

Salads liven up 'tired' Winter menus

By JOANNE SPAHR
LANCASTER, Pa. - "If you're like me, you get the doldrums around this time of year, and get tired of planning the same menus," said Doris Thomas, Lan-

caster County Extension home economist, last week. Mrs. Thomas was speaking as a guest lecturer when Lancaster County Farm Women Society 18 entertained Lancaster County

Farm Women Society 6 at the Farm and Home Center last Saturday.

To remedy her problem of "tired" menus, Mrs. Thomas says she starts searching through cookbooks to come up with new ideas. And, one way to brighten up and change a Winter meal is to serve new salad ideas.

"Salads are an excellent way to get our required servings of fruits and vegetables," she said. They are also a good medium in which to camouflage dairy products for those milk haters in the family.

During the afternoon's program, Mrs. Thomas explained that salads can be prepared in four different forms—as appetisers, or those that stimulate the appetite; as "main dish" salads, or those which contain protein

foods; "accompaniment salads," or those that accompany a main meal; and "dessert salads."

"Salads are not difficult to make," she asserted, "but, they are time consuming and take tender loving care when you are working with them." According to her, nothing can look so tired so fast as a fresh green salad.

To help the women combat the problem of wilting green salads, Mrs. Thomas gave some pointers. A very important step in preparing this dish, she explained, is to buy high quality produce. And, once the produce reaches your kitchen, it should be washed off immediately.

"Usually, we are in too much of a hurry to wash them off, but it's very important," she remarked.

She also pointed out to the

group that greens should never be cut - instead, they should be broken into pieces to avoid bruising them. And, salad dressing should never be put on a green or tossed salad until just before eating. Also, when tossing a salad, it is necessary to take special care not to bruise the greens.

There are also a few tricks in getting added nutritive value out of a green salad. One is using raw spinach in

stead of lettuce whenever possible.

"Spinach is better than lettuce because it contributes Vitamin A to our diets. We need to have Vitamin A every other day because it can be stored for a short time," she said. Vitamin A is gotten from dark green leafy vegetables and those deep yellow in color.

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Heidi Murphy, the daughter of RoseAnn Murphy, Donegal Springs Road, found the salads Mrs. Thomas prepared to be so good that she couldn't resist eating them straight from the bowl.



Doris Thomas tosses a salad she prepared while speaking to two Farm Women groups on the subject of salads. The ladies later enjoyed the prepared dishes as refreshments.

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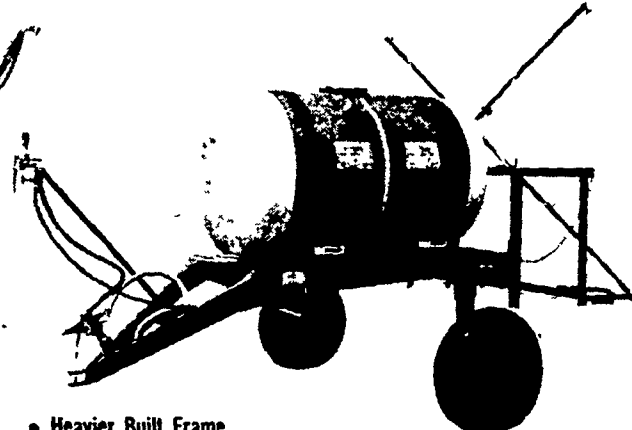
