

Day At Farm

were Laurel Ridge llamas of varying sizes; rabbits and adorable pygmy goats supplied by Jay Miller; turkeys from Paul Martin; baby chicks from Parks Hatchery; baby pigs from W.J. Brant, and two calves — one jersey from Lambert farm and one Holstein.

Kaul Kauffman from Bedford Co. performed the sheep shearing demonstrations.

Besides the few dairy cows kept in the barn as an exhibit, the Holstein bull drew plenty of attention from visitors who were awed by his size, although he is not yet fully grown at age one and a half years.

Food samples were given out to persons turning in the appropriate coupon from a small booklet they received at the registration table. These included milk and milk punch, cheese squares, beef and pork, lamb bologna, variety bags of potato chips and maple sundaes. Officials said that 60 gallons of ice cream and 90 gallons of milk disappeared during the afternoon.

Interesting displays and exhibits from area ag-related businesses

also provided informative facts for visitors.

Many of them stopped to study the educational display that illustrated the exact amounts of grain and forage that a good dairy cow would eat each day to produce 100 pounds or 11-plus gallons of milk that same day.

A steady crossing of pedestrians on the highway kept a pair of Berlin fire policemen busy directing traffic.

Folks who found themselves collecting unwanted sunburns were drawn to the shady Kimmel lawn where a big canopy shielded seats and where music and square dancers provided toe-tapping fun along with frolicking kids at the swing set.

Some eight years ago, when the Kimmels were exploring ways to alleviate the unwelcome delays they were causing drivers, by making them stop twice a day at milking time, they decided to pass out dairy treats during June Dairy Month. Sure enough, folks became more amenable during the delays.

Cartons of chocolate milk are passed out at morning milkings and individual ice cream treats for the evening cattle crossings. Each person in the vehicle gets one.

A close-knit family unit, the three Kimmel daughters and their husbands live nearby with the four grandchildren. Their names are Sandy Seifert, Barb Walker, and Tammy Martin, whose husband, Mark, with Kimmel, operates the farm.

As people began to arrive at the Sunday event, the Kimmels' earlier reservations about hosting it, fled and they were caught up in the gaiety and celebration.

They had worked for days, scouring, washing, perfecting everything in and around the homestead.

Joann, her face beaming with smiles, said, "I love it. I'm getting to see friends from state college and Pittsburgh that I haven't seen in a long time." And her daughters echoed the sentiments of their mother. The entire family were dressed in coordinating white and turquoise blue colors.



This team of milk chuggers placed second in a contest at the Somerset Co. Day at the Farm. From left Eric Rosario, Belle Vernon; Seth Brownlee, Salisbury; Debora Shaulis, Somerset, and Jennifer Black, Boswell.



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By Doris Thomas

Lancaster Extension Home Economist

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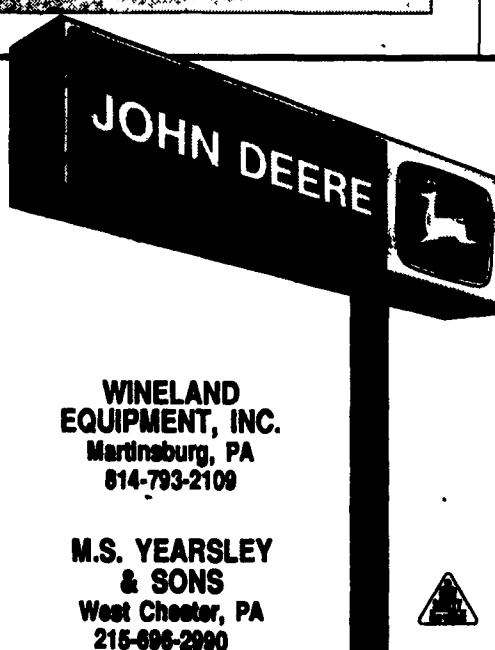
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Some Foods Off Limits For At-Risk Groups

To avoid getting a rare, but sometimes fatal foodborne illness, pregnant women, the elderly, infants less than one year of age and those people with weakened immune systems should not eat soft cheeses, read-to-eat deli foods and undercooked chicken, according to Penn State food scientists.

Unpasteurized milk, soft cheeses and some ready-to-eat lunch meats and spreads can contain a bacterium, *Listeria monocytogenes*, that causes a severe foodborne illness called listeriosis. Consumers at high risk for listeriosis and other types of food poisoning can decrease their risk by avoiding these foods.

Listeria monocytogenes is found in soil, vegetation and animals. Consumption of foods contaminated with *Listeria* can cause serious infections including meningitis, blood infections and complications of pregnancy such as stillbirths.

The Center for Disease Control estimates that 1,850 cases of listeriosis occur in the United States each year, resulting in about 400 deaths. One-third of these infections occur during pregnancy. Although the mother typically is not seriously affected, the fetus or newborn infant is at high risk for a life-threatening infection.

Most other cases occur in people whose immune systems are weakened by conditions such as cancer, HIV infection, diabetes or kidney disease. The elderly and infants are also vulnerable to serious infection.

Fortunately, listeriosis outbreaks are rare. The most severe outbreak occurred in 1985 in Los Angeles, resulting in 142 cases and 46 deaths. The problem was traced to soft, Mexican-style cheese manufactured with contaminated milk.

The United States Department of Agriculture has issued the following dietary recommendations for the prevention of foodborne listeriosis for all individuals:

- * Thoroughly cook raw food from animal sources such as beef, pork, or poultry.
- * Wash raw vegetables before eating.
- * Keep uncooked meats separate from vegetables, cooked foods and ready-to-eat foods.
- * Avoid raw (unpasteurized) milk or foods made from raw milk.
- * Wash hands, knives and cutting boards after handling uncooked foods.

Additional recommendations for at-risk individuals:

- * Avoid soft cheeses such as Mexican-style, feta, Brie, Camembert and blue-veined cheese. There is no need to avoid hard cheeses, cream cheese, cottage cheese or yogurt.
- * Before eating leftover foods or ready-to-eat foods such as hotdogs, reheat them until they are steaming hot.
- * Although the risk of listeriosis associated with foods from the delicatessen counters is relatively low, pregnant women and immunocompromised persons should avoid these foods or thoroughly reheat cold cuts before eating.

For more information about food safety, contact the U.S. Department of Agriculture's toll-free Meat and Poultry Hotline at 1-800-535-4555.

