



Lancaster Society 8

Lancaster Society No. 8 of Farm Women met at Reich's Church in Marietta on April 12. They entertained Society No. 15. Mildred Arndt gave devotions and hostesses were Doris Batton, Catherine Aument, Anna Mae

Ney, Carol Compton and Mildred Arndt.

The program was given by the "Bag Lady" whose theme was about the homeless. The May 10 meeting will be at Evelyn Russell's home in Ronks.

**Family Living
Focus**
by
Lancaster Co.
Extension Agent
Althea Engle



By now you may have heard the slogan "Eat 5 a Day for Better Health..." What's it all about? Over the last decade or so a large number of health research articles has been published that point to the benefit of eating more fruits and vegetables. Less risk of certain types of cancer has been found among people eating more fruits and vegetables.

For example, my own research in New York pointed to less risk of ovarian cancer among women eating carrots more than two times per week. It was just one piece of the research behind the making of recommendations for more healthful eating.

The National Cancer Institute recommends eating five or more servings daily (5-a-Day) of a combination of fruits and vegetables to help prevent cancer. Two servings of fruit and three servings of vegetables as recommended in the Food Guide Pyramid by the U.S. Department of Agriculture will fulfill the 5-a-Day recommendation.

The 5-a-Day campaign being waged by the Produce for Better Health Foundation in cooperation with the National Cancer Institute has as its goal the reduction of cancer and heart disease among American adults. Eating more fruits and vegetables with a low-fat, healthful style of food preparation is the way to go about it. Fat-laden french fries don't count toward 5!

When I think about 5-a-Day meal planning for myself, a 6-ounce glass of 100% fruit juice or a half grapefruit goes first on my menu for 1 serving. Apple cider, and fresh, frozen or canned orange, pineapple, and grapefruit 100% juice could be taken as a serving toward 5-a-Day. 100% fruit juice is fruit juice without the addition of sugar or extra water.

In the afternoon I'll often have a snack of an apple, pear, or banana. A whole fruit can be counted as

one serving of fruit for 5-a-Day. Sometimes I'll have a half cup of my home-canned peaches as dessert after a meal—that's another serving.

When leafy greens are served raw in a salad, each 8-ounce cup counts as one serving toward the five daily recommended servings. Cole slaw in a half cup paper container would be 1/2 serving. Salad can be one of the fastest servings to prepare, especially with some help from the children to wash and break up lettuce leaves. Lowfat dressings to give pizzazz are plentiful in the stores now.

Pennsylvania Dutch cooking brings rich memories of flavorful food. Cooked dried corn, stewed tomatoes, green beans, and succotash (corn and lima beans mixed together) are high on the list of favorites. When cooked without fat or with minimal added fat, two half-cup servings of vegetables would be two more tickets toward "5-a-Day" eating.

Potatoes and sweet potatoes—the mainstay of meals that graced Pennsylvania tables through the years—are included in the 5-a-Day plan for eating. Eat 1 cup of boiled or baked potato and you'll have eaten two servings toward 5-a-Day! Because of their vegetable origin, baked dried beans are yet one more of the foods that contribute "5-a-Day" servings to your lunch or dinner.

Keep in mind that eating 5-a-Day for Better Health is the beginning of eating more fruits and vegetables. The recommended amount to eat ranges up to nine servings a day, especially for those with larger appetites. According to the Food Guide Pyramid, fruit servings could be four and vegetable servings could be five—a total of nine. These are guidelines for healthy Americans, to stay healthy. If your doctor has given you a special diet, consult your doctor or dietitian to be sure these recommendations are suitable.

Berks Society 9

Six members attended the Everybody's Birthday Party, held by Group 9, Berks County Society of Farm Women. It was held at Snuzzle's Restaurant. Donations will be made for a display at the Boyertown Times Homemakers' Day, and for the Berks Heim Volunteer Dinner.

Two members will attend the Spring Rally at Dickinson College.

At the May meeting Kim Casner will be showing the members how to make ribbon pine cone decorations.

York Society 11

The April meeting of Group 11 met at the home of Betty Kincaid with 16 members present. President Arlene Miller called the meeting to order.

Several Easter songs were sung, followed by Scripture and prayer. Roll call response question was "The first flower of the season" and the response included dandelions in January to all of the Easter flowers blooming now.

The minutes of the previous meeting and treasurer's report were given. Committee reports were given and plans to entertain Group 21 from Airville were discussed.

Suggestions were given to help Potosi Church with their expansion program and suggested whatever we do should be in Mary Carman's memory. Mary was pianist and organist in the church for many years and also provided and arranged the altar flowers.

Members accepted Colleen Bankert as a new member. Then we viewed a video "Is there life after housework" which the program committee secured from the Extension office.

The Guess Box was won by Edith Delp. The next meeting will be at Blanche Myers' home.

Asparagus Tips

What's the difference between good asparagus and great asparagus? Time — from harvest to table.

Asparagus is one of those crops — like sweet corn and peas — that start to lose quality immediately after picking. There are various techniques used by commercial growers and retailers to retain quality as long as possible. But the supermarket product, good as it may be, can't compete with farm market asparagus. The difference is also why people go to the effort to grow it themselves.

For complete information on growing asparagus, request a copy of "Asparagus Tips for the Home Garden," send SASE to RCE, Agriculture Dept., 4 Gauntt Place, Flemington, NJ 08822.



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