

**Family Living  
Focus**

by  
**Barb Miller**  
Elk-Cameron  
Extension



**Eat From The Rainbow**  
Would you like to:

- Lose or maintain your weight?
- Avoid a stroke?
- Keep your blood pressure in check?
- Keep your vision as you age?
- Bolster your immune system?
- Lower your risk for heart disease and cancer? Then eat your fruits and veggies!

Fruits and veggies are low in fat and calories but high in antioxidants and fiber. Fruits and veggies are great for your heart because they have little saturated fat and no cholesterol (since they come from a plant). They can even help you lose weight, which can help lower your blood pressure and your risk for diabetes and heart disease.

Fruits and veggies can also help to prevent cancer. A high fiber diet promotes "rapid transit" of foods through your system so that the carcinogens don't have time to linger.

Think of fiber as the body's broom. Did you know that 35 percent of all cancer deaths may be related to what we eat?

Why not turn around the typical American high fat, low-fiber diet by getting the recommended 5-9 servings of fruits and veggies a day! How much is a serving of fruits and vegetables?

- 1/2 cup of fruit or cooked vegetable
- 1/4 cup of fruit or vegetable juice
- 1 cup leafy vegetable such as salad greens
- 1/4 cup dried fruit

What's in fruits and vegetables?

Vitamins and Minerals such as

- Vitamins C and E to help fight heart disease and cancer
- Folate to prevent neural tube birth defects and protect against heart disease
- Beta-Carotene/Vitamin A for good eyes helps avoid macular degeneration
- Calcium and magnesium for strong bones to help prevent osteoporosis
- Iron to prevent anemia
- Potassium to regulate blood pressure
- Fiber to prevent constipation, keep blood sugar levels steady, lower cholesterol, and help prevent colon cancer
- Phytochemicals or "plant chemicals" that help keep both the plants and our bodies healthy. They can help prevent heart disease and cancer in our body. Examples are allium compounds in garlic and onions and sulphur compounds in crucifer-

ous vegetables like cabbage and broccoli. Lycopenes in tomatoes help fight prostate and lung cancer.

Variety and color are key! No food is perfect, so eat a variety of fruits and veggies! The darker, the deeper the color the better! Thus dark-fleshed acorn squash is better than light-fleshed zucchini. Dark green leafy lettuce is better than head lettuce which is mostly water.

Eat from the rainbow! Go for:

- **Dark green Broccoli**, Brussels sprouts, spinach, romaine lettuce, are rich in folate that helps reduce heart disease, birth defects, macular degeneration and possibly even Alzheimer's Disease.
- **Orange**: Apricots, cantaloupe, carrots, pumpkin, sweet potatoes, oranges, winter squash. Their vitamin C and beta-carotene can help stop the spread of cancer cells.
- **Red**: Peppers/grapes/grapefruit, water melon, tomatoes and strawberries, are loaded with antioxidants to help fight cancer. Cranberries promote urinary health.
- **Blue/Purple**: Blueberries, blackberries, plums, grapes are rich in antioxidants that may help fight gastrointestinal cancers.

Easy Ways to Get 5 or More A Day!

- Use frozen vegetables steam, microwave, or saut with a little garlic and olive oil
- Buy pre-washed/peeled baby carrots. These make great snacks that kids love!
- Put left over vegetables in soups and omelets.
- Munch on raw veggies while you fix dinner
- Fold grated carrots into muffins, breads, meat loaf and meat balls to makes them moist!
- Put berries on cereal, pancakes and yogurt
- Snack on dried and fresh fruits
- Drink 100% fruit and vegetable juices
- Make a refreshing smoothie in a blender.

Here's one to cool you off on a hot summer day. Simply blend in a blender one half of a ripe banana, peeled, frozen, and sliced, along with 1 cup cold orange juice, and one half cup frozen sliced strawberries. The banana provides potassium and makes the smoothie thick while the orange juice and strawberries provide lots of vitamin C. If there's any smoothie left, turn it into a popsicle by freezing it in a mold.

Remember, when it comes to meals and snacks, think "Color."

# Susquehanna Dairy Princess Spotlights Rogers' Family Farm

SPRINGVILLE (Susquehanna Co.) — Shana Mack, Susquehanna County Dairy Princess, randomly picks a dairy farm to spotlight each month. This month she picked J.A. Rogers and Sons Farm, owned and operated by Jim and Rosemary Rogers Sr. and their sons Danny Rogers and Jim and Tina Rogers.

