

## Reader Recipes

### Easy Hotdish

8 oz. pkg. macaroni  
2 1/2 oz. cans chili  
Shredded cheddar cheese  
Cook macaroni according to package directions and drain. Mix in chili and put into baking dish. Top with cheese. Bake at 350° until cheese is melted, about 45 min. to 1 hr.

### Peach & Pepper Relish

3 ripe peaches, peeled, pitted and chopped into 1/4-in. cubes  
2 jalapeno peppers, minced  
1/2 small red onion, halved vertically and thinly sliced into half moons  
1 1/2 tbsp vegetable oil  
3 tbsp orange juice  
1/2 cup chopped cilantro  
2 tbsp fresh lime juice  
Salt & Pepper

Combine peaches, jalapeno peppers and onion in mixing bowl. Add oil, orange juice and cilantro. Stir gently. Salt and pepper to taste. Cover and refrigerate until ready to serve.

### Pumpkin Dessert

1 cup cold milk  
1 small package instant vanilla pudding  
1/2 tsp pumpkin pie spice  
1 cup canned pumpkin  
Graham crackers or vanilla wafers (optional)

Pour milk into mixing bowl. Add pudding, spice and pumpkin. Blend with a wire whisk or an electric mixer on the lower speed for 2 min. Pour into dessert dishes and cool. If desired, top with Graham crackers or vanilla wafer crumbs before serving.

### Bacon Cheese Cucumber Slices

1 8-oz pkg. cream cheese, softened  
6 slices bacon, cooked crisp and crumbled  
1/2 cup chopped green onions  
1/2 tsp Italian seasoning  
2 large cucumbers

Combine cream cheese, bacon, green onions and seasoning in bowl. Blend well. Cut ends off cucumbers. Using long, thin serrated knife, hollow out inside of each cucumber, removing all seeds. Using a small spoon, firmly fill each cucumber with cream cheese mixture. Refrigerate at least 2 hrs. To serve, cut into 1/4-in. slices.

## Tools Designed For Women

Just making tools smaller or pink doesn't make them better for women. HERShovel™ and HERSpadingfork™ are engineer-designed, tested and proven to be suited specifically for women. The owners of Green Heron Tools say there is science behind the tools they offer.

"We don't think anyone has gone through this process, focusing on scientifically designing tools that work for women," says Liz Brensinger, co-owner of the Pennsylvania company. She and her business partner, Ann Adams, bring a unique perspective with backgrounds in public health, nursing and market gardening.

After working with Pennsylvania State University engineers through an \$80,000 small business innovation research grant and extensive testing and surveys with women, they introduced HERShovel in 2011. HERSpadingfork followed in 2015.

"We had women test existing grips, and they liked wider grips. You can hold ours with two hands or on the side to help keep wrists in line. There is also tilt built in for extra leverage. A wide step on the blade capitalizes on the strength of women's lower bodies," Adams explains.

The shovel and fork are also lighter weight – another feature important to women who use the tools regularly for gardening or sustainable farming. The tools come in three sizes to accommodate women of different heights.

The shovel sells for \$66.49 and the spading fork for \$84.95. They come with a 10-year warranty and - except for Austrian-made tines in the forks - are completely made in the U.S.

To meet the needs of women with livestock, the Green Heron Tools owners plan to introduce a manure fork soon. And, sometime in the future they hope to offer a radically different tool to replace the most complained about tool among women farmers and market growers – the gas walk-behind tiller.

"We've been working on a tiller that has almost no vibration and is battery-operated," Brensinger says. "We're expecting a patent soon and plan to talk to companies to license the technology."

A variety of items can be purchased through the online store.

Contact: FARM SHOW Followup, Green Heron Tools, P.O. Box 71, New Tripoli, Penn. 18066 (ph 610 844-5232; www.greenherontools.com; info@greenherontools.com).



Liz Brensinger and Ann Adams make tools designed specifically for women, including the HERShovel and HERSpadingfork.

# FARM SHOW®

## New Products For The Farm, Ranch Home



Small light under kitchen shelf lets Truitt know when the mail has been delivered. System uses a micro-switch inside the mailbox with a lever that releases when box is opened.

## Kitchen Light Says "You Have Mail"

Arnold Truitt says that setting up an electric mailbox indicator to let you know when the mail has arrived makes sense if you have unpredictable delivery times and a 400-ft. walk to the mailbox.

For 16 years, a small light under a kitchen shelf has let Truitt know when the mail has been delivered.

"I buried a line to the mailbox, using inside telephone wiring (4-wire insulated) in a shallow trench next to the driveway. The system uses a micro-switch inside the mailbox with a lever that releases when the box is opened. The micro-switch sends a short through the wiring to operate a self-locking 12-volt relay when the door is opened," he explains.

The indicator console that connects to the lamp has a transformer that reduces the relay and lamp circuit to about 12-volt DC. Truitt can toggle the switch to off when on vacation, and he added a test feature to simulate the box opening.

"It was a little complicated to set up," says the telephone company employee, "but it's very reliable. It saves me a lot of unnecessary trips to the mailbox and was a lot of fun to build."

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## Electric Lamp Ornament

Dave Dam, Eau Claire, Wis., put together an electric lamp with an old hand-cranked meat grinder as the base. He bought a lamp kit consisting of a light socket and switch and cord at a hardware store. He removed the clamp from the bottom of the meat grinder, then rethreaded the hole to a 1/8-in. pipe thread. A spring clamp connects the lamp shade to the bulb.

"It makes a nice ornament anywhere at home, but especially in the kitchen," says Dam.

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Electric lamp uses an old hand-cranked meat grinder as the base.



Aaron Rogers made this outdoor wok by welding metal plugs into the center holes of two disk blades, one larger than the other with the smaller one serving as a lid.

## "Disk Blade" Wok Makes Tasty Meals

By Dan Gogerty

Aaron Rogers of Ames, Iowa, made this king-size cooking outdoor wok by welding metal plugs into the center holes of two disk blades - one larger than the other, with the smaller one serving as a lid. A welded-on horseshoe serves as a handle. He also sanded the sharp edges off both disk blades.

"It works great for cooking meals on hot coals in our patio pit. The metal disks radiate a steady heat for even cooking," says Rogers. "The wok is big enough that I can cook a dozen or more pork chops at once. Sometimes we toss in beef and broccoli stir fry ingredients and let it bubble until it's ready. We've even made a wok breakfast of bacon and eggs."

Rogers and his wife teach at an international school in Tokyo, and he and his family spend the summer months at a lake in Minnesota, where they enjoy cooking outside. He figured a type of Asian wok would work for the outdoor recipes he had in mind. "By using disk blades that had once cut through rich Midwest soil, you might say we've created an 'East meets West' wok," he notes.

The heavy-weight cooker is easy to wipe clean, but not so simple to move. "It's a bit of a weight-lifting session to get the wok back in our garage for storage," says Rogers.

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