

October Brings The 36th National Apple Harvest Festival

BIGLERVILLE (Adams Co.) — With colorful arts and crafts, hot "off-the-fire apple" butter, toe-tapping country music and hay rides, the 36th annual National Apple Harvest Festival honors the harvest of the number one apple-producing county in Pennsylvania.

Name, in 1999, one of the "10 great places to...hail the fall harvest" in the United States by USA Today, the festival is sponsored by The Upper Adams Jaycees, Biglerville. It's held daily from 8 a.m.-6 p.m., the first two full weekends in Oct. 7-8 and 14-15, at the South Mountain Fairgrounds, Route 234 West of Arendtsville.

The autumn event features four exciting days of apple products, food, arts and crafts and old time farm equipment at the fairgrounds nestled in the foothills of the South Mountains. Relax and take a bus tour that highlights the apple orchards that dot the surrounding countryside.

While enjoying the splendor of autumn's colors, breathe in the crisp autumn air and the spicy aroma of simmering apple butter. Sample the large array of apple products that are also

available for purchase. Apple butter, apple cider, apple jelly, apple sauce, apply syrup, and candied apples are made fresh all day long. Don't forget to take home some fresh Adams County apples.

Country-style foods such as chicken barbecue, apple sausage or pit beef or rib eye sandwiches, funnel cakes and other mouth-watering delicacies will be available. Young and old alike will enjoy watching the antique apple peeler and popcorn being made in a kettle over an open fire.

It's entertainment without video games and electronics. Children use their imagination playing in hay and can bob for apples and enter the pie eating contests. They can touch cats, sheep, calves, goats and rabbits in the petting zoo or take a hay ride pulled by a steam engine.

Five stages of entertainment with local and area musicians will play bluegrass, country and western, and rock "n roll. The lively music helps hard-core shoppers and browsers get through their rounds and the stage areas provide seating where festival goers can sit a spell. Strolling acts include an accordi-

onist, clowns, jugglers, and appearances by Adams County Apple Queen Lauren Hankey, Gettysburg.

A major attraction — the 250 arts and crafters — will include jewelry, dried flower arrangements, country crafts, baskets, fabric creations, wood crafts and paintings. Many visitors come every year to get an early start on their Christmas shopping. Not to be missed, antique autos, hit and miss engines, antique farm equipment will beckon the men's attention.

Another popular area is the make-your-own scarecrow booth where those interested get to build their own life-size scarecrow just in time for Halloween.

Artists will be demonstrating and selling their products in much the same fashion as their counterparts of old. The art of spinning, weaving, woodworking, cooper smithing, black smithing, moccasin making, glass blowing, broom making and pottery will be demonstrated throughout the day.

Held rain or shine, the festival is perfect for the whole family who after a day of fun can take home a basketful of memories that will last a lifetime!

For complete programming information for all four days, check out the web site at www.appleharvest.com. Admission is \$6 Adults; \$5 Senior Citizens; Children under 12 are Free. Parking is included. Pets are not allowed on festival grounds. For families with young children, a diaper changing station is avail-


able on the grounds.

For more information, write The National Apple Harvest Festival, P.O. Box 38, Biglerville, PA 17307, call 717-677-9413, fax 717-677-4961, E-mail: appleharvest@cvn.net, or the Gettysburg Convention and Visitors Bureau, 35 Carlisle Street, Gettysburg, PA 17325, 717-334-6274.

Consuming Thoughts

by
Fay Strickler

Penn State Extension Home Economist For Berks Co.



Eating five fruits and vegetables a day is one of the most important choices you can make to help maintain your health. Many fruits and vegetables can be eaten on the run. If you wash them as soon as you return from the store, you can grab them directly from the fruit bowl or crisper on your way out. Berries and grapes are exceptions: wash them the day you eat them.

With today's busy lifestyles, you may want to take advantage of pre-cut, cleaned and packaged fresh fruit and vegetables. Trimmed and cleaned spinach leaves and shredded cabbage are available in supermarkets. Just open the bag and you have the making of a salad or stirfry. Wash and cut up carrots, celery, zucchini, and jicama and keep them ready to eat in the refrigerator. Your vegetable sticks can be kept fresh for days by keeping them wrapped in plastic.

Drinking fruit juice can be as easy as grabbing a can of soda. Try individual servings of 100 percent fruit juice such as orange, pineapple and grapefruit. Keep assorted dried fruits in the glove compartment for a quick snack anytime. Prunes, raisins, dates and dried apricots, peaches and pears are some suggestions.

If you are looking for foods to fit into your busy lifestyle consider:

- an apple in your car
- dried fruit in your desk
- frozen fruits and vegetables
- a carrot in your briefcase
- fruit canned in juice in your pantry
- supermarket salad bars
- a can or bottle of chilled fruit juice

We often hear the saying, "An apple a day keeps the doctor away."