The farm is located in Springville Township and consists of 118 acres owned and 100 acres rented.

The five-generation farm originally was purchased in 1933 by Rogers' grandfather.

Rogers, his sons, and grandchildren do all the milking, feeding and barn chores on the 144-head herd housed in two tie-stall barns. The Rogers harvest 150 acres of hay, but do not plant corn. The herd consists of Holsteins and Brown Swiss. The herd does not go out on pasture, but kept inside day and night.

The Rogers have received DHIA and Chesapeake Bay Awards along with the Dairy of Distinction Award. This farm is unique because it's really two farms in one. Jim Sr. and Jim Jr. each have their own milking herd. They have two pipelines and two bulk tanks that enable them to keep the milk separate while sharing all other farm expenses. Their recent herd average was 23,506 pounds of milk.

For those nice warm days, here is a refreshing drink you might like to try.

**Strawberry Cow**

- 1/2 cup slices fresh strawberries
- 1 pint strawberry ice cream, softened
- 1 1/2 cups chilled cream soda
- Whipped cream
- Fresh whole strawberries
- Mash strawberries. Stir together half of the ice cream and 1/3 of the cream soda. Divide among three tall glasses. Place one scoop



Dairy Princess Shana Mack, front right, joins the Rogers family for a photo of Jim Senior's grandfather's plow. With her are Danny, Josh, Jim Sr., Rosemary, Karl, Jim Jr. and Tina Rogers.



The Rogers' family farm is located in Springville Township.

of ice cream in each glass. Pour enough soda to cover ice cream

and strawberry mixture. Garnish each with whipped cream and a fresh whole strawberry.

Love antiques? Look for the Antiques Center in this section of Lancaster Farming!

**See Duncan Sales & Service**

Representative for Mahoning Outdoor Furnaces



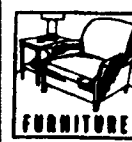
**90 DAY FREE FINANCING\***

Call or See

George Duncan 1-800-332-6293  
Millville, PA 1-570-458-6293

90 Days Free Interest with Approval Financing

\*with approved credit



CLOSED SUNDAYS, NEW YEAR, EASTER MONDAY, ASCENSION DAY, WHIT MONDAY, OCT. 11, THANKSGIVING, CHRISTMAS & DECEMBER 26TH

**FISHER FURNITURE**

NEW AND USED FURNITURE  
Antique & Collectables

BUS. HRS. MON.-THURS. 8-5 FRI., 8-8, SAT. 8-12 BOX 57 1129 GEORGETOWN RD. BART, PA 17503

**GOT WOOD?  
WE HAVE THE FURNACE!**

- All stainless steel construction
- Uses present central duct or Hydronic system
- Heats home/household hot water
- Shaker Grates

Hardy has been heating homes in N.Y. and PA. since 1982

100,000-250,000 btus

**WILLIAMSON ENTERPRISES**

601/656-2639  
877/606-3113

**Hardy**  
\*10 Year Warranty

**CALL THE SPOUTING SPECIALISTS**  
For

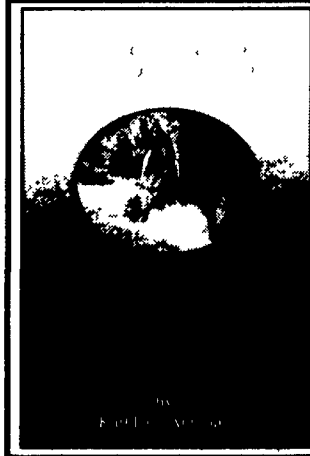
- 5", 6" & 7" Seamless Gutters in 32 Colors
- Half Round Gutters
- Gutter Protec™
- Windows & Doors • Tubular Skylights

**SENENIG'S SPOUTING**

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

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

**MILLWAY HOME IMPROVEMENTS LLC**



Through the mirror of a spirited horse named Grace, the author discovers the condition of her own willful heart and gains a clearer understanding of God's amazing grace. Find your own heart in the pages of this true life story!

**Lessons In Grace**

Available on the web at [www.TheCompletePet.com](http://www.TheCompletePet.com), by calling 800-700-5096, or through your Christian Light Bookstore. For more information call **717-653-2406**