Recipe Exchange. . .

ome On The Range

A Time For Tomato Lovers If you are a tomato lover, this is your time of year. says the U.S. Department of Agriculture. Tomatoes are in moderate to liberal supply throughout the year, but now is the time when you will find an abundance of locally grown tomatoes at roadside stands and supermarkets.

Locally grown tomatoes. of course, are a special treat. They are usually varieties suited to your growing area and season. Also, they don't have to be shipped long distances to market and therefore can be allowed to stay on the vine longer.

In order to successfully complete the ripening process, tomatoes should reach a certain stage of maturity before they are picked But producers who provide your winter tomato supply do not enjoy the same privileges as local growers. They ship their product long distances and in order to get them to market in good condition find it necessary to pick the tomatoes when they are mature but not red. The ripening process continues from the field to the time when you consume the tomato. Local growers can

wait until the tomatoes are red before picking and still get them to market in good condition. Even these tomatoes, however, may still need a little more time to ripen fully. The home gardener is the only grower who can afford to leave a tomato on the vine until the desired color has developed.

Whether your tomato source is your own garden, a roadside stand, or the supermarket, here are some USDA'S tips from Agricultural Marketing Service to help with your selection:

For slicing, pick out tomatoes that are fairly wellformed. Avoid tomatoes that are extremely lopsided, elongated, or angular. If you are going to dice the tomato or serve it in chunks, the shape really doesn't matter.

Avoid tomatoes that are ridged or ough. The surface should be smooth and free from blemishes.

Fully ripe tomatoes should be overall rich red and slightly soft. This can be easily detected by gentle handling.

Tomatoes that aren't fully ripe should be firm, with color ranging from pink to

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Representatives Needed.

Avoid overripe and bruised tomatoes. They will be both soft and watery. Avoid tomatoes with a deep green or yellow area around the stem scar or with growth cracks. Soft, watersoaked spots, depressed areas, or surface mold are indications of decay.

To ripen tomatoes at home, keep them in a warm place. Don't store them in the refrigerator unless they are fully ripe. Cold temperatures may keep them from ripening later on.

Once tomatoes are ripe, they will keep in the refrigerator for some time.

At the produce counter, you are your own best judge of quality. Remember that all fresh vegetables are perishable. Buy only what you need and buy in season when prices are most reasonable. Beware of "bargains." Even if the price is low, it usually isn't worth buying damaged produce.

Scrambled Corn ½ pound bacon 4 cups whole kernel corn

½ teaspoon pepper 1½ teaspoon salt

6 eggs

Brown bacon in skillet. Drain the corn and add to the bacon. Beat eggs with salt and pepper and add to the hot corn. Stir well. Serves 8. A. Brubacker

Millmont, PA Garden Slaw 6 cups shredded cabbage

2 carrots shredded 1 green pepper cut thin 1 cup chopped onion

Mix all together sprinkle with ½ cup of water and chill.

Dressing: 1 envelope gelatin ½ cup cold water 2-3 cups sugar

2-3 cups vinegar 2 teaspoon celery seed 1½ teaspoon salt ½ teaspoon black pepper 2-3 cup salad oil

Soften gelatin in cold water. Mix sugar, vinegar, celery seed, salt, pepper and bring to a boil. Stir in softened gelatin. Cool until thickened, beat gradually beat in salad oil. Pour over vegetables.

Mrs. Harry E. Martin RD2, Lititz Cathedral Cookies

4 ounce bar of German Sweet Chocolate

1 egg well beaten 1 stick 1/4 pound of butter or margarine

1 cup powdered sugar large pack vari-colored Minature marshmallows 12 cup chopped nuts

4 ounces flaked coconut Melt the chocolate and butter in a double boiler just until well blended. Take from heat, stir in well-beaten egg quickly. Place marshmallow, powdered sugar and nuts in a bowl, pour cooled chocolate mixture over this. Stir to blend well. Tear off a large piece of foil and sprinkle generously with coconut. Roll up like a jelly roll. Wrap well and refrigerate. Slice off as needed keeping unused portion refrigerated.

Carol Hursh **Ephrata**

Coconut Crispies 1 cup butter or 34 cup cooking oil

1 cup raw sugar ½ cup honey 2 eggs

1 teaspoon vanilla 2 cups whole wheat flour ½ cup wheat germ 4 teaspoon salt

½ teaspoon soda ½ teaspoon baking powder

1 cup unsweetened coconut 2 cups rolled oats 1 cup bran flakes

Mix in order given. Form into balls and place on greased cookie sheet. Bake at 350 degrees for 10 to 12 minutes.

Mrs. Harvey E. Martin Lititz RD2

Filled Doughnuts 2 packages dry yeast cup warm water 1 teaspoon sugar 1 cup milk, scalded, cooled 2-3 cup sugar

11/2 teaspoon salt 4 egg yolks or 2 whole eggs ½ cup shortening (one-half part butter for better

flavor) 7 cups sifted bread flour

Pour yeast into cup of lukewarm water. Add teaspoon sugar and stir. Let stand five minutes.

Cream together shortening, sugar, salt, add wellbeaten eggs. Add remaining 1/2 ingredients and mix to a soft dough. Let stand until double in size, then roll out and cut. Let rise until light and bake in deep, hot fat. When cooled, 1 teaspoon vanilla put in filling with knife or decorator. Filling

2 egg whites, beaten 1 tablespoon flour 4 tablespoons milk 34 cup shortening 2 teaspoons vanilla 2 cups or more 10X sugar

> Anna Brubacker Millmont, RD1

Blueberry Delight 2 cups Graham crackers 1/4 pound margarine 2 cups 4 x sugar 8 ounce cream cheese

package whipped topping Mix cracker crumbs with melted margarine and press into a pan, mix sugar with cream cheese and fold in topping. Pour mixture into cracker lined pan and chill. Top with blueberry or cherry

> Mary Beiler Bird in Hand

XXX Cherry Squares pound butter or

margarine

1½ cups sugar 4 eggs

filling.

2 cups flour

1 teaspoon almond or lemon extract

1½ cans pie filling Cream butter with sugar.

Add eggs one at a time beating well after each one. Stir in flour and flavoring. Spread batter in a greased jelly roll pan. Top with tablespoons of pie filling

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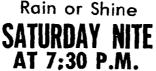
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