



JANUARY 8-14, 1996

PLOUGH MONDAY, JAN. 8.

**PROFITIOUS FOR WOMEN**

In ancient folklore, the 14th day of a month was seen as particularly propitious for the birth of women. The 13th was considered propitious for marriage, and the tenth, 11th, 16th, and 20th were lucky days for the birth of men. Hesiod, from the eighth century B.C., marked each day of the month as fortunate for some things and unlucky for others. The eighth and ninth were seen as good days for the "works of men," while reaping fruit and shearing sheep were best done on the tenth or 11th. Although women had only one propitious birth day, their day was considered "holy above all."

*She openeth her mouth with wisdom; and in her tongue is the law of kindness.* - Proverbs 31:26



**TIP OF THE WEEK**

If you're trying to lose weight, try drinking fennel tea for a natural way to reduce your hunger.

**CARROT COOKIES**

- 3/4 cup white sugar
- 3/4 cup butter
- 1 cup shredded raw carrots
- 1 egg
- 2-1/4 cups sifted flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons grated orange rind

Cream sugar and butter; beat in carrot and egg. Sift dry ingredients, stir into carrot mixture, then mix in orange rind. Drop teaspoonsful onto greased cookie sheets and bake at 375° F for 10 minutes. Both dough and cookies freeze well. Makes about 4 dozen.



**THE OLD FARMER'S WEATHER PROVERBS**



*If a chicken gizzard separates easily from the inner skin, look for an "open winter."*

*When the clouds appear like rocks and towers, the earth's refreshed by frequent showers.*

**Special Offer**  
Handy chart full of interesting weather proverbs. Send \$3 to Weather Chart, Dept. UF, The Old Farmer's Almanac, Box 520, Dublin, NH 03444.



**Philadelphia Fruit Market**

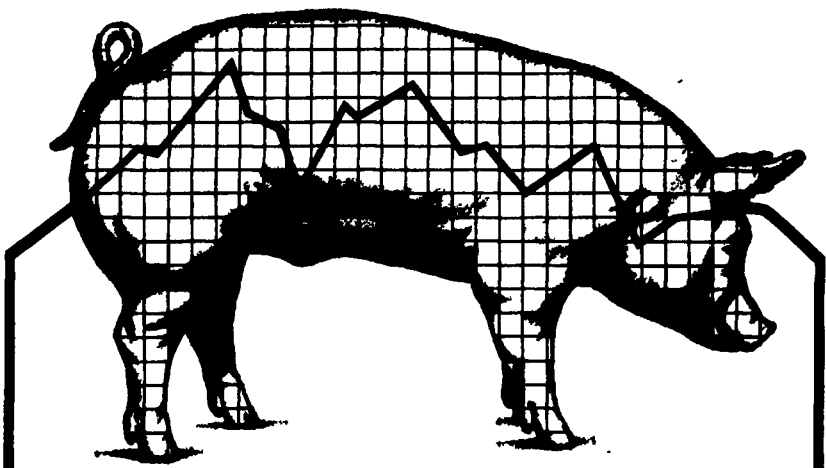
PHILADELPHIA JANUARY 10, 1996

**CITRUS FRUITS**  
---GRAPEFRUIT: MARKET ABOUT STEADY 4/5 buctns FL Indian River Red 27s 8.00 32s 8.00 40s 8.00  
---LEMONS: MARKET ABOUT STEADY ctns AZ 95s fair qual 13.50-15.00 115s 16.50 fair qual 12.00-12.50 140s 14.50 fr qual 11.00-12.50 165s 13.50 fr qual 10.00-12.50 200s fr qual 9.50-11.50 CA 140s 16.00 fr qual 10.00-12.00 165s 13.50 fr qual 10.00-11.00  
---LIMES: 10 lb ctns MX 48s 8.00 54s 8.00 63s 8.00  
---MISC CITRUS: MARKET ABOUT STEADY 2.5 kg crts SP Clementine 24s 6.00 28s 6.00 32s 6.00 36s 5.50-6.00 40s 5.50 10 kg crts SP Clementine 75s 17.00-18.00 96s 19.00-20.00 108s 19.00-20.00  
---ORANGES: MARKET ABOUT STEADY ctns CA Navel 56s 15.00-17.50 fr qual 11.00 72s 13.00-13.50 fr qual 11.00 88s 11.00-11.50 fr qual 9.00-10.50 113s 9.00-10.50 fr qual 9.50 138s 8.50 fr qual 8.50 4/5 buctns FL Hamlins 100s 8.50-9.00  
---TANGELOS: OFFERINGS INSUFFICIENT TO QUOTE  
---TANGERINES: NO SALES REPORTED  
---TEMPLES: TGO FEW SALES TO QUOTE  
**BERRIES**  
---BLUEBERRIES: fits 12 6-oz cups with lids CL BOAT med-lge 14.00-15.00

