

Horse And Buggy Mennonites Publish Cookbook To Profit Children With Special Needs

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Food And Family
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MIFFLINBURG (Union Co.)—Lancaster Farming has some very special readers in Union County who from time to time send in recipes.

How delightful to hear they have published a cookbook. Not only does it contain wonderful recipes, but also pages of information on helping people to understand and relate to children with special needs.

This unique concept was birthed by Lena Burkholder and her sister Marian Zimmerman.

Marian said, "My sister Lena and I often talked about making a cookbook with favorite recipes from our church group — horse and buggy Mennonites of Union County."

The sisters handed out recipe forms and were amazed by the tremendous response. While compiling the recipes, Marian and her husband Warren were told that their second son, Roy, was hearing impaired like his 5-year-old brother Nathaniel.

The sisters talked about the need to help the community understand the needs of the hearing impaired. As they discussed the concept, they recognized the necessity for the community to understand the needs of other special children in the area.

The result is a cookbook that includes pages dedicated to individual children, and explanations about their special needs.

Marian wrote about deafness and how to communicate with a person who has a hearing loss. Although her children use hearing aids, that doesn't mean they can hear normally.

"A deaf person often feels very alone in a group. It's hard to lip-read many different people at the same time," Marian said of the need for them to learn sign language.

Another Mom who has a son diagnosed with Fragile X Syndrome (FXS) wrote a page explaining the disorder and how it affects the child.

She writes, "If FXS only caused long faces and large ears, there would be little reason for concern, but mental impairment is common. Children are often slow in developing speech. When they do talk, their speech is often repetitive and difficult to understand. Behaviors include hyperactivity, a short attention span, and autistic-like conduct such as poor eye contact and hypersensitivity to the environment."

Another mother wrote about Maple Syrup Urine Disease (MSUD), explaining what her child is permitted to eat and what happens if she eats foods that

Distinctive Scones

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PEACH-ALMOND SCONES

2 cups flour
¼ cup plus 1 tablespoon sugar, divided
2 teaspoons baking powder
½ teaspoon salt
5 tablespoons butter
½ cup sliced almonds, lightly toasted (divided)
2 tablespoons milk
1 egg
1 can (16-ounce) peaches, drained, and finely chopped
½ teaspoon almond extract
Preheat oven to 425 degrees.

Combine flour, ¼ cup sugar, baking powder, and salt in large bowl. Cut in butter with pastry blender until mixture forms coarse crumbs. Stir in ¼ cup almonds. Lightly beat milk and egg in small bowl. Reserve 2 tablespoons milk mixture; set aside. Stir in peaches and almond extract into milk mixture. Stir into flour mixture until soft dough forms.

Turn dough out onto well-floured surface; knead 10-12 times. Divide in half; shape each into a ball. Flatten each ball into a 6-inch circle. Cut each circle into 8 wedges. Place 1-inch apart on an ungreased cooking sheet. Brush wedges with reserved milk mixture. Sprinkle with remaining ¼ cup almonds and 1 tablespoon sugar. Bake 10-12 minutes or until golden brown. Remove from cookie sheet and cool 10 minutes. Makes 16 scones.

Sharon Garber
Elizabethtown

SPICED BUTTER

½ cup butter, softened
3 tablespoons brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
¼ teaspoon ground nutmeg
In small bowl combine all ingredients. Beat until smooth. Serve with warm scones.

Sharon Garber
Elizabethtown

CHOCOLATE SCONES

½ cup heavy whipping cream
1 large egg, lightly beaten
1 teaspoon vanilla
1½ cups all-purpose flour
⅓ cup Dutch-processed unsweetened cocoa powder
¼ cup granulated white sugar
2 teaspoons baking powder
¼ teaspoon salt
½ cup cold unsalted butter, cut into small pieces

For tops of scones:

Mix together 1 large egg, lightly beaten with 1 tablespoon heavy cream

Preheat oven to 375 degrees and place rack in center of oven. Line a baking sheet with parchment paper.

