



## Meet Frank N. Truck (Frankentruck)

By Jay Martin

### Week of July 7, 2008

Frank is a 1994 Dodge 3500 with a Cummins 12 valve diesel motor. My brother in law and favorite mechanic, Steve, has been looking for Frank for almost 2 years. He found him at an auto/truck auction in Mannheim, Pa. Frank was a little rough looking, but his motor was strong and he had low mileage.

My research had told me that the Cummins 12 valve diesel was the best diesel motor to convert to straight vegetable oil (SVO). I purchased a conversion kit from Fossil Free Fuel in Pittsburgh, Pa. I was told that they had the best kits on the market. Steve and his assistant, Kenny installed the kit in their spare time over the winter.

Essentially, Frank has two independent fuel systems; two fuel tanks, two fuel pumps, multiple filters and a computer to tell all the components what to do and when. The motor must be started and run on diesel fuel until a heat exchanger mounted inside the SVO tank heats the SVO to 90 degrees. The computer can be programmed to switch over to SVO when the SVO is warm enough. Because the motor must start on diesel, it must be purged of SVO before the motor shuts down. The computer can be programmed to begin the purge cycle when the key is turned off. The motor will run until the system is purged of SVO and filled with diesel and then shut down.

Kenny, being the wise mechanic he is, installed a manual override switch on the dashboard that shuts down the computer and switches the system to diesel in case of computer failure or contaminated SVO. Good thinking, Kenny. We are both of an age that doesn't trust computers.

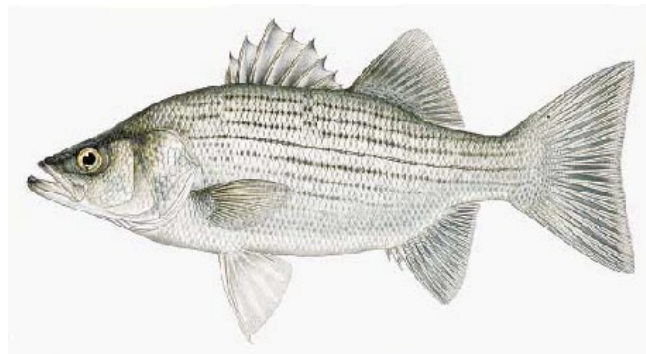
I have been collecting used vegetable oil from the restaurants that buy vegetables from us; Vinny's La Roma in Salisbury, The Solstice Grill in Berlin and Restaurant Local at the Tidewater Inn in Easton. All of them are giving the oil to me and I deliver there, so there is no real cost in obtaining the fuel (yet). Jack Pinion and I built a filtering system for the SVO. The system components are an electric 30 gallon hot water heater, a water pump and 2 filters, one is 10 micron and the other is 1 micron. The oil

must be heated, allowed to cool which separates any water in the oil and allows any sediment in the oil to settle to the bottom of the water heater. I drain off the water and sediment and cycle the oil through the filters for 8 hours. The fuel is then ready for use. I figure the cost of fuel is under 20 cents per gallon. Sweet!

## Organically Raised Rockfish Available

Dennis Klingenberg of Clairebear Farm, offers fresh, farm-raised hybrid bass/rockfish "on the fin", in the water, as close to organic-raised fish as you can get at this time, at his aquaculture operation South of Salisbury. Due to health department restrictions he can offer only live fish and he has on-site cleaning facilities for you to clean your own. This may be your last opportunity to get farm-raised fish from a local operation, so if you have any interest, contact Dennis at (410-632-1687) or e-mail, [dksnowhill@aol.com](mailto:dksnowhill@aol.com). Dennis has agreed to hold demonstrations and a cleaning class, if there is enough interest. I can attest to the fact that it is some of the best fish I have ever tasted, and the price is affordable.

Phone (410-632-1687) or e-mail, [dksnowhill@aol.com](mailto:dksnowhill@aol.com)



**Editor's Note:** Notices, blurbs, jokes, and other material for the newsletter should be sent to me at [sheltonlankford@mac.com](mailto:sheltonlankford@mac.com) no later than Sunday morning. Don't wait, send it in when you think about it. Recipes are always welcome.

## Recipe of the week

### Summer Squash Casserole with Nuts

Zucchini or yellow summer squash may be used together, or interchangeably to create this delicious casserole! Use bread crumbs, crushed crackers or cheese for the topping."

PREP TIME: 30 Min

COOK TIME: 40 Min

READY IN: 1 Hr 10 Min

SERVINGS: Original recipe yield: 8 to 10 servings

#### INGREDIENTS:

- \* 1 pound summer squash, sliced
- \* 1/4 cup butter
- \* 1/4 cup chopped green bell pepper
- \* 1 tablespoon white sugar
- \* 1/2 cup chopped onion
- \* 1 egg
- \* 1/2 cup mayonnaise
- \* salt and pepper to taste
- \* 1/2 cup shredded Cheddar cheese
- \* 1/2 cup pecans, chopped
- \* 1/2 cup bread crumbs

#### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring a large pot of water to boil. Add squash, and cook until tender. Drain well.
3. Place squash in a large mixing bowl. Add butter, reserving 1/2 tablespoon, to the squash and mash well.
4. Mix bell pepper, sugar, onion, egg, mayonnaise, salt and pepper, cheese and nuts to the mixture. Transfer the mixture to a 1-quart casserole dish. Top with bread crumbs. Dot with the reserved butter.
5. Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

#### Pastured Chickens Available This Week

The first run of pastured chickens will be available on July 7th. They have been raised on organic feed and will weigh 6-8 pounds. They are being sold as whole birds at \$3.25 per pound. Jay took them to the Western shore for processing and plans to bring them to Asbury Church on Tuesday, Berlin on Friday and Easton on Saturday.

#### The Green Book Club

**When:** Saturday, July 26th , 6:00 PM

**Where:** Chrys and John Egan (210 Glen Ave, Salisbury, 410-726-5995, [cnegan@salisbury.edu](mailto:cnegan@salisbury.edu) )

**Subject:** Potential risks and benefits of genetically modified (GM) crops, including those containing genes from organisms that would not be able to mate in nature.

**More information:** LESSON website under Activities: Book Club at <http://www.livingontheveg.org/>

#### In This Week's Share

Selection of Summer Squash

Cucumbers

Selection of Potatoes

Italian Flat Beans

Garlic

Cabbage\*

\* Maybe, maybe not!