



MARCH 3-9, 1997

TOWN MEETING DAY, VT., MARCH 4.

BLOW ME OVER!

Best you think the March wind is all bluster, keep in mind that a winter's wind can exert up to 25 percent more force during the denser air of winter's cold than at other times when the air is less dense. On the other hand, the chinook winds of the American Northwest and Canada have been known to raise temperatures as much as 30° F in just three minutes! One February in Calgary, Alberta, the temperatures climbed from -14° F to 76° F. Now that's a warm breeze! March is still early for most East Coast sailors, however, with average (and chilly) wind speeds of 13 miles per hour in Eastport, Maine, Atlantic City, New Jersey, and Key West, Florida.

The wind in one's face makes one wise.

TIP OF THE WEEK

Try nonfat evaporated milk for mashing potatoes, or use a lowfat cottage cheese.

FETA RISOTTO

- 4 cups vegetable broth
- 3 cups chopped broccoli
- 1 small onion, chopped
- 1 tablespoon olive oil
- 1 teaspoon ground ginger
- 1-1/2 cups Arborio rice
- juice of one lemon
- 1 cup crumbed feta cheese
- 1 tablespoon grated Parmesan

in olive oil, then add ginger and rice and stir to coat with oil. Stir one cup of broth from the broccoli into the rice until it is absorbed. Gradually add remainder of broth and broccoli, cooking until the rice is just done, about 15 minutes. Remove from heat, add lemon juice, feta, and Parmesan, and serve immediately.

Bring the broth to a boil, add broccoli, and simmer until the broccoli is just tender. In a saucepan, sauté onions



Makes 4 servings, as a side dish.

The OLD FARMER'S WEATHER PROVERBS



A veering wind will clear the sky. A backing wind says storms are nigh.

March wind kindles the adder and blooms the thorn.

When it thunders in March it brings sorrow.

The winds of the daytime wrestle and fight longer and stronger than those of the night.

New Holland Dairy

New Holland Sales Stables
 Wednesday, February 26, 1997
 Report supplied by auction
 199 DAIRY COWS; 165 HEIFERS; 6 BULLS. MARKET STEADY.
 LOCAL FRESH 385.00-1250.00.
 FRESH HEIFERS 675.00-1350.00.
 LOCAL SPRINGERS 610.00-950.00.
 UPSTATE LOADS FRESH 750.00-1525.00.
 2 HERDS ALL STAGES 460.00-1325.00.
 SPRINGING HEIFERS LARGE 975.00-1135.00, SMALL 400.00-835.00.
 SHORTBRED HEIFERS 550.00-985.00.
 OPEN BREEDING AGE HEIFERS 525.00-710.00.
 REGISTERED HEIFERS 1035.00-1160.00.
 SMALL OPEN HEIFERS 190.00-460.00.
 BULLS 410.00-610.00.

Valley Stockyards

Athens, Pa.
 February 24, 1997
 Report supplied by auction
 HOLSTEIN HEIFER CALVES TO 155.00.
 VEAL CALVES, NONE.
 VEALER BULL CALVES TO 120.00.
 SLAUGHTER CALVES 36.00 AND DOWN.
 GRASSERS AND FEEDERS TO 41.00.
 LAMBS 112.50-125.00.
 SHEEP TO 47.50.
 HOGS, 200-250, 47.00-51.00.
 SOWS TO 43.00.

BOARS TO 21.00.
 PIGS, NONE.
 HEIFERS 24.50-39.50.
 STEERS 28.25-39.75.
 STEERS, FEEDER, TO 59.00.
 BULLS TO 41.75.
 COWS, GOOD, 34.50-42.00.
 COWS, MEDIUM, 27.00-33.75.
 COWS, POOR OR SMALL, 26.50 AND DOWN.
 HORSES TO 260.00.
 PONIES, NONE.
 GOATS: TO 110.00.