It is important to include apples in your diet and research indicates that apples may actually help reduce serum cholesterol, high blood pressure and the risk of colon cancer, diverticular dis-

ease, and strokes. The soluble fiber called pectin in apples has a lowering effect on LDL (so-called "bad") cholesterol without affecting HDL ("good") cholesterol. Insoluble fiber in apples called cellulose helps guard against colon cancer, constipation, and chronic diverticular disease.

Apples have almost no fat and are very low in sodium and a good source of potassium, which can help control high blood pressure and reduce the risk of strokes. One apple also supplies 15 percent of the vitamin C needed daily along with small amounts of calcium, iron, magnesium, phosphorus iron, vitamin A and thiamin.

Here is a quick and easy way to prepare apples in the microwave for your family.

APPLE PANCAKE

- 2 tablespoons butter or margarine
- 1 tablespoon sugar
- 1/4 teaspoon cinnamon
- dash nutmeg
- 2 apples, cored, peeled and sliced
- 2 eggs, separated
- 3 tablespoons flour
- 1/4 teaspoon baking powder
- 3 tablespoons milk
- 1 tablespoon sugar

In a 10-inch glass pie plate, microwave butter on high 30 seconds to melt. Add one tablespoon sugar, cinnamon, nutmeg and apples. Toss and stir well; arrange apples in single layer in the dish. Microwave on high two minutes. Separate eggs. To yolks add flour, baking powder, and milk; beat well. Beat egg whites separately with one tablespoon sugar until soft peaks form. Fold into egg yolk mixture. Spread butter over apple slices.

Microwave on high three and one-half to four minutes, or until egg mixture is just set. Place flat plate over pie plate, turn over and lift off. Serve with sour cream or whipped cream. Serves two.

Fill Up On Puffy Foods

You can't live on air, but Penn State researchers have shown that big, puffed-up food servings can satisfy better than small, packed-down, calorie-equivalent portions — a fact that can help you feel full on fewer calories.

Study director Dr. Barbara Rolls, who holds the Guthrie Chair in Nutrition in Penn State's College of Health and Human Development, says, "We're not suggesting you try to fill up on lots of airy foods. You might get a stomach ache and would probably burp a lot! But this study does show that you can trick your senses into believing you have eaten more food by pumping up the size of the portion with air."

The study is detailed in the current issue of the American Journal of Clinical Nutrition in a paper, "Increasing the Volume of a Food by Incorporating Air Affects Satiety in Men." The authors are Rolls, Elizabeth Bell, doctoral candidate in nutrition, and Bethany W. Waugh, manager. Laboratory for the study of Human Ingestive Behavior.

The 28 lean men who participated in the study ate breakfast, lunch, and dinner one day a

week in the laboratory for four weeks. Thirty minutes before lunch, they were served one of three strawberry smoothies. The researchers made the smoothies with exactly the same ingredients but mixed them for different amount of time in a blender. The smoothies filled either half, three-quarters or a full glass. The bigger the smoothie the men consumed, the less they ate at lunch. After consuming the biggest smoothie, the men ate 12 percent — or about 100 calories — less lunch than they did when they drank the smallest one — even though both drinks contained the exact same ingredients and the same number of calories.

In her best selling book "Volumetrics," written with Robert Barnett, Rolls explains that the research points to a way to decrease the daily amount of calories you consume while still feeling full and satisfied. Whipped foods, she notes, can be especially useful. "You see a bigger portion, and you get more sensory stimulation as you consume it," the authors write.

"Try whipped foods in moderation such as low-fat frozen desserts. Get creative with blender

drinks. Choose air-popped popcorn; its energy density is not low, but it takes three cups to give you 90 calories (try it without butter — add low-fat seasoning instead). Foods with irregular shapes also produce a bigger volume in a given portion because they don't pack down. Think of flaky or puffed cereals. In other words, think big," they add.

"Volumetrics" is full of other suggestions, based on Roll's research for decreasing calorie intake while remaining full and satisfied. The Penn State researcher explains that her group's research has shown that feeling full depends on eating a satisfying amount of food. Tiny portions just don't do it. The energy density of food, or the ratio of calories to the weight of food, is what matters. Foods with a high energy density have lots of calories in a small serving and are typically lower in water or air content. For example, a 100-calorie serving of raisins, a high-energy density food, contains only one-quarter cup. A 100-calorie serving of grapes, a low-energy density, high-water content food, contains one and two-thirds cups.

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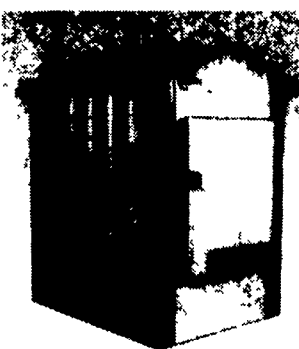
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