

4-H HAPPENINGS

State 4-H Capitol Days
Lebanon County 4-H members
observed the inner workings of

state government when they took
part in State 4-H Capitol Day
activities recently in Harrisburg.



Lebanon 4-H members who attended State 4-H Capitol Day activities include, from left, Stephen Major, Joyce Watson, and Joya Tobias.

Lebanon To Hold

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dairy industry.

The final competition of the evening will be the Lil' Miss contest. There are three contestants in this part of the program. They are as follows:

Jennifer Maulfair is the 7-year-old daughter of Dale and Pattie Maulfair, Jonestown, Jennifer has

Delegates from Lebanon County were Stephen Major, Joyce Watson, and Joya Tobias. Capitol Days began with a tour of the governor's mansion. After the tour, members visited the departments of education and community affairs. The 4-H'ers participated in a breakfast with their district's state representatives. The legislators and 4-H members discussed local issues, legislative developments, and the status of the 4-H youth program.

State 4-H Capitol Days is part of Penn State's Cooperative Extension.

two brothers and one sister. The Maulfair-Acres Farm consists of 250 acres of land which supports their herd of 70 Holsteins and Ayrshires, 1 of which Jennifer owns. Jennifer has a cat named Garfield and a dog named Lassie. She enjoys singing in the church choir, playing with her Barbie dolls, playing with her brothers and riding bike. Jennifer's favorite flavor of ice cream is chocolate.

Erin Williams is the 6-year-old daughter of David and Christine Williams, Lebanon. Erin has a younger brother and sister and helps with them. Erin's parents own Chris-Da-Will farm which

consists of 145 acres and 60 Holstein cows, 1 of which Erin owns. Erin has a cat named Kaki and a dog named Ralph. Erin enjoys riding bike, painting, reading and helps feed calves on the farm. Her favorite flavor of ice cream is vanilla.

Chanelle Horst is the 7-year-old daughter of Kirby and Sheryl Horst, Newmanstown. Chanelle's parents farm 115 acres and milk 50 Holstein cows. Chanelle is in first grade at Schaefferstown Elementary School, enjoys singing in the Cherub Choir, riding bike, jumping rope, fishing and playing with Barbies. Chanelle has a pet cat named Midnight and a calf named Ralunda. She likes strawberry ice cream.



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Choosing And Using Store-Bought Frozen Foods

If you do not have a garden, store-bought frozen produce is considered the next best thing to just-picked fruits and vegetables. According to the Frozen Vegetable Council, produce is frozen within four to six hours after being picked. This policy locks in the full flavor, color and nutrients that could be depleted when fresh produce travels days or weeks to market, then sits in your pantry or on a refrigerator shelf. A study done at the University of Illinois at Urbana-Campaign, found that "Fresh-frozen" green beans (whether frozen by a home gardener or by a frozen-food manufacturer) retained twice the Vitamin C than so-called "fresh" green beans bought at a retail market.

To make sure the frozen vegetables you purchase are just as fresh as they can be, first squeeze the package before buying it. If the vegetables are clumped together, that indicates they have been thawed and refrozen, which could result in a loss of quality. Second, if you can see through the package, be sure the vegetables are brightly colored with no crystallization — another sign of thawing and refreezing. When you reach the checkout counter, be sure all of your frozen items are packed together to keep them cold, and get them into your freezer as soon as possible.

As long as frozen produce is stored at 0 degrees F., it will stay fresh-tasting for up to six months. If you use only part of the package at one meal, you can either refreeze the rest in an airtight container for up to four weeks or let the entire package defrost and drain; then store, covered, in the refrigerator and use within three days.

How long a food will retain its quality in the freezer will depend on the food's condition at the time of freezing and on the way you package it. Foods must be in airtight, moisture-resistant packages, otherwise they are susceptible to deterioration, contamination by bacteria and freezer burn. Freezer burn can occur when a food loses moisture, often because an opening in the package has been exposed to air. Light spots appear on the surface, and it becomes dry and tough. Freezer burn makes food taste unpleasant but it does not make the food unsafe.

Keep a freezer thermometer handy to be sure the temperature remains at 0 degrees F. A full freezer maintains its temperature better than a half-empty one, but do not freeze too many items at one time. The heat given off by the non-frozen foods could raise the temperature in your freezer. Likewise, it is also important to keep the to-be-frozen foods away from the already-frozen foods; place the unfrozen items on the freezer floor for fastest freezing or on a specially designated freezer shelf.

It is best to thaw meat, poultry and seafood in the refrigerator rather than on your kitchen counter. If you need to thaw quickly, place the package in frequent changes of cold water until it is ready for cooking. Thawing at room temperature or in hot water can be hazardous because it sets up the ideal warm environment for bacterial growth.

Foods can be cooked from the frozen state, but about 50% more cooking time must be added (a roast that normally would cook in four hours will take six hours from the frozen state).



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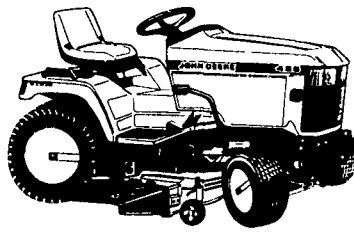
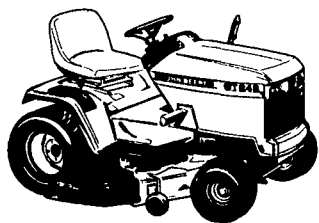
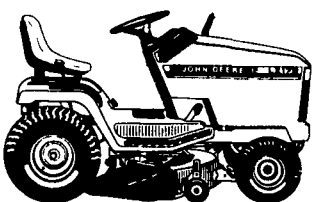
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