

Potatoes For Every Taste

(Continued from Page B6)

- ½ cup finely chopped carrot
- 1 teaspoon salt and ½ teaspoon salt
- ¼ cup butter
- ¼ cup flour
- ¼ teaspoon pepper
- ¼ teaspoon powdered mustard
- 1½ teaspoons steak sauce
- 2 cups milk use ½ 1% or ½ evaporated milk
- 4 ounces grated cheddar cheese
- 1 teaspoon dried, chopped parsley

Put first 5 ingredients in large soup pot. Bring to boil, cover, and simmer for about 15 minutes. In another saucepan, melt butter and blend in flour. Add remaining salt, pepper, mustard powder, steak sauce, and milk. Cook, stirring constantly, until smooth and thickened. Add remaining ingredients and potato mixture (do not drain potato mixture). Simmer for a few minutes to combine.

Deborah Goff
Riegelsville

HASH BROWNS
Boil 6 potatoes in the jacket. Cool and peel, then grate. Grate part of an onion and add to potatoes. Salt lightly (and pepper, if desired). Shape into patties and fry in oil. Simple and delicious.

CHEESY CREAM OF POTATO SOUP CASSEROLE
2 pound package frozen hash browns
½ cup chopped green onions
2 cups shredded cheddar cheese, divided
1 can condensed cream of potato soup
¼ cup butter
2 cups sour cream
Salt and pepper
Preheat oven to 350 degrees. In a small pot, heat the soup, butter, and sour cream over low heat.

Combine potatoes, green onion, and 1 cup cheese into a large mixing bowl. Mix in heated soup mixture. Season with salt and pepper. Pour into a 9x13inch baking dish. Sprinkle 1 cup cheese over top of casserole. Bake 30-45 minutes. Serve warm.

Cristin Crile
Washington Co. Dairy Princess

Family Living Focus by Katherine French Mercer County



With organic food sales steadily growing at a 20 percent increase per year over the past decade, there is definitely interest in the area of organic products. But many consumers are confused about exactly what it means when you see the term "organic" on a food label.

It may now become easier to understand in light of new labeling requirements. On October 21, 2002, the U. S. Department of Agriculture announced their new rules for "organic" labeling. Any food labeled "organic" will now have to meet national standards set by the federal government.

The new regulations were developed to ensure the consumer is buying organic food when the label uses the term, and to distinguish to what extent the food product contains organic ingredients. To meet the standards to be labeled "organic," foods must be produced without pesticides, hormones, antibiotics, irradiation or bioengineering. Also, organic farmers are required to conserve soil and water to enhance environmental quality and to treat animals hu-

manely in order to label their products "organic."

Foods that meet the standards can now be labeled in one of four categories. The first is "100 percent organic." This means it must contain 100 percent certified organic ingredients. (The USDA will use state agencies and accredited private companies to inspect and certify companies as organic). This is typically a one-ingredient food, such as fruits, vegetables, milk, meat, and eggs.

Next is the term "organic," which means it contains at least 95 percent organic ingredients. Foods that fit into these two categories (which are at least 95 percent organic) are able to display a new special green USDA organic seal.

The third category is "made with organic ingredients," which means it must contain at least 70 percent organically produced ingredients. No ingredients may be produced using prohibited practices specified in regulations.

The final category is "contains organic ingredients." This term is used to indicate products containing less than 70 percent or-

ganically produced ingredients. These products may list organically produced ingredients on the side of the package, but cannot make any claim on the front of the package. It will take some time to see these new labels on the shelves, because the manufacturers have a grace period to sell their existing products first.

These newly established regulations are not meant to endorse that all consumers should eat organic foods, but to provide consumers with consistent information on organic food labels.

A registered dietitian and spokeswoman for the American Dietetic Association, Nelda Mercer, reports that there is no difference in the safety and nutrition between organic and nonorganic food. Toxicologist Dr. Carl Winter, states "scientifically there is no evidence that suggests organic food is safer than conventionally grown food." Although some American consumers do claim that organic foods taste better, it is really a matter of personal preference.

It is also important to remember that the word "organic" on a label does not necessarily mean that the food is healthier for you.

