

**Family Living
Focus**

by

**Denise H.
Continenza**

Lehigh County
Cooperative Extension



Where Sibling Rivalry Has Its Start

Imagine, if you will, that your spouse walks in the door tonight and says, "Hi, honey. I want you to meet my new wife. She will be staying with us from now on. I expect you to love her and share your things with her. Okay?"

Feeling a bit outraged? Possibly even vengeful at this horrific scenario? How about sad, rejected, or duped?

Such is the experience for many children when a new si-

bling is brought home. Reactions from children vary greatly depending upon several factors like their age, temperament, birth order, and relationships with adults. However, it is not unusual for them to perceive the new addition as an invader, complete with a mission of taking over his or her position in the family.

The birth or adoption of a child is truly a happy event, but it does create at least a moderate degree of stress for everyone as the family works to regain its balance.

The family can be compared to a mobile with its members acting as the weights. When another anchor is added, the mobile tilts, tips, and sometimes spins wildly. The mobile has to be restructured and things rearranged in order for it to regain a sense of balance.

For families this 'rearranging' might include:

- Allowing the older child to assist the parents with care of the baby (with supervision, of course).
- Spending special "one-on-one time" with the older child on a regular basis. (Reading together is a great way to do this!)
- Talking with the older child about his/her feelings regarding having a new brother or sister.
- Setting and reviewing ground rules related to the handling of the baby.
- Recognizing and celebrating each child's accomplishments.
- Talk with the older child about what she/he did as a baby, look at his or her pictures, share your memories and stories of their childhood.

Acceptance of the new baby may take some time, and ambivalent feelings may continue for a while. But take heart! With love, support, and guidance, most children eventually adjust to the changes as the family takes on its new identity.

As one wise father put it, "I never thought I would be able to divide my love between my son and the new baby, but I found out that my love actually multiplied!"

'Fruit, Vegetable, and Herb Dehydration' — All Dried Up

GENEVA, N.Y. — Dehydrated fruits and vegetables are increasingly available in the marketplace. Dehydration is one of the oldest processing techniques — a method to preserve perishable produce while making a nutritious product that has a long shelf life and does not need refrigeration.

A workshop conducted at the New York State Agricultural Experiment Station in Geneva, N.Y., last month addressed some of these issues. "Fruit, Vegetable, and Herb Dehydration," was organized by Cornell University food scientist John Roberts and focused on small-scale production of dehydrated products. There were 29 attendees, including five speakers.

"This hands-on demo in the pilot plant was very popular," Roberts said, "because it allowed attendees to see, taste and feel many different fruit, vegetable, and herb products and learn what products and pre-treatments work best for dehydration."

"Since most of the attendees have their own farms and are quite busy during the picking season, they were happy to hear that fruit could be frozen during the picking season and then thawed and dehydrated later in the fall or winter."

Participant Dave Evans, director of Nelson farms at SUNY Morrisville, who has been working with small-scale food processors for the past four years, said he has had few opportunities to learn about dehydration. "This workshop was excellent," he said, "to learn the basics, find out what

equipment would best suit our clients' needs, and then make it available at the new facility at SUNY Morrisville."

The morning session covered dehydration basics, shelf life and regulations related to dehydrated foods, microbiology, and sanitation practices, and packaging. Roberts provided an overview of dehydration, discussed the stages of moisture loss during dehydration, and the factors that affect moisture loss and product quality at each stage.

Food scientist Olga Padilla-Zakour explained how removing water in the food extends shelf life by suppressing both the growth of spoilage organisms and deteriorative reactions. She also discussed regulations regarding inspection, proper labeling and commercial sale as they pertain to food manufacturing at home and in small kitchens.

Microbiologist Randy Worobo covered how spoilage and pathogenic macroorganisms survive and grow. Worobo also pointed out that raw foods should be processed, either frozen or dehydrated in this case, as quickly after harvest as possible.

Joe Hotchkiss, professor and chair of the department of food science at Cornell's main campus in Ithaca offered guidelines on how to choose the best package for a dehydrated product.

Matthias Resen, of Healing Spirits Herb Farm and Education Center, showed slides of his solar dehydration facility located between Cohocton and Andrea, N.Y.

FATHER'S DAY
June 15th

give dad our best

Give him a
subscription to



Lancaster Farming

Subscription Price:
\$37.00 per year; \$67.00 - 2 years
\$48.00 per year outside of:
PA, NJ, OH, MD, DE, NY, VA & WV

• P.S. - Don't Forget Your Father-In-Law!

PLEASE SEND MY FATHER LANCASTER FARMING

PA, NJ, OH, MD, DE
NY, VA & WV (Check One)

\$37.00 - 1 YEAR NEW SUBSCRIPTION

\$67.00 - 2 YEARS RENEWAL

OTHER STATES

\$48.00 - 1 YEAR

\$89.00 - 2 YEARS

ENCLOSED IS A

CHECK CASH MONEY ORDER VISA MC DISC.

(To help correctly code your address, please furnish COMPLETE address. As an example, include number of the dwelling, street name, city and state. When appropriate, include other specific information such as suite, apartment, floor, box number, etc. If you have an R.D., please include Box Number)

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP +4 _____ COUNTY _____

Send Gift Card From _____

Credit Card # _____

Send us your coupon now with your payment to:

Lancaster Farming
One East Main Street
P.O. Box 609
Ephrata, PA 17522

Allow 2 weeks for delivery of your first issue. We can also add 1 year to existing subscriptions sent in for renewal.



SHIRTS OR SWEATSHIRTS



Shirts

- 100% Cotton Denim Long Sleeve
- Embroidery Blue & Black
- Lancaster Farming Logo
- Button-Down Collar
- Left Shirt Pocket
- Stone Bleach Blue

\$20 - Small, Medium, Large
\$22.50 - X Large
\$23.50 - 2X Large

Sweatshirts

- 90% cotton - dark Blue with embroidery
- With Lancaster Farming Logo

\$25 - Medium, Large
\$27.50 - X Large
\$28.50 - 2X Large

Plus \$4.50 Shipping & Handling Costs

Phone 717-721-4416 Or Mail Your Order To:
Lancaster Farming P.O. box 609LFS
1 East Main St., Ephrata, PA 17522

Or Stop @ Office - 1 East Main St., Ephrata, PA
Saves Shipping Cost!