

(Continued from Page B6)

ROAST CHICKEN OR HEN
3-4 pound roasting chicken or hen
Salt and pepper
Parsley
Butter
Basil or tarragon, optional
Thoroughly wash chicken and pat dry (patting dry assures good browning). Sprinkle cavity generously with salt, pepper, and parsley. Place in crockpot, dot chicken breast with butter. Sprinkle with parsley and basil or tarragon if desired. Cover and cook on high one hour, then low for 8 to 10 hours.

Pam Zebley
Northeast, Md.

PORK CHOPS WITH SAUCE
Brown 4 to 8 pork chops well and season lightly with salt and pepper. Place in crockpot and cover with any one of the following sauces: 1 can cream of mushroom soup, 8-ounce jar sweet and sour sauce, 1 can cream of chicken soup, 1 can chicken and rice soup, or 1 1/2 cups barbecue sauce.

Pam Zebley
Northeast, Md.

MACARONI 'N CHEESE
2 cups macaroni, cooked and drained
2 tablespoons oil
12-ounce can evaporated milk
1 1/2 cups milk
3 cups shredded sharp processed cheese
1/2 cup melted butter
2 tablespoons minced onion
Toss cooked macaroni in 2 tablespoons oil. Add remaining ingredients. Pour into lightly greased crockpot. Stir well. Cover and cook on low on low 3 to 4 hours. Stir occasionally.

Pam Zebley
Northeast, Md.

BEEF STEW
2 pounds beef chuck or stew meat, cut in 1-inch cubes
1/4 cup flour
1 1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups beef broth
1 teaspoon Worcestershire sauce
1 clove garlic
1 bay leaf
1 teaspoon paprika
4 carrots, sliced
3 potatoes, diced
2 onions, chopped
1 stalk celery, sliced
2 teaspoons Kitchen Bouquet (optional)

Place meat in crockpot. Mix flour, salt and pepper, and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on low 10 to 12 hours or on high 4 to 6 hours. Stir stew thoroughly before serving.

Pam Zebley
Northeast, Md.

CROCKPOT SPAGHETTI
1 pound ground beef
2 tablespoons dry minced onion
1 teaspoon salt
1/2 teaspoon garlic powder
2 8-ounce cans tomato sauce
1 to 1 1/2 teaspoons Italian seasoning
4-ounce can sliced mushrooms, drained
3 cups tomato juice
4 ounces dry spaghetti (1 1/2 cups) broken in 4-5-inch pieces.

Brown ground beef in skillet and place in crockpot. Add remaining ingredients except dry spaghetti; stir well. Cover and cook on low 6 to 8 hours or on high 3 to 5 hours. Turn to high last hour and stir in dry spaghetti.

Pam Zebley
Northeast, Md.

POT ROAST OF BEEF
2 to 3 potatoes, pared and thinly sliced
2 to 3 carrots, pared and thinly sliced
1 to 2 onions, peeled and sliced
1 1/2 teaspoon salt
1/4 teaspoon pepper
3 to 4 pound brisket, rump roast or pot roast
1/2 cup water or beef consomme
Put vegetables in bottom of crockpot. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on low 10 to 12 hours or on high 5 to 6 hours. Remove meat and vegetables with spatula and thicken for gravy if desired. Without vegetables: season roast with salt, pepper, and any other favorite seasonings. Add no liquid, cook as directed.

Pam Zebley
Northeast, Md.

MOCK LASAGNA
10-ounce package broad lasagna noodles, broken into bite-sized pieces

1 pound ground beef
1/2 pound Italian sausage
1 onion, chopped
1 garlic clove, minced
12 ounces mozzarella cheese, shredded
12-ounce carton cottage cheese
2 6-ounce cans tomato paste
1/2 cup water
1 teaspoon basil
1/2 teaspoon pepper
1 1/2 tablespoon dried parsley flakes

Cook noodles according to package directions until tender; drain. Brown ground beef and sausage. Drain. Place in lightly greased crockpot. Add remaining ingredients. Stir to mix thoroughly. Cover, cook on low 7 to 9 hours or high 3 to 5 hours.

Pam Zebley
Northeast, Md.

CHICKEN IN MUSHROOM GRAVY

3 pound chicken, cut up or 3 whole chicken breasts, halved
Salt and pepper
1/4 cup dry white wine or chicken broth
10 1/2-ounce can condensed cream of mushroom soup
4-ounce can sliced mushrooms, drained

Place chicken pieces in crockpot. Season with salt and pepper. Mix wine and soup, pour over chicken. Add mushrooms. Cover and cook on low for 7 to 9 hours or on high for 3 to 4 hours.

CHICKEN PARISIENNE: Prepare recipe as directed above. Remove cooked chicken pieces to warm serving platter. Stir together 1 cup sour cream and 1/4 cup flour. Stir sour cream mixture into mushroom gravy. Heat for 30 minutes on low. Serve sauce over chicken with rice or noodles.

CORRECTION

For the recipe Scalloped Potatoes For A Crowd, which appeared in the paper on February 25, Gerry Seipt writes that it should read 1 soup can milk instead of water.

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How To Grow Plants From Seeds

RUTGERS, N.J. — It is just about time to start slow germinating and growing plants like geranium, petunia, begonia or early plants like cabbage, onion, and snap dragons. There is some time yet before starting fast growing and warm crops.

Check seed packets for specific timing recommendations for sowing indoors. Remember the average last frost date is May 15 and plants that like warm soil — especially tomatoes and their relatives — are best planted after the end of May. Seed left over from 94 or before may or may not be viable — it depends on the species and on how the seed has been stored. If in doubt, avoid disappointments by sowing a dozen seeds on a damp paper towel. Roll the towel and place it in a plastic bag. Check frequently for germination. If half the seeds germinate within 2-3 weeks they are probably worth using.

Success with seeds means paying attention to any special requirements for germination noted on the seed packet. These requirements, if any, will most often involve specific temperatures and/or need for light or dark conditions. Certain seeds may be difficult to germinate and soaking or notching the seed may be recommended.

Gardeners who save seed from plants they grew last year also need to remember that seed saved from hybrid plants will produce an unpredictable, though not necessarily unpleasant, variety of offspring. Seed saved from plants that readily cross pollinate, like members of the squash family, will also produce unpredictable progeny.

Starting vegetables and flowers

from seed indoors can be a gardeners delight or disaster. There are several keys to success. If one is critical, it's providing adequate light.

Seedlings need a lot of light to develop into sturdy, vigorous plants that will thrive in the garden. Even a sunny, south window is usually less than ideal. Of course, a greenhouse would be perfect, but a simpler and less costly solution is fluorescent light. A two-tube "shop lite" is an excellent plant growing fixture; they are often on sale and relatively inexpensive, too. There is no need to use special lamps; cool-white fluorescent tubes are fine for raising seedlings. If the fixture is hung with chains, it can be easily adjusted for height of the plants. Adding an automatic timer to turn the lights on and off makes things really convenient. Gardeners who have been less than successful starting seeds in the past should try lights, 14 to 16 hours per day, 4-6 inches above the plants.

Temperature is important, too. Many seeds germinate best at temperatures in the 70s even 80s, but most seedlings will grow best indoors at temperatures around 65-70°F, during the day and somewhat lower at night. Inadequate light and/or high temperatures produce the tall spindly seedlings that gardeners often end up with starting seeds indoors.

Seeds should be started and seedlings grown in sterile planting medium. Soil straight from the garden may contain organisms that cause "damping off," a deadly problem that can wipe out seedlings in no time.

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