

# Home On The Range

## ORANGE JUICE: FROM GROVE TO GLASS

If you had to get up every morning and squeeze enough oranges to give your family their daily juice, you'd soon realize how lucky you are to have frozen concentrated orange juice.

On top of being easy to prepare, frozen concentrated juice, a recent U. S. Department of Agriculture study shows, costs less than half as much as enough fresh oranges to make the same amount of juice.

Let's take a look at how oranges reach your table in such a convenient and cost-saving form. It all starts in the orange groves where raising oranges for processing is big business. Last year, over four-fifths of the \$540 million worth of citrus produced in Florida for example, went into frozen concentrated orange juice.

As the tons of oranges are harvested, they are packed for shipping to processors. Different varieties are grown in the many groves; some varieties are sweeter, some have more juice than others. Uniform good quality and taste will be maintained by the careful blending and testing of these many varieties of oranges throughout processing.

In Florida, State law requires that frozen concentrated orange juice meet specific USDA requirements for flavor and color, as well as additional State requirements. USDA inspection and grading services are usually voluntary, but all frozen concentrated orange juice processed in Florida is required by State law to be made under USDA inspection. USDA works closely with the Florida Department of Citrus and with processors to bring you consistently high quality orange juice. Most of that produced in Florida qualifies for U.S. Grade A.

When oranges arrive at the processing plant they are examined before they are

made into juice. Fresh fruit and vegetable inspectors with the Federal-State Inspection Service test for degree of sweetness and the ratio of sweetness to acid. The test tells the processor approximately how much juice he can expect from the oranges and services as the basis for the payment of the grower. The oranges are then placed in bins to await processing. Here inspection responsibilities are turned over to a USDA inspector specializing in processed products. It is the inspector's responsibility to insure that the plant is operated under sanitary conditions and that the juice is the desired quality.

The inspector checks the processing of the juice from start to finish. He begins by checking the washing and sorting process to be sure that only good, clean fruit is used to make the juice.

The juice extracting machine makes quick work of the squeezing process. The juice flows from this machine to equipment that removes seeds and coarse pulp.

The juice moves on to the blending machine where an inspector checks the juice in each tank for its degree of sweetness and ratio of sweetness to acid. These are the two most important factors in the flavor of the juice. The juice then is skillfully blended to obtain the desired flavor.

Specially designed evaporators are used to concentrate the juice. The juice flows or falls in a thin layer under vacuum through a slightly heated atmosphere. Water in the juice vaporizes and evaporation continues until the juice reaches a high concentration of sugar solids.

The concentrate is now ready to be filled into cans, but before this happens processor and inspector want to be sure it measures up to the desired standards.

More tests determine what last minute adjustments are necessary to standardize the

sweetness, flavor, and color. On the basis of the test results, the processor adds specially prepared fresh juice. This juice contains fruit cells and flavor carrying orange oils saved when the oranges were first squeezed. High quality concentrate may also be added.

In addition to his tests for sweetness and acid content, the inspector checks the concentrated juice for defects, such as small pieces of seed or specks that may occur if the juice is overheated during the evaporation process.

When the inspector is satisfied with the concentrate, he reconstitutes a sample and checks the color and flavor of the juice.

After the containers are filled, the inspector must be sure the cans contain the 6 to 12 ounces listed on the labels. Other tests are made to tell if the juice has been processed properly and will reconstitute without jelling or separating.

Does it sound like a lot of work? It is, but it is all necessary to bring high quality frozen concentrated orange juice to your breakfast table.

### Fresh Peach Pie

1 cup sugar  
1 cup water  
½ teaspoon salt

3 tablespoons cornstarch or clear jel

½ box peach jello  
Mix sugar, set and clear jel. Add water and cook until clear. Add jello to clear mixture and cool. Mix sliced peaches with jello and put in baked pie shell and chill. Top with whipped cream.

