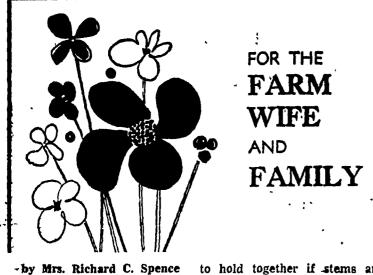
14-Lancaster Farming, Saturday, October 5, 1968



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PINCH? Buying fresh fruit is a spoilage and waste The grocer has no choice but to pass this less to the consumer, so costs go up.

Take advantage of seasonal buys in blueberries, grapes, melons, nectarines, peaches and plums when they are in season Quality is higher and prices n.ore reasonable

firm, uniform in size and free from stems or leaves are the -best buy A dark blue color with a silvery bloom is a good indicetion of quality This silvery bloom is a natural protective coating

White or green grapes are sweetest when the color is yellowish or straw coloi with an amber tinge Red varieties are to creamy rind color" better when a rich, red color is piedominant over most of the bernies No matter what variety you choose, pick plump grapes that are firmly attached to the stem Bunches are more likely

to hold together if stems are green and pliable. -JT DOESN'T PAY TO

In order to select melons, you must know the signs of maturtouchy subject. People touch, ity and ripeness. A mature fruit LY ELIMINATES . WASTE? punch and rub fresh fruit trying is ready to be picked! a fruit Proper storage is as important to squeeze out the best ones. will ripen properly if it's picked as buying food and cooking it Rongh handling causes fruit when mature; otherwise it won't well. Wasted food affects both ripen at all.

A thick and coarse netting or food each year as a result of veining on a cantaloupe means spoilage. that it's mature. If all or part of the stem base remains or the

stem scar is jagged, the melon's many require refrigeration. probably not mature Proper refrigeration saves food probably not mature. . A ripe cantaloupe will have a

yellowish cast, pleasant odor for every type of food. and will yield slightly to (light) Blueberies that are plump, thumb pressure on the blossom of the food dollar. Therefore, end of the melon. Most super- you will want to give it special market cantaloupes are quite attention Remove the store firm when freshly displayed wrapping from meat or poultry Hold them at room temperature as soon as possible after bringuntil completely ripe Choose honey dew melons with plastic wrap or waxed pa-

with a soft, velvety feel A ripe per Many refrigerators have a honey dew is slightly soft at the special meat compartment, or blossom end, has a' faint' fluit store it near the freezing unit amoma and a yellowish white

There are so many varieties and chill quickly Plan to use of peaches it's easier to list what ground meat within two days or not to look for Very firm or freeze it for later use. hard peaches with distinctly

properly. Also avoid very soft, rapidly. Don't cut, slice or grind teria if left out of the refrigera. fruits, which are overripe. Don't leftover meat until you're heady ter for long. buy peaches with large flattened to use it.

bruises or with signs of decay. Plum varieties differ widely in appearance and flavor, so you Cover milk and butter tightly table crisper, place them in a should buy and taste just a few should buy and taste just a few and keep it sway from foods covered pan, plastic vegetable to see if that variety appeals to with strong: odors and flavors, bag or other covered container you. Avoid fruits, with skin Cheese needs to be itightly and place them on the lower breaks, punctures, or brownish breaks, punctures, or brownish discoloration.

The characteristics of both a in a nectarine. Look for rich color, plumpness and a slight softening along the "seam."

It seldom pays to buy perishable fruit just because the price lose some nutritive, value, and es and grapefruits don'f need is low. Unless the lower price is a result of overabundance, the so-called bargain may be unusable. Remember fruits are perishable — buy only what you can use.

wrapped and soft cheese should shelves of the refrigerator." be used within one or two days. Eggs hold quality longer if kept peach and plum are combined in a covered container: and stored with the large end up. Never provide a growing place for bac-

Fresh greens and vegetables Dairy products and eggs re-should be trimmed before stor. quire simmediate refrigeration. ing. If you don't have 's vege-

Before they are stored in the refrigerator, fruits such, as ba-nanas, melons, pears and pineapple need to ripen at room wash eggs until you're ready to temperature. Fruits with thick use them. These food items may protective coverings like orang-

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