

## Departments reshuffled

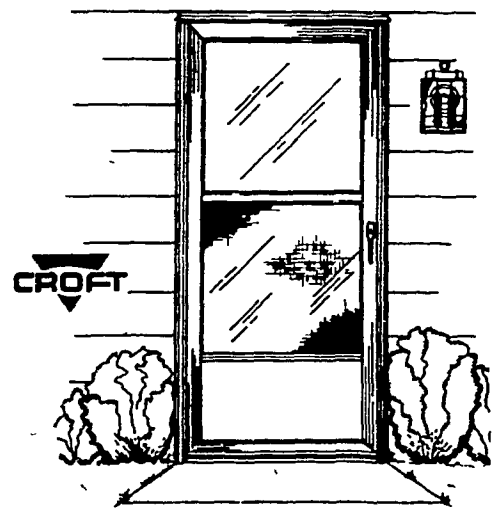
UNIVERSITY PARK - A new Department of Food Science was established November 15 at Penn State University. The new department brings together 17 faculty members with food science interests and programs from the animal, poultry, dairy, and horticulture areas.

**TRY A CLASSIFIED**

**Lowe's: the Farmers' Market**

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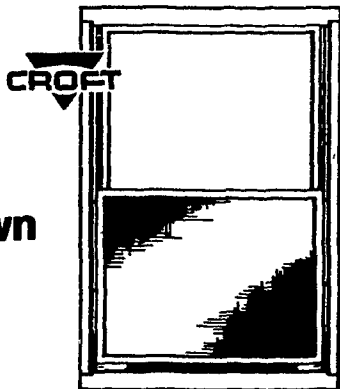
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## Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist

### Almost All You Need To Know About

Mushroom productivity in the United States has broken all records - during the 1974-75 crop year, mushroom production rose to nearly 299.1 million pounds according to figures from the Statistical Reporting Service of the U.S. Department of Agriculture. This is more than 7 percent above last year... which was also a record year for mushrooms.

Mushrooms have a fascinating history stretching back to the days of the Romans when mushrooms were called the "Food of the Gods" and were served only on special occasions. According to folklore, the

Romans thought that mushrooms provided warriors with unusual strength so they were fed mushrooms just before going into battle.

The ancient habit of eating "wild" mushrooms, however, caused its problems too, because it was difficult, then, just as it is now, to determine which were edible and which were not. Today, of course, cultivated mushrooms are available throughout the country and are safe. The cultivated type of mushrooms were even in demand in the 1700's during the reign of Louis XIV in France.

U.S. Department of

Agriculture records show that the first mushroom producing center in this country was in the vicinity of New York City. In 1890, greenhouse operators near Kennett Square, PA, started to grow mushrooms in the unused spaces under their greenhouse benches. It may have been the beginning or the founding of this industry in Pennsylvania which now boasts of supplying 60 percent of all the domestic mushrooms.

November and December are the big months for mushroom production. Perhaps that's one reason why the festive occasions of old made so much over the mushroom. The month with the least amount of mushroom availability, generally, is August.

Mushrooms were - and still are - used in religious observances in some countries. Primitive peoples, according to folklore, had great faith in this mystical fungi. Scientists today say that it is not true, as formerly believed, that darkness is required for growing good mushrooms. Suitable compost, good sanitation and constant temperatures are most important.

Most often we think of mushrooms as being small, but this is not necessarily so.

A 40 pound wild mushroom was once reported in Salem, Oregon.

On buying mushrooms... Look for freshness, color and shape. Deterioration may be noted by a brown discoloration of the surface and by opening of the veils. The size of the mushroom is not an indication of tenderness, since caps on one to three inches in diameter may be of the same maturity. But small to medium young mushrooms usually are the best according to marketing specialists at the U.S. Department of Agriculture. Some consider button mushrooms, picked before the cap has flattened, to be more delicate than larger ones. The cap usually is more tender than the stem. However, large mushrooms usually bring a higher price than the buttons. About ninety percent of the mushrooms sold now are white.

On storing or keeping mushrooms... Low temperature is important. Even in marketing they are maintained at a low temperature and in the home they keep best at about 32 degrees, and even at this temperature should be used within five days. If you're planning on freezing mushrooms at home you should select mushrooms that are free from spots and decay and sort according to size... wash thoroughly in cold water steam or heat, then cool and put into containers. Leave about an inch of "head space" above the mushrooms and then seal and freeze.

### Equal Pay

The Equal Pay Act of 1963 requires that men and women in the same establishment receive equal pay for doing work requiring equal skill, effort, and responsibility. The work performed by men and women doesn't have to be identical to qualify for equal pay. In the period from 1963 to 1973, the number of women employed outside the home increased by 40 percent. There are about 400 occupations in skilled trades that offer apprenticeships - more of these apprenticeships are opening to women

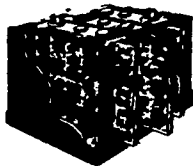
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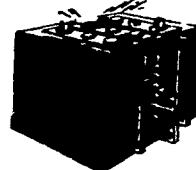
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