

Farmer Markets New Edible Flax Seed

A South Dakota farmer who started growing a first-of-its-kind "cancer-preventing" crop three years ago has come up with an innovative new way to add value to his crop.

Rick Heintzman, of Onaka, recently started selling a mail order kit that consists of three 1-lb. bags of "Dakota Flax Gold" along with a mini grinder to turn the seed into a coarse-ground flour. Dakota Flax Gold is a new variety of edible flax developed by the Universities of Minnesota and North Dakota along with the Mayo Clinic and Hormel Clinic. "It has 100 to 800 times more anti-cancer linogens than most plants and vegetables and also lowers your blood pressure and cholesterol. In addition, it's high in fiber - four teaspoonsful of ground edible flax has as much dietary fiber as six bowls of corn flakes.

"When shipped fresh, it lasts indefinitely. However, it has a high oil content so once it's ground it oxidizes and will quickly spoil. You can freeze it after grinding to keep it from spoiling.

"Crushers don't like it because the oil isn't compatible with the oil from brown flax. There's currently no market for it, but



I'm trying to create one."

The ground seed can be used as a topping on yogurt and ice cream, cereal, salads, crackers, or used in bread, biscuits, muffins, cookies, cakes, waffle and pancake mixes.

Heintzman's 3-bag kit and grinder sells for \$30 plus \$5 S&H. If you already have a grinder you can buy six bags for the same price.

Contact: FARM SHOW Followup, DFG Co., Rt. 2, Box 265, Onaka, S. Dak. 57466 (ph 605 447-5813).

New Farm Show Offers Free Day Care

A new Canadian farm show may be the first ever to offer free day care to children of showgoers.

Day care counselors, show organizers and parents at the first annual "Outdoor Farm Show" near Burford, Ontario, last September agreed that the service was a whopping success.

"We watched just under 200 kids, ages 2 to 5-years, during the show's three-day run," said Kerri Lewin. She's the director of children's programs at Talisman, a Kimberley, Ontario, convention and ski resort that ran the show's day care service.

"Parents loved it and used it as sort of a 'family central,'" Lewin says. "A lot of exhibitors brought their kids in the second and third days."

"We had talked about this a long time, going to shows and having a day care service. The people from the new Outdoor Farm Show came and talked to us about doing it, so we were thrilled," explained Kim Gillen, one of five trained childhood counselors at the farm show's day care center. It was a 30 by 30-ft. tent called Kids



Club and designed for a maximum of 30 children at a time.

Activities at the Kids Club featured an ag theme. "Our arts and crafts were farm-related and the toys were all farm-related," Gillen noted.

"The farm show staff was pleased with the reception," Lewin said. "I hope we can do it at the Outdoor Farm Show again next year, as well as at others."

Contact: FARM SHOW Followup, Kerri Lewin, Box 23, Flesherton, Ontario, NOC 1EO Canada (ph 519 924-2023).

Antique "Tractor Mailbox"

"It's made from angle iron and scrap metal and draws a lot of attention," says Minnesota farmer Dale Newman, of Lake Crystal, about his "antique" tractor mailbox which is about the size of a riding lawn mower. It mounts on top of a 4-in. sq. wooden post. The tractor has steel wheels (1 1/2-ft. dia. rear, 1 ft. dia. front) and a steel seat and steering wheel. The body is a big conventional mailbox, mounted on a frame made from angle iron.

"The seat is off an old toy pedal tractor. The exhaust pipe is a length of PVC tubing that I painted black and bolted onto the side of the mailbox."

When FARM SHOW took the photo last summer, the road in front of Newman's house was under construction so he had to set his tractor mailbox back out of the way. He plans to move it back closer to the road after construction is finished.

Contact: FARM SHOW Followup, Dale



Newman, Rt. 1, Box 49, Lake Crystal, Minn. 56055 (ph 507 947-3836).

New Products Especially For Women And The Farm, Ranch Home

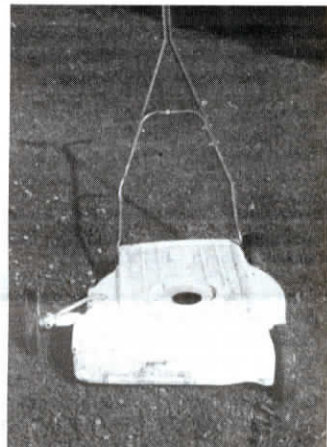
Garden Seed Row "Marker-Furrower"

Francis Dostal, Lawler, Iowa, made a garden row "marker-furrower" out of an old push mower, minus the engine and blades.

The mower had a single wheel mounted on the right side of the deck. Dostal moved the wheel out by mounting it on a threaded rod that's used to adjust row width. As Dostal pushes the mower across his freshly tilled garden, the single wheel makes a track about 1/2 in. deep that seed is later dropped into.

"It's much simpler than using twine to mark rows and also eliminates the need to use a hoe to dig furrows," says Dostal. "It's easy to make a nice straight line. When I get to the end of the row, I turn and put the two left side wheels on the furrow made by the single wheel."

Contact: FARM SHOW Followup, Francis Dostal, 3349 160th St., Lawler, Iowa 52154 (ph 319 776-9761).



Fabric Cement Great For Mending Jeans And More

Jiffy Sew Fabric Cement is unlike any other fabric adhesive.

Great for repairing jeans, overalls, canvas - and a lot more - this unique product has been on the market in Canada for more than 35 years. Its Canadian manufacturer now wants to bring Jiffy Sew to the U.S.

The product is unique because it's flexible and bonds well but still stretches like

elastic when dry. That makes it perfect for patching jeans and overalls without sewing.

Price of a 1-oz. tube is \$3 or \$36 per dozen.

Contact: FARM SHOW Followup, Jiffy Products Inc., R.R. 4, Peterborough, Ontario, K9J 6X5 Canada (ph 705 742-9901; fax 705 742-4088).

"Air Conditioning" In A Can

Here's a new idea from England - "air conditioning" in a can.

If you're out working in the field with temperatures in the 90's and a cab with no air conditioning, don't worry about it. Just pull out a can of Magicool and give yourself a squirt. The aerosol spray uses a chemical coolant that you can spray all over your body and clothing to immediately cool off. Even when the can itself is hot, it delivers a cool water-based spray that the company says is non-toxic and non-flammable.

It's said to be a lot cheaper than mechanical air conditioning.

Contact: FARM SHOW Followup, BCM



France House, London WC1N 3XX England (ph 011 44 181 645 0773; fax 011 44 181 645 0822).