

## Consuming Thoughts

by

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## Warren County Plans Pageant



In observance of June Dairy Month, Warren County Dairy Promotion will sponsor a dairy pageant at the 4-H Center, Warren Fairgrounds, Pittsfield, June 17, 8 p.m. Contestants for the dairy princess title are Tiffany Gilkinson and Sarah Lindell. Tiffany is a 1999 graduate of Eisenhower High School. She lives on a 62-herd dairy farm, daughter of Rich and Vickie Gilkinson, Lander. Sarah is the daughter of Trudy Lindell and the late Dennis Lindell, Lander. Sarah, who lives on a dairy farm, will graduate this month from Eisenhower High School. Those who attend the free pageant will be served milk punch and brownie sundaes.

The wholesome nutrition of wheat has long been recognized in the wheat flour products we enjoy each day. That same goodness remains complete and intact when the wheat kernel is cooked as a grain and served as cereal, or in side dishes, main dishes, salads, soups and desserts. Wheat kernels or berries are exceptionally easy to prepare since they do not become sticky or gummy. Their flavor is rich and nut-like and with a high fiber content, they are very satisfying.

When comparisons are made between different grains, wheat maintains a high status. Wheat is low in fat, rich in slow-burning carbohydrates, vegetable protein, essential B-vitamins, and trace minerals. All play a vital role in digestion, an even energy supply, and utilization of fats, carbohydrates and other nutrients in the body's system.

Let's take a look at some of the types of wheat products.

Wheat berry is the whole kernel of wheat, unpolished and not heat treated. The berries or kernels can be cooked whole for side or main dishes, cracked for cereals and breads, sprouted, or ground for whole wheat flour.

Bulgur wheat is a pre-cooked wheat product made from whole

kernel wheat commercially.

Cracked wheat is coarsely ground unpolished wheat kernels. It can be made in a blender or home mill.

**Cooking Whole Kernel Wheat:** Note — Use only commercially sold wheat berries or untreated wheat, clean from the combine.

Soaking wheat overnight in the water it is to be cooked in, cuts cooking time in half in all the following methods.

Salt may be used if desired, ¼ to ½ teaspoon salt per cup of wheat.

### Stove Top

**Whole berries:** 1 cup wheat to 3 cups water. Simmer covered 1 hour to 30 minutes if pre-soaked. Yields: 2 ½ cups wheat.

**Cracked wheat:** 1 cup cracked wheat to 2 ½ cups boiling water. Cover and simmer 15 to 20 minutes. Let stand 5 minutes. Yields: 2 ½ cups

### Crock Pot

2 cups wheat berries  
4 cups water  
Place wheat and water in crock pot. Cover and cook on low about 8 hours. Stir once during the first hour of cooking. Refrigerate and reheat just before serving or use in bread and casserole recipes. Yields: 5 cups

### Oven-cooked

1 cup wheat berries  
2 cups water  
Preheat oven to 300°F. Boil in heavy saucepan five minutes. Remove from heat, cover and place in oven. Turn off oven heat. Leave undisturbed approximately six hours. Yields: 3 cups

Cooking a large amount of wheat at one time and freezing the cooked berries in small portions is a real time and energy saver. After cooking, just drain the cooked berries well and place ½ cup to 1 cup portions in freezer containers. Keep up to three months. Quickly thaw kernels by running hot tap water over them in a colander.

Uses for the cooked wheat berries are as varied as your imagination allows. They can easily be substituted, once pre-soaked, for bulgur in most recipes or used in place of cooked rice in other recipes. When combined with other proteins such as meats, milk, nuts, eggs or cheese, the combination is a high protein dish or meal. Try this tasty side dish using wheat berries.

### Wheat-Nut Pilaf

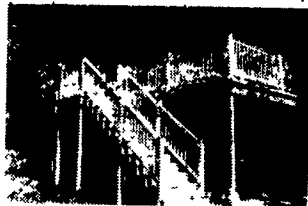
Excellent with chicken or beef!  
1 cup pre-soaked wheat berries  
2 medium carrots, shredded

3 tablespoons butter or margarine  
2 cups beef or chicken broth or bouillon  
½ teaspoon salt  
½ cup chopped walnuts, pecans or almonds

In large ovenproof skillet or flameproof casserole, saute berries in butter about five minutes to brown lightly, stirring occasionally. Stir in broth, carrots, and salt; bring to boil. Cover and bake in 350°F oven for 25 minutes or until broth is absorbed, stirring occasionally. Stir in choice of nuts. Yields: 4 servings.

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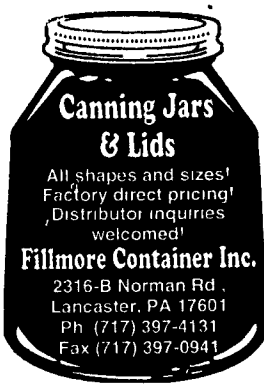


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## John Deere Car To Display FFA Emblem

INDIANAPOLIS, Ind. — For the first time since 1997, the No. 97 John Deere Winston Cup race car had a new look on May 28. The car featured the FFA emblem on its hood while racing in the Coca Cola 600 at Lowe's Motor Speedway.

"We are developing a synergy between FFA members, John Deere dealers, and NASCAR fans as we place the FFA emblem on the hood of the No. 97 John Deere NASCAR," said R.W. "Bud" Porter, 2000 National FFA Foundation Spon-

sors' Board chairman and retired senior vice president, North American Agricultural Marketing, Deere & Company.

John Deere is the longest-standing corporate sponsor of the National FFA Foundation, supporting FFA initiatives for 57 years of the organization's 72-year history. Placement of the FFA emblem on the hood of the No. 97 John Deere Winston cup race car is included in Phase I of an enhanced partnership between John Deere and FFA.



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- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
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- I have weight problems
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