

On Being a Farm Wife
(and other hazards)
Joyce Bupp



Meat and potatoes have long been a year-round, rural food staple.

This probably came about, at least in part, due to rural folks' greater space availability and tendency to raise animals and produce for their own needs, along with what was marketed to earn a living.

"Well, if you marry a farmer, at least you'll always have something to eat," was my mother's philosophy about my plans (years ago!) to wed a rural lad who, initially, raised pigs.

Many of our meals ever since then have featured some form of meat and potatoes — except when some sort of pasta reigns for the day. The beef, and sometimes the pork, is of our own cultivation. Chicken, turkey, and fish come from the same place

most everyone gets theirs — a retail meat counter.

Early on, I followed mom's cooking methods, which included plenty of vegetables and fruits, even before the popular "five a day" servings of them became a nutritional recommendation.

Fortunately, The Farmer is an adventurous — and never "picky" — eater, and will at least sample anything you put on the table. So we enjoy lots of salads and a variety of garden and bought fresh and frozen vegetables. Our kids grew up not knowing any better — and without a bunch of so-called "junk" food in the house — so they learned to eat yucky broccoli and squash and lima beans. And to enjoy them.

Still, it's always interesting to

throw in something new and see what sort of reaction it generates.

"Ohhhh," he says. "Flowers in the salad?"

The phenomenon of eating flowers is probably not new, just a current culinary trend. Actually, eating "flowers" is pretty commonplace, or at least the preliminary to flowers. Broccoli and cauliflower, for instance, are the buds of flowers just waiting to happen if we don't first "nuke" them in the microwave and smother them with cheese.

Some cheery, poppy-orange and raspberry-sherbet-pink blossoms of nasturtiums thriving in a corner of the flower bed were grown in part for the purpose of salad color, just for fun. A fresh mixed salad is most appealing to most of us when it boasts a variety of colors and textures. Ours often feature red-leafed lettuces, crunchy bits of orange carrots, chunks of pale lime cucumbers, crisp white radishes with red haloes, crumbles of cream-colored cauliflower, succulent pepper slivers and, best of all, right now they highlight man-sized hunks of luscious, home-grown tomato.

Sprinkled occasionally with the neon-hues of nasturtiums. Which actually have a sort of

peppery taste, if you can bring yourself to chomp into the pretty little things. Spring violets, the little blue-purple ones, are also tasty and colorful salad additions or garnishes, as are pansies. While we haven't personally tried them, tulips and daylilies are also reported to be culinary treasures.

Squash blossoms are considered a delicacy when dipped into a batter and deep fried, or used as a wrapping or unusual serving container for something like chicken salad. That'd be one way to keep the zucchini from over-producing those baseball-sized fruits; snag the blossoms before they have a chance to get away from you.

While you might wow your ladies' club or stump your kids with blossom additions to your summer cuisine, betcha' you won't find them on your local salad bar. Lots of folks prefer their roses in a vase, rather than lathered with ranch or French dressing.

But if they ever do, at least the added color should be reasonably priced. There would be a lot of flower petals in a pound.

Now there's a niche market for some daring garden-market entrepreneur.

Breakfast Ideas

Breakfast is a great way to re-fuel your body and prepare it for the day ahead of you. It helps you to wake up and can even help control weight-as long as you're careful about what you're eating. Instead of reaching for donuts or pastries, try toast or eggs, even a bowl of cereal and a glass of orange juice.

Need some ideas for a healthy breakfast?

- Bag some granola, cheese and a piece of fruit to eat on the way to school.
- Healthy cookies with a bowl of fruit and yogurt.
- Peanut butter on graham crackers with sliced bananas and raisins.
- Instant cereal topped with fresh or canned fruit and a glass of milk.
- Cottage cheese with fruit, and whole grain muffins or bread with lowfat cream cheese or jam.



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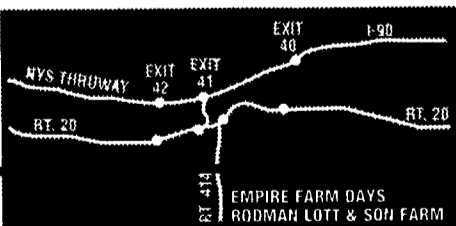
Ev Thomas, agronomist with the William H. Miner Institute

Wednesday, August 9
What employees need?

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Protocols for profit and productivity.
Dave Sumrall of Aurora Dairies

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Charlie Elrod, director of the New York State Cattle Health Assurance Program (NYSCHAP)



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