

# Grand View Farm Continues Fastnacht Tradition



Kendra Delgato is eager to taste one of the 60 dozen fastnachts that she helped her grandmother and great aunts make.

LOU ANN GOOD  
Lancaster Farming Staff  
WERNERSVILLE (Berks Co.)  
— Tuesday was Fastnacht Day. Some people spell it "fasnacht." Some call it Fat Tuesday or Shrove Tuesday.

It's a traditional annual day set aside by thrifty cooks to use up all their fat and sugar in preparation for the Lenten fast, the 40-day period between Ash Wednesday and Easter Sunday.

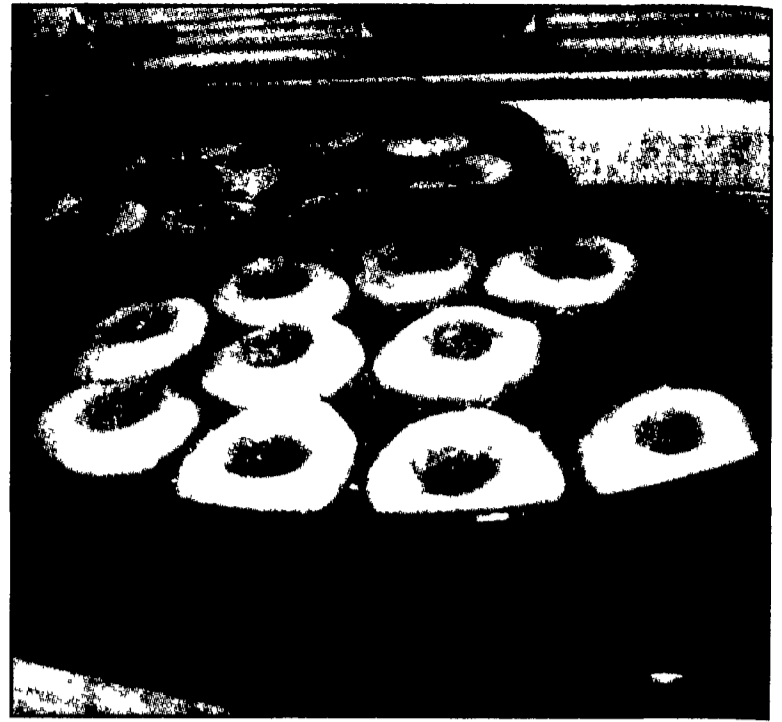
Regardless of what people call the day, most people know it as the day to indulge in eating doughy treats, which are similar to doughnuts.

Making fastnachts is an old family tradition for Helen Schaeffer of Wernersville, her sister Arlene Zimmerman of Fivepointville, and sister-in-law Patsy Kauffman of Reinholds.

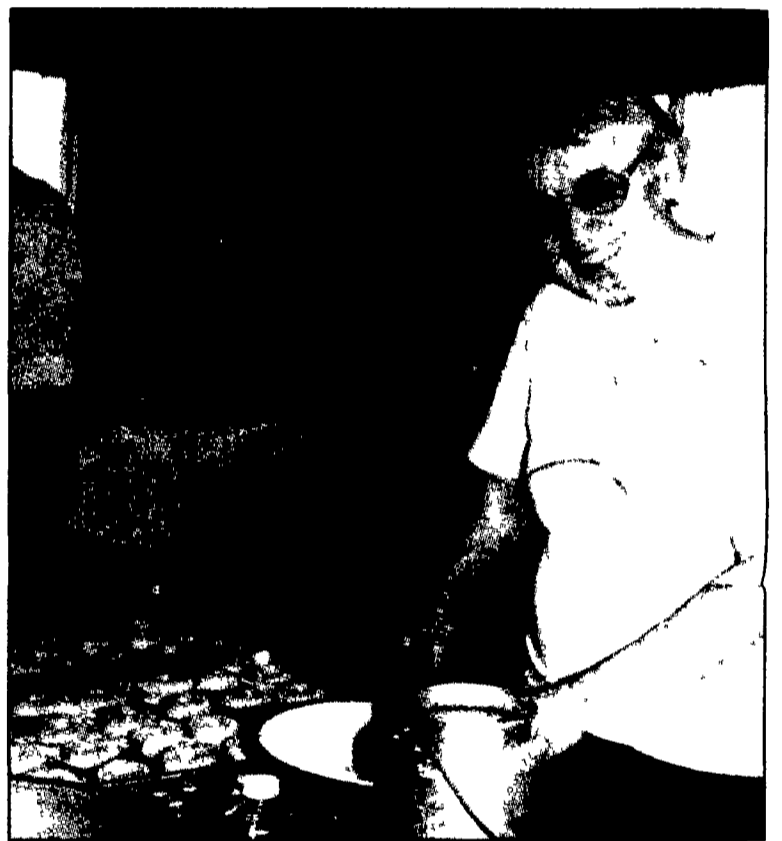
Fastnachts vary in taste, but most claim that the original fastnacht was made from mashed potato dough, formed into a holess square, and fried in lard.

