

Self-sufficiency family effort for Hauffs

by JUDE RAMSAY JENSEN

Pam and Dale Hauff, owners of Ladybug Heaven in Sandy, an antique and gift store on Proctor Boulevard, have another, thriving heaven for ladybugs — their home and land on Coalman Road.

For the past 10 years, they have been landscaping their two and two-thirds acres with an eye towards self-sufficiency, good health and the future.

"We basically try to be self-sufficient food-wise, other than grains and milk," said Pam. "We garden organically so we don't have to second-guess what we're eating. And we grow enough so we have some for the bugs, some for the slugs, some for us, and some to share."

To accomplish that, they planted one whole acre in vegetables. It feeds their family of eight all summer and gives them enough to "freeze, dry and can every bumper crop,

everything available." Most years, the garden provides enough surplus to sell, by word-of-mouth advertising, to friends and neighbors.

The garden, planted in lush, green blocks of everything from beans to zucchini, is bordered on the west by jelly bushes, raspberries and currants, and on the south by three, huge Concord grape vines, the family's juice supply.

Rabbit pens, replete with a new crop of bunnies, share a space on the

east garden border with a glassed-in drying shed, separating the house and garden from the orchard. The rabbits supply the family with "meat, manure and entertainment." Stacks of braided garlic, curing for market, fill one wall of the drying shed.

Garlic is the Hauff's marketing specialty. They raise and use two types, purple-skinned and elephant, grown each year from cloves of the previous year's crop. It has become a staple of their diet, and Pam credits the use of garlic and nutrient-rich fresh food, coupled with a positive attitude, for her family's good health. "None of us has had more than a cold in 10 years," she said. "We don't believe in being sick."

The young orchard is part of the Hauffs' plan for a more secure future. "We've got 100 baby fruit trees — pie cherries, pears, plums and apples — most of the apples I've grafted myself. As the trees get older, and we get older, we hope to make it an income-producing orchard," Pam said.

The whole family shares the work, and fun, of producing their own food. "Helpmate"-husband Dale shares the child-rearing, housework, gardening and canning chores, as well as minding the store. Pam works at home producing and processing food, and at the store, she does antique refurbishing and upholstery work. Pam is also the coordinator for the Sandy Country Market, a local arts and crafts bazaar held every October, November and December at the Odd-fellows Hall in Sandy.

The Hauff children also pitch in, helping with the planting, hoeing and harvesting. They have been schooled in garden knowledge and can name all the vegetables, fruits and herbs on sight. They know what to pick and what to avoid.

They snack on raw veggies — at the time they were interviewed they were busy creating "tacos," a

vegetable or herb leaf folded around edible borage blossoms, beans and berries — fruit, and dried pumpkin and zucchini vegetable chips, which are high in mineral content. And they are learning other things as well, such as how to provide for themselves and how to work with Mother Nature.

It all fits with the Hauffs' basic philosophy of self-provision. "I'm a very independent person by nature," confessed Pam. "So is Dale. There is a lot of satisfaction in providing for

yourselves. Growing your own food is a natural way to express independence. And for the children's sake, it's healthy to be raised in a more natural environment and know they're part of it."

Pam Hauff's recommended vegetable varieties for our area: Sugar Snap Peas, Early Cascade Tomatoes, Cubanelle Pepper (a long, sweet pepper) and All Blue Potato, a purple-skinned, scab resistant, boiling potato of "excellent flavor that makes lavender mashed potatoes."



Pam Hauff and three of her six children. They are, from left to right, Maja, Heather and Amber.

What's Cooking?

Serve seconds of 'delight'

by SARA SEWELL

PEACH DELIGHT

Mix together two cups self-rising flour, two cubes melted margarine and one cup chopped nuts, and spread in a 9 by 12-inch or larger baking dish. Bake at 375 degrees for 15-20 minutes until lightly browned. Cool completely.

Mix eight ounces cream cheese, 2½ cups powdered sugar and one eight-ounce container frozen whipped topping and spread over crust. Refrigerate.

Mix one cup sugar, four tablespoons flour and four tablespoons peach-flavored jello. Stir in one cup

water and cook over medium heat until thick and clear. Cool completely. Pour over four cups of fresh, sliced peaches and refrigerate. Flavor seems better if this is allowed to set overnight or for several hours. A delicious dessert! Watch your guests come for seconds.

—From the files of Connie Sewell, Gedsden, Ala.

SESAME BAKED CHICKEN

Wash a 3- to 3½-pound frying chicken. Place in a shallow dish. Pour two cups of buttermilk over chicken. Cover tightly with plastic wrap or aluminum foil and refrigerate overnight. The next day, pour off buttermilk and pat chicken dry.

Melt one cup butter or margarine with ½ teaspoon tarragon and add three tablespoons lemon juice. Prepare four cups of fine bread crumbs. Add ¼ cup minced parsley, 1½ cups sesame seeds and three teaspoons seasoned salt. Mix well.

Dip chicken pieces in butter or margarine, then roll in crumbs to coat thoroughly. Arrange chicken on baking tray. Spoon remaining butter evenly over all pieces. Bake chicken uncovered in a moderate oven at 350 degrees without turning until chicken is golden and fork tender, about 1½ hours. Baste occasionally with pan drippings. Serves six.

—From the files of Una Sewell, Gedsden, Ala.

CONGEALED VEGETABLE SALAD

Mix one envelope of unflavored gelatin with ¼ cup of cold water. Add ½ cup boiling water. Let cool. Add one chopped bell pepper, one cup chopped celery, one peeled and diced cucumber, one chopped onion, two chopped and drained, medium tomatoes, one pint of mayonnaise and one teaspoon salt. Serves 10-12. This is a colorful salad and so delicious!

—From the files of Edith Wiggins, Gedsden, Ala.

Charles joins family

Cliff and Cindy Hendrix of Eagle Creek recently welcomed Charles Raymond to the family.

He was born Aug. 2 at 10:28 p.m. at Woodland Park Hospital. Charles weighed 8 pounds, 12 ounces and measured 21½ inches long.

He joins an older sister, Tonya Marie.

Grandparents are Bill and Bev McCoy of Sandy, and Bill and Kathy Hendrix of Eagle Creek.

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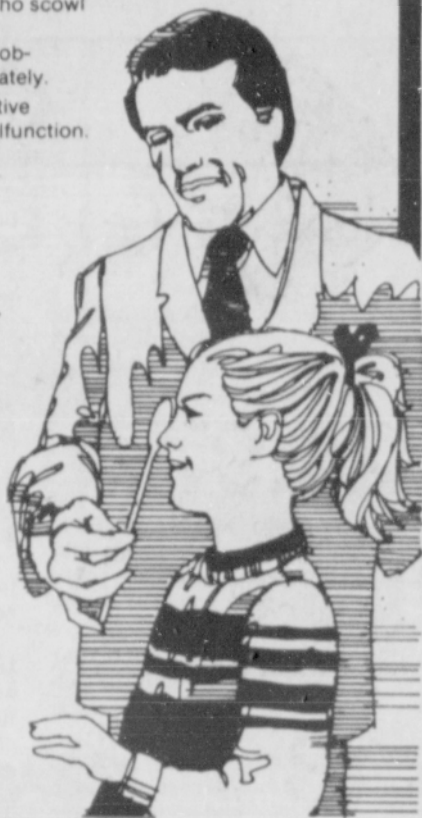
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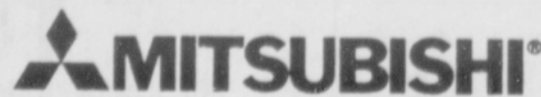
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