

Various grades of Tsar Nicoulai Caviar harvested from farm-raised white sturgeon in California.



Farm-Raised Caviar Is A Nutritional Delicacy

One of the most unique farms in the world is a California operation that produces sturgeon caviar. Tsar Nicoulai Caviar began operations nearly 40 years ago, and the business is still thriving.

It was founded in 1984 by Mats and Daphne Engstrom, Swedish nationals with caviar production experience from around the world, in particular, the Amur River and Caspian Sea regions. The entrepreneurs were driven to provide a sustainable, high-quality product for customers who enjoy fine caviar. This white sturgeon farm is the only one eco-certified by ECOCERT in the United States and it produces fine American caviar year-round.

If you want to taste the smooth, buttery or nutty-flavored salt-cured caviar, you can visit the Tsar Nicoulai Caviar Cafe in San Francisco. The delicacy is served with fresh kettle chips or smoked fish and a glass of sparkling California wine. Retail products are available at most Whole Foods Markets and Costco stores or directly from the TNC website. The different grades of caviar sell in various-sized containers, starting at \$55 an ounce. The company also provides a traveling caviar cart which can be rented for special events.

To ensure that quality specifications are met, grading of the sturgeon roe is done by eight specialists who work at TNC. Their work is certified by partners like the

Monterey Bay Aquarium, Seafood Watch, the University of California Davis, and Fishwise. Price differences for the final caviar product are determined by the age of the sturgeon, its type, and how rare it is. Early in the Engstroms' business venture, UC Davis identified white sturgeon as a "unique species capable of naturally producing caviar with variations in color, flavor and texture." These characteristics also contribute to the grading and price points.

Farmed sturgeon require about 6-1/2 years to reach maturity. The fish perishes in the process of the roe collection, and TNC uses best industry practices for humane roe harvesting. The meat is smoked and processed to package and sell.

Caviar is considered a nutritious superfood, with less than 4 percent salt. It's rich in omega 3, B12, amino acids, antioxidants and selenium. These elements are good for healthy cells in our bodies and brains, the immune system and more.

TNC proudly shares the processes at their farm and describes their roe and caviar production with their customers and industry partners. The company conducts farm tours twice a year to showcase its work.

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Cliff Gleason collected used golf balls and used them to make a hitching post.

Hitching Post Made From Golf Balls

"I live on the north side of a local golf course," says Cliff Gleason, Casselton, N.D. "I have to pick up six or seven golf balls in my yard every day. I thought I could use them for something interesting."

"I used to raise quarter horses, so I decided to make a hitching post out of them," he says.

Then, it was on to collect a couple of wheels off an old John Deere press drill for additional decoration. Gleason painted a bunch of the golf balls, drilled holes in the middle, and put a runner rod through them.

The front porch has four wooden posts supporting the overhanging roof, so that's where he began.

"I ran two boards just over 9 ft. long

between two of the posts, separated by about 2 ft.," he says. "I ran two boards vertically between those two boards."

The three runner rods through the golf balls were fastened horizontally in the middle square. The two press drill wheels are in each of the outside squares.

"I built this about 3 years ago," he says. "It only took me about 3 days of fiddling to get it done. I put the golf balls out in the summertime and take them indoors during the winter."

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He Gets Around With "Dancing Wheels"

By Dee Goerge, Contributing Editor

Mitch Nelson has "dancing wheels" that start with an ordinary office chair for use indoors. His father, Brad Nelson, is working on refining the idea to give Mitch better mobility outdoors as well.

"My whole life has been an engineering project," Nelson says.

Born with arthrogryposis that affects his arm strength and hip joints, Nelson, 52, noticed his mobility greatly decreased recently after years of working at a computer. At his first swing dance with friends, he discovered he could only stand for 2 or 3 min. at a time. He purchased an inexpensive round-top rolling stool so he could sit and take the weight off his hips. The chair worked a few times before the seat sank into the pistons and broke.

The next chair he purchased was a heavy-duty office chair, and Nelson replaced the double wheels with rollerblade wheels that are easier to maneuver and won't mar the dance floor. The light-up wheels also add a little fun.

His father hoped to use the idea to prototype a chair that Nelson could use to get around on sidewalks and also use for dancing.

"I went to the mall and got stuck on a sidewalk crack because of the small wheels," Nelson says, so he decided to have two different chairs.

For the traveling chair, Brad added a frame and three 8-in. wheels, with the front one a multidirectional wheel. It comes in handy if Nelson has to wait in line or when there are



For the traveling chair, Brad added a frame and three 8-in. wheels, with the front one a multidirectional wheel.

no electric carts available at stores. He also uses it for exercise to build up his hamstring muscles by pulling himself forward with his heels through the mall.

Because of his lack of arm strength, a wheelchair isn't a good option. But Nelson emphasizes that core strength and balance are necessary to get around with his modified chairs.

"Now I can walk a little farther confidently," Nelson says, adding dancing and his other activities help him lose and keep weight off. Plus, he is much more social.

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Easy-To-Set-Up Bullseye Target

Leonard Seltzer made it easy for his sons and grandkids to practice sharpshooting with a portable target. He used salvaged rebar for a support post. Replaceable targets are made from 4 by 4-in. metal faceplates from electrical boxes. The support post is 42 1/2 in. long with a horizontal base ending in two 8-in. pins for stability.

"There's nothing to setting it up," says Seltzer. "Just step down on the bottom bar. If you need to, you can hammer the ends with the pins."

The support post is two lengths of 5/8-in. rebar. They are welded together at the top and near the bottom with a gap roughly 16 in. long and 3/8 in. wide between the two welds.

A short length of rebar is welded to the top of the post to serve as a handle. At the base, the two lengths of rebar angle out to either side where they are welded to the horizontal base with its vertical pins.

Seltzer designed the gap to secure a T-shaped target support arm. He used 5 and 10-in. long pieces of 1/2-in. dia. rebar to make the T after drilling holes near each end of the 5-in. piece to hold 1/4-in. bolts.

"It was tricky to drill the holes in-line and then center the 10-in. rod between them," says Seltzer.

When finished, he was able to insert bolts through the holes and the gap in the post and secure them with washers and nuts. The target support arm extends out from the post and horizontal to the ground.

"You can adjust the elevation of the arm by loosening the nuts on the bolts and sliding them up or down in the gap," says Seltzer.

To make targets, he puts the foam backs of two faceplates together and pop rivets them at two opposing corners. He then drills a hole in



Replaceable targets are made from 4 by 4-in. metal faceplates from electrical boxes. The support post is 42 1/2 in. long with a horizontal base ending in two 8-in. pins for stability.

a third corner for a 5/16-in. bolt. This is used to attach the target to a short length of chain with a self-locking snap at the other end.

He ordered adhesive bullseye targets from Birchwood Casey, Brantford, Texas, to stick on the face plates.

He uses railroad ties stacked five high to absorb spent bullets.

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