

Best Food Buys

Local Vegetables Are Planted

Warm, sunny weather in the past couple of weeks has stimulated the countryside to activity, observes Tom Piper, Penn State Extension Marketing Agent. Backyard gardeners, farmers, and particularly the commercial vegetable growers have been busily preparing seedbeds and planting seeds.

Onions, radishes and sugar peas have been planted, lettuce and cabbage transplants have been set out in the county and tomato plants wait in nearby coldframes for a planting date safe from cold weather.

The supply picture is improving at the local produce counter too. Vegetable supplies are increasing as more sections begin harvesting. Spring crops California asparagus is now moving in heavy volume, prices are much lower. New Jersey may get an early start if warm weather prevails. The prices on green beans remain firm as the winter crop has been harvested and the spring crop is not quite ready.

Potatoes prevail as an outstanding buy and the new Florida crop will soon appear in volume. Carrots, rhubarb, escarole, endive, green onions, mushrooms, radishes and leafy greens are in ample supply.

Cabbage and celery remain in short supply, prices firm, lettuce, tomatoes and onions have increased in volume.

Apples continue to move in good volume and most retailers are now featuring one or more varieties from controlled atmosphere storages. Grapefruit, Valencia and Navel oranges, lemons and avocados complete the list of plentiful fruits.

Ham and turkey will share the promotional spotlight as we near the Easter observance. Although the available supply of hams appears somewhat below a year ago wholesale

prices are practically even with last year. Supplies of turkeys are much larger than normal, encouraging promotion and relatively low retail prices. Pork roasts and loins, beef steaks, roasts, and fryers provide a wide choice of economical meats.

Eggs, milk and dairy products, honey and certain processed fruits and vegetables such as frozen cherries, corn, lima beans, peas and French fried potatoes are all more plentiful than last year and priced to provide savings to the foodshopper.

When new shoots appear on roses, it's time to prune them, advises Lynn Smith, extension flower specialist at Penn State. Remove old or dead

wood to keep the plant young until after they have bloomed and vigorous. Do not prune or you will remove flower climbers and ramblers roses buds.

SEED POTATOES

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- Kennebecs

TOBACCO MUSLIN

2 - 3 - 4 Yards

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GROFF'S Hardware

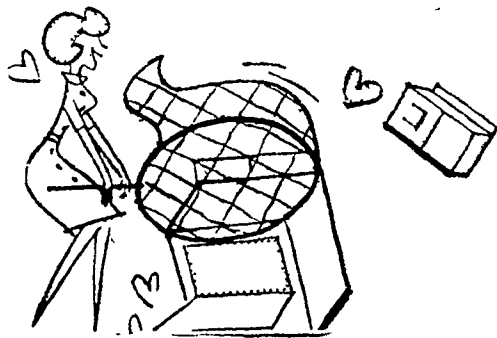
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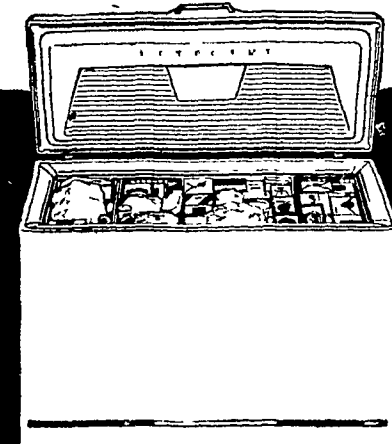


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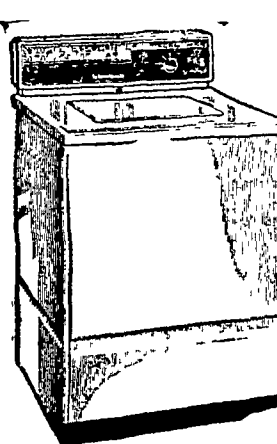


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MO 5-4500