



Lancaster Society 8

Lancaster Farm Women No. 8 met on July 8 at Noon for a covered dish lunch held at the trinity Lutheran Church in Mount Joy. Millie Arndt gave devotions and the hostesses were Sylvia Kuch, Jo Ann Murry, and Alice Walter. Guest speaker was Elizabeth Lenton, master gardener at the Home

and Farm Center, Lancaster. She spoke on "How To Design Your Outdoor Living Room". We were also entertained by harpist, Elisa Ranck. The September 9 meeting will be at 1:30 p.m. at Donegal Presbyterian Church in Mount Joy.

Berks Society 4

Berks County Society of Farm Women Group #4 met on June 2, at the home of our hostess. Mary Fizzo, Boyertown.

President Elsie Rothenberger conducted the business meeting. 5 blankets were purchased to be donated to the Lyon's Storn Victims. The winners of our annual Family and Consumer Science scholarships were

Boyertown Senior High - Andrew St. John; Boyertown Junior High East - Emily Lirrone; and Boyertown Junior High West - Andrea Barton.

The next meeting will be held on July 7 at the home of Marguerite Rush, Boyertown. members will provide the refreshments to celebrate Marguerite's 85th Birthday.

Cancer Resource Help

If you or someone you know has been recently diagnosed with cancer, call American Institute for Cancer Research (AICR) about CancerResource—a free new information program to help cancer patients better understand this disease and take a more active and informed role in its treatment.

CancerResource lists questions to ask doctors, give guidance on seeking second opinions, and provides information about the latest

treatment options. It also offers advice on living with cancer, possible dietary problems, side effects from treatment, and the emotional strain this disease can bring.

AICR's CancerResource is now available in specialized editions for four of the most common cancers: breast, prostate, colon, and lung. For more information on this free program, call 1-800-843-8114 ext. 37, Monday through Friday, 9 a.m. to 5 p.m.

Potato Care

Keep potatoes in a cool, dry, dark and well-ventilated place at 45-50 degrees, for several weeks. Keep only one week at room temperature.

Don't refrigerate potatoes

because temperatures below 42 degrees causes potato starch to turn to sugar, producing an uncharacteristic sweet flavor. Lengthy exposure to sunlight or to artificial light causes potatoes to turn green and acquire a bitter flavor.

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Sampling Trees For Nutrients

Leaf tissue analysis is an excellent way for gardeners to determine the actual nutritional status of plants. Commercial producers of fruit crops rely heavily on leaf analysis to prevent production problems.

Tissue analysis is an excellent and inexpensive way of finding out if your fertilization program is working or if changes need to be made. The analysis provides the information on foliar nitrogen, phosphorus, potassium, calcium, magnesium, molybdenum, iron, copper, boron, sulfur, manganese, and zinc levels for the leaves sampled, a fact sheet on what the levels should be for these plant nutrients, and recommendations for corrective measures if needed. Combined with a soil test, leaf tissue analysis can help pinpoint the source of nutrient problems. For example many gardeners feel little ferti-

lizer is needed on fruit trees. Actually, all plants (fruits or vegetables) need 16 different nutrients, some are required at large amounts like nitrogen, phosphorus and potassium. Several others are only needed in trace amounts like boron and zinc.

Here's the best time to sample fruit crops in your garden using a tissue analysis kit. These times of the year have the most stable nutrient levels within the plant.

•Strawberries: sample from the first fully expanded new leaves after renovation (July 13 to August 1)

•Blueberries: sample healthy leaves the first week of harvest or during July or August.

•Blueberries: sample healthy leaves on non-fruiting canes in mid-August.

•Fruit trees: sample each type of fruit tree and variety separately from mid-July to mid-August. Trees should be the same age. Select leaves midway on the shoot of current season's growth.

Here's how to sample. Collect 50 leaves per sample. Sample different varieties separately, if possible. Collect leaves from as many bushes or trees as possible. Do not collect diseased or dead plants or leaves damaged by insects or seeds. Do not sample extremely old or the youngest leaves. Remove the Petioles (leaf stems) from the leaves. Make sure leaves are free of soil. Allow the leaves to air dry before placing into the paper bag included in the kit. Complete the information in the kit. The cost per sample is \$18.

Contact your Extension Office for the Penn State Analysis kit.

Questions on the above information can be directed to Thomas Becker, Extension Horticultural Agent, York County, at 112 Pleasant Acres Road, York, PA 17402 or call (717) 840-7408.

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