Leesport Livestock

LEESPORT, PA
 FEBRUARY 26, 1997
 CATTLE 260...PDA... Supply included 120 slaughter steers and heifers and 34 feeder cattle... Compared with last Wednesday's sale... all steers 1.75 to 2.50 higher, Holsteins .50 to 1.50 higher, heifers 2.00 to 4.00 higher, cows steady to 2.00 higher.
 STEERS: few High Choice and Prime 1345/1465 lbs. 69.00-71.50, Choice 1205/1505 lbs. 63.75-69.50, Select 55.00-62.75, Standard 50.00-54.25.
 HOLSTEBINS: High Choice and Prime 1275/1620 lbs. 58.75-63.00, Choice 1100/1740 lbs. 54.00-59.75, Select 49.50-53.00, Standard 36.00-45.00.
 HEIFERS: few High Choice and Prime 1350/1450 lbs. 69.25-69.75, Choice 1060/1400 lbs. 64.00-68.75, few Standard 44.25-50.25.
 COWS: Breaking Utility and Commercial 36.00-42.00, few 44.25, Cutter and Boning Utility 32.50-37.25, Canner and Low Cutter 28.00-33.75. Shells down to 18.50

BULLOCKS: few Select 50.00-51.00.
 BULLS: Yield Grade No. 1 1355/2295 lbs. 43.75-46.25.
 FEEDER CATTLE: STEERS: Medium Frame No. 1 525/725 lbs. 51.00-60.50, few Large Frame No. 2 300/750 lbs. 35.00-37.50; HEIFERS: Medium Frame No. 1 550/780 lbs. 50.00-51.00, few Large Frame No. 2 450/900 lbs. 33.00-38.50, one 46.00.
 CALVES 172...Holstein bulls 25.00 lower.
 VEALERS: few Good 40.00-67.50, Standard and Good 75/100 lbs. 23.00-34.00, Utility 55/90 lbs. 15.00-22.50, few 7.00.
 FARM CALVES: No. 1 Holstein bulls 95/120 lbs. 57.50-72.50, No. 2 80/120 lbs. 35.00-55.00; few No. 1 Holstein heifers 90/115 lbs. 75.00-115.00, few No. 2 75/90 lbs. 32.50-55.00. Beef cross bulls and heifers 75/100 lbs. 45.00-90.00.
 HOGS 73...Barrows and gilts 1.50 to 2.50 lower, sows steady to mostly 5.00 lower.
 BARROWS AND GILTS: US 1-2 220/260 lbs. 48.50-50.50, US 1-3 240/280 lbs. 47.00-48.75, US 2-3 225/240 lbs. 44.50-46.50.
 SOWS: US 1-3 340/400 lbs. 35.00-38.50, few 500/600 lbs. 44.50-45.50, few Medium 350/400 lbs. 27.00-30.00.
 BOARS: 300/610 lbs. 28.00-36.00.
 FEEDER PIGS 27...Lot US 1-3 25 lbs. 120.00, few US 2-3 65/90 lbs. 42.00-75.00. --- per cwt.
 SHEEP 20...NEW CROP LAMBS: few Choice 55/75 lbs. 122.00-125.00, 25/55 lbs. 160.00-165.00, one 220.00.
 SLAUGHTER SHEEP: 40.00-54.00, one 35.00.
 GOATS 7...Few Medium 45.00-85.00, one Small 37.50, one Small Kid 52.50.

WANTED



SOW PRODUCERS

- Existing Farms
- New Construction

WE OFFER:



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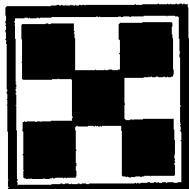
5 to 7 Year Contracts



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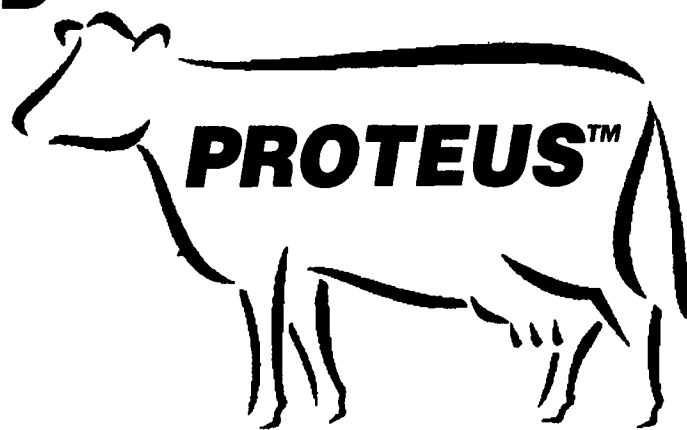
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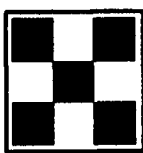
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