Because of the work involved, many families have stopped making fastnachts. But every one who has ever tasted a fastnacht wants to continue the tradition of eating them on the Tuesday before Ash Wednesday. For this reason, many commercial bakeries are filling the slot. Commercially-made fastnachts generally don't have the same taste and texture of the home-made varieties.

Although the trio do not share the secret family recipe passed down from an aunt, Helen did say that she thinks theirs taste the best



Fastnachts vary in taste and appearance, but these are made with mashed potatoes and fried in lard, which is believed to be typical of most old-time fastnacht recipes passed down through families.



Helen's day began at 3:50 a.m. After she milked the cows and made a hot breakfast for the family, she took time for the traditional fastnacht baking day held in her home.



Patsy Kauffman, Arlene Zimmerman, and Helen Schaeffer show off a tray of their scrumptious fastnachts. The trio made 60 dozen to share with friends, neighbors, and family members.

because they are made with mashed potatoes unlike many reproductions. She also fries them in lard, just as generations of cooks before her have done. And dips them in glaze unless requested otherwise. The trio's fastnachts also have a hole to make it easier to fry, drain, and dip.

Mixing up a batch of yeast dough, letting it rise, rolling it out, cutting out the round forms, and

letting the dough rise again before deep frying is no easy task.

Helen arose at 3:50 a.m. on Tuesday to milk cows and cook a hot breakfast for her family before she started working on the fastnacht project. The trio with the help of Arlene's 3-year-old granddaughter Kendra ended up with about 60 dozen fastnachts to provide friends, neighbors, family

(Turn to Page B3)

## Dinner Fit For The Governor

LOU ANN GOOD  
Lancaster Farming Staff  
LANCASTER (Lancaster Co.)  
— It was a dinner fit for the governor. Although Gov. Thomas Ridge did not attend the meal given in his honor, he sent his appreciation.

About 125 guests also appreciated the dinner, held last Saturday.

The dinner, provided by the Lancaster County Poultry Association, was held at the Water Street Rescue Mission, Lancaster.

John Mattilio, president of the association, said that the dinner was given in lieu of presenting gifts to the governor during the State Farm Show. Traditionally all agricultural commodity groups

present gifts to the governor. But, three years ago, the Poultry Association decided that sharing food with the needy would be more beneficial than giving poultry products to an office that is showered with gifts, which are nice but not needed.

Providing a meal for the homeless and needy through the mission, allows the Poultry Association to share its product with a segment of the population who really needs it.

This year the menu included baked chicken, tossed salad, cooked carrots, macaroni and potato salad, mashed potatoes, fruit salad, ice cream, and beverages.

Pennfield Farms donated the

chicken, Turkey Hill Dairy donated the ice cream and beverages, with the remainder of the items financed by the Poultry Association.

Board members served the dinner. Mattilio said that he is pleased that so many board members come in on a Saturday to serve the meal. Serving the meal this year were Nelson Groff, Roni Clark, Jay Shannon, Carl Rohrer, Dan Heller, Rich Roenigh, and Dr. John Schwartz.

Serving a dinner to the needy doesn't produce the political clout attached to mingling with those surrounding the governor, but the gesture has its own rewards.

"We enjoy helping the community," Mattilio said.



Members of the Lancaster County Poultry Association serve the Governor's Dinner to patrons at the Water Street Rescue Mission, Lancaster.