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Since Brubaker's parents purchased the farm in 1952, it has undergone many changes.

"We have done nine major renovations on the first two chicken houses," he said. "The first chicken house was built with round feeders, dirt floor, and curtain sides. Over the years we changed that to adapt to new technology. The last house we built again had round feeders, a dirt floor, and curtain sides. Does that tell you anything about technology?"

The chickens are under a 10-year contract with Pennfield. Although the calves are raised independently, it is with the agreement that Pennfield will pay at least \$1 per pound and will take care of advertising and selling the beef.

According to the Brubakers, the positive side of raising chickens is that it allows the family vacation time during replacement time. Raising calves is different as it requires year-round work. Luann hopes she can find a person who will work with her a few weeks and then be able to handle it for a few days independently.

"We want to find someone like ourselves who is good and dependable," Brubaker said.

Although the Brubakers had carefully researched the project before they invested in it, the project has not been without surprises.

"Time-wise it takes more of a commitment than she anticipated. Each season brings new challenges," Luann said. "In the winter, it was the snow, then it was mud

and spring respiratory illness, and now it's flies."

She admits that if she had known all the obstacles before she began, she probably would not have done it. Nonetheless, she said, "I'm glad that I didn't know all the drawbacks, because I absolutely love caring for them. They are just like children."

While some people have the preconceived impression that bulls are nasty, Luann said that she finds the furry, playful bull calves are more personable and easier to care for than heifer calves.

When the couple are not working on the farm, they are involved in church and agriculture-related activities. Brubaker is vice president of the Lancaster County Poultry Association. Both he and his wife are active at Refton Brethren In Christ Church. He teaches Pioneer Club. She is a choir member, sings solos, and is president of the Women's Ministries.

Both enjoy photography, hiking, and the outdoors. Luann gardens and preserves produce and dabbles in painting still life pictures.

In a 1979 newspaper article on Brubaker, who was then Lancaster County FFA president and recipient of several awards and a Burroughs Scholar for being the top ag student in his class, was quoted as saying, "I really love farming. I wouldn't be happy doing anything else."

For Brubaker that philosophy hasn't changed. His wife shares his viewpoint.

She said, "I love doing this even if it is a lot more work than we anticipated."

## Consuming Thoughts

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Many Americans are interested in shaking the salt habit. In the past, salt was used primarily as a food preservative. Today, it is still used as a preservative in cured meats and brined vegetables. However, its main function in many recipes is for flavor alone.

When salt is reduced or eliminated from recipes, alternate ways of enhancing flavors will probably be needed to improve product acceptability. (Be careful about reducing salt in yeast bread recipes. Salt helps to slow down the action of the yeast. Without salt, bread will rise faster and have a coarser texture. If you wish to reduce salt in yeast bread, cut the amount in half and expect a quicker rising time.)

As people learn to use smaller amounts of salt they discover the seasoning value of spices and herbs. Spices, in contrast to the mineral, salt, are aromatic vegetable products used either whole or ground (for example, pepper or nutmeg). Herbs are plants or plant parts used either fresh or dried.

Most herbs and spices do not contain sodium. (Sodium is the part of salt that most people are interested in avoiding.) The flavors that come from the herbs and spices make it easier to eliminate salt entirely from cooking. At first it is wise to use herbs and spices

sparingly because a little goes a long way. However, if fresh rather than dried herbs are to be used, use twice the amount in order to get full-flavor development. Other flavoring substances, such as black pepper, onion, green pepper, lemon juice and vinegar will also enhance the goodness of food without the presence of salt.

There are not strict limits to the use of herbs and spices. A good general rule is not to mix two very strong herbs together. Rather, one strong and one or more of a milder flavor create the most harmonious blends. **STRONG** flavors include: bay, cardamon, curry powder, ginger, hot peppers, mustard, pepper (black), garlic, rosemary and sage. **MEDIUM** flavors include: basil, celery seed and leaves, cumin, dill, fennel, French tarragon, marjoram, mint, oregano, savory (winter and summer), thyme and tumeric. **DELICATE** flavors include: burnet (plants in the rose family), chervil, chives and parsley.

