

Goschenhopen Folk Festival

Is 'Chust For Nice'

EAST GREENVILLE (Montgomery Co.) - This summer, take your family on a weekend trip back through time. For two days - August 7 and 8 - the past will come back to life at the 32nd annual Goschenhopen Folk Festival in East Greenville. It is the most authentic, educational and entertaining event of its kind in the country.

The Goschenhopen Folk Festival is a leisurely family event that offers a unique and authentic re-creation of life and customs of Pennsylvania German people in the 18th and 19th centuries. Noted for their strict adherence to folk cultural authenticity, about 1000 participants of all ages, dressed in period clothing utilize historically correct materials and accouterments for only those trades and tasks that have been documented to the Goschenhopen region.

The Festival is a treat for all the senses. Visitors can taste ground cherry pie, fresh butter-milk, crusty pig stomach or a full-course church supper guaranteed to make you groan with satisfaction. Sights not to be missed are the wheel wright, rye stray hat making, and a daily Grand Fantastical parade.

The baaing of a sheep being sheared, the squeals of children playing "Blumsock," the smooth slide of a cabbage cutter, or the rag and bone man's call for his services can be heard drifting across the grounds. Men can run their fingers over a handmade gunstock or freshly made rope. Children will want to cool their hands on the long block of ice in the iceman's wagons. Women can finger and buy tinsmith's and Peddler's wares. There is itchy straw to play in and sticky peaches and ice cream that leaves the taste of summer in your mouth. Away from the wood smoke of hearths, throngs of the smith's hammer, visitors may take in a program present-



An apprentice carefully scratches a traditional design on a mahogany colored egg died with onion skins, "Chust for Nice"

ed in the park bandshell or listen to the fiddlers or the village brass band.

This year's theme, "Just for Nice," will be carried out by the making of everyday items Nice, such as needle work trim on work shirts, whittling whimsies, or "Fraktur" bookplates. Demonstrators will be placing traditional embellishments and folk motifs on items which in past appeared quite utilitarian. The blacksmith may produce an 18th century style door handle decorated with a tulip and the cabinet maker an inlaid intricate scroll on a traditional piece of furniture. Goschenhopen ladies also can employ "Just for

Nice" in the elaborate stitching on show towels, the decorating of Easter eggs, cut-out paper liners in jelly cupboard, fruit pies with "spider" crust, and the ultimate embellishment of Morning Glory Cake.

This year come with your families and search for Just for Nice at the Goschenhopen Folk Festival on Friday, August 7, from 12 noon to 8 p.m. and Saturday, August 8, 10 a.m. to 6 p.m. at the New Goschenhopen Park on 3rd Street in East Greenville, PA just off Route 29 in northern Montgomery County. Children 12 and under get in free. All others donate \$6. For group rates or more information call (215) 234-8953.

Fresh Produce Care

UNIVERSITY PARK (Centre Co.) - The strawberries look luscious and the peaches look promising, so you load them into the grocery cart and take them home.

Now what? Though research shows that less than one percent of all produce monitored by the Environmental Protection Agency exceeds the limits for pesticide residues, you still may have a nagging feeling that some pesticides linger on the produce you've bought. The following primer - from A to Z - will help assure that your fresh fruits and vegetables are washed and stored correctly and are safe to eat.

• Apples: Wash with cool water. If the water is too warm, a chalky white coating will appear. Applied prior to storage to assure a juicy apple, this coating is edible and not harmful. Store apples in a cold, humid environment.

• Bananas: Wash skin, peel and eat. Avoid grayish-yellow fruit that indicates a chilling injury; a banana with this coloring may never ripen correctly. Ripen at room temperature and refrigerate when the banana reaches the stage of ripeness that you prefer. The skin will darken in the refrigerator, but the fruit will not.

• Carrots: Buy firm, well-shaped roots with good orange

color. Wash in cool water and brush or peel before serving. (Most baby carrots are not babies at all, but simply are regular carrots that have been shaved and shaped.)

• Grapes: At the point of purchase, gently shake a bunch. If few fall off, the grapes are fresh. Rinse in cool running water; refrigerate and use within one week.

• Lettuce: Clean, firm heads that give slightly when squeezed are best. Rap the core soundly on the counter, twist and remove. Rinse under cool, running water just before use. Drain and store in tightly closed plastic bag or lettuce crisper. Insert a section of paper towel to help ensure a dry environment as well as to help control decay.

• Melons: Keep at room temperature for short periods of time, or refrigerate for longer storage. Wash carefully before cutting. Cantaloupe that smells sweet and yields to slight pressure at the blossom end (not the stem end) will be ripe. Watermelon is ripe when the underside (the part that lay on the ground) is yellowish and firm. If it is white or green, the melon is immature. Avoid bruised or soft melons.

• Onions: Keep at room temperature in a well-ventilated,

dry area. An ideal container is a paper bag with slits cut into it. You can refrigerate onions if temperatures are high. Store up to four weeks. Peel and wash before using, and do not consume soft, moldy onions.

