

Lake Farmpark To Hold Food, Fitness Fest

KIRTLAND, Ohio — Sample honey, string cheese, yogurt, bean soup, peanut butter, vegetables, tangelos, apples, grapes, eight-grain bread, sprouted wheat bagels, pancakes, biscuits, corn bread and rye bread at Farmpark's second annual Food and Fitness Fest, March 20 and 21, from 11 a.m.-5 p.m. With the price of Farmpark admission, visitors to the Food and Fitness Fest can sample delicious foods that contribute to a healthy diet and can participate in a variety of fitness activities.

"In 1992, the United States Department of Agriculture approved the use of the food guide pyramid as a healthy, life-long guide to good eating," said Laura Tradowsky, registered dietitian and food education specialist for Lake Farmpark. "Food-tasting offered at the Food and Fitness Fest follows the pattern of the food guide pyramid. Registered dietitians will be on hand to explain how any food you like can

be part of a healthy diet, based on the pyramid."

Activities at the Food and Fitness Fest include fitness testing by the Lake County YMCA, a ropes course display by Red Oak Camp and *Fuel for Fitness*: an introduction to Lake Metroparks' new nutrition and fitness program, sponsored by The National Recreation and Park Association and The Sugar Association.

All regular Farmpark offerings are available with the price of admission to the Food and Fitness Fest. Take a horse-drawn wagon ride, milk a cow, see more than 60 breeds of livestock, ramble in the children's maze, eat at the Farmpark Calf-A and shop in the Horse of a Different Color Gift Shop. General Farmpark admission applies: seniors — \$4, adults — \$5, youth ages 2-11 — \$3.50, children 0-1 — free. Pre-scheduled group rates are available.

Lake Farmpark is open 9 a.m.-5 p.m. daily except Mondays in

March. Farmpark is located at 8800 Chardon Road in Kirtland — just 10 minutes from I-90. Take Rt. 306 south to Rt. 6 (Chardon Road), turn left (east) and drive one mile to Lake Farmpark.

Food For Profit

LEBANON (Lebanon Co.) — "Food for Profit," a two-evening workshop series, offered by Penn State Cooperative Extension from 7 to 10 p.m. on March 16 and 23 at the Lancaster Farm & Home Center. This workshop provides basic information for starting a small bakery, herb or food product business. Cost for both sessions is \$20 per person. For details or to make reservations, call (717) 394-6851.

Put Baking Skills To Test

KIRTLAND, Ohio — Put your baking skills to the test at Farmpark's Food and Fitness Fest on Saturday, March 20. Enter these Muffin Mania categories:

- best muffin Baked by a woman,
- best muffin baked by a child 12 years and younger,
- best muffin baked by a man,
- best colossal muffin,
- best muffin with a recipe within the U.S. Dietary Guidelines (1990),
- best muffin baked by a school group (limit four students per group), and
- most marvelous muffin (this category judged from winners of all other categories).

"This is the second year for the Muffin Mania contest. We plan to have as much fun as we did last year when 35 entries competed for ribbons and Farmpark passes,"

said Laura Tradowsky, registered dietitian and Farmpark food education specialist.

All entrants to the Muffin Mania contest are really winners, because each baker is admitted to the Food and Fitness Fest free on Saturday. Besides the passes and ribbons, this year's winner of the Most Marvellous Muffin category will also win four tickets to a Cleveland Indians game.

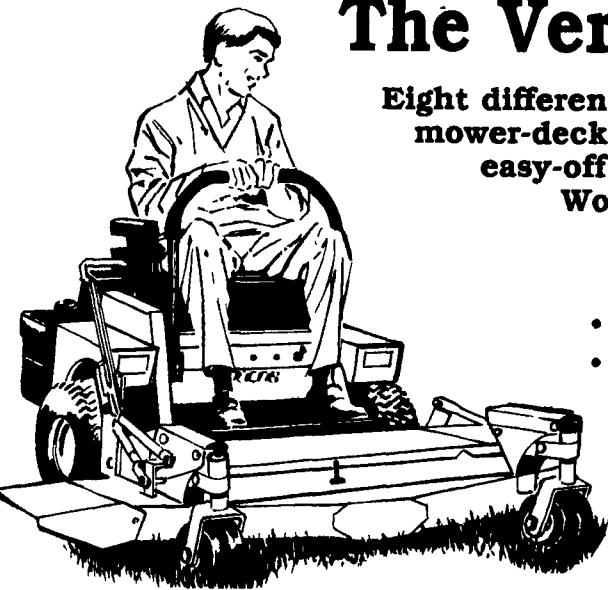
To enter the Muffin Mania contest, bring six regular muffins or four colossal (in the "best colossal muffin category to Lake Farmpark between 9 a.m.-12:30 p.m., Saturday, March 20. Judging begins at 1 p.m. Awards will be presented at 4 p.m.

