

Farm and garden

Keep your flower borders and yourself in top shape

Daylilies
Daylily bloom stems (scapes) die after all buds have flowered. For beauty's sake, pull brown scapes out by hand and add to compost.

Roses
When pruning away twiggy young growth from rose bushes, root the prunings for new plants. Treat stem bases with rooting hormone, stick them in shaded, moist soil, and keep watered.

I know it hurts, those terrible ol' thorns on the rose stem. But if you want maximum vase life from a rose, take away only leaves that will be submerged in water, and leave the thorns on.

Clematis
Clematis roots cannot tolerate hot, dry situations without a little help from you, my friend. Soak the soil once a week to a depth of at least eight inches. Apply three tablespoons of a complete fertilizer, such as 8-8-8, to the base of each one.

Mums
Flower deformity in chrysanthemums can be the result of several difficult situations.

Defective buds can indicate a boron deficiency in the soil. Contact your extension agent and request a pH reading and analysis for both

macro- and micro-nutrients in the soil.

Another cause may be a viral infection. Infections are usually transmitted from flower to flower by feeding aphids and leafhoppers. Get rid of the varmints by strong sprays of hose water, or a thorough dousing of soapy water. Use malathion solutions only as a last resort.



Pinch chrysanthemums (and poinsettias) for the last time.

Annuals and Other Perennials
Plant marigolds, zinnia seeds in the garden where they are to grow right now for fresh fall color.

Check every day for bugs. Hand pick or wash them off with a spray from the hose. Use biological sprays, such as rotenone or Bacillus thuringiensis, if necessary.

Deadhead annuals, and feed lightly. Avoid wetting foliage when

watering, as this action may result in foliar diseases.

Perennials should be watered more deeply and less frequently than annuals. To moderate soil heat, mulch perennial beds well with an organic material.

Water shallow-rooted azaleas, camellias, and hydrangeas regularly now, and keep well-mulched.

Dried onion flower heads make marvelous additions to winter arrangements. Allow some buds to develop in the onion patch.

When they flower, cut long stems, and either (1) bunch a few together, fasten end of stems with a rubber band, and hang in a cool dry, place; or (2) place a piece of chicken wire over a tall empty container, and place stems in wire for support. Keep in cool, dry place.

What About The Shape You're In?

"I loved my flower garden. But now that love is dead. For I found a Bachelor's Button In my black Eyed Susan's bed."

A weak excuse, indeed. Get back out there and garden every day, both for your mental and physical health.

Gardening is a labor of love, one that takes time. The result is worth it. Larry Bass at State says you can have your cake and eat it, too. Only make it a little cake, or in this case,

a little garden. Here are some helpful pointers.

Keep tools in the same place at all times so you don't have to look for them. Weed before you need to. Quick shallow cultivation is quicker than pulling mature weeds.

Choose the right site for what you are growing—tomatoes need sun, lettuce don't, etc. Adjust your schedule to include gardening, not as something done after everything else is finished.

It is easy to see, after a garden season, what the activity has done for your body.

General gardening work burns about 220 calories per hour, and what you grow isn't fattening, either.

According to the American Medical Journal, a daily minimum of 45 minutes of yardwork done in moderation lessens the risk of heart disease as much as 63 percent in a middle-aged man.

A well-kept garden is a place to relieve stress. Details of flowers, familiar fragrances, and bird songs are calming to the soul. Also, lashing out at invading grass is better than saying things to your family members you'll be sorry for later. Keeps you from kicking the

dog, know what I mean?

Most important, show off your handiwork periodically. Invite everyone over for a barbecue. Hot, juicy chicken, slippery, buttery corn, sweet-sour cucumber slices, crunchy onions and peppers, grilled egg plant, served on a blossom-bedecked patio...

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NOTICE

TOWN OF HERTFORD

The Perquimans County Board of Elections will conduct a Non-Partisan Municipal Election for the Town of Hertford, November 7, 1989. Hertford will elect two (2) Council persons at that time. The filing for candidates for this election begins at 12:00 noon, July 7th and ends noon August 4th, 1989. The voter registration deadline for voting in this election is October 9th, 1989. Persons already registered do not have to re-register.

