

WINTER 2017

Penn

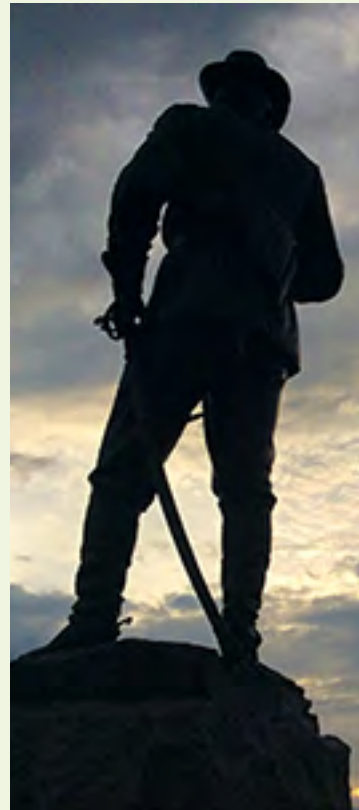
journal of everyday life





page 6

Seasonal: *Bread*
Best bakeries, home-made and non-profit bread ventures.
Delicious!



page 16

Day Trip: *Gettysburg*
Quiet time on the field.

page 40

Art: *Sharon Pierce McCullough sculpture*



page 44

Harvest: *Christmas trees from the farm*
A special pleasure this time of year.

page 56

Celebration:
Cookies with a German style



page 72

Local Eats: *Meat, charcuterie boards.*
Especially good in the winter season.

page 70

Garden:
Forcing bulbs
Winter treat.



page 74

Home Sweet Home:
Toxic dishes
Enjoying our favorite vintage dishware safely.



page 80

Best Views: *Lincoln*



Seasonal: *Bread*

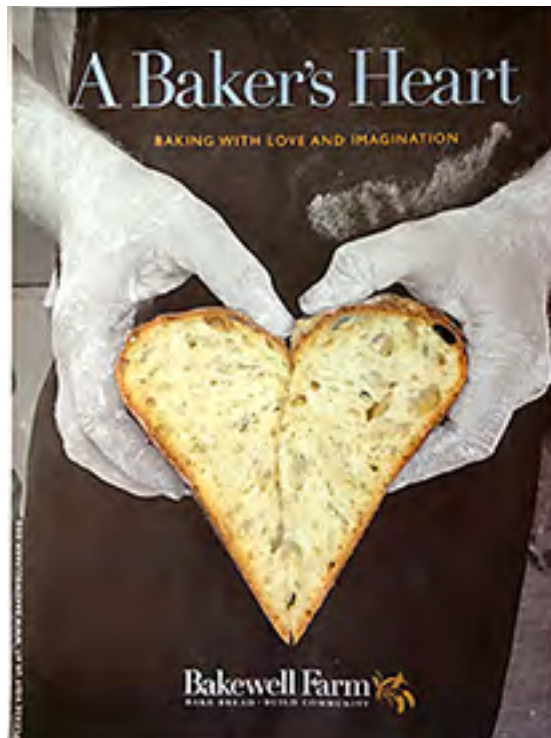
To us, there is nothing quite so wonderful in the winter as fresh bread. Real bread, not manufactured loaves. The kind of bread you want to rip into, butter and dip into a bowl of hot soup. The kind of bread you can build a meal around. So where do you get your bread?

One of our favorite bakeries is on the square in Gettysburg, the Gettysburg Baking Company. We started to follow

them when the business operated out of a kitchen in Biglerville then shadowed it in their move downtown. We take home paper bags of bread as well as delicious pastries, sandwiches, and coffee. We sit out in front of the store in nice weather and at their tables inside when the weather is cold.

Right, a photo of Gettysburg Baking Company bread taken when the business was in Biglerville. *Below*, a bread display at the Gettysburg store after their move.





Bread as a non-profit enterprise

Marc Jalbert, *above*, who started the Gettysburg Baking Company, has moved on to create Bakewell Farm, a really nice concept, where you can go to have have what they call a “field-to-loaf” learning experience. Classes and demonstrations are offered in a variety of bread types, sometimes paired with local wines, in the Adams County Arts Council kitchen.

Bread can also be a delicious fundraiser. Hillel at Gettysburg College in conjunction with Campus Kitchen and South Central Community Action Program’s (SCCAP) Work-Ready Program bake and sell Challah, *right*, to raise money and awareness for social justice. All proceeds go to the Campus Kitchen at Gettysburg College. And the result is fresh, delicious loaves of the most wonderful bread. We pick up at SCCAP. It makes amazing French toast.