For complete Muffin Mania contest rules, contact Tradowsky at Lake Farmpark by calling (216) 256-2122 or 1-800-366-FARM.



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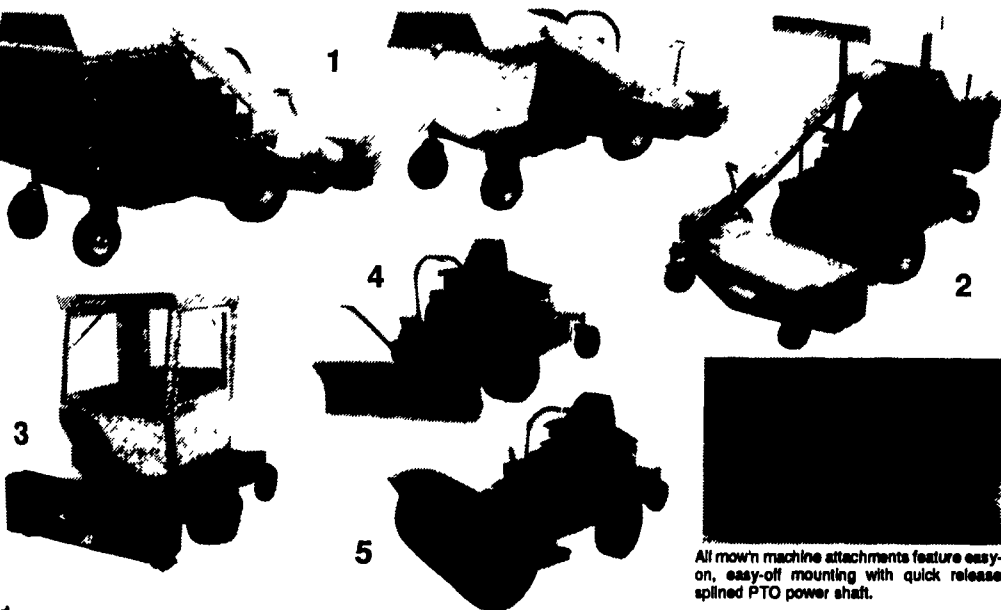
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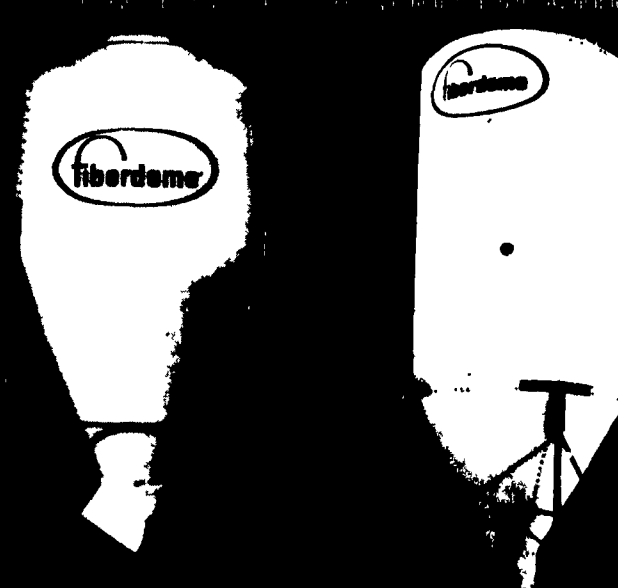
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