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Wend to Produce Better Chairs

Mildred Loomis

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Ahimsa Childrens' Camp

Ahimsa Childrens' Camp, located in the heart of the Blue Ridge Mountains, is dedicated to empowering children through nonviolent education. The camp is open to children of all backgrounds and offers a unique environment for learning and growth.

The camp offers a wide range of activities, including arts and crafts, music, and nature exploration. Participants will have the opportunity to engage in hands-on learning experiences and develop a deeper understanding of nonviolence and its applications in daily life.

The camp is led by experienced facilitators who are committed to creating a safe and inclusive space for all participants. The camp encourages self-expression and individuality, and fosters a sense of community and belonging.

This year's camp will take place from June 15 to 19, and is open to children aged 6-14. Scholarships are available to support financial accessibility. For more information, please contact the camp director at ahimsachildrenscamp@gmail.com or visit the camp's website: www.ahimsachildrenscamp.org.
We Must Not Only Grow Our Food, But Preserve It

By Hal Porter

Keeping food would also present a challenge of its own, for then someone advocates going back to the old methods of having to gather and advising the drying, smoking, canning and preserving of food if it is to be served. This was one thing which our ancestors could not have remembered. Food saved in this way would have all sorts of illnesses, caused by malnutrition. Anyone who dies used in those times (included in the childhood of a lot of us) would have gas refrigeration.

I would have gas refrigeration.

Do not hallucinate.

The Homestead Kitchen

The important part of the homestead is the kitchen, where we prepare the food. The meat, fruits, grains and vegetables are purchased and processed. We can surmise that of any gourmet. The homesteader can get ready much like the old-fashioned farmer and the conversions of work counters and tables, laundry and work space is more efficient. We can cook a walk-in cold room for aging meat, and have a good place to store the meat as well as other fresh produce and vegetables.

Also it is possible to prepare this in tanks and rums on automobiles and gasoline engines, which can move around.

Treicher's Moving to Colorado, Leaving Us Their Iowa Tea Lore

Bill Treicher, Birch Lake Farm, Walker, Ia., began teaching in March at a farm school at the home of Mr. and Mrs. Bill Stearns, four children will join him in the classroom. F. R. Knott, 3588 Delaware, Gary, Ind.

At the end of the season, the work of the summer will be planned. Come, join the discussion.

"Ed Note: Mr. Knos spends from one hour to two hours a day for the School of Living Building Fund.

TREICHER HOME
Of Walker, Iowa, is now leaving.

Goat and Rabbit Recipes Shared

By Rose Smart

We eat rabbit until it comes out of our ears. Fried rabbit is the most popular one of our favorites but since some of you might not like it, I prepare it in a manner which I have from time to time and you can enjoy it.

Cheesecake

It can be prepared in any size, and is the basis for many other dishes. The leftover returns have a wonderful flavor and can be used in other recipes.

Mix:
- 1 cup crushed graham crackers
- 1/4 cup melted butter
- 1 cup powdered sugar

Bake:
- In a 9-inch springform pan, press the mixture to the bottom of the pan and bake at 350 degrees for 10 minutes.

Filling:
- Beat 1 cup cream cheese, 1/4 cup butter, and 1/2 cup powdered sugar until fluffy.
- Blend in 2 eggs, 1/4 cup milk, and 1/4 teaspoon vanilla extract.

Pour filling into the baked crust and bake at 350 degrees for 20 minutes. Cool and refrigerate for at least 4 hours before serving.

Goat Cheese and Butter

Q. I need help in making buttermilk. How do I do it? I am interested in getting cream cheese and goat cheese, and am sure that I will like them by trying to make them myself.

A. It takes longer for cream to come out of the milk into curds, but I am sure that you will find them easier to make at home.

Steps:
1. Take 2 quarts of milk and add 1 tablespoon of vinegar.
2. Heat the milk to 80 degrees Fahrenheit.
3. Stir the milk every 5 minutes until the curds separate.
4. Drain the curds and rinse them with cold water.
5. Press the curds between sheets of cheesecloth to remove excess moisture.
6. Place the curds in a container and cover with a damp cloth.
7. Let the curds rest in the refrigerator for at least 24 hours.

Once the curds are ready, you can place them in a container with a lid, add the desired amount of cream cheese, and refrigerate for at least 24 hours before serving.

You can use the curds and cream cheese in various recipes, such as salads, dips, or as a topping for baked potatoes or vegetables.