Easy make at home

We bought a bread machine. Amazon Prime Day coincided with our passion for fresh bread, so when a well-priced machine came up we took it. We are glad we did. Since Prime Day, we have been enjoying delicious fresh loaves of bread from our very own kitchen.

Then we discovered Prepared Pantry, *right*, a family-owned business in Idaho. They produce more than 100 bread mixes, without preservatives or hydrogenated fats, that work beautifully in bread machines. Our favorites are the sourdough breads and the fruit and nut breads.

Below, bread sliced fresh from the bread machine.

Right, a crusty loaf just coming out.





Our favorites

The list of what we make with our fresh bread is endless, but here are some of our favorites. David loves to make grilled cheese sandwiches with fresh tomato slices. If we have bacon, you can be sure some of that will go in too. One of our favorite loaves to bake is raisin bread, *right*. Then David must make egg bread

(or French toast) when it gets to be the end of the loaf. He also makes egg bread with apple bread, a Prepared Pantry mix with bits of dried apples and cinnamon. The key to all of these dishes is fresh ingredients, including salted butter. We also like the fruit breads with nut butters, the kinds that have no added sugar or salt.



“Today we stand on an awful arena, where character which was the growth of centuries was tested and determined by the issues of a single day.”— *Joshua Chamberlain*



Day Trip: *Gettysburg, Pennsylvania*

Gettysburg is a National Military Park. There is no entrance fee and, during the July battle days and special commemorations, it can be a very busy place. The high season for visitors starts in March when the school children come by the busload and ends in November after the remembrances of Lincoln's Gettysburg Address on the 19th. In the winter, Gettysburg can be a quiet and reverent place to visit. The roads are well maintained but sections may close when storms or ice make passage dangerous. The hundreds of silent sentinels watch over their battlefield charge. The Visitor's Center is open, tours and

guides continue. Reservations required. The local hotel rates often drop significantly.

The Gettysburg battlefield is especially beautiful at sunrise and sunset in the winter. Dave says it is because there is ice in the air that reflects the light in spectacular ways. Little Round Top, the Peace Light and East Cavalry Field are just a few of the beautiful open spaces from which to enjoy the views. If stairs are not a barrier, the observation towers' vistas are also special.

Below: Sherfy house and barn at sunset.
Right: General Winfield Scott 'Hancock the Superb' equestrian monument on East Cemetery Hill at sunrise.



16 Penn. Winter 2017



Since we enjoy the history, we often ride the tours using one of the Gettysburg guides on CD. Each one is similar, since they follow roughly the same path, but each is also a little different depending on the narrator and script. We have also used the guidebooks and enjoy Carol Reardon and Tom Vossler's *Field Guide* most. Our favorite Licensed Battlefield Guides are Tim Smith and Britt Isenberg.

We've even produced our own little guidebook using historic photos from the National Park Service archives to create then-and-now images of the battlefield. It is fascinating to see a photo from the period of the battle at the spot you are standing today.

Our Standing in the Footsteps: Images of Gettysburg Then and Now is available at Amazon and other online retailers.

In addition to the beauty of the Pennsylvania terrain, it is very moving to learn the stories of the people who took part in the battles on both sides and the townspeople who were affected by it. There is beautiful sculpture in the Gettysburg monuments and great inspiration in what they represent.

Below: The beautiful Jacob Hummelbaugh farm house was very close to heavy fighting. *Right:* The First Minnesota was ordered into battle where they were outnumbered and made a critical sacrifice.



18 Penn. Winter 2017



“In great deeds, something abides. On great fields,
something stays. Forms change and pass; bodies
disappear; but spirits linger, to consecrate ground for
the vision-place of souls.” —*Joshua Chamberlain*





“The Devil’s to pay.”— *John Buford*



Hancock Avenue facing the field of Pickett's Charge.

“But, in a larger sense, we can not dedicate we can not consecrate
we can not hallow, this ground the brave men, living and dead, who
struggled here, have hallowed it, far above our poor power to add or
detract.” — *Abraham Lincoln, Gettysburg Address*





Iconic worm fences on the Gettysburg Battlefield.





