

Reader Recipes

We're looking for unusual, innovative, or just plain good-tasting recipes. If you have a favorite you'd like to share, send to: Reader Recipes, P.O. Box 1029, Lakeville, Minn. 55044 or E-mail: Recipes@farmshow.com

Laura Bush's Hot Chocolate

6 Tbsp unsweetened cocoa
6 Tbsp sugar
Pinch of salt
2 1/2 cups milk
2 1/2 cups light cream
1/2 tsp vanilla
Pinch of cinnamon powder (optional)
Whipped cream
Orange zest

Directions: Mix cocoa, salt, and sugar. Add milk. Heat to dissolve. Add light cream, cinnamon, vanilla. Heat to just under boiling. Mix very well and pour into warm mug. Top with whipped cream, cocoa powder and fine orange zest.

Laura Bush
Washington, D.C.

Sweet And Sour Cabbage

1 medium head red cabbage
1 Tbsp shortening or butter
1/2 cup cider vinegar
1 tsp salt
1/2 cup sugar

Shred cabbage with knife; melt shortening in an iron skillet. Add cabbage and other ingredients. Cook gently, covered, for an hour or more. This is an old German recipe and is excellent. The cabbage retains its color and is crunchy and sweet.

Port Royal Baptist Church Cookbook, Port Royal, Ky.

Joan's Pickled Baby Carrots

2/3 cup white vinegar
2 Tbsp mustard seed
2 lbs. baby carrots
1/2 cup honey
1 tsp salt
2 tsp dried dill weed
Whisk vinegar, mustard seed, honey, and salt in large bowl until well-mixed. Cook carrots until tender crisp, about

(Continued on next page)

Kitchen Stove Doubles As A Furnace

"It takes up to 24-in. dia. wood and has a cooking surface as well as an oven. The best feature is that it also heats the house," says James Finch, Roxbury, N.Y., about the kitchen stove he designed and built.

The top of the firebox serves as the stove-top cooking surface. Hot air runs from under the stove top to the oven, positioned above and to the right. Air flows up and around the oven to a plenum. From there the air is ducted to each room in the house. "Usually with wood stoves, the heat stays around the stove but with my design it travels to all parts of the house, and the cool air goes back up around the stove," says Finch.

There's a convenient wood storage area under the oven.

Contact: FARM SHOW

Followup, James Finch Welding, Roxbury, N.Y. 12474 (ph 607 326-7529).



Kitchen stove heats house, and top of firebox serves as stove-top cooking surface.

Bird Feeder Lights Up At Night

"Our new bird feeder is equipped with a solar-powered light on the roof that automatically turns on at night. It looks great at night," says David Byrd, Groundcover, Inc., Craigville, Ind.

The Hang-Ease solar light feeder is made from 1-in. thick western red cedar and measures 7 in. wide by 10 in. long and high. It has perches on both sides and on front. A solar cell mounts on top of the roof with a battery and bulb under it. The light automatically comes on when it gets dark.

"It's really attractive with the light coming out the windows and front arch," says Byrd. "It comes with a Velcro strap for mounting to a tree or post. The roof also attaches with Velcro which makes it easy to remove, refill, and clean the feeder."

Sells for \$39.95 plus S&H. The Velcro strap sells for \$4.25.
Contact: FARM SHOW Followup, David Byrd, Groundcover, Inc., 5889 N. 700 W., Craigville, Ind. 46731 (ph 260 547-4121; E-mail: dbyrd@adamswells.com).



Solar-powered light on roof automatically turns on at night, with the light coming out the windows and front arch.

He Counts On Sheep For A Great Night's Sleep

Lloyd Peterson depends on sheep for a good night's sleep, but he doesn't count them. He sleeps on them.

For the past two years, the Harmony, Minnesota entrepreneur has been stuffing mattresses and pillows with virgin wool and selling them direct to customers at bargain prices.