mostly 15.00  
---CRANBERRIES: OFFERINGS INSUFFICIENT TO QUOTE  
---MISC BERRIES: OFFERINGS LIGHT fits 12 6-oz cups with lids CL Blackberries 18.00  
---RASPBERRIES: OFFERINGS LIGHT fits 12 1/2-pt bkts with lids CL Red 21.00  
---STRAWBERRIES: MARKET LOWER fits 12 1-pt bkts CA AIR med-lge 20.00-21.00 mostly 20.00 FL med-lge 10.00-12.00 mostly 12.00 few 13.00 one label 16.00 fr cond 8.00  
**MELONS**  
---CANTALOUPS: MARKET LOWER 1/2 ctns/crts DR 12s 10.00 15s 10.00-12.00 18s 10.00-12.00 GU 12s 9.00-10.00 fr cond 8.00 15s 9.00-10.00 few 14.00 fr cond 8.00 18s 9.00-10.00 fr cond 8.00 HD 9s 7.00-9.00 12s 9.00-10.00 mostly 10.00 fr cond 8.00 15s 9.00-10.00 mostly 10.00 fr cond 8.00 18s 8.00-10.00 23s 7.00-8.00  
---HONEYDEWS: MARKET LOWER 2/3 ctns BR 5s 12.00-13.00 6s 12.00 8s 8.00-10.00 9s 8.00-10.00 EC 5s 13.00-14.00 mostly 13.00 few 12.50 6s 13.00-14.00 mostly 13.00 few 12.50 MX 6s 10.00-11.00  
---MISC MELONS: OFFERINGS INSUFFICIENT TO QUOTE  
---WATERMELONS: MARKET LOWER ctns per ctn MX Sangria 3s 10.00-12.00 few hias 18.00 Red Seedless 5s fr cond 7.00-7.50  
**NON-CITRUS FRUITS**  
---APPLES: MARKET TRAY PACK ABOUT STEADY, OTHERS LOWER. ctns trypk WA WAExFcy Red Delicious 80s 18.50 88s 18.50 one label 22.00 100s 18.50 113s 18.50 125s 17.50 U.S. ExFcy Red Delicious 80s 16.50 Golden Delicious

80s 17.00 88s 17.00-20.00 100s 17.00 113s 13.00 Granny Smith 80s 26.00 88s 26.00 100s 25.00 WAFcy Red Delicious 64s 14.00 72s 14.00 80s 14.00 88s 14.00 ctns celpk VT U.S. One McIntosh 100s 10.00 120s 8.50-9.50 WA U.S. ExFcy Golden Delicious 96s 21.00 ctns 12 3-lb flmbgs NY U.S. ExFcy Red Delicious 2 1/4" min 12.50 U.S. Fcy McIntosh 2 1/2" min 9.00 2 1/4" min 7.00 Macoun 2 1/4" min 7.00 PA U.S. Fcy Empire 2 1/2" min 7.00  
---APRICOTS: OFFERINGS LIGHT ctns 2 lyr trypk CL BOAT Castlebrite 88s 16.00 Katy 90 series 11.00-12.00  
---AVOCADOS: MARKET LOWER ctns 2 lyr CA Hass 48s 36.00-37.00 few 39.00-40.00 ctns lse 48 sz 36.00-37.00  
---BANANAS: MARKET HIGHER 40 lb ctns IMPORT 11.00 fair qual 10.00 sml 7.50-8.50 40 lb ctns bagged IMPORT 10.00 ctns institutional pk IMPORT petite 13.00  
---CHERRIES: OFFERINGS LIGHT 5 kg ctns CL BOAT Bing 11 row sz fr cond 17.00 Rainier 12 row sz 25.00  
---FRUITS OTHER: NO SALES REPORTED  
---GRAPES: MARKET LOWER 23 lb ctns CA Emperor 11.00-12.00 mostly 12.00 fr cond 8.00 20-21 lb lugs wrpd CA Ribiers fr cond 10.00-12.00 18 lb lugs bgd CL BOAT Perlette 22.00-23.00 one lot 28.00 Thompson Seedless med 30.00 Flame Seedless med-lge 22.00 18 lb lugs wrpd CL BOAT Perlette 22.00-23.00 Thompson Seedless med-lge 30.00 sml-med 24.00-25.00 Flame Seedless 19.00-22.00 mostly 20.00-22.00 sml 18.00 White Seedless Type med 35.00 Black Seedless 23.00-24.00 Sugraone 30.00 16 lb lugs wrpd CA Red Seedless 18.50  
---KIWIFRUIT: MARKET NZ HIGHER, CA STEADY fits 1 lyr CA 30s 7.00 33s 7.00 NZ 33s 7.50 36s 7.50 39s 7.50  
---MANGOES: MARKET LOWER ctns 1 lyr PE Haden 12s 7.00-8.00 14s 6.50-7.50  
---NECTARINES: OFFERINGS LIGHT ctns 2 lyr trypk CL BOAT Armk-ing 72s 12.00 Red Diamond 64s 13.00

(Turn to Page A9)



**HOW HAS YOUR CASH FLOW BEEN?**

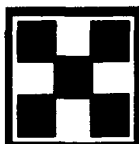
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