

Reader Recipes

Venison Steak

2 to 3-lb. venison steak
2 tbsp garlic powder
1 medium onion, sliced
1 14.5 oz. can stewed tomatoes
1 7.3 oz. can sliced mushrooms
2 cups water

Place steak in roasting pan. Cover steak with garlic powder. Place onions, tomatoes and mushrooms on top of steak. Add water. Put on lid or cover with aluminum foil. Cook in oven at 350° for 3 hrs. until steak falls apart. Serve with rice.

Pickled Black-Eyed Peas

4 cups cooked, dried black-eyed peas
1 cup salad oil
1/4 cup wine vinegar
1 clove garlic
1/2 cup onion, diced
1/2 tsp salt
Pepper to taste

Drain liquid from peas. Mix together thoroughly all other ingredients and add peas. Store in covered container in refrigerator, removing garlic clove after 1 day. Wait 3 days before serving peas, chilled.

Low-Fat Macaroni & Cheese

1 cup fat-free milk
1/4 cups shredded reduced-fat cheddar cheese
2/3 cup fat-free cottage cheese
3 tbsp all-purpose flour
Pepper to taste
2 1/2 cups cooked elbow macaroni
1 tbsp grated onion
Paprika

In a blender or food processor, combine milk, cheeses, flour and pepper. Cover and process until creamy. Pour into a bowl. Stir in macaroni and onion. Transfer to a 1 1/2-qt. baking dish coated with cooking spray. Sprinkle with paprika. Bake, uncovered, at 350° for 1 hr. or until heated through.

Hair Conditioner

1 tsp almond oil
1 tsp avocado oil
1 tsp olive oil
1 egg yolk
1 tbsp honey
1 tsp fresh lemon juice
Mix all ingredients together and stir thoroughly. Massage into your hair and scalp. Wrap your hair in plastic wrap or a warm towel for 15 min. Shampoo your hair as usual and rinse well.



You place clothes basket in bucket filled with water and detergent, then force basket handle up and down to drive water through fabric.

Hand-Powered Clothes Washer

This new hand-powered, portable clothes washer can be used just about anywhere to wash small loads of laundry. It can handle everything from socks and underwear to jeans and sweatshirts, and can be used indoors or outdoors. The company says the unit washes your clothes as well as any big electric washing machine.

The poly Lavario measures 31 in. high by 19 in. wide and weighs less than 10 lbs. It consists of a 5-gal. basket with a large handle on top that holds the clothes, and a bucket that you fill 2/3 full with water and detergent. The basket has vertical slots in the sides and comes with a lid full of holes.

You place the clothes in the basket and close the lid, then place the basket in the bucket. Hold onto the handle and use an up and down motion about 10 times to drive a continuous flow of water through the fabric. Let the clothes soak for 5 min., then repeat the up and down motion 10 more times. A drain cap at the bottom of the bucket is used to drain the water from the bucket.

To rinse the clothes, you partially fill the basket again with water and cycle the handle up and down again, then drain the bucket. Remove the clothing from the basket and place it in the bucket, then press down with the empty basket to wring the water out of the clothes.

A typical load uses 10 gal. of water - 5 to wash and 5 to rinse. The company says it takes only about 15 min. to wash and rinse a single load, and that only minimal arm strength is needed because gravity does the work on the down-stroke and buoyancy makes the up-stroke easy.

The Lavario portable clothes washer is available at Amazon and Walmart. It sells for \$129.95 including S&H within the lower 48 states. Shipping to Canada is \$34.

The company is offering a special coupon code for FARM SHOW readers that's good for \$20 off a Lavario order exclusively from www.lavariowasher.com. The coupon code is: FARMSHOW20.

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Farm Implement Tables, Seats

Purple Heart recipient Leonard Stinar of Bagley, Minn., remains creative and active into his 80's, repurposing old farm equipment into patio tables and garden seats. His friend Bernis Ingvaldson recently sent FARM SHOW photos of some of his handiwork.

One photo shows Stinar sitting on a 3-legged stool next to a 3 1/2-ft. high table with a glass top. Another photo she sent shows an old cast iron seat off a horse-drawn mower attached to the base of an old cream separator. A round metal "flower holder" is attached to one side.

"I designed these seats to be mainly ornamental, but they're also practical," says Stinar.

The table is supported by a 2-in. dia. well pipe that's threaded into the 50-lb. round metal base off an old Coca-Cola sign. "The sign originally hung from an arm at the top of a pipe and would swing back and forth in the wind. It might have stood outside an ice cream parlor or a drug store," says Stinar.

A coupler on top of the pipe supports the stub axle off an old Deere horse-drawn mower. The mower's bull drive gear mounts upside down on the axle. A 1 1/2-in. dia. cork "nubbin" glued to the bottom center of the glass top fits into the axle. Six smaller cork nubbins farther out are glued to the glass top in a circle and rest on top of the bull gear, to keep the glass in place.

Stinar used brass horse hames and the metal seat off an old hay rake to make the 3-legged stool. The top of each hame is welded to a steel plate, which is welded to a metal ring that's welded to the seat. There are horseshoe foot rests at the bottom.

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Leonard Stinar repurposed old farm equipment to make this 3-legged stool and 3 1/2-ft. high table with glass top.

FARM SHOW®

New Products For The Farm, Ranch Home



SWOMP shallow water motor will propel boat through the shallowest waters and thick debris without plugging up.

Shallow Water Motor

Backwater Inc. says its shallow water motors will power you through cattails, reeds and shallow bodies of water that are typically not navigable. That's something waterfowl hunters, fishermen and trappers can appreciate as well as rescue workers. With six U.S. patents, the Minnesota company also says its SWOMP (Sand, Weeds, Obstacles, Mud, Propulsion) series motors are safe, fast and built to last.

The style is similar to motors and props that veterans saw in the Mekong Delta during the Vietnam War, says Jake Gilk, son of Arlon Gilk who developed the design with engineer Larry Hoeschen. But the U.S.-made SWOMP has features that set new standards for long tail mud motors.

"The visible difference that sets ours apart is the frame design. The DOM tubular frame (filled with marine-grade foam) adds a lot of strength, minimizes vibration and looks better as well," Gilk says. "It is powder-coated and we also do hot-dipped galvanized and hot-coated (frames) for salt water."

"We have sold our props to farmers who have used them to stir their manure pits," he adds. "The props are built very strong out of stainless steel to withstand taking hits in the shallow water so they are plenty strong to stir manure."

Operation-wise, Backwater's Surface Tracer cavitation plate allows the prop to run on the water's surface when it is adjusted to match the boat - the company provides shims and instructions. That is combined with an adjustable Versa Mount transom mount that keeps the motor parallel with the boat even when turning and can be adjusted for inboard or outboard mounting.

"When it's up and running, you want (the prop) at the surface of water for ease of handling. It's faster, you hit less things and if you do hit something, it releases easily," Gilk says.

Another patented part, the Revo-Clean, prevents weeds, fishing line and debris from wrecking seals and bearings. Sealed with a cap, a reverse spiral groove machined in the driveshaft continuously augers out anything trying to work its way into the bearing housing.

The SWOMP series comes with motors as small as 3 hp. all the way up to 40 hp. The 23 hp. model for \$3,350 is one of the most popular, Gilk says.

For DIYers who have their own motors, Backwater offers kits starting at \$950 that take about an hour to assemble.

"We've taken an age-old idea and made it current," Gilk, noting that to really appreciate the unique motor readers need to see videos at the company's website.

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