Peterson first discovered the benefits of all-wool mattresses 40 years ago. "I was helping an elderly neighbor prepare her things for an auction, and she pointed out a wool mattress that was 100 years old," recalls Peterson. "I bought it for 25 cents and took it home. We liked it so much we had the wool cleaned and recarded and we still use it today."

Peterson claims that sleeping on a wool mattress is like nothing else. The all-natural fiber wicks away moisture in the summer, but insulates in the winter. The curative claims for wool, which include relief for osteoporosis, fibromyalgia, degenerative disc diseases, and increased circulation, are a personal issue with Peterson as well. His wife was diagnosed with rheumatoid arthritis 20 years ago, and the doctor predicted she would soon be in a wheel chair. She gives her wool mattress credit for still being on her feet and active in the family business, including helping make the company's new all-wool mattresses and pillows. Local public health agencies have been among High Point's best customers.

"I had one lady buy a mattress and call me a month later," explains Peterson. "She said she hadn't had a good night's sleep in 20 years until she bought our mattress. Once people sleep on wool, they won't sleep on anything else."

High Point buys wool from Minnesota and Wisconsin sheep producers, ships it to either Poland or Scotland for processing and then back to southeastern Minnesota. There, the long rolls called rovings are laid down inside a mattress cover in a tight pattern, one layer at a time. Each of the seven layers are laid down perpendicular to the previous layer, with the final two layers extending out and over the ends of the previous five layers. Once the mattress cover is zipped up, the mattress is slid onto a frame where yarn is threaded through the cover and its seven layers to secure the mattress in its final form. Covers are made from 100% cotton ticking, or an optional water resistant covering.

FARM SHOW

New Products Especially For Women And The Farm, Ranch Home

"Ball Point Pen" Tick Remover

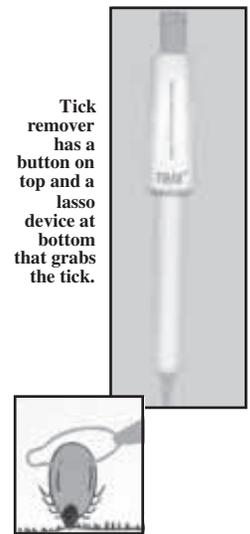
Getting rid of ticks is easy with this new tick removal tool. Best of all, you don't even have to touch them. Made in Sweden, the Trix tick remover looks like a ball point pen. It has a button on top and a lasso device - a small carbon filament - at the bottom that grabs the tick.

To remove a tick, you push the button down to extend the loop and slide it over the tick. Removing your finger from the button causes the loop to retract. You then raise the remover a little to "snare" the tick and give the tool a quick twist.

Removing the tick with a twisting motion instead of a pulling motion makes the removal virtually painless and reduces the risk of leaving the head under the skin.

Sells for \$9.95 plus S&H.

Contact: FARM SHOW Followup, Rainbow Valley Farm, 329 Washington Road, Woodbury, Ct. 06798 (ph 203 263-7681; fax 203 263-7682; E-mail: info@RainbowValleyFarm.com; www.rainbowvalleyfarm.com).



Tick remover has a button on top and a lasso device at bottom that grabs the tick.



Lloyd Peterson stuffs mattresses and pillows with virgin wool and sells them direct to customers at bargain prices.

Peterson's son Larry realized that by shrink wrapping and vacuuming out the air in a mattress or pillow, shipping costs could be cut significantly. Once mattresses are delivered and released from the packaging, they quickly regain their 5-in. thick original shape.

High Point mattresses range from \$268.60 for a single to \$425.00 for a king-size, a fraction of the \$2,300 or more that other all-wool mattresses sell for. Pillows sell for \$34.95 each. The Peterson's take custom orders and make small travel mattresses for campers, truckers and others who want to sleep on wool wherever they go. They also make leg wrappings for people with poor circulation, as well as pads for recliners.

Contact: FARM SHOW Followup, Lloyd Peterson, High Point Coverings, Inc., 235 2nd Ave. NW, Box 476, Harmony, Minn. 55939 (ph 888 886-7696; Website: www.natureswool.com).