



Crawford County Royalty includes Dairy Princess Stacey Lynn Agnew, Alternate Jessica Lynn Baer, and Dairy Maids, Ashley Hamilton, Emily Irene Mareka, and Emille Elleen Smith.

## Crawford County Selects Royalty

**SANDY BRADLEY**  
Bradford Co. Correspondent  
GROVE CITY (Crawford Co.)

— Stacey Lynn Agnew, newly crowned dairy princess for Crawford County, proved during the pageant that success doesn't always mean having the answers. As part of the competition, held last month in Springboro at the farm of Janelle and John Greene, contestants were asked to list what three items they would take on a solo five-year trip into space.

Although responses included a variety of things from photos to Bibles, Stacey said she would take a stuffed cow (to remind her of home) and "two other very important things," which, she confessed, she couldn't think of just then — but would think of when and if the time came.

As well as entertaining the audience with the honesty of her answer, Stacey's skit garnered applause as she posed in cow-patterned prison garb behind makeshift bars, explaining why she had stolen dairy products and sharing with "visitors" her personal affects, which included educational posters depicting various dairy products and a mobile made from pint-sized milk jugs.

Another way in which she failed to "go straight," Stacey confessed after the pageant, involved helping out on her family's farm while she was trying to memorize her presentations. "After I had my speech and my skit written," she said, "I was out cutting and raking and I was trying to memorize my stuff — so my rows weren't very straight. I got picked on a lot for it!"

Representing the fourth generation on Richmond's Dairy Farm, Stacey said her dairy background began at birth, when her aunt and grandparents provided her child-care in between farming duties. Her family farm sits on a little more than 300 acres and includes a 70-cow dairy herd and about 20 head of beef, Stacey said, and her grandfather, Dale Richmond, lives a mile away and is currently milking about 30 cows. All of the six major breeds are represented at Richmond's, she said.

In addition to helping with farm chores, Stacey is secretary of her local FFA chapter. Although she

has belonged to FFA for about three years, she just began showing when starting high school. Her show animals include one Brown Swiss, one milking shorthorn, two Ayrshires, a Jersey, and one market hog. She has participated in the Harrisburg junior dairy show in both 1997 and 1998, and will participate in this year's district show in Butler.

When asked who and what she

values in life, Stacey points to family as top priorities in both cases. "My grandpa would be number one," she said. "He always tells me to do my best, and even if I don't win — I always know that I tried my best." As far as what's important to her, Stacey said, "probably my family. I don't know what I would do without them."



Crawford County Dairy Princess Stacey Lynn Agnew lives on a fourth generation family farm where all six major breeds are represented.



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### Family Living Focus

by  
**Alletta Schadler**  
Lebanon Co. Extension



Looking for new ways to increase your vegetable consumption?

Looking for an easy but tasty way to fix the wonderful assortment of vegetables coming to harvest?

Recently, I tried oven roasting an assortment of root and summer vegetables with great success. They were a big hit with everyone who tried them, and I have since made them for a larger group of folks I was feeding.

I like the method because while it is not really fast, it is easy to pop the vegetables into the oven while the rest of the meal is happening. The dish is also very forgiving if you are not ready to eat exactly on time. One more thing to recommend it is that picky eaters can select the vegetables they like from the assortment. Don't be shy about trying some of the newer varieties of vegetables. I tried the bright purple eggplant appropriately called "Neon" for my roasted vegetables combination and found it to have few seeds and a very tender skin that is definitely edible.

What do you need to roast vegetables?

All you need is an oven and a shallow pan large enough to hold the chunks of veggies in a single layer. I used a large sheet pan or jelly roll pan. The bottom of a broiler pan would work, too. Avoid deep sides if you can. Preheat the oven to 425-450 degrees.

How long does it take?

Depends on the specific vegetables, the size of the chunks and your personal preference for doneness.

Longer cooking vegetables (taking 30 minutes to 60 minutes) include beets, carrots, mushrooms, onions, parsnips, rutabagas, turnips, winter squash. Potatoes with skins on add color and texture. A waxy type of potato such as red skins works very well. Portabella mushrooms cut into big slices or wedges or the small brown Cremini mushrooms work especially well but whole or halved white mushrooms will work well, too.

Medium cooking vegetables (15 to 30 minutes) include eggplant, fennel, garlic cloves, okra, bell peppers, chilies, summer squash, tomatoes, zucchini.

Quick cooking vegetables (10 minutes to 15 minutes) include asparagus, corn, lima beans, peas

and string beans.

Cut the veggies into even-sized pieces. If you mix veggies with different cooking times, vary the piece size or add them sequentially as the roasting time passes. Do not cut them into very small pieces, they will turn to mush. Roast them until they are fork tender and brown. Shake or stir the pan a couple of times as they bake.

The assortment I used include: red potatoes with the skins left on cut into chunks, chunks of onions, large chunks of carrots, small or medium Cremini mushrooms cut in half, eggplant with skins left on cut into cubes about 1½ inches, thick crosscuts of small zucchini squash with peel, thick sticks of yellow summer squash with peel. I placed all in a large bowl and tossed with virgin olive oil with basil added to the oil. There are a number of varieties of this seasoned olive oil in the stores. Plain oil can be used also.

Be stingy with the oil — it adds 120 calories per tablespoon. Use about 2 tablespoons of oil for 4 cups veggies. (If you have an oil misting spray gadget, this could be a good time to use it.)

Pour the vegetables onto the baking pan, sprinkle generously with seasoned salt. I like to use Jane's Crazy Salt which is flaked salt with added herbs. Roast the vegetables for about 45 minutes until lightly browned, stirring one time.

When cooked, the vegetables can also be dressed with a vinaigrette dressing and bit of grated cheese or crumbles of Feta. You could also add a dash of Balsamic vinegar before cooking or wait until they are cooked and add a dash of other more delicate vinegars and herbs.

I didn't add any of these extras after roasting. I might do that after the novelty wears off. We loved them just the way they were.

These roasted vegetables are also good served the next day at room temperature added to salads. (You would have refrigerated them overnight, of course.)

They can also be reheated quickly in the microwave. My guess is that this will not be an option because you will have eaten them all at the first opportunity. This is a good way to increase your vegetable consumption. Enjoy!

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