

Bedford County Farm Cooks Ready For The Holidays

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BEDFORD (Bedford Co.) — "I never cooked at home when I was growing up," said Mid Koontz of the Friends Cove area of Bedford County. "But once I was married and living on a farm, I didn't have much choice. I had to learn and I have always liked to do it."

Mid, married 55 years, said that she really can't remember when she didn't cook two Christmas dinners. I do one for my side of the family and one for the Koontz side," she notes.

She prepares one dinner for her immediate family, which includes three children, and seven grandchildren, five of whom also have spouses.

The Sunday before Christmas, she sets the Koontz family spread for her husband's brothers and sisters.

Everyone pitches in to help with individual favorite recipes. However, Mid always prepares the turkey, stuffing and gravy. She also has several standby dishes which the family members just naturally expect.

Date Pudding

Make a syrup of the following:

- 1½ cups brown sugar
- 4 tablespoons butter
- 1 cup water

Bring to a boil. Pour into a casserole.

For batter:

- 2 tablespoons butter
- 1 egg
- 4 tablespoons brown sugar
- 1 cup flour
- 1 teaspoon baking powder
- Pinch salt
- 1 cup milk
- 1 teaspoon vanilla
- 1 cup chopped dates
- 1 cup nuts

Mix together batter ingredients. Drop by spoonful into the syrup. Bake at 350 degrees for 30 minutes or until a toothpick comes out clean. When ready to serve, cover with whipped cream topping. Serve cold.

Popcorn Cake

- 1 gallon (plus) popped popcorn
- 10 large marshmallows (cut)
- 1 large handful (plus) of nuts, peanuts, coconut and gumdrops

Mix together in a big bowl.

For the Syrup:

- 1 cup coffee cream

2 cups granulated sugar
 2 cups King Syrup
 Boil until a softball forms. Cool. Pour over popcorn. Put in bread pans lined with plastic wrap.

Wrap in foil to keep from drying out.

Slice and enjoy.

THELMA WAREHAM

Sharing in the workload on a large dairy and hog farm for nearly 50 years, Thelma Wareham is now a widow. But, she has not let her culinary skills go by the wayside. She is often found cooking for one event or another at the Everett Church of the Brethren.

She enjoys being a "adopted grandparent" at the Breezewood Elementary School.

Thelma's large farmhouse living room is filled with her huge collection of pigs.

"I get them from everywhere," she said with a laugh. "Friends get them for me, I get them at yard sales, or as souvenirs. I started the collection for my husband and it just took off."

One of her favorite recipes is quick, easy, and a great treat for any holiday celebration. "Just

change the colors for whatever the occasion and you are ready to go," she said.

Peanut Butter Crackers

Spread Ritz crackers with a layer of peanut butter. Melt coating wafers in the microwave and dip the crackers. Place on waxed paper until set. Freezes well.

At Easter, use Ritz crackers because they are shaped like eggs. For Christmas choose coating wafers in the colors of green and red. Valentine's Day, choose red and white; on Easter, pastels, and, on Halloween try orange and chocolate.

Another Thelma favorite is Pumpkin Pecan Pie.

Pumpkin Pecan Pie

For pumpkin layer combine:
 1 egg, lightly beaten
 1 cup pumpkin
 ½ cup granulated sugar
 1 teaspoon pumpkin pie spice
 Spread pumpkin mixture over the bottom of an unbaked shell.

For the pecan layer, combine:
 ¾ cup light corn syrup
 2 eggs, lightly beaten
 1 cup sugar
 3 tablespoons butter, melted
 1 teaspoon vanilla



Thelma Lafferty

do her co-workers when she occasionally takes a treat to the office.

One of her favorite holiday recipes is apple cake. Here is her recipe.

Apple Cake

- 3 cups chopped apples
- 2 cups sugar
- 2 teaspoons baking soda
- 3 cups flour
- ¼ teaspoon sage
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 cup butter, melted
- 2 eggs, beaten
- 1 cup nuts
- 1 cup raisins

Mix together butter, sugar, and apples. Add flour, spices, and stir. Blend in nuts and raisins. Bake at 350 for 45 to 50 minutes in a greased 13x9x1-inch pan.

THELMA LAFFERTY

While not a farm wife, Thelma Lafferty has a dresser drawer full of blue ribbons she has won for her culinary talents.

She cooks for family and friends and considers it fun to have guests for dinner.

One of her cherished holiday recipes was handed down by her mother. Here it is:

Cranberry Salad

1 bag fresh cranberries
 Grind cranberries and soak overnight in 1 cup sugar. Next morning, dissolve 2 boxes lemon-flavored Jell-O in 2 cups hot water (no cold water).

Add 1 cup crushed pineapple, the juice and rind of one orange, 1 cup celery, and the cranberries.

Allow mixture to set until jelled. If desired, add chopped nuts.



Mid Koontz

1 cup pecans
 Mix well and spoon over pumpkin layer. Bake at 350 for 50 minutes or until filling is set.

PEG WOLFOPE

Peg Wolfhope is still feeding beef cattle. Even after a dispersal sale this summer, Peg stops each evening on her way home from work at the AAI Insurance office in Bedford to feed their remaining beef cattle.

She has been living on a farm since her marriage nearly 40 years ago. Her husband Ed, daughter Tawnya, and son-in-law Troy enjoy her cooking. So



Thelma Wareham



Peg Wolfhope