“Where we see the serenity with which time has invested this hallowed ground, Lincoln saw the scarred earth and felt the press of personal grief. Yet he lifted his eyes to the future, the future that is our present.” Former president Eisenhower’s words at the Centennial of the Gettysburg Address, November 19, 1963. His Gettysburg home is part of the National Park. During the winter holidays, it is adorned in period Christmas decorations. The green barn is a special paint Ike specified. The home’s furnishings will delight mid-century design admirers. It’s like a visit to my grandmother’s.

Above: The Eisenhower green barn. *Right:* An old tube-type television on the Eisenhower sun porch with clock, lamp, photo and Christmas decorations. *Far Right:* Beautifully maintained cannon on the battlefield.





Some Gettysburg Battlefield monuments are big enough to walk around in, and climb stairs to see beautiful views. The Pennsylvania Memorial is one; another is the 'castle' monument to the 12th and 44th New York Volunteers on Little Round Top.

Some parts of the battlefield get less attention than others. The first shot monument is one; East Cavalry Field is another. Barlow's Knoll is a beautiful place to watch the sun set.

Above: Barlow's Knoll. *Right:* Looking out from the Pennsylvania Memorial at sunset in winter.



The Pennsylvania Memorial



Gouverneur Warren, Little Round Top



Art: Sharon Pierce McCullough



Sharon Pierce McCullough describes herself as “a multi-disciplinary artist and sculptor, born in Granite City, Illinois.” She now lives in Adams County, Pennsylvania and has exhibited her work throughout the eastern United States. A recipient of many awards, she received first place in 2015 for sculpture in the Art of the State at the State Museum of Pennsylvania, an annual juried exhibition.

Sharon’s work encompasses paintings, graphics, instructional and children’s books. I am very attracted to her sculpture. If you are like me, they will make you smile. She “attributes her love of whimsy and lightheartedness to the years she spent raising her five children”. The forms are charming. When she uses found objects, it is an extra layer of





delight to see the things she uses to bring life to her wonderful creations.

While she sometimes works at a grand scale, I am fond of Sharon's small, figurative sculpture like those pictured here and on the previous pages. For some, she builds a metal armature and applies cement, plaster or other materials.

Sharon, *right*, and her husband, who is also an accomplished artist, participate each year in the Foothills Artists Studio Tour as well as solo and group exhibits.



Harvest: *Christmas trees from the farm*



You can buy your Christmas tree at a street vendor or non-profit fundraiser or you can drive to the farm and pick or cut one yourself. If we can, our first choice is to go to the farm. The trees are fresh and fragrant and last longer into the holiday season since they are just cut. Buying a tree at the farm also ensures that you are supporting a local business. We live near a Christmas tree farm, so we watch as the first snow flies and as they begin their harvest.

Photos this page and right: Showers Tree Farm in Aspers, Pennsylvania.





We love the hundred-year-old barns and homes in our largely agricultural region of Pennsylvania. It's also fun to see a farm up close when we pick out our Christmas tree. They often have decorations and greenery for sale as well. Since this is apple country, I am very fond of the ladders used for picking. There is always a pile of retired ladders for sale in the barn.

One of the things locals seem to collect are old sleds. This farm had a bunch for sale. The local library displays a large collection of antique snow sleds on their walls. It's nice to think about another time and how people enjoyed their winters here.





We have the perfect spot for our Christmas tree in a bay window of our 1880's farmhouse. David puts it up and lets it rest for a day or so before we decorate it. Our neighbors stopped by and told us it was the first time they had seen a Christmas tree in the window of this house in a long, long time. While there had been many families and celebrations here, in recent years the house was empty.





You hear about all kinds of gimmicks and tricks to make your Christmas tree last longer, but the Penn State Extension says additives are not effective (such as aspirin, sugar, honey, etc.). “Clean water is all that is needed to maintain freshness.” They recommend making a cut straight up the trunk to facilitate absorption and, if it is not

a fresh-cut tree, to take a disk off the bottom before setting it up. Fresh cut trees do not require any further removal.

We’ve all heard the rest. Keep the tree away from a heat source. Make sure there is adequate water in the base. Penn State says, “A well-cared-for tree should normally remain fresh at least three to four weeks”



Harvest: *Christmas trees from the farm*

Our family, as many others, pass their special decorations on from generation to generation. We have a pair of felt dolls that were on my father's Christmas tree when he was a child. We have a doll that our dog chewed the nose off from my son's

childhood. We also add new decorations and one of our favorite places to shop is the Christmas Haus in New Oxford. Since both David and I have German heritage, this is a store that carries things from our memories—like the Christmas pickle.