William L. Tilley, Chairman
Perquimans County Board of Elections

Squash recipes to make your mouth water

By: Juanita T. Bailey
Home Economics Extension Agent

Squash is a gourd fruit native to the Western Hemisphere. The two main types are summer and winter. Summer squash, such as pattypan, yellow, and zucchini, has a thin skin. Winter squash, such as acorn, has a hard shell or outer covering.

Squash is available all year; yellow and zucchini squash are available canned or frozen. Fresh summer squash should have a tender, young skin; winter squash should have a firm, hard shell that is free from blemishes.

STUFFED PATTYPAN SQUASH
2 tablespoons butter or margarine, melted
2 pounds (about 3 inches in diameter) pattypan squash, washed and trimmed
1 (3-ounce) package cream cheese with chives, softened
½ teaspoon Worcestershire sauce
1 tablespoon evaporated skim milk
3 tablespoons chopped nuts
½ teaspoon salt
Dash hot sauce
¼ cup grated Parmesan cheese

Put butter or margarine into a 13 x 9 x 2-inch casserole. Cut each squash in half horizontally, keeping the halves together. Combine the cream cheese, Worcestershire sauce, skim milk, nuts, salt, and hot sauce; beat until well blended. Spread mixture between each 2 squash halves, sandwich fashion. Turn squash over in the melted butter or margarine to coat both sides; cover casserole.

Bake at 400 degrees about 1 hour, or until tender. Remove from the oven, sprinkle with Parmesan cheese; return squash to oven, un-

covered, until lightly browned, about 5 minutes. Yield: 5 to 6 servings.

OPEN-FACE SUMMER SQUASH
8 yellow squash, cut in half crosswise
½ cup water
2 tablespoons margarine
1 teaspoon seasoned salt
½ cup shredded Cheddar cheese

Extension news

Steam squash about 10 minutes. Arrange in 3-quart oblong casserole. Melt margarine with seasoned salt; drizzle over cut squash. Pierce center of squash so that seasoned butter is absorbed. Bake at 350 degrees about 20 minutes. Top with cheese and continue baking about 10 minutes until cheese melts. Yields: 6 servings.

SQUASH SOUFFLE
1½ pounds yellow squash, cooked and mashed
1 small onion, minced
1 tablespoon minced parsley
1 egg, slightly beaten
¼ cup milk
½ cup cottage cheese, well mashed
½ teaspoon salt
½ teaspoon pepper
1 teaspoon sugar
¼ cup finely chopped pecans
Combine squash and other ingredients except nuts. Place in a 2-quart greased casserole; sprinkle pecans over the top. Bake at 350 degrees until top is nicely browned, about 20 minutes. Yields: 8 servings.

SQUASH COOK-OUT
1 pound yellow crookneck squash
Salt and pepper
Grated Parmesan cheese

Margarine

Wash squash, trim off ends, and slice into ¼ inch rounds. With double thickness heavy-duty aluminum foil, make 4 (14-inch) squares. Place one-fourth of the squash rounds on each foil square. Sprinkle squash with seasonings, cheese, margarine, and water; seal foil. Cook on coals about 15 minutes, turning once. Yields: 4 servings.

ITALIAN ZUCCHINI
5 medium-size zucchini squash,

Hospital honors its employees

Albemarle Hospital's administrative staff honored 13 employees at a Retirement-20 Year Service Party in June. Hospital Administrator Robert Jeffries presented gifts to the honorees and a reception followed the award ceremony.

Retirees honored included: George Chappell, Security; and Dorothy C. Sawyer, Maggie S. Sawyer, and Jean Wilson, Nursing Service.

Employees honored for 20 years of service were: Patricia Banks, Business Office; Catherine Beatty, Nursing Service; Jeanie Briggs, Nursing Service; Kathryn Cartwright, Pharmacy; Adeline Dance, Housekeeping; Maryland Gibson, Housekeeping; Sandra Hoffer, Nursing Service; Llewelyn Johnson, Laundry and Albert Williams, Material Management.

washed and cut into ½ inches slices
2 medium sized onions, sliced
3 tablespoons butter or margarine
1 teaspoon onion salt
¼ teaspoon oregano
1 tablespoon all-purpose flour
1 (8 ounce) can tomato sauce
½ pound sliced Mozzarella cheese
Saute zucchini and onion in butter until tender. Mix onion salt, oregano, and flour; add tomato sauce. Pour into a 1½ quart casserole. Top with cheese and bake at 350 degrees for 30 minutes. Yields: 6 servings.

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