

Consuming Thoughts

Fay Strickler

Penn State Extension
Home Economist
For Berks Co.



If you want to grow up big and strong, you need to eat your fruits and vegetables! Most of us heard our mothers give this advice and as usual — Mom was right!

It turns out that it is more than just a mother's good idea, because now there is solid scientific evidence that a diet rich in fruit and

vegetables, and the nutrients they provide, leads to a lower risk of a number of major diseases.

Fruits and vegetables are rich in vitamin C and carotene — but they are also important sources of vitamin E, folate, and fiber.

So, if these foods are so healthy

then why aren't we eating more of them? Recent studies have shown that only 20 percent of Americans eat even one fruit or vegetable rich in vitamin C or carotene on any given day. And only nine percent eat the recommended two fruits and three vegetables. With intakes that low, a great many people are not getting the optimal levels of vitamin C, E, and carotene.

To change your diet so that you include more fruits and vegetables (5-9 servings daily) try some of these ideas.

- For lunch or dinner, make a low-cost easy to prepare salad or dessert out of fruit. Don't just serve it for breakfast.

- Bake apples the night before and store in the refrigerator for an easy dessert the next night.

- For vitamin A include dark green and deep yellow vegetables such as spinach and carrots or serve cantaloupes, yellow peaches, and apricots.

- Pep your morning — and your scrambled eggs with bits of fresh bean sprouts, sliced water chestnuts and a little chopped onion and green pepper. Add a dash of soy sauce, if you like. Vegetables can be fun for breakfast!

- Want a nutritious economical sandwich to perk up lunch time? Mix chunky peanut butter (1 cup), chopped raisins (1 cup), and shredded carrot (½ cup) for six snappy sandwiches.

- Enjoy dark-green leafy vegetables, raisins, or prunes and get an extra bonus of iron.

- Add fresh or dried herbs to vegetables during the cooking period. Lima beans with marjoram or sage, snap beans with basil or dill, broccoli with tarragon, or cabbage with caraway seeds are all good

combinations.

- Watching your weight? Sprinkle lemon juice or herb vinegar on boiled vegetables for seasoning, instead of butter or margarine.

- Baking acorn squash halves? Add a sprinkling of cinnamon for new zest.

- Get vitamin C from oranges, grapefruit, strawberries, cantaloupe, broccoli, cabbage, spinach, peppers, white and sweet potatoes, and tomatoes.

• Turn an ordinary meal into a party by serving attractive raw vegetable relishes with a yogurt or light sour cream dip, instead of salad.

• For supper, try hearty vegetable soup, along with a fruit salad and hot rolls.

Pigeon Breeding

(Continued from Page B3)

Skykennels are wooden, stackable boxes divided into small side-by-side sections — literally, pigeon-holes. Current flight rules allow two skykennels per customer and freight reservations must be made ahead of time for the feathered fliers.

Pigeons are sensitive to temperature changes in their environment and are stressed by extreme heat and cold. Angle has lost birds after moving them from California to southern York County during cold weather. It may take as long as a year for pigeons to adjust to extremes of a new climate, during which time they often will not breed.

"Southern states do better at raising babies earlier in the year," Angle said, "But quality of pigeons are good all over the country, not any one particular location."

The Avian flu poultry epidemic a few years ago was devastating to pigeon breeders, according to Angle, even though pigeons do not get the disease.

"It just about destroyed us," he said, explaining that shows were simply shut down completely for a period of time. Exhibitors self-certify their birds health conditions for show purposes, but all pigeons are checked at shows.

"We can't 'freeze' a flock, put it in quarantine, if there's a problem.

For his breeding expertise, judging and leadership among the pigeon industry, Angle has been named a Hall of Fame winner by both the National Pigeon Association, the youngest ever to be so honored and the National Modena Association. He spent three years helping redo the "bible" of the industry, the "Encyclopedia of Pigeon Standards," with resource information on 174 different breeds. He is an office holder in five separate local and regional pigeon organizations.

Following in his father's footsteps, Kevin likewise has been honored for pigeon breeding and showing accomplishments. At 15, he became the youngest person in the National Modena Club to win a certified champion award, which recognizes a lengthy series of top show accomplishments. His dad has three of the awards to his credit.

Both Marvin and Kevin are now gearing up to help host an all-breed show to be held July 31 at the York Fairgrounds. As show secretary, Marvin is helping organize the entries for the 40 to 50 breeds expected to be represented at the event. For additional information on the show, Angle may be contacted at Miller Road, R1, New Freedom, PA 17349.

Virginia Championship Apple Butter Contest

WINCHESTER, Va. - The Virginia Championship Apple Butter Making Contest will be held on Saturday, September 17, in the Winchester Recreation Park. The annual event is held in conjunction with the Rotary Club's Apple Harvest Festival and affords the participants an opportunity to win more than \$700 in prize money.

The contest is sponsored by the Frederick County Extension Office and the Winchester/Frederick County Chamber of Commerce in conjunction with area apple producers and support

businesses. The apple butter must be made in the park on the day of the contest and can be sold on both Saturday and Sunday during the Festival.

If you are interested in trying to unseat the 1993 Virginia Apple Butter Making Champion - Mt. Olive United Methodist Church - contact the Frederick County Extension Service by writing to: Second Floor, Frederick County Courthouse, 20 North Loudoun Street, Winchester, VA 22601; or phoning (703) 665-5699 for rules and an entry form.

61
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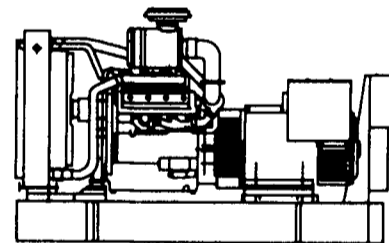
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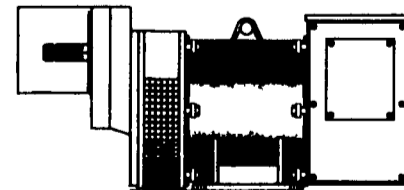
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