

Best Food Buys Fresh Fruits and Vegetables

Fresh fruits and vegetables command the attention of the budget-conscious foodshopper at this season of the year. Supplies are pouring into the market from nearby producing areas and prices on most items have reached their low point for the year, according to Tom Piper, Penn State Extension Marketing Agent. This is also the time when homemakers are busiest at canning or freezing supplies for later use.

Your best buys in fresh vegetables include sweet corn, tomatoes, lettuce, cabbage, eggplant, peppers, cucumbers, squash and potatoes. All other vegetables may be considered reasonably good buys.

This long list of good buys calls for maximum use of fresh vegetables plenty of colorful salads and nourishing side dishes.

The local peach harvest is now at its peak as the hot, dry weather has hastened the ripening and is forcing each variety to market a week to ten days ahead of normal. Quality and flavor is excellent on fully ripened fruit. Background color is the best indicator of ripeness; look for a cream or white ground color and remember that peaches are like bananas in that they ripen to excellent dessert quality after they have been picked.

There are plentiful supplies of Rambo apples, popular for cooking, and several varieties of plums, nectarines, pears and grapes for eating out of hand. Most of the melons may be considered excellent buys, including watermelons, cantaloupes, and honeydews.

Poultry and seafood provide the greatest economy in the meat department. Large storage stocks have prompted the food industry to promote "midsummer turkey time"; fryers offer good value for the meat dollar. Fillet of flounder, haddock, steak cod, butterfish and scallops are values in seafood.

Supplies of red meats continue seasonally low and prices on the more popular cuts are higher than usual. Best bets for economy and for retail specializing still appear to

be the roasts and steaks from the round and chuck.

Wholesale egg prices have moved slightly higher but this commodity clearly remains a good food buy. Milk and processed dairy products share the plentiful supply position with frozen orange juice.

The venom of the tiger snake, native of Australia, is the most deadly natural poison known—some 75 times as strong as the venom of rattlesnakes.

Roses Can Stage Fall Show

About a half a cup of 25-10-10 in a complete circle around each plant, scratched into the soil and soaked into a depth of about six inches and you may have beautiful roses this fall. But don't wait too late to do this says, Lynn Smith, Penn State extension floriculturist. Waiting allows active growth when cold weather comes and plants may be severely winter-injured.

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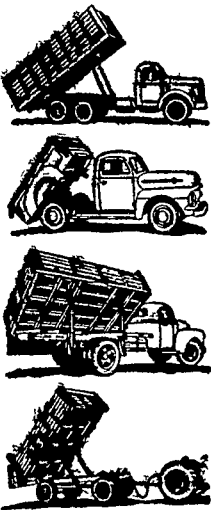
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Best opportunity to fill up your fall base — if you are not under a base now, it could easily happen next spring — the more you ship now, the better off you'll be next year.

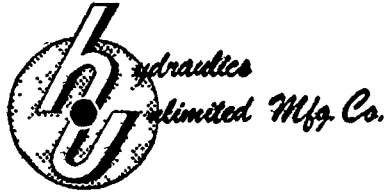
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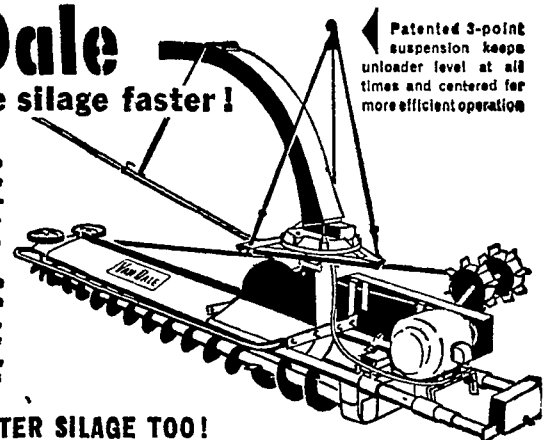
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