Celebration: *Cookies with a German style*



Heather Botchlet continues a 150-year family tradition of making springerle cookies. She is a fourth generation springerle baker. Each little pastry is a work of art that begins with the special dough and the hand-carved wooden molds used to make their design. Flavored traditionally with anise, Heather also makes them with flavors like butterscotch, lemon, almond and orange. Her cookies are perfection. Heather is an artist and she is a fanatic about making sure the detail of each cookie is just right.

We first met Heather when she had a shop in Strasburg. When that shop closed, she continued to make and sell her cookies

through her website for the Springerle House from a commercial kitchen. We could no longer stop by for tea, but we were delighted that we could get her cookies delivered. They are a regular treat we share with friends and family every year during the holidays.

Heather expands her line with flavors and designs and she offers more kinds of cookies than springerle. Another of our favorites is the gingerbread tiles—big blocks of fragrant and spicy gingerbread, molded with a design and iced with sugar.

Above, finished springerle. Right, springerle wood molds and dough ready to roll out and impress with designs.





Top, molded springerle dough resting before they are baked. *Above*, Heather's gingersnaps. *Right*, Heather making a small batch of dough for one of her cookie classes. *Far right*, two fragrant and delicious gingerbread tiles.





Stroopies

If you have never tried a Dutch stroopwafel, also known as Stroopies, you are missing a great treat. The cookie is a thin waffle with caramel in between the layers. It can be dipped in chocolate and nuts as well.

To eat a Stroopie, there is a method. First, brew a fresh cup of coffee or tea, place the stroopie on the cup until the caramel starts to melt. If you are a dunker, dunk. Or just munch and enjoy.

Our stroopie source is the Lancaster Stroopie Company. We order online for delivery. In addition to making a great product, the bakery also has the admirable goal of supporting “refugees who are starting over in Lancaster by providing meaningful employment”.

Above, a stroopie warming on a cup of coffee. *Right*, our stroopies arrived in a bakery box. We ordered a variety to try them all—with chocolate and without.









Our 134 year old house needed new windows, but until we got them it was cold but pretty in winter.



Garden: *Forcing bulbs*



Around Thanksgiving we bring out the pots of bulbs, water them and place them in a window with lots of sun. By Christmas we have bunches of fragrant flowers. My favorite is the Paperwhite Narcissus.

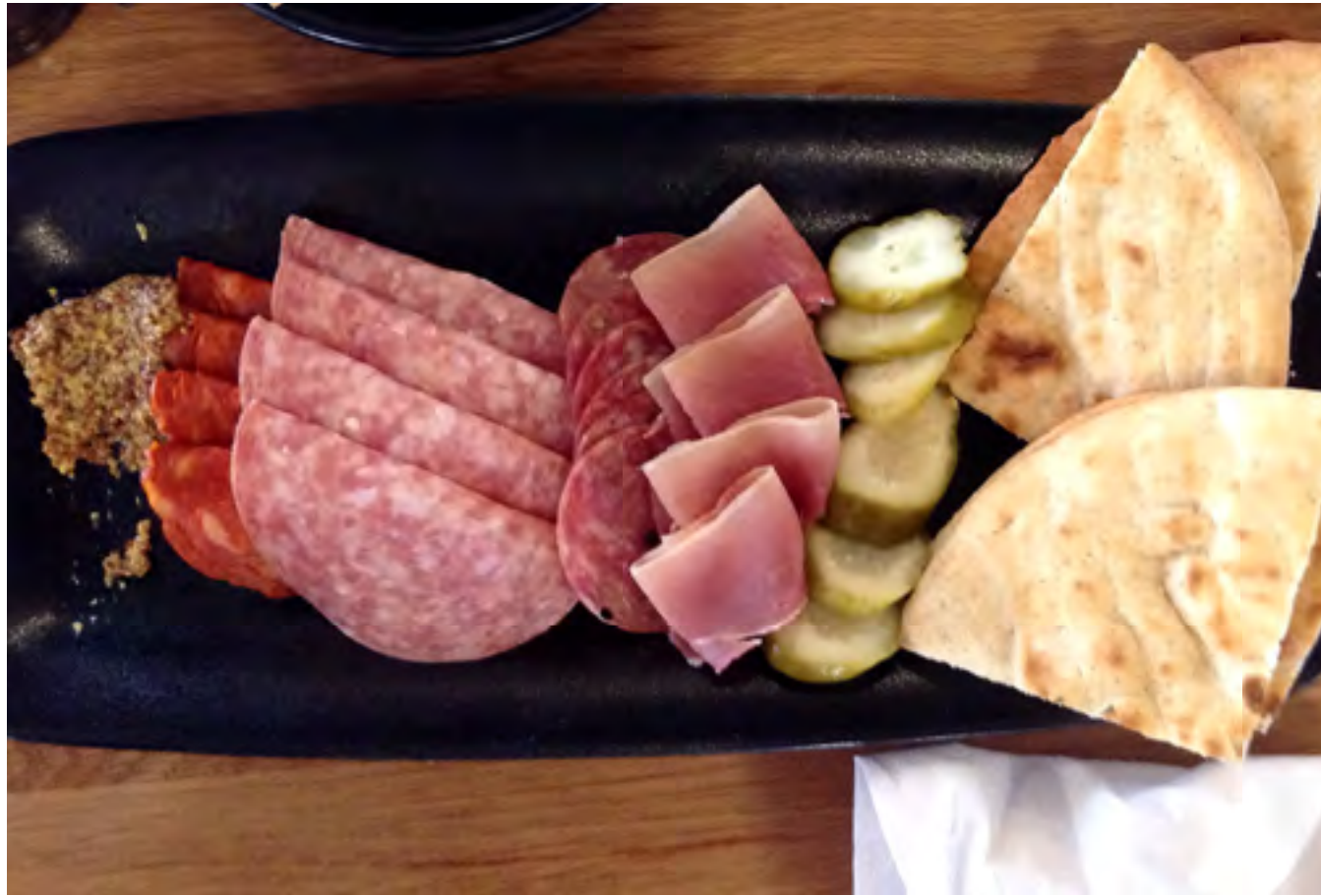
Once they have bloomed and the leaves die back, I trim the foliage, water them and put them in a dark, cool spot until next year.

