

Conestoga Woman Takes The Cake In Vegetable Bread Contest



Winners in the Vegetable Bread Contest at the Pennsylvania Farm Show, from left, are Catherine Hillman, third place; Belinda Messersmith, second; and Debra Martin, first.

HARRISBURG (Dauphin Co.) — In the world of local fairs and commodity contests, the name "Martin" dominates the circuit almost as much as the "Petty" name has dominated auto racing.

The 2003 Pennsylvania Vegetable Bread Contest continued a winning streak for the Martin family of Lancaster. Deborah Martin of Conestoga won first place for her Sweet Potato-Zucchini Bread with Caramel Pecan glaze. Her mother, Dorothy Martin of Ephrata received a fifth place ribbon in the contest that attracted 58 entries.

The Martins have been entering the commodity contest for years. Between the mother and daughter duo, they have captured 41 first place ribbons, including the latest. What began as a hobby has now become a way of life for the pair.

"It's become an obsession over the last five or six years," Deborah joked.

The intensity has paid off, however. Deborah placed in the Shoofly Pie Contest, Apple Pie Contest, and first in the Vegetable Bread Contest sponsored by the Vegetable Marketing Program and conducted Jan. 16 in conjunction with the 87th Pennsylvania Farm Show.

A panel of five judges evaluated the breads. The only qualification for entries was that the bread won first place at a county fair and contained at least one cup of a Pennsylvania grown vegetable. That ingredient could be any veg-

etable from beets, to eggplant, to garlic. The 58 breads were judged on appearance, texture, and flavor.

The following is Martin's winning recipe:

- Sweet Potato Zucchini Bread**
 2 cups all-purpose flour
 3 eggs
 2 teaspoons ground cinnamon
 1 teaspoon vanilla extract
 1 teaspoon baking soda
 1½ cups grated fresh zucchini
 ¼ teaspoon baking powder
 1½ cups grated fresh sweet potato
 ¼ teaspoon salt
 1 cup chopped pecans
 2 cups sugar
 ½ cup oil

Preheat oven to 350 degrees. Butter and flour 9x13 glass loaf pan.

Sift the first five ingredients into a bowl. Beat sugar, oil, eggs and vanilla to blend in a large bowl. Mix in the zucchini and sweet potato. Add dry ingredients and the pecans and stir well.

Pour batter into a buttered and floured pan. Bake for 1 hour and 20 minutes.

- Brown Sugar Caramel Glaze:**
 3 tablespoons butter
 3 tablespoons brown sugar
 3 tablespoons granulated sugar
 3 tablespoons cream
 ½ teaspoon vanilla extract

Place glaze ingredients in a small pan over low heat. Let boil 1 minute. Remove from heat and spoon over bread. Drizzle with 6 melted caramels. Add ½ cup chopped pecans.

Grain Family Secrets: The Truth About Carbohydrates

PARKER, Colo. — It is no secret — America has a weight problem. The Centers for Disease Control and Prevention reports 61 percent of Americans are either overweight or obese.

Why?

We are eating more. Since the 1950s, the average daily consumption for an American adult has increased by 500 calories.

While carbohydrates are being blamed for the fattening of America, the truth is, no single food or circumstance can be blamed for this growing health concern. The key to healthy weight management is to follow the proven sound principles of the Food Guide Pyramid and to increase physical activity.

Benefits of a High-Carbohydrate, Low-Fat Lifestyle

A June 2002 U.S. Department of Agriculture (USDA) study, based on food intake data from 10,014 adults across the United States, cataloged the advantages of a high-carbohydrate, low-fat diet.

- Participants on high-carbohydrate diets consumed 300 fewer calories per day than those on very low-carbohydrate diets.

- Adults who ate high-carbohydrate diets were more likely to be in the normal weight range, with the lowest average body mass index.

- High-carbohydrate diets were indicated to be more nutritious than low-carbohydrate diets, providing greater intake of vitamin A, C, carotene, and folate, and the minerals calcium, magnesium, and iron.

Researchers collected data on National Weight Control Registry (NWCR) members, whose members are required to have lost a minimum of 30 pounds and maintained the weight loss for a minimum of one year. On average, each of the 3,000+ registrants have lost 71 pounds and kept the weight off for more than six years.

- Factors reported as contributing to NWCR success include eating a low-fat, high-carbohydrate diet, monitoring food in-

take and body weight, and maintaining high levels of physical activity.

Eleven obese men were placed on a low-fat, high-fiber diet as part of a three-week University of California-Los Angeles study to see if their heart disease risk could be significantly lowered in a short amount of time. During the test, the men received fewer than 10 percent of calories from fat, 15 to 20 percent from protein, and they could eat all the whole-wheat bread, pasta, fruit, and vegetables they wanted.

- In October 2002, researchers revealed after just three weeks on the low-fat, high-fiber diet, seven men had normal blood pressure, had reduced their cholesterol by 19 percent, and insulin levels by 46 percent.

Listen to the Experts

A University of Texas Southwestern Medical Center study showed participants on high-protein diets displayed increases in blood acid loads as much as 90 percent. Protein byproducts caused high blood acid levels which were not countered by carbohydrates' alkaline byproducts and increased the risk for kidney stones and bone loss. (Source: The American Journal of Kidney Diseases, August 2002).

In late 2001, the American Heart Association's (AHA) Nutrition Committee re-

leased a scientific advisory warning against the uses of high-protein diets for weight loss. The AHA said there was no scientific evidence the diets, including Atkins', Zone, Stillman, Protein Power, or Sugar Busters, led to long-term weight loss. According to the AHA, the increased consumption of animal protein, which is high in saturated fat, and the decrease in consumption of vegetables and fiber, which

contain essential nutrients and help reduce cholesterol, can contribute to coronary heart disease, diabetes, and stroke.

Neither the American Diabetes Association nor the American Dietetic Association recommends using foods' glycemic index as a weight-loss program. In fact, the American

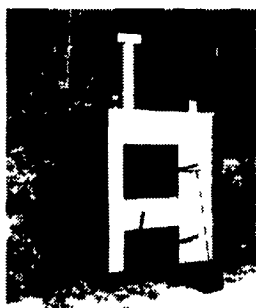
Diabetes Association's position statement acknowledges that although various starches do have different glycemic responses, from a clinical perspective, first priority should be given to the total amount of carbohydrates. People tend to eat meals, not single foods, so the glycemic index of a food is not practical information that can be used in weight management.

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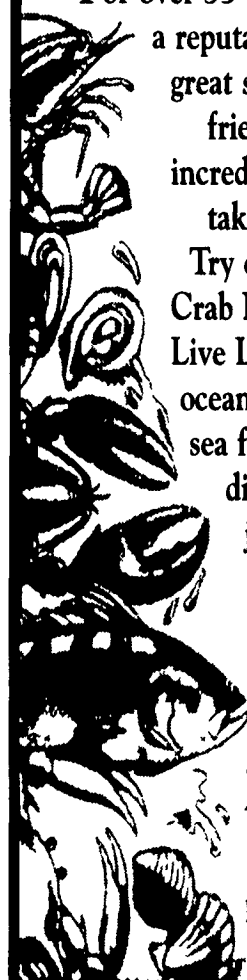
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