Mrs. Leroy Smucker  
New Holland

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### Hearty Casserole

2 cups diced carrots  
1½ cups diced celery  
6 medium diced potatoes  
3 tablespoons butter  
2 tablespoons flour  
2 cups milk  
1 cup meat stock  
1 cup peas  
1 teaspoon salt  
1 small onion  
2 cups cooked meat

Soak bread crumbs in 3 tablespoons melted butter. Cook vegetables separately until soft. Melt butter and blend in flour, add milk and meat stock. Stir until thick. Add salt and combine sauce with other ingredients. Pour into greased casserole and sprinkle with buttered crumbs. Bake at 350 degrees for 40 minutes.

Mrs. E. F. Lapp  
Peach Bottom

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### Chili Con Carne

2-3 cups cooked kidney beans  
1 pound ground beef  
1½ teaspoon salt

1 tablespoon flour  
1½ teaspoon chill powder  
1 minced onion  
2 cups tomato juice

Fry onion until slightly brown, add meat, add flour, salt and chili powder to meat and mix together. Then add tomato juice, cover and let simmer slowly for one hour. Add kidney beans and bring to a boil.

Mrs. D. Martin  
Ephrata

### Golden Eggplant Casserole

2½ cups peeled-cubed eggplant  
18 soda crackers (crumbled)  
½ cup shredded sharp cheese  
1 tablespoon melted butter or margarine  
¼ cup chopped celery  
½ teaspoon salt  
¼ teaspoon pepper  
1 cup cream or evaporated milk

Combine and bake.  
Mrs. Amos Zook  
New Providence

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### Yellow Cake

2 egg whites  
1-3 cup sugar  
2 cups sifted cake flour  
1 cup sugar  
3 teaspoons baking powder  
1 teaspoon salt  
1 cup milk  
½ cup cooking oil  
1 teaspoon vanilla  
2 egg yolks

In a small bowl beat egg whites with 1-3 cup sugar until thick and glossy but not stiff. Set aside.

In a mixing bowl combine flour, 1 cup sugar, baking

powder and salt. Add milk, oil, and vanilla and egg yolks.

Beat with mixer 3 minutes, scrape sides and bottom often. Stir egg whites into batter until well blended about one minute. Pour into greased cake pans that have been floured.

Bake at 350 degrees for 25-30 minutes until cake springs back when touched. Cool for 15 minutes then remove from pan.

Linda Esh  
Ronks, PA

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### Cinnamon Flop

2 cups flour  
¾ cup sugar  
2½ teaspoons baking powder  
½ teaspoon salt  
¼ cup shortening  
1 egg beaten  
1 cup milk

Combine dry ingredients and lard mixing until crumbly. Add egg and milk gradually to dry ingredients and beat until thoroughly mixed. Put mixture in square pan. Brush top with melted butter and sprinkle with brown sugar and cinnamon.

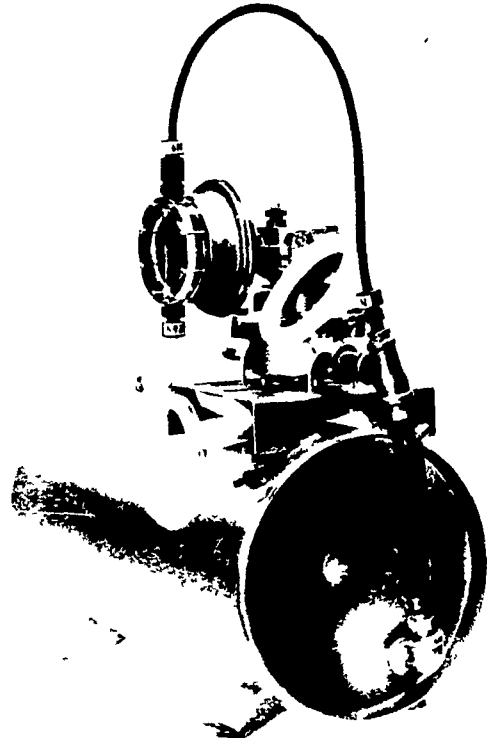
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