

Consuming Thoughts

by
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Even a quick once-over of today's cookbooks or the food pages in newspapers or magazines will convince you of one fact: Pumpkin isn't just for pies anymore!

If breakfast is getting boring and the kids are asking for "something different" after school, or if you're looking for a special treat for that leisurely Sunday brunch, here are a few suggestions that use pumpkin.

Try pumpkin pancakes or waffles, pumpkin doughnuts or apple-pumpkin fritters, pumpkin raisin muffins, pumpkin nut bread or pumpkin coffee cake.

Surprise your cocktail-party guest with a pumpkin dip or a pumpkin cheese ball. Give dinner a fresh start with hot or cold pumpkin soup. Try a savory pumpkin dressing for the salad.

Make pumpkin the centerpiece of the meal with pumpkin pasta, pumpkin chili, Szechwan-style pumpkin-sauced chicken, pumpkin crepes or pumpkin quiche. And for a happy ending, try pumpkin cake roll, pumpkin cheesecake, pumpkin souffle, pumpkin pudding, a frozen pumpkin bombe or pumpkin ice cream pie.

For special occasions, why not try a marbled pumpkin cheesecake or miniature pumpkin cheesecake treats.

As you can see, the natural,

delicious taste of pumpkin is being feature in recipes for breakfast, lunch and dinner - and for every part of every meal, from appetizers to desserts.

And even the oldest favorite of all - pumpkin pie - is arriving on the scene in some new and delectable forms - as chiffon pie; in pecan-pumpkin, pumpkin-apple and mincemeat-pumpkin variations; and in calorie-trimmed version for weight-watching pumpkin-eaters. Pumpkin has only 80 calories per one cup serving.

Cooks, both professional and amateur, are discovering the versatility of the subtle taste and smooth texture of pumpkin. It adds extra moisture to a wide variety of baked goods, as well as contributing its rich golden color to please the eye. It works well in savory main dishes to blend the flavorful ingredients beautifully. And because it is rich in Vitamin A and other nutrients such as Vitamin C, iron and riboflavin - but low in calories, sodium and fat, pumpkin is also being recognized as a tasty and nutritious food for millions of health-conscious weight-watchers. It contains less than 5 mg. of sodium and only a trace (1 gram) of fat.

So, be creative and remember that pumpkin - "isn't just for pies anymore."



Kids Will Be Kids

(Continued from Page B4)

Adolescents and teens often overestimate their skills but have short attention spans. They have a feeling of immortality and are risk takers.

Although children vary according to their development stage, "Nine to 10 year-olds are too young to operate machinery no matter how gifted you believe your child may be," he stressed.

Farm safety instruction is offered through 4-H, FFA, and

other organizations. Insist your children participate in these classes.

"Practice safety yourself. Use helmets and safety equipment," Whitman said.

The following reports prepared by Successful Farming magazine are available from Farm Safety 4 Just Kids (call 800-423-KIDS).

• "Downsizing Farm Chores": a 4-page report on the issue of tailoring jobs to match children's skills, maturity, and judgement.

• "Trading in Unsafe Traditions": an 8-page report on the issue of farm child safety. Includes tips on assigning age-appropriate farm chores, and a discussion on the issue of establishing safe family farm traditions.

• "We Kill Too Many Farm Kids": a 16-page report on the issue of child safety on the farm. Includes case histories and tips on making the farm a safer place to raise children.



Lancaster Society 8

Lancaster Farm Women Society 8 met on November 13 at Donegal Presbyterian Church in Mount Joy. Gloria Straub gave devotions and hostesses were Margaret Heisey, Alice Walter, Nellie Blake, Martha Drager, Gloria Straub and Mary Anne Spangler.

Members entertained Society No. 19 from the East Petersburg area to a apple dumpling lunch. An organ program was given by Anne Gecelosky, organist of Donegal Presbyterian Church. The December 4 meeting will be at the home of Vernetta Wallander in Maytown at 1:30 p.m.

Lancaster Society 20

Lancaster Farm Women Society 20 met at the home of Pauline Reinhart with Dorothy Crawford as co-hostess on Thursday, November 7. Following the brunch Dorothy read the 100th Psalm. She also read "Thanks for Thanksgiving" and the poem "God Cares."

Guest speaker was Kenneth Herr, Quarryville mayor. He stated to become mayor you volunteer but then must be elected. His first term was in 1985 and a term is four years. He is not privileged to vote at the meetings. He may perform wedding ceremonies and this he really enjoys. He has had 93 since he is in office and in many different locations

such as the homes, on lawns, in parks, in the Boro Council Room, in the living room of his home, and many others. It is his duty to oversee the operation of the police department.

The president, Marie Foose, presided at the short business meeting and Dorothy reported three cards sent in the past month. For the Roll Call each responded with their family tradition for Thanksgiving. The Christmas Party will be December 14 at 6:30 at the Quarryville Fire Hall.

The meeting closed by singing "Brighten the Corner" to meet in December at the home of Marie Foose with Anna Mary Groff and Barbara Stone as co-hostesses.

Berks Society 6

The Berks County Society of Farm Women Group #6 celebrated Farm Women Day with lunch at Golden Oaks Country Club in October.

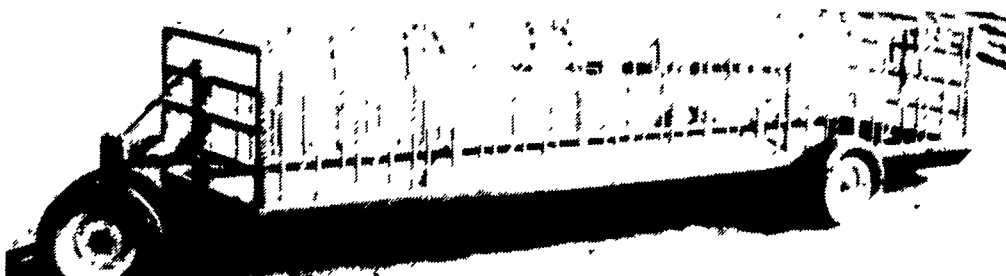
Members will be helping with bingo at Berks Heim in November. A monetary donation will also be sent to Berks Heim's Santa's Corner.

Next month will be craft night at the home of Ilona Houpp.

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