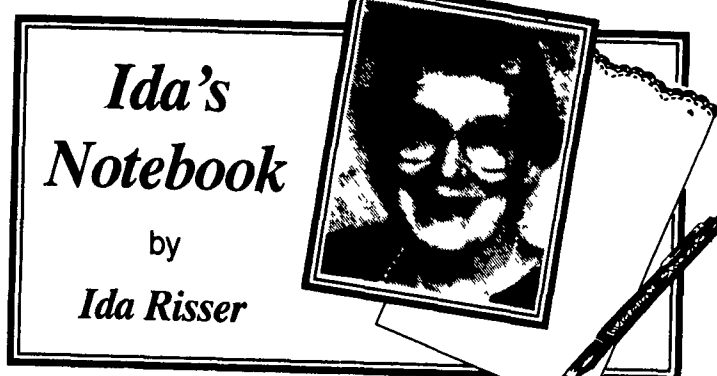
• Oranges: Green skin color or reddening does not affect quality. Store at room temperature or refrigerate. Wash skin before peeling, cutting or eating.

• Peaches: Avoid green-tinged fruits and those hard, dull or bruised. Wash, hold at room temperature to soften, then refrigerate. Use promptly after they ripen. Placing peaches, pears and nectarines in a perforated paper bag at room temperature will hasten ripening.

• Pears: Hold at room temperature for additional ripening, then refrigerate. Wash before eating.

• Potatoes: Choose clean, smooth potatoes, free of cuts or bruises. Avoid green-tinged potatoes and do not consume green parts. Never refrigerate potatoes; this encourages rot. Keep potatoes in a cool, well-ventilated dark area, away from light and moisture. Scrub well with brush and cool water.

• Sweet corn: Husks should be green, slightly damp and clinging to the ear, not yellow or dry. Wrap



Ida's Notebook

by
Ida Risser

The other day our daughter who lives in Texas sent us pictures of her family and of a recent birthday party. She took the time to mark all 48 pictures.

If only people long ago had done the same thing. Most of my old photo albums are full of pictures with no names attached. Those that I could identify have been given to children and grandchildren of the folks pictured.

One of the earliest types of pictures was daguerrotypes which preceded the Civil War. These were often enclosed in book-type cases and lined with purple velvet. The style of dress and hairstyle is quite interesting. Their expressions are very serious as often the pose is a wedding portrait.

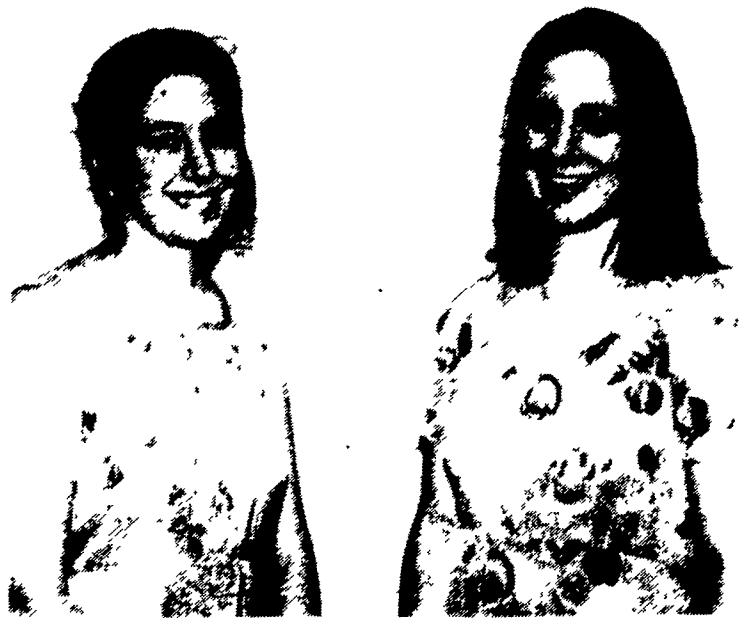
Today I try to mark all of my pictures as the film is developed. Then the pictures of our children taken long can be sent to the

grandchildren to show them how their parents looked at the same age.

Some of the first colored pictures were developed in the '30s and '40s. However, they have faded over the years and so the pictures of the Grand Canyon, that I took many years ago, no longer show its splendor. Today methods of developing pictures have improved a lot and they will remain brilliant for many years.

When I have film developed, they are always made in duplicate. Therefore, I can send my children half of the pictures. But again they are marked and doing 50 pictures takes a bit of time.

As for now, I want to plant a long, long row of green beans where the sugar peas were removed. When it rains this afternoon, I'll have time to mark and date my pictures.



Teens Attend Penn State 4-H Ambassadors

Teen Ambassadors Represent 4-H

Amanda Koons, daughter of Cameron and Patty Koons of Muncy, and Shelly Vandine, daughter of Wayne and Ruth Vandine, also of Muncy, recently participated in the 10th Annual Penn State 4-H Ambassador Conference held at the University Park Campus where they attended workshops on interviewing skills, media relations, and decision-making. These ambassadors will repre-

sent about 125,000 4-H members of Pennsylvania.

In addition to the workshops the conference delegates visited with a number of Penn State faculty and administrators during a reception.

State 4-H Ambassadors promote the 4-H youth program and the land-grant university system and are available to speak to groups about Penn State Cooperative Extension and 4-H.

in plastic and store in the refrigerator. Use promptly after purchasing. Shuck; wash before using.

• Tomatoes: Place away from direct sunlight. Put in a paper bag to hasten ripening. When ripe, wash and refrigerate. Use within a few days.

• Zucchini: Store in perforated plastic bags in a refrigerator crisper. Wash just before cutting.

Best bets? Buy domestically

grown produce, buy produce in season, wash all fresh produce, peel fruits that have thick skins, remove the outer leaves of leafy greens. And, for ultimate satisfaction, grow your own.

For more information about food safety, storage and nutrition of fresh fruits and vegetables, contact Darlene Page, Penn State Cooperative Extension, at (717) 278-1158 or e-mail: dpage@psu.edu.