

Rutgers' Gardens Sets Open House

NEW BRUNSWICK, N.J.—Guided tours, "Ask the Expert" Clinic, garden lectures, children's programs, education displays, and more will all be part of the upcoming open house at the Rutgers Gardens.

The 31st Annual Open House at Rutgers' Donald B. Lacey Display Gardens will take place on Saturday, July 29, from 9 a.m.-3 p.m. off Ryders Lane, just east of U.S. Route 1 in New Brunswick, rain or shine. Visitors are invited to take guided tours of the flower and

vegetable gardens, including the All American Selection Display Garden, the New Jersey Native Plant Society Garden, and the new Bamboo Forest Trail. They may have their garden problems diagnosed by Rutgers Cook College faculty and enjoy illustrated lectures on garden themes.

The Display Gardens contain both perennial and annual flowers, herbs and vegetables grown and tended by volunteer gardeners. The gardens will feature this

year's theme, "My Secret Garden." Lectures with slide shows on "Home Composting," "High Performance Annuals of the '90s," and "The Butterfly Garden" will be held in the air-conditioned Holly House starting at 9 a.m.

The Children's Garden will have programs featuring tours of their garden and games throughout the day. A butterfly release will take place at 12:30 p.m.

The Northeast Chapter of the American Bamboo Society will be holding its summer meeting and plant sale at the "Log Cabin." Susanne Lucas, chapter president, will give a talk on bamboo and companion plants in the landscape. Ed Maison, importer of bamboo culms and manufacturer of bamboo products, will present a program on bamboo fences, screens, and rattan products.

Composting tours will be provided by the Middlesex County Master Gardeners at 10 a.m., noon, and 2 p.m. The New Jersey Advisory board of the Master Gardener program will also have a general information table.

Other events will include special educational displays, insect identification, soil testing, sales, and an introduction to the Native Plant Society's New Jersey Garden. Refreshments will be sold by the New Jersey 4-H program at the outdoor cafe with a strolling musician.

To obtain further information, contact Open House Co-directors, MaryAnne McMillan or Jane Snukis at (908) 932-8451.

Jolene Hultz Wears Tioga County Crown



Jolene Hultz, left, was crowned the 1995 Tioga County Dairy Princess at a pageant held recently in Mainesburg. Jolene is the daughter of Barry and Jane Hultz of Millerton. Selected as her alternate was Heather Wood, daughter of Tim and Jill Wood, of Mansfield. The two face a full slate of promotions throughout the summer and the coming year. In the fall, Jolene will begin her freshman year at Mansfield University, while Heather will be entering her junior year at Mansfield Jr. Sr. High School.

Meat Nutrient Facts

CHICAGO, Ill.—A partnership project between the American Heart Association (AHA) and the National Livestock and Meat Board has produced *Meat Nutrient Facts*, a printed summary for consumers of the nutrient content of various protein sources. Selected as an excellent consumer education tool, the AHA is including *Meat Nutrient Facts* in 15,000 1995 "HeartFest at Work" kits.

The front of the handout features information on how to select, prepare and serve lean meat, as well as what the meat industry is doing to deliver products to consumers that maintain a high nutrient content, yet are lower in fat. Printed in chart format, the second side of *Meat Nutrient Facts* compares the relative nutritional value of lean beef, pork, turkey, chicken, seafood and ground meat products.

Its May publication was timed to allow it to be a key component in the "HeartFest at Work" kit, a packet of educational materials on heart-healthy lifestyles that the AHA distributes annually through work sites.

As part of this kit, *Meat Nutrient Facts* focuses on the reduced fat content in today's lean meat and other nutrition information tailored to heart-health. It incorporates tips on selecting, preparing and serving lean cuts of meat without adding extra fat or calories. In addition to highlighting the latest USDA nutrient data for lean cuts such as beef sirloin and pork tenderloin, the checkoff-funded material, which carries both AHA and Meat Board logos, shows how the fat content in meats and poultry can be reduced by further trimming.

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