

Natalie Foxwell Is State Delegate To National 4-H

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MEYERSDALE (Somerset Co.) — A sewing project of powder blue — a two-piece wool gabardine jacket and trouser ensemble — is Natalie Foxwell's right of passage to the National 4-H Congress coming up in Atlanta, Ga. She is the state delegate from Pennsylvania.

At age 15, the Buffalo Creek 4-H Club member and daughter of Gary and Bonnie Foxwell, garnered the prestigious honor at the state 4-H Fashion Revue, held recently at Pennsylvania State University campus.

The stylish suit's double-breasted jacket with set-in seams and three-piece notch collar, is

shown to perfection on the dark-haired teen-ager.

A fixed waistband, button closure and front zipper are featured in the pleated pants.

To fulfill the suit, Natalie had to develop her own pattern because pieces for lining weren't included with the design.

"Although it wasn't totally elaborate," she reported, "it took time and patience."

The lining had to be smaller than the garment itself, yet allow for roomy comfort.

"I've learned over the years, that I cannot follow a pattern," she said.

She expects to achieve a perfect fit, altering the pattern to match her figure is the rule not the ex-

ception.

The competition at Penn State was tough so upon hearing the announcement of her name as the winner was a numbing experience during the first few seconds that followed.

"When they called my name, I turned to the guy next to me and asked, 'Is that me?'" she said.

The ability to sew her own clothes has given Natalie an edge in both her clothes budget and fit and style. Also she can incorporate originality and maintain the trend of current fashions.

Giving community service, as she did last June in Salisbury following a tornado disaster in southern Somerset County, was a two-

week, daily affair. Every day she and her brother, Tim, 12, worked with their mother and others who served thousands of meals to volunteers helping with the clean-up in the aftermath.

At the Meyersdale Grace Brethren Church, Natalie sings with a youth ensemble which calls itself Inspiration.

She is a sophomore enrolled in the advanced college preparatory course at the Meyersdale Area High School and a member of the PSAT 1000+ Club.

Besides receiving the Presidential Academic Achievement Award and Biology Award, Natalie, a musician, is in a band chorus and Spanish Club member.



Natalie Foxwell



What You Should Know About Black Walnuts

WOOSTER, Ohio — If you peel off the hull of a black walnut, crack the shell and promptly eat the meat inside, you won't die from a toxic overload — but it won't be culinary delight, either. On the other hand, if you properly harvest and cure black walnuts, the meat can be quite tasty.

Black walnuts are best harvested when they begin to drop but are still green, said Gregory Miller, owner of Empire Chestnut Company, Carrollton, Ohio. He spoke on raising edible nut trees at the Tri-State Master Gardeners Conference held this summer at Ohio State University.

To properly harvest black walnuts, you should immediately remove the hulls, wash the shelled nuts in water, and then spread them to dry in a garage or other unheated building. Removing the hulls keeps the kernels light-colored and prevents the bitter taste most people associate with black walnuts.

"People expect black walnuts to

have dark meat," Miller said. "They actually should have light meat; the color should be as light as California walnuts."

Black walnut trees are one of several nut trees that homeowners might consider growing, Miller said. They are native to North America, tolerate a wide range of soils, need little spraying and are large, strong trees with open branching.

On the downside, leaf-eating insects leave honeydew droppings, and the tree is prone to anthracnose, a disease that causes early leaf drop. And, if you are just looking for a unique shade tree, black walnuts can be a homeowner's scourge. The black walnut trees' roots release a toxin called juglone, which can kill a wide variety of plants growing wherever its roots reach. (Ask your local Extension office for information of plants that will grow under black walnut trees, or search the Internet site (<http://ohioline.ag.ohio-state.edu>).

As for other kinds of edible nut trees, shagbark hickory, pecan, hazel, chestnut, heartnut, butternut, chinkapin, beech and Persian walnut — also called California walnut and English walnut — are all suitable choices for sites that have well-drained, fertile soil.