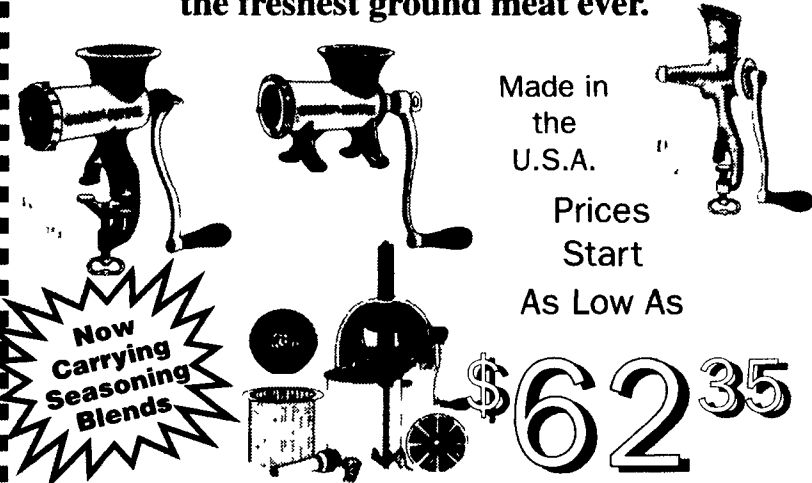
Dietitian Mindy Herrmann says, "You can't put your nutrition knowledge on hold and just look for the word "organic." They can make organic doughnuts and organic chips that are just as high in fat and calories as the conventional kind."

For more information on the new organic label regulations, check out the USDA website at: <http://www.ams.usda.gov/nop/NOP/standards/LabelReg.html>

ON-FARM PROCESSING

For Value-Added Sales or for Personal Use

Process meat easily and affordably with Chop-Rite Two Meat Processors. Make sausage for your own use or to sell. Save time and money and have the freshest ground meat ever.



Made in the U.S.A.

Prices Start As Low As

\$62³⁵

Call 1-800-683-5858

CHOP-RITE TWO, INC.



531 Old Skippack Rd.
Harleysville, PA 19438
on the Web:
www.chop-rite.com



Canning Jars & Lids
All shapes and sizes!
Factory direct pricing!
Distributor inquiries welcomed!
Fillmore Container Inc.
2316-B Norman Rd
Lancaster, PA 17601
Ph (717) 397-4131
Fax (717) 397-0941

Tree Seedling Sale Taking Place In Lancaster County

LANCASTER (Lancaster Co.) — If you want to add beauty, value, and a new dimension to your property without spending a fortune, consider adding new plants and trees to your landscape. To help you get started, the Annual Tree Seed-

ling Sale sponsored by the Lancaster County Conservation District is a source of affordable seedlings and other plant materials.

The plants available for purchase are carefully selected for longevity, disease and insect resistance, and winter hardiness. Among the sale items this year are bare-rooted conifer and hardwood seedlings, groundcover, ornamental flowering fruit trees, plus an expanded assortment of native trees and shrubs. Eleven varieties of apple trees are being offered.

The deadline for placing orders is Friday, March 14. All orders can be picked up on Friday, April 11, at the Kiwanis Pavillion located in Lancaster County Central Park.

For the past 29 years, your local Conservation District has been a source of affordable plant materials for persons interested in woods, watersheds, or wildlife. Proceeds from this sale benefit environmental education activities in the County.

For an order form, call (717) 299-5361, Extension 5, or visit the web at www.co.lancaster.pa.us/lccd/site/default.asp.

COLONIAL WILLIAMSBURG
April 22nd - 24th
BY: Society of Farm Women
#3 Ephrata area
Contact: Mary Lou Weaver
717-733-6811



See Us At The Harrisburg Home Builders Show March 1-9

CALL THE SPOUTING SPECIALISTS
For
• 5", 6" & 7" Seamless Gutters in 32 Colors
• Half Round Gutters
• Gutter Protec™
• Windows & Doors • Tubular Skylights

SENENIG'S SPOUTING

Room Additions, Sun Rooms, Decks, Garages, Etc.

MILLWAY HOME IMPROVEMENTS LLC

Call Today For A Free Estimate
265 E. Meadow Valley Rd., Lititz, PA 17543
717-733-7160 - 1-800-247-2107 - 717-627-6886

Financing Available

MAINTENANCE FREE RAILINGS FOR PORCHES, DECKS OR BALCONIES
We have the expertise to design & create a system just to fit your need
Any size, Different Styles

E-life vinyl railing systems offer low maintenance and durability.

- No Rust
- No Paint
- No Scraping
- UV Stabilized
- Smooth Surfaces
- Impact Resistant
- Lasting Beauty
- Non-Fading Colors
- Available in
 - White
 - Ivory
 - Gray

Quality Workmanship
Product Durability
Customer Satisfaction

717-354-0524
New Holland, PA