I don't always get flowers the following years, but do get greenery again.

You can expect the bulbs to bloom in four to six weeks. The fragrance is extraordinary. To make a longer flowering experience, I often do multiple pots and plant them a week apart. When they get tall, I tie up the leaves with twine or raffia to long chop sticks or barbecue skewers stuck into the pot.



Local Eats: *Meat, charcuterie boards*



Charcuterie boards are standard fare in artisanal restaurants, with cocktails or before your main course. Before I built my own from family favorites, I looked around at what the local chefs were doing. The key to create a charcuterie board is choosing great cured or smoked meats, paté, cheeses, hummus, special pickles or pickled vegetables, amazing mustard and great bread. But to start you need a beautiful blank canvas. In this case a serving platter or wooden board.

Pinterest is full of ideas for building a beautiful charcuterie board. The food

magazines have all had an article or two on choosing or making the elements of a delicious board. My favorite mustard is made in Lancaster, Hempzels artisanal whole-grain mustard made with horseradish, hemp and honey. They are a PA Preferred company that we first saw at the Pennsylvania Farm Show and look for every year to buy our supply.

Above, a charcuterie board from the Mason Dixon Distillery, served with their own distilled beverages. *Right*, from Fidler & Co. Craft Kitchen and Grocery in Biglerville. If you want something with it, BYO.



Home Sweet Home: *Toxic dishes*

We have dishware passed down from family and pieces we picked up at yard or estate sales. There is a lot of charm in old dishes and the price is often right. But today there is some concern about the toxicity of vintage ceramics and cautions about how safe they are for use.

My mother collected the Liberty Blue Staffordshire transfer dishes to commemorate the bicentennial of the United States in 1976. I inherited them and

have been displaying them for years. We love the history—both family and patriotic. Each piece depicts a scene from the American Revolution. Several of the pieces show Pennsylvania's role in the Revolution. Shown are Liberty Hall in Philadelphia and George Washington Crossing the Delaware from Pennsylvania to New Jersey.

