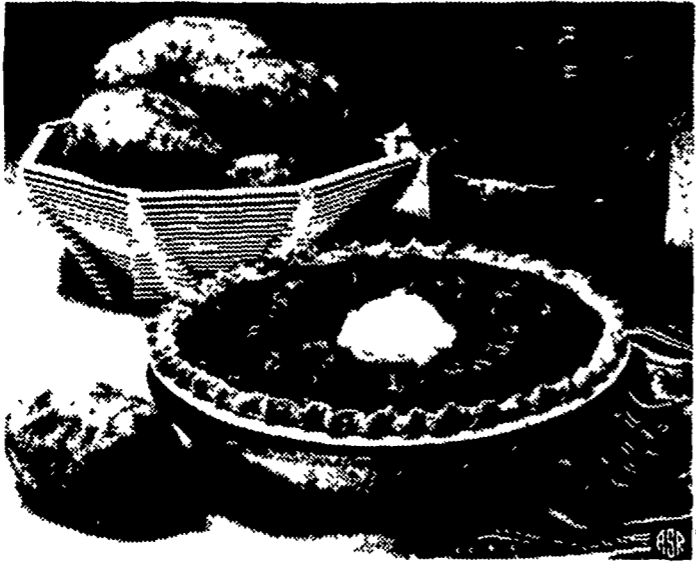


## Make Native American Pie With Luscious Yams



Southern cooks are justly famed for their fabulous desserts. Perhaps the most original is Yam Pecan Pie, moist and mellow, with the crunch of pecans for contrast. A native treasure among American desserts, this pie is easy to make, even for a beginner—it's as simple as mashing yams. Now is the time to try your hand with this great dessert. Luscious, sugary-moist, golden yams from North Carolina are in peak supply at market. Make it once, and you'll make it again. It's irresistible.

To choose good quality yams, look for those that are clean, smooth, well-shaped, firm, with copper-colored skin. Do not refrigerate except after cooking as cold is harmful to this potato

### Yam Pecan Pie

1 cup mashed cooked fresh yams (3 yams)	4 eggs
¼ cup butter or margarine, softened	¾ cup dark corn syrup
½ cup packed dark brown sugar	1 teaspoon vanilla
	1 cup pecans
	1 unbaked 9-inch pastry shell

To prepare yams, bake in 350°F. oven 40 minutes or cook in boiling water to cover for 20 minutes, until soft. Cook, peel, and mash until smooth. Set aside. Cream butter with brown sugar. Beat in eggs one at a time; blend in corn syrup, vanilla and mashed yams. Stir in pecans and turn into unbaked pastry shell. Bake in 400°F. oven for 10 minutes. Reduce heat to 350°F and bake 30 minutes longer, until filling is set and pastry browned. Cool. Garnish with additional pecans and serve with whipped cream or ice cream.

Makes 8 servings.

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## Sunflowers

(Continued From Page 41)

cents a pound, correspondingly lower yields would make it competitive.

(Again, 2,000 pound yields have already been obtained in southern States.)

The development of new sunflower varieties with higher oil content, higher yield, and increased disease resistance will improve sunflowers' competitive position vis-a-vis the major crops in not only the Red River Valley and Cotton Belt but also in other U.S. farming areas.

ERS research suggests there would be ready markets for oilseed sunflowers were they to catch on with U.S. farmers.

The U.S. market for edible oils has been growing at nearly 3 percent a year over the past decade to a total of 11.3 billion pounds in 1971. Right now soybeans dominate that market with a share of 53 percent. But pit sunflower oil against the leader and the late bloomer would seem to have at least two big advantages:

- As a cooking medium, sunflower oil gives excellent performance and doesn't develop off-flavors after repeated use. Cooking oils are the fastest growing segment of the Nation's edible oil industry—mainly because of the rapid rise in fast food outlets specializing in fried foods and the growth of fried snack foods.

- Sunflower oil has a much higher ration of polyunsaturated fatty acids to saturated fatty acids than soybean oil—which may give it an edge with health-conscious Americans in the salad oil and margarine market.

Will the 1970's someday be recalled as the decade when the sunflower industry flowered?

Quite obviously it's too soon to tell. However, the commercial release this year of several hybrid seed varieties may be the start of something big.

Plant breeders have been experimenting with hybrid varieties for quite a while, but these hybrids have not been grown commercially in the United States because of high labor costs involved in producing the seed and the difficulty in getting seed that would be 100 percent hybrid.

However, with the recent discovery of cytoplasmic male sterility by a French researcher and fertility restoration by a USDA plant breeder, it's now possible to produce hybrid sunflower seed in much the same way that hybrid corn and sorghum are produced.

During 1972 some 300 to 500 acres in the United States were planted to the parents of several hybrid varieties in order to produce seed for commercial distribution this year. At least five seed companies are offering high oil sunflower hybrids to farmers this spring.

Hybrid sunflower varieties have at least three big pluses for farmers: higher yields, improved disease resistance, and more uniform development.

Yields of hybrids on test plots in Fargo, N. Dak., topped those for open pollinated varieties by an average of 18 percent during 1969, 1970, and 1971. And the best yielding hybrid topped the best yielding open pollinated type by more than 400 pounds per acre—or 24 percent.

Also in 1971 hybrids accounted for 20 out of 21 entries where yields exceeded 2,000 pounds an acre. Larger head size appears to account for at least part of the yield advantage.

Resistance to rust is another point in favor of the hybrids. As a rule the hybrids withstand this

troublesome plant disease much better than open pollinated varieties.

And lastly there's the matter of uniform maturity. Unlike open pollinated types, every plant in a hybrid field has the same genetic background. Consequently all the plants tend to have fairly similar flowering times, height, head diameter, seed oil content, and rust resistance.

This uniformity of development means farmers can time their insecticide applications more effectively and also can achieve a more efficient harvest. With open pollinated sunflowers it's not unusual to see many green heads in fields where the majority of the plants are dry enough to combine.

## New Cooperators

The Lancaster County Conservation District announces the following new cooperators:

Norman Brackbill, Providence Township, 29 acres; Clayton E. Heisey, Pequea Township, 20 acres; Carl G. and John G. Myer, Penn Township, 195 acres, and Jonathan S. Fisher, Little Britain Township, 96 acres.

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