

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Put Your Carrots On A Stick

If your family is mule-ish about eating vegetables, tempt them with the versatile carrot. Sweet, crispy carrots are delicious served alone or in combination with meats or other vegetables. Fresh carrots are available year round and are a very good source of Vitamin A. When you buy carrots look for well-formed, smooth, orange to orange-red carrots. Carrots should be

firm with well-trimmed tops. Avoid carrots that are flabby or shriveled or those with large green areas (sunburn) at the top.

Also avoid topped carrots that have new top growth (green shoots on the top) and bunched carrots that have yellow tops.

Carrots can be stored in the hydrator (vegetable bin) of your refrigerator for three to four weeks. Large carrots are best for cooking or shredding. Smaller, younger

carrots are good for eating raw.

For variety, try baking carrots, particularly when you are planning an oven meal. Cut the carrots in half and place them in a casserole with 1/4 cup water, 2 or 3 tablespoons butter or margarine, and a sprinkle of salt and pepper. Cover the casserole and bake at 375 degrees for 45 minutes, or until carrots are tender.

Here are some good carrot combinations:

Carrot strips and whole green snap beans cooked with a little dill seed, sugar, and salt in the cooking water and served with Italian dressing.

Braised carrots and celery cooked in margarine and a little water.

Carrots and onions, cut finely and cooked in bacon fat or margarine in a tightly covered frying pan.

Carrots diced and creamed with peas and new potatoes.

Carrots and apples shredded and moistened with mayonnaise.

Wrapping Foods For Freezing

If you're wrapping food for freezing, be sure to wrap it carefully to prevent exposure to air and loss of moisture during freezing and storage. Exposure to air will cause changes in color and flavor and will permit delicate foods to absorb strong flavors and odors given off by other foods.

Suitable packaging is particularly important in frost-free freezers that have a fan blowing air over the food, drawing moisture from the package.

Coated or laminated freezer papers, polyethylene films and heavyweight aluminum foil are good wrapping materials for freezing.

You may use rigid plastic containers for food that is cool when poured into the containers. For hot or cold

Comments Invited On Expanded Use Of Meat Trimmings

Public comments are being invited by USDA on a proposal that would permit greater flexibility in the use of meat trimmings in certain types of meat products.

Officials of USDA's Animal and Plant Health Inspection Service (APHIS) explained that under present meat inspection requirements meat trimmings must contain at least 12 percent lean meat before they can be used in manufacturing meat products.

In an effort to provide for use of a greater variety of meat trimmings in processing plants, the proposal would allow trimmings of less than 12 percent lean meat to be used in products where there is a maximum limit on the percent of fat allowed in the final product—so long as these trimmings did not appreciably change the taste, texture, or quality of the product.

For example, APHIS officials said that frankfurters must not contain more than 30 percent fat. The proposal would permit meat trimmings of less than 12 percent lean meat to be used in making frankfurters—which

foods, use ceramic, metal or glass containers.

If you're freezing combination main dishes in baking pans, line the pans with a freezer wrap. Allow enough extra wrap to fold over the top. Use a non-metallic wrap for acid foods such as tomatoes.

can't be done now—so long as the final fat content did not exceed the present 30 percent limit.

APHIS officials stressed that the proposal would not make any changes in the maximum fat content limitation of meat products in which these meat trimmings were used.

Persons wishing to submit written comments on this proposal should file them in duplicate with the Hearing Clerk, USDA, Washington, D. C. 20250, by May 24, 1974.

Those wishing to submit oral comments should contact the Product Standards Staff, Technical Services, Animal and Plant

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Health Inspection Service, USDA, Washington, D. C., before the deadline for comments.

The full text of the proposal will be published in the March 21 Federal Register, and is available from APHIS, Room 1166, USDA, Washington, D. C. 20250.

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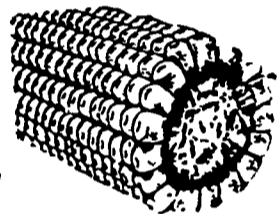
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