

Enter Dairy Recipe Drawing To Win One Of These Prizes

June Dairy Month is "moving" into the calendar of events. That means it's time to send in your favorite recipe using dairy products for *Lancaster Farming's* annual dairy recipe drawing.

June Dairy Month salutes dairy farmers everywhere for their hard work in providing milk, which we so often take for granted. *Lancaster Farming's* annual drawing reminds us of all the wonderful dairy products available to produce culinary delights.

To enter the drawing, select your favorite recipe, which must include a substantial amount of at least one dairy product. These ingredients count as a dairy product: milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, dry milk, ice cream, and all hard and soft cheeses.

Please check your ingredients carefully. Margarine and nondairy substitutes such as frozen whipped topping do not qualify as dairy products.

Dairy recipes are needed for appetizers, soups, breads, entrees, vegetables, desserts, beverages, snacks, and salads.

Clearly print or type your recipe entry. Be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. We reserve the right to disqualify entries if these guidelines are not followed.

With your entry, include a few paragraphs about yourself and your family. Although it is not required, a photograph of you and of your family is preferred. We and our readers love to "see" the people who send in the recipes.

Photographs will be returned if you write your name and address on the back of the picture.

Only one entry per family allowed. This contest is for adults who are at least 18-years-old. We require this because children who send in recipes often inadvertently miss measurements, ingredients or a part of the instructions.

Send your recipe, photo, and accompanying information with your complete address. If we do not have your complete mailing address, we cannot send your prize if you win.

A photograph of prizes will appear in an upcoming issue of *Lancaster Farming*.

Send entries immediately. Entries must be postmarked by June 3 to be eligible for the drawing. The state dairy princess and alternates will select the winners. Recipe entries will be printed throughout the month of June. A list of the winners will be printed in the June 29 issue.

Send entries to Lou Ann Good, Lancaster Farming Dairy Drawing, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522 or e-mail to lgood@lnpnews.com.



Win one of these "cow prizes" offered to readers who participate in Lancaster Farming's June Dairy Month Drawing. Lou Ann Good, food and family features editor, displays some of the prizes totaling \$500.

'Letting Go' Brings Devotion To Dairy Industry

LOU ANN GOOD
Food And Family
Features Editor

PETERSBURG (Huntingdon Co.) — With 700 acres to farm and 260 cows to milk three times daily, there's plenty of work at Mowrer Farms. But owners and parents S. Michael and Janet Mowrer do not require their three children to get involved in farming chores.

"If they want to work on the farm, that's great. But I want them to be free to be involved in extracurricular activities. They (the children) have a whole life ahead of them to work. They

should have some responsibilities, but it's not fair to kids to be so tied down to the farm that they miss out on activities with friends," Mowrer summed up the philosophy that he and his wife share.

Letting go has enabled each of the three children to pursue many activities, but it has also resulted in a devotion to dairy farming that few kids their ages exhibit.

Nathan, a freshman at Delaware Valley College, plans to return to the family farm after attaining a degree in dairy science.

Daughter Rebecca, who is both

Huntingdon County and the state dairy princess, is fiercely proud of her dad.

She said, "He's the sixth generation of his family to farm. Farming is what he always wanted to do, and I'm most proud to represent the industry he loves and tell others that it is farmers who supply their food."

And daughter Abby, although only 14, has already poured many years into dairy promotion through Huntingdon County's dairy promotion program.

"It was actually through Abby that I became interested in dairy promotion," Rebecca said of her younger sister.

"Although I'm older, I was always more shy than Abby. She started helping with dairy promotion a year before I did. I watched her and thought it looked cool, so I joined the next year," Rebecca said.

This is Rebecca's sixth year in dairy promotion after filling county positions as Little Miss, ambassador, maid, and county dairy princess. Now she has the ultimate task — state dairy princess.

Although the Mowrers farm is in Huntingdon County, their

roots reach to a 104-acre farm in Chester County.

Encroaching housing development and high land costs caused Becky's dad to look for a farm in another county.

Mowrer said, "I looked at various places, but here was most appealing. I liked the way the farm lay. The soil is better suited to farming than a lot of other places."

The acreage extends one mile on both sides of the road to the town of Petersburg. The south side is hilly and the north side is flat and runs along the river.

The buildings were in disrepair and required new facilities to operate.



State Dairy Princess Rebecca Mowrer, right, credits her younger sister with stimulating her interest in dairy promotion.

Mowrer said, "Many years ago, an elderly farmer told me, 'Buy a farm with good land. You can always change the buildings but not the land.'"

After the decision was made to

County to Huntingdon progressed fairly smoothly. The year before they moved to the farm, the Mowrers crop-farmed the land in anticipation of having feed for the herd. They con-

structed a parlor and a free-stall barn.

In 1990, they transported their 132-cow herd

from Chester County. At first the herd had some problems with sore feet attributed to the new concrete. The herd also needed to adjust to the milking parlor, and it took several years to achieve the quality of alfalfa Mowrer wanted.

During this time, the Mowrers were also busy remodeling the

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buy the Huntingdon farm, Mike's parents, Horace and Bernice Mowrer, moved to a farm only two miles away. The father and son farmed in partnership until five years ago, when the elder Mowrer retired. The younger Mowrer and his wife are in the process of buying his parents' farm, which they use to raise dairy heifers.

The transition from Chester

"Many years ago, an elderly farmer told me, 'Buy a farm with good land. You can always change the buildings but not the land.'"

Michael Mowrer
Mowrer Farm



Home for Pennsylvania Dairy Princess Becky Mowrer is in Juniata County with parents Michael and Janet Mowrer, a sister, Abby, and a brother Nathan at Delaware Valley College. The Mowrers farm 700 acres and milk 260 cows three times daily.