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## Model Buildings Preserve Local Town's History

The small town of Cylinder, Iowa, has been relocated to its neighboring town, Emmetsburg, Iowa. Well, at least a miniature version of Cylinder is there. Twenty buildings in 1/2-in. to 1-ft. scale are on display at Palo Alto Gaming Development/Wild Rose Casino's office in Emmetsburg.

They were built by Joe Joyce, a retired grocery store owner who still helps out farming at 82. His woodworking skills caught the attention of Cylinder's former mayor, Arnie Heng, who asked Joyce if he'd be willing to make a model of the town's deteriorating depot before it was torn down. After completing it in 2018, Joyce was given a centennial book that had photos of the many businesses in Cylinder when it was a booming rural town.

"Now I have 26 old buildings from Cylinder," Joyce says, including businesses many of the current 80 residents didn't even know about.

"At one time, there was a butter and cheese factory. I got a photo of it, and it was challenging because there were so many

angles, and I had to use my imagination for some of it," Joyce says.

He captured the spirit of the town by building a livery stable, grain elevator, car and tractor dealerships, an old-time gas station complete with pumps and a car, and other typical town businesses. Most are made from walnut trees cut from Joyce's property that were sawn into 1-in. by 10 or 12-in. boards.

He slices them into thinner pieces of wood, 1/8-in. for siding and 1/16-in. for shingles, for example. Joyce purchases other types of woods to create contrasting colors, and clear seals them to preserve the beauty of the natural wood. He uses glue and a pneumatic pin gun to secure the pieces in place. A local glass shop cuts 1/8-in. thick mirrors to create the windows.

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## Caffeine-Free Garbanzo Bean Coffee

Looking to cut back on caffeine? Roasted, ground chickpeas can be used to produce a tasty beverage. Garbanzo bean coffee can be drunk on its own or cut into regular coffee to save money, boost its health benefits, and lower the caffeine content. You'll get the advantages of chickpea fiber, potassium, B vitamins, iron, and magnesium in every cup.

Chickpea "coffee" has been used throughout history, traditionally during lean times. It's been popular in Turkey in past centuries, and rumor has it that the Cuban government has long added garbanzo beans to its state-produced coffee to stretch out the supply.

The drink is brewed from cooked chickpeas that are roasted until they reach the rich brown of coffee beans and then ground into a fine powder.

You'll need a roasting pan and a high-speed mixer to get started. Add pre-soaked and dried chickpeas to the pan and roast at 300 F, stirring every few minutes. After 20 to 30 mins., the beans should turn deep brown. Fifteen minutes in a frying pan at medium-high heat will also work. Allow to cool, and then grind as you would coffee beans. Coarser



Chickpea "coffee" works best in Turkish coffee pots and tastes a lot like regular coffee.

grounds tend to work best. Consider boiling the grounds as you would make Turkish coffee or steeping them with a tea infuser. Play around with brewing strength until you find the concentration you prefer. Sweeten to taste with milk or honey. Many drinkers add a dash of vanilla as well.

The powder will keep for a month if stored in an airtight container. It's possible to purchase pre-made chickpea coffee online.

## "Wrench Bench" Made From Old Tools

By Cindy Ladage

Lance Talbott from West Unity, Ohio, got the idea for his "wrench bench" from his dad, Gene, who saw a similar chair years ago at the Florida Flywheelers. He wanted Lance to make him one.

"He kept showing me the pics he took of it, but I was busy farming and trucking, so I didn't have time to make it," Lance says.

When illness hit Gene, Lance decided to make his wishes a priority. "Dad had a bout of colon cancer, and I thought, 'What if I lose him before I get it made?'"

"So, when I came home from trucking one weekend, and it was raining, I said to Dad, 'Get your wrenches out.' He'd been buying them by the bucket-full for years, saving them for the chair," Lance says.

It took two days or so to weld the bench together. The part that was the most time-consuming was trying to fit the wrenches in the correct configuration. "I built the base first. It was like a jigsaw puzzle. The picture I saw didn't have arms, but I wanted Dad to have armrests."

Lance thought the project was complete. "I had just put the last weld in the chair, and I was thinking I was done, then Dad flips up the phone and says, 'I want a footstool.'"



Talbott made a chair and footstool from old wrenches for his father.

Lance notes that when choosing wrenches, it's important to choose wrenches of the same thickness. It took 55 wrenches to make the chair and footstool.

Gene died a few years ago. Lance brings the chair to antique tractor shows and exhibits it in his honor.



Photo courtesy of CFANS/University of Minnesota

U of MN Kudos apple is a cross of Honeycrisp and Zestar varieties.

## New Apple May Challenge Honeycrisp

Kudos is a new apple variety that has attributes likely to make it a winner. The new apple is the result of crossing Honeycrisp and Zestar varieties, according to David Bedford, University of Minnesota apple breeder.

"Kudos has the crisp, juicy flavor of a Honeycrisp and the rich flavor of a Zestar, but with a slight tropical twist," he says.

Bedford further describes it as a beautiful red apple, a trait that's almost as important to American consumers as taste and texture. He has reason to admire the apple. He's been working with it for half of his 44-year career in the University's apple development program. It's the latest in a program that has produced 29 new varieties over the past 103 years.

Bedford helped develop and introduce several very successful new apples, among them Honeycrisp and Zestar. Others include SweeTango and First Kiss/Rave. In every case, there's a long time between the hand pollination of apple blossoms and the commercialization of a new variety.

"Hand pollinating an apple blossom increases the odds of getting a seed with the desired characteristics, but you can't control which genes are passed on," says Bedford. "Only 1 out of every 10,000 seeds from the same cross will be good enough to be released as a new variety someday."

Apples are heterozygous. Unlike vegetable seeds, which will reproduce uniformly, apple seeds are all different. Even full sisters like SweeTango and Kudos are completely different apples.

"You could plant a million seeds from Honeycrisp apples and never get a Honeycrisp," says Bedford.

Like its parents and full and half-siblings, Kudos survived 20+ years of review. That's just the halfway point. It's now in the hands of licensing nurseries, who'll produce trees over the next couple of years to sell to orchards.

"Once they've been planted, it'll be 2 to 4 years before apples are available for sale to the public," says Bedford.

That begins the real test for a new variety. Bedford recalls tasting Honeycrisp when it was still being evaluated, and he was fresh out of graduate school.

"It was so far out of the norm that I couldn't compare it to other apples," he says. "It didn't take me long to figure out that it must be good. However, even after it was introduced, it took another 8 to 10 years to see if the public agreed. Honeycrisp is now the benchmark for texture."

Today, Honeycrisp is considered the most popular apple in the U.S. Bedford notes that it's still considered a relatively new variety even though it's more than 60 years old. It's been available to the public for 30 years.

Time will tell if Kudos will prove as popular.

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