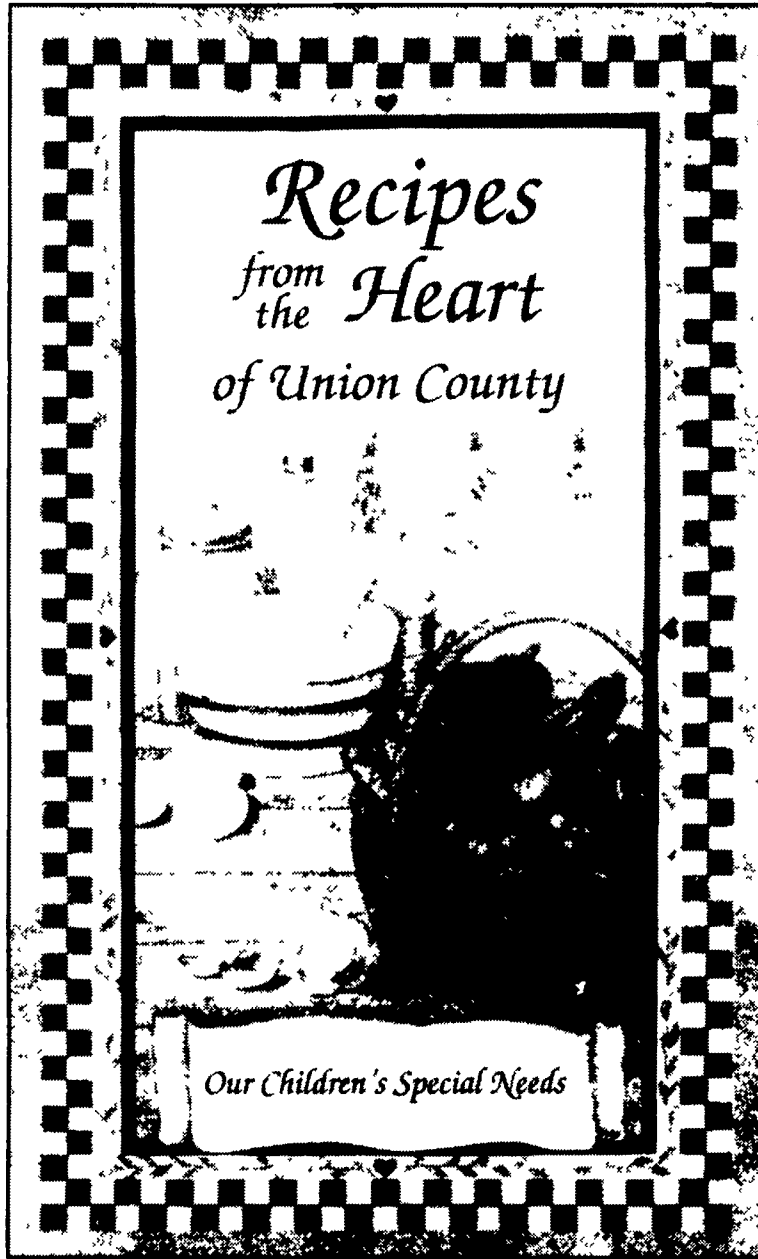
In small bowl, whisk together the egg, whipping cream, and vanilla; set aside.

In large bowl, whisk together the flour, cocoa powder, sugar, baking powder, and salt. Using a pastry blender or two knives, cut the butter into the flour mixture until it resembles coarse crumbs. Add the cream mixture and stir just until the dough comes together.

Transfer the dough to a lightly floured surface and knead a few times. Shape the dough into a 7-inch circle. With a sharp knife, cut the dough into 8 triangles. Brush any excess flour from the bottom of the scones, and place them on the baking sheet. Brush the tops with a little of the beaten egg combined with the cream. Bake for 15 minutes or until they are firm around the edges but a bit soft in the center. Cool on a wire rack.

Variation: Add ¼ cup of semi-sweet or white chocolate chips to the basic scone recipe. Other suggestions: toasted and chopped nuts, orange zest, dried cherries or cranberries.

Amber Hallowell
Berks County Alternate Dairy
Princess



The cookbook published by Horse and Buggy Mennonites, "Recipes From the Heart of Union County," contains 553 recipes in 10 different categories. The cookbook also includes information about children diagnosed with special needs.

contain too much protein — which can raise levels and cause brain damage. Treatment must begin at birth to prevent mental retardation.

Another mother wrote about her two children who have Crigler-Najjar Syndrome (CNS), a rare metabolic disorder of the liver. These children must sleep beneath very bright blue lights every night without covers or nightgowns to keep bilirubin levels down. With the lights only 7-8-inches away from them, the lights get hot and flies are attracted to the blue light.

A Union County tutor compiled tips about working with children who have learning disabilities.

The cookbook also contains poems and Bible verses that mothers found helpful in reminding them that "God has a plan for each and every child and that God gave us the child for a reason. These children are precious and perfect in the Lord's sight," Marian wrote.

"Lena and I enjoyed working together on this book, and now we enjoy hearing about the joy others get from using this book," Marian said.

