Nature's Fresh Vegetables" are on broccoli, tomatoes, cauliflower, potatoes, and sweet corn. Send your request with your name and address to Wayne County Cooperative Extension, Courthouse, 925 Court St., Honesdale, PA 18431 or phone (717) 253-5970 ext. 239. If you are not from the Wayne County area call your local County Extension Office for the pamphlets.

You are what you

EAT

Blacksmith Day At Farm Museum

WESTMINSTER, MD — The Blacksmith Guild of Central Maryland and the Carroll County Farm Museum will host Blacksmith Day on Saturday, October 5, from noon until 5:00 p.m.

Blacksmiths from Virginia, West Virginia, Pennsylvania, and Maryland will be demonstrating as well as in competition with one another. Portable forges will blanket the grounds and the clanging sounds of hammers will fill the air.

A hands-on forge station will be available for visitors to try their hands at blacksmithing. All available safety equipment will be available for amateur blacksmiths. Instructions will be offered on how to tend the fire, heat the piece, and cut off and twist, and so on.

At 4:00 p.m. the Blacksmith Auction will begin. Blacksmith related items antique tools, and items hand-forged by these blacksmiths will be auctioned off



Susan Donoghue-Rick demonstrates open-hearth cooking at the Carroll County Farm Museum. There is vegetable soup in the hanging pot, an apple pie in the dutch oven, sweet potatoes baking in the ashes, apple fritters in the frying pan and Susan is reaching for the 12-pound stuffed turkey. Visitors were treated to samples of apple fritters.

to the highest bidder. Donations for forged work will be accepted. Pickup and delivery can be arranged. For more information contact Mike Kaiser at (301) 831-0350 or Albin Drzewianowski (301) 848-0731.

The Museum Farmhouse and

exhibits will be available for touring as well on this day. Admission price is \$3.00 for adults; \$2.00 for ages 6-18 & over 60; under 6 is free. The Farm Museum office number is (301) 848-7775 or (301) 876-2667.

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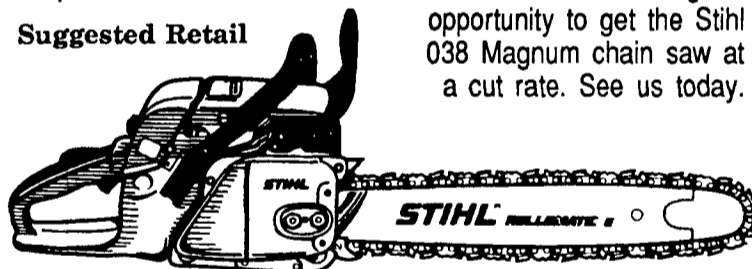
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717-354-4026 Ext. 34

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MESSICK FARM
EQUIPMENT, INC.
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Elizabethtown, PA
717-367-1319, 717-653-8867

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BOMBERGER'S LAWN
& GARDEN
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Lebanon: 717-272-4155

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23 Pleasant Valley Rd.
717-738-4215

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717-865-4915

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742 Nottingham Rd

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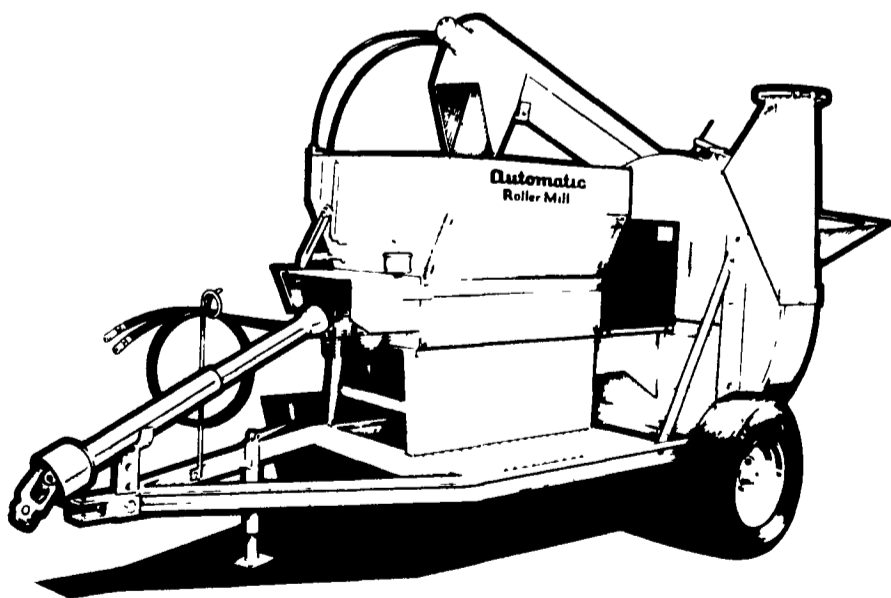
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