

Pennsylvania Farm Women Hold 80th Convention

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Counties recognized for membership gains included Huntingdon, Cambria, Cumberland, Lancaster, and Lebanon.

Naomi Bupp presented a \$8,000 check for the scholarship fund. The money is from the cookbook the society printed eight years ago and continues to sell. More than \$88,000 has been raised and 22,000 copies sold. Another reprinting will be requested this year.

Presidents from each county society reported on members activities throughout the year and the many ways they fulfilled their project to spread acts of kindness.

The Spring Rally will be held at the Holiday Inn West, 5401 Carlisle Pike on Route 11. Sponsored by Cumberland Farm Women, reservations must be made by April 26. Tickets are \$15 each. Seating will be limited to 625.

Entertainment was provided by Lee Moyer of Lebanon, The Hungry Three, a brass band, and by Dale Snyder from Zoo America who talked about endangered species.



Ruth Martin said Franklin County's 10 societies with 174 members invite handicapped children to enjoy a day on her family's farm.



In memory of members who died during the past year, money was donated to Habitat for Humanity. In charge of the memorial service are Dauphin County members, from left, Ethel Cline, Mary Pankake, Martha Reed, and Sharon Strite.

4-H Club Receives \$2500 Grant To Feed Hungry

RUTGERS, N.J. — National 4-H Council, in partnership with Kraft Foods, Inc., has selected Hunterdon Bullseyes 4-H Club to administer an annual grant of \$2,500. The grants range from \$500 to \$2,500 and were awarded to programs that involve youth and adults as partners in learning experiences that address local hunger problems.

The focus of the "Feeding the Hungry" program is to promote youth/adult involvement in local food banking, outreach and public awareness efforts. Program goals include increasing the food supply available to those in need and educating the public about hunger and food supply issues.

"Feeding the Hungry" programs will also help youth build the foundation skills and competencies which will be required of them in the workplace of the future. Projects will be implemented in the community and in collaboration with 4-H work. Youth were actively involved in writing the grant proposals and will be instrumental in project decisions, designs and implementation.

The Bullseyes' grant involves increasing the amount of protein donated to the Norwescap Food Bank which serves Hunterdon, Warren and Sussex Counties. The food bank has a constant shortage of protein (meat). More than 500 companies, organizations, and individuals donate to Norwescap but donations of meat are rare.

The Bullseyes 4-H Club has joined forces with the Hunters Helping the Hungry, a group of adult volunteers dedicated to donating venison to the food bank. The Hunters Helping the Hungry and the 4-Hers are soliciting hunters to donate venison as well as soliciting funds to pay for processing. Each deer provides approximately 50 pounds of meat. The cost of processing each deer is approximately \$50.

The goal of the project is to provide 20,000 pounds of meat. This means the funding need is \$20,000. The National 4-H Council Grant provided by Kraft Foods, Inc. will pay for the pro-

cessing of 2,500 pounds of meat. The 4-H youth have also pledged to donate 100 pounds of non game meat.

The overpopulation of deer in Hunterdon County is responsible for millions of dollars in loss of agricultural crops, landscaping, and automobiles each year. Deer are also responsible for loss

of human life in automobile accidents they cause. This project is a great way to provide food for those in need while hopefully reducing the unhealthy overpopulation of deer. It is a great example of youth and adults working together to help those in need while addressing a community problem.

Dried Food Can Last A Year Or Longer

Normally, the recommended period to store dried foods is one year. Foods stored longer than that probably will be safe, because the lack of moisture reduces the chance that enzymes or bacteria can do their dirty work. But after a year, the food could lose flavor and darken in color, deteriorating in quality.

If you really go gang-busters with that dehydrator, you can freeze dehydrated food for an indefinite period of time. The nice thing about dried food is that it shrivels up so much that it takes very little space in the freezer or wherever you store it.

Be sure to store foods as quickly as possible after they're dried, because dried food will immediately start to pick up moisture from the air. You can store dried food in airtight, sterilized glass jars, in heavy-duty, vapor-proof plastic bags, or in metal tins with tight fitting lids. Some experts favor tins because they keep light out, and light causes vitamin loss. But if you use tins, line them with brown

paper bags so the food doesn't touch the metal and react to it.

Also, plastic bags are often touted as better than glass jars, because you can squeeze excess air out of bags. You'll want to avoid letting dried food have too much contact with air — and the natural moisture that's in it.

Some other tips:

- Avoid storing dried food in the refrigerator, especially if it's not in an airtight container. Refrigerators are humid environments and could rehydrate your dried food.

- Check occasionally for mold. If you spot some, throw out all the food in the container.

- Store one type of food per container, and store in small quantities. That way, if one package spoils, you only have to throw out a small amount.

For more information, Ohio State University Extension has a fact sheet on Drying Foods (HYG-5347-97) available free at Ohio's country Extension offices or on Ohioline, its website (<http://ohioline.ag.ohio-state.edu/>), under "Food."

Taste-Testing Workshop

LANCASTER (Lancaster Co.) — Are you looking for some new ideas to serve at your Super Bowl XXXIII party?

Why not try some of the trendy wraps and rolls that are on the market? Tortillas, calzones, fajitas, focaccia, and pitas are some of the sandwich warps or rolls that are quick to prepare and fun to serve. Penn State Cooperative Extension is offer-

ing two workshops featuring these trendy sandwiches. Join us and try some of these new breads and fillings to match on Thursday, January 28 from 10:00 - 11:30 a.m. or on Friday, January 29, from 7:00 - 8:30 p.m. at the Farm and Home Center in Lancaster.

The cost is \$3. Pre-registration is requested. Call Penn State Cooperative Extension at (717) 394-6851 for information.



Registering Farm Women members, from left, are Jean Dupstadt, Somerset County; Barbara Malehorn, York County; and Rale Diehl, Somerset County.



Cindy Thoman, Perry County farm women president, expresses her appreciation for the support she received from members when her husband was severely injured in a farm accident.