To choose an edible nut tree, Miller recommends you first evaluate the space available and your soil conditions. Most nut trees require full sun, and the size can vary from the large shrubs of hazel and chinkapin to the large trees of black walnut and pecan. If you live where the soil is predominantly clay, look into hazels. They tolerate wet, heavy soils the best. Chestnuts tolerate it the least.

The type of tree you should plant also depends on if you plan to use it as a hobby to collect the nuts for food or to attract wildlife, or as a business venture. Also, be sure to carefully evaluate how much time you are willing to devote to the trees. While edible nut trees make good shade trees, they

are somewhat work intensive, Miller warns. If you are growing them for the meat, all nuts must be promptly harvested and dried. Some kinds require several sprayings a year. Even if your goal is to watch squirrels chatter back and forth among the branches, you still have to clean the catkins that develop each spring. Catkins are the scaly spikes of the trees' unisex flowers.

For more information on the virtues — and vices — of different edible nut trees and where to purchase them, contact the Ohio Nut Growers Association, c/o Bruce Bauman, 9870 Palmer Road, New Castle, Ohio 45344.

The Greenhorn Gardener is a service of The Ohio State University. Send questions for future columns to: Greenhorn Gardener, Section of Communications and Technology, 2021 Coffey Road, Columbus, OH 43210-1044. Questions will not be answered individually; if you need answers quickly, call your local Extension office.

Cooking Sprays Do Have Fat, Calories

I like to use spray cans of cooking oil to coat the frying pan and even "butter" my corn on the cob. I can hardly believe they contain no fat or calories, though. How can that be, when the first ingredient listed is oil?

You're right to be skeptical, but those oil sprays are certainly within their rights to claim "no" fat or calories. The official rule is that any product can claim to be "fat free" if it contains less than a half-gram of fat per serving. A food can be "calorie free" if it contains less than five calories per serving. As long as the spray you use fits those criteria, you'll probably see "no fat or calories" on the label somewhere.

As with any food, serving size is key here. Most cooking sprays say a "serving" is a shot of spray 1/2 of a second long. If you can whistle the tune to Jeopardy while you spray your corn on the cob with butter-flavored spray, you're getting a lot more fat and calories than what manufacturers call a serving.

Some of those sprays give additional information comparing fat and calorie content of their product to oil or margarine, for example. In that informational panel, you'll find out how many calories are in a longer spray (say, a full second). That can help you figure out what you're actually spraying

on your pan — or your corn-on-the-cob.

If the spray you sue doesn't have that kind of additional information, you can make a guesstimate. For example, you know the spray has no more than a half-gram of fat and no more than 5 calories per serving. So, go ahead and use those figures in your calculations. For example, if the spray's "serving size" is one-third of a second, and if you usually use a five-second spray, then multiply a half-gram of fat by 15 and 4 calories by 15. At mosts, your spray would add 7.5 grams of fat and 75 calories to your meal. That's about what you'd get with two teaspoons of margarine.

On the other hand, if you limit yourself to one-second spray, then your multiplication factor would be three, you'd get, at most, 1.5 grams of fat and 15 calories from your spray.

Remember, though, that at best this is a guess. If you're really interested, you might want to call the manufacturer to find out more about the fat and calorie content in your favorite cooking spray.

Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210, or fipilic.3@osu.edu.



Magnificent chocolate creations such as these Swan Truffles will be taught by chocolate artist Elaine Gonzalez at the Cake and Kandy Emporium (CAKE) on Wed., Oct. 28. Cost is \$72. A two-day hands on class will be held on Oct. 29-30 for \$250. Tuition will include an autographed copy of her newly released book, "The Art of Chocolate," filled with lavish artistry and instructions to create spectacular desserts and confections. To register for the classes, send full payment with name and address to CAKE at 2019 Miller Rd., Village Common, East Petersburg, PA 17520-1624 or call 1-800-577-5728.