Other ideas for reducing sodium include:

— Substitute unsalted chicken or beef broth for bouillon cubes in recipes.

— Use unsalted or low sodium tomato juice, paste or sauce in

place of regular tomato products. Season with herbs.

— Make your own "low sodium" white sauce to replace canned cream soups in casserole recipes. Your white sauce can be flavored with a variety of herbs or spices, depending on the other ingredients in the recipe.

— Try using low sodium soy sauce, or cutting the amount of soy sauce in half in a recipe.

Another tool is to keep an herb shaker handy instead of a salt shaker. To make your own herb shaker, use the following recipe:

### Herb Shaker

¼ teaspoon cayenne pepper  
1 tablespoon garlic powder  
1 teaspoon each of the following ground seasonings: basil, thyme, marjoram, savory, mace, sage, black pepper, onion powder.

Mix all ingredients together and put in salt shaker.

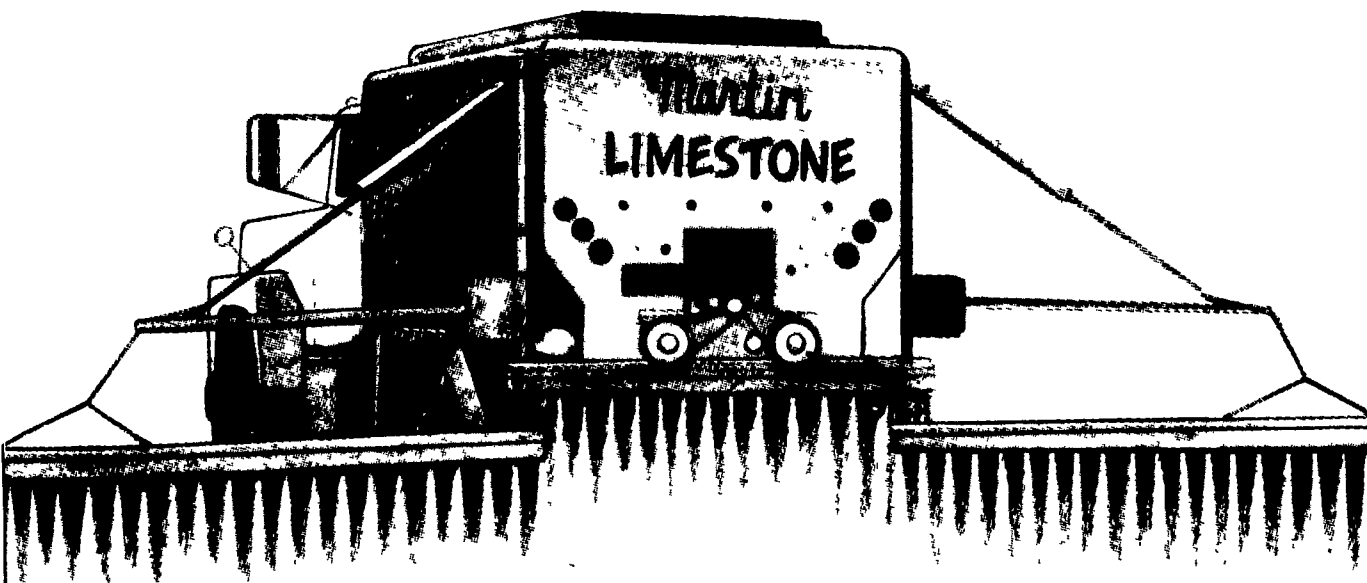
### Salt Substitute

1 teaspoon chili powder  
2 teaspoons ground oregano  
2 teaspoons black pepper  
1 tablespoon garlic powder (not garlic salt)  
2 tablespoons dry mustard,  
6 tablespoons onion powder (not onion salt)  
3 tablespoons paprika  
3 tablespoons poultry seasoning

Mix all seasonings together and put in your salt shaker.

One final reminder about seasonings. Flavored salts such as onion salt, garlic salt and celery salt can be replaced by onion or garlic powder, and celery seeds or flakes. Usually, slightly less powder than salt can be used and still keep the desired flavors.

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