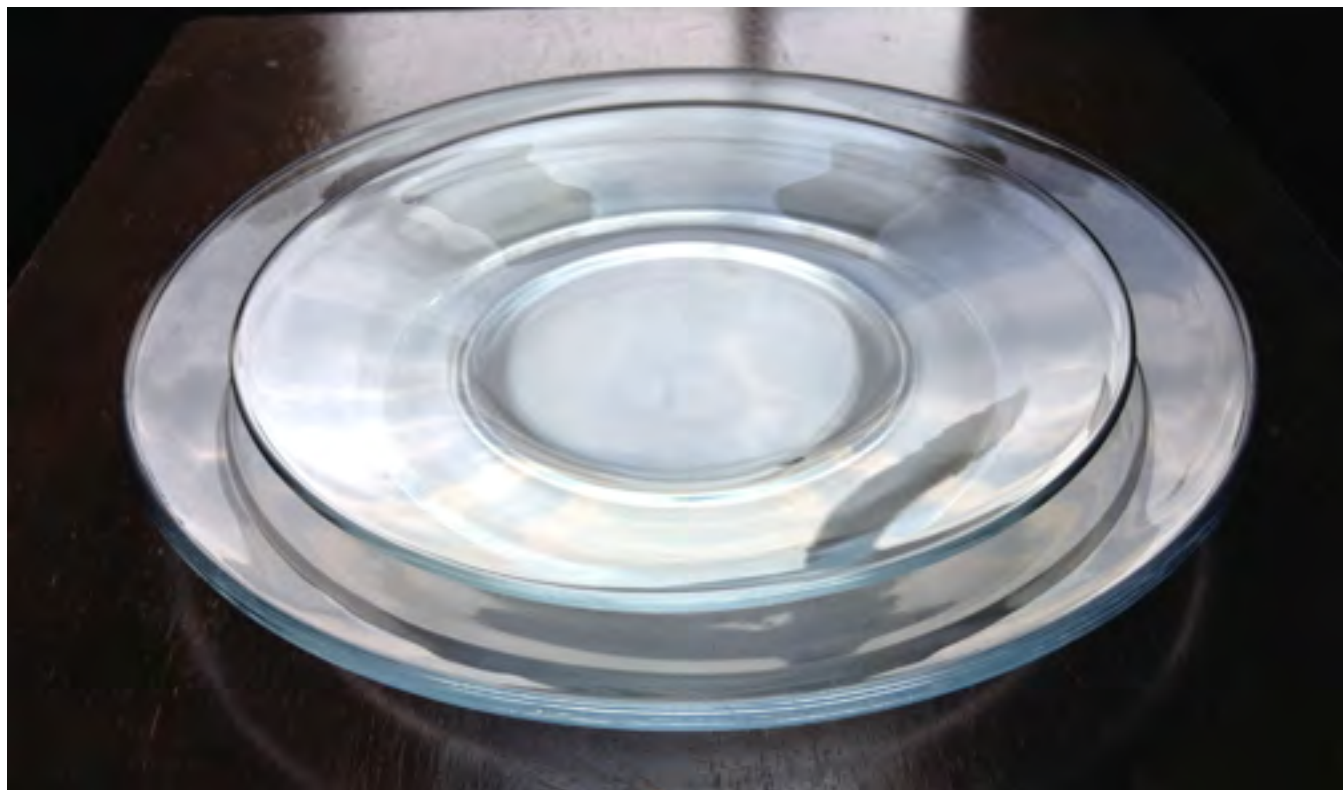
The problem is, there are some warnings that these ceramics contain lead that can leech into food if the dishes are used —so they are not food-safe.





For that once-a-year use or special occasion, we found we could use food safe glass plates, shown below, with our vintage dishes much the same way you would use a charger. Anchor Hocking tells us their glass dishes are safe and absolutely contain no lead. We bought them by the case from a restaurant supplier.

Our Christmas dishes were of similar concern so we contacted the sources. Target, distributor of the snowflake and spongeware lines right, suggested we check recalls at the Consumer Products Safety Commission. Hallmark, maker of the mitten and snow dishes right, ensured us that their dishware was safe.





Another potential problem with vintage dishware is radiation. Some of the glazes apparently used uranium oxide and possibly emit dangerous levels of radiation. The Fiesta dishware line is famous for this danger. The colors most often mentioned are orange-red, yellow, green and black.

We bought a radiation detector and tested our Stangle dishes, right, manufactured 1950 – 1978, by closing them

in a box with the detector overnight and checking the reading the next day. They did not show radiation. We did the same for our Noritake Sundace set made 1971-1976.

Even though the dishes test well for radiation and the manufacturers have assured us no chemicals would leech into the food, I feel more comfortable using the glass plates for contact with food and treat the vintage plates like chargers.



Best Views: *Lincoln*



Though Gettysburg boasts several likenesses of Lincoln (at the cemetery, battlefield, square, college, library), our favorite sits on a bench outside the Visitor's Center at the National Park. You can sit with him and have your picture taken—or take a selfie. In the winter you may find him encrusted in ice, but you probably won't find a line.

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