Marian and Warren with their children, Mary Lou, 9; Judith, 7; Nathaniel, 5, Karla, 4; Roy, 2; and Lynn, 3 months, live on a small farm and operate a diesel shop in Lewisburg.

Lena and her husband Warren and children Marcus, 10; Christopher, 7; and Jere, 5; live on a dairy farm in Mifflinburg.

The cookbooks are available for \$9 at the following locations:

Allen and Mary Hoover's Bernina Store, Mifflinburg; Nora Martin's Quilt Shop, Millmont; Beaver Run Dry Goods, Mifflinburg; Verna's Fabrics, Mifflinburg; Flo-Ann Garment, Ephrata; and Elk Creek Dry Goods, Brush Valley.

The cookbooks can also be ordered by mail or by phone for an additional charge of \$3 to cover postage and handling. Contact Lena at 1100 Beaver Run Rd., Mifflinburg, PA 17844, or call (570) 966-9549. Or readers can contact Marian at 360 Young Rd., Lewisburg, PA 17837, or call (570) 966-0224.

Here are a few recipes from the cookbook and the names of the person who submitted them.

TACO QUICHE

2 pounds ground beef
2 envelopes taco seasoning (or less)
1½ cups Bisquick
¼ cup milk
4 eggs
Dash pepper
Top Layer:
½ cup sour cream
2-3 cups lettuce
1 cup chopped tomatoes
1 cup shredded carrots
1 cup shredded cheese

Fry meat and add seasoning, put in bottom of 9x13-inch cake pan. Mix Bisquick, milk, eggs, and pepper well. Pour over meat. Bake at 400 degrees for 20-25 minutes. Cool 5-15 minutes. Layer on top; sour cream, lettuce, chopped tomatoes, carrots, cheese, or whatever salad goodies you have. Serve with your favorite dressing.

Mrs. Abram Zimmerman Jr.

ZUCCHINI PIZZA CASSEROLE

4 cups shredded zucchini
½ teaspoon salt
2 eggs
½ cup grated Parmesan cheese
1 cup shredded cheddar cheese, divided
2 cups shredded mozzarella cheese, divided
1 pound ground beef
½ cup chopped onion
16-ounce can pizza sauce or tomato sauce with ¼ teaspoon each: oregano and basil
1 medium green pepper, chopped

Place zucchini in strainer; sprinkle with salt. Let drain 10 minutes. Squeeze out moisture. Combine zucchini, eggs, Parmesan cheese, and half the cheddar and mozzarella cheeses. Press into greased 13x9x2-inch baking pan; bake at 400 degrees for 20 minutes. Meanwhile, brown ground beef with onions. Drain and add pizza sauce; spoon over baked zucchini mixture. Top with remaining cheese and sprinkle with green pepper. Bake 20 minutes more. Yield: 6-8 servings.

Mrs. Sheldon Zeiset

CHEWY PEANUT BUTTER BARS

½ cup butter, softened
½ cup packed brown sugar
2 egg yolks
1 teaspoon vanilla
1½ cups all-purpose flour
½ teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon salt
3 cups miniature marshmallows

Topping:

½ cup light corn syrup
¼ cup butter
10 ounces peanut butter chips
2 teaspoons vanilla
1 cup crispy rice cereal
1 cup Cheerios
2 cups salted peanuts

In a mixing bowl, cream butter and sugar. Add egg yolks, vanilla, and mix well. Combine flour, baking powder, salt, baking soda, and add to creamed mixture and mix well. Press into greased 13x9-inch baking pan. Bake at 350 degrees for 12-15 minutes or until golden. Sprinkle with marshmallows, return to oven until marshmallows begin to puff. Cool. Meanwhile, combine corn syrup, butter, chips, and vanilla in a large saucepan, cook and stir over low heat until chips are melted and smooth. Remove from heat, stir in cereal and peanuts. Evenly spread warm over marshmallow layer. Refrigerate until set. Yield: 2 to 2½ dozen.

Miriam Zimmerman

WATERMELON CHEESECAKE PIE

8 ounces cream cheese
14-ounce can sweetened condensed milk
¼ cup lime juice
1½ cup whipped topping
2 cups cubed, seeded watermelon
9-inch graham cracker crust
Watermelon balls and fresh mint (optional)

In a bowl, beat cream cheese until smooth and creamy. Combine milk and lime juice and add slowly to cream cheese. Fold in whipped topping and cubed watermelon. Pour into crust. Refrigerate for at least two hours before slicing. Garnish with watermelon balls and mint, if desired.

Ella Zimmerman