



A variety of herbs and geraniums will be sold during the 13th annual Herb and Geranium Sale sponsored by the Susquehanna Unit of the Herb Society of America.

Herb And Geranium Sale

LANCASTER (Lancaster Co.) — The 13th Annual Herb and Geranium Sale, sponsored by the Susquehanna Unit of the Herb Society of America, will be held on Saturday, May 1, between the hours of 9 a.m. and 1 p.m., rain or shine, at the Farm and Home Center, 1383 Arcadia Road, Lancaster.

A wide variety of herb plants will be offered for sale — those

for culinary, fragrance, dye, wreath making, insect repellent, and for tea usage. There will also be available speciality potted herbs from the gardens of members.

The Susquehanna Unit members are quite knowledgeable and eager to assist patrons in their selection of plants, as well as suggesting planting and growing tips and uses of the herbs. One mem-

ber, who specializes in raising scented geraniums, will be available to discuss the care and treatment of this plant. Garden leaf donkeys will be for sale as well as herb and herb cookery books. Each year the Susquehanna Unit members produce an herb cook booklet and this year's booklet will feature mushroom cooking with herbs.

To help both the novice gardener, as well as the experienced gardener, all herb plants are identified by tag of their botanical and common names, their growth habit, their use, and planting instructions. It is suggested that patrons arrive early (9 a.m.) for the best plant selection. And complying with recycling measures, it is suggested that patrons bring their own baskets in which to carry their purchased plants.

Standard geraniums will be available for purchase in colors of red, pink, salmon, and white. These geraniums can also be preordered by calling June Louise Evans (717) 393-3288. Proceeds from this sale help support the Herb Garden at the National Arboretum in Washington, D.C., the Scholarship Fund of the Herb Society for research, and, locally, the herb garden at the restored 18th century home of General Edward Hand "Rock Ford."



Breakfast For Your Child?

CREAMERY (Montgomery Co.) — A good breakfast does make a difference in the classroom and in the gym! A recent Swedish research project confirmed what teachers and health professionals have been saying for many years. "Breakfast is important, it enhances a child's physical and creative ability."

Now the question arises "Who should provide breakfast for these children?"

Most people say that's easy — the parents should be responsible for a child's breakfast. But for various reasons parents are not providing this service for their children. An informal poll conducted by Annette Goodling, Montgomery County Cooperative Extension, of junior high school students revealed that only five out of 10 ate anything before coming to school. Of those eating, only 2 of the 5 ate an adequate breakfast consisting of a fruit, a dairy product and a grain product such as toast or cereal. Some of the reasons given for not eating breakfast: didn't have time, weren't hungry, nobody there to remind them or to insist they eat. None of the students listed, lack of food available, as a reason.

Given the research results that breakfast is important and students aren't eating it, what is a possible solution? The school could add breakfast to its already growing list of services they provide. Some school districts are already serving breakfast to targeted students (low-income families). Often students who qualify for the service don't participate because it labels them as

different and adversely affects their self esteem. The American School Food Service Association (ASFSFA) has proposed that all school age children be provided breakfast and lunch free of charge.

In an effort to ensure that all American children are receiving nourishment during the school day the ASFSFA is advocating the Universal School Lunch which would entitle all school children to a breakfast and a lunch without charge at point of service. The benefits of this program include preparing children for learning, eliminating the welfare stigma associated with proving eligibility for reduced or free lunch and enhancing the nutritional status of children.

The program is currently being tested in four school districts across the nation.

Preliminary reports suggest that teachers, administrators, parents and, most importantly, the students, are enthusiastic and supportive of the program.

How do you feel about the Universal School Lunch program? Will it be a benefit for your family or will it interrupt your morning routine? Are you willing to help fund this new venture? Should tax dollars be used to ensure that our children are receiving nourishing food during their school day? You can make your wishes known by contacting your congressional representatives. You can also let your school directors know your wishes. Your best bet — get involved with your local school through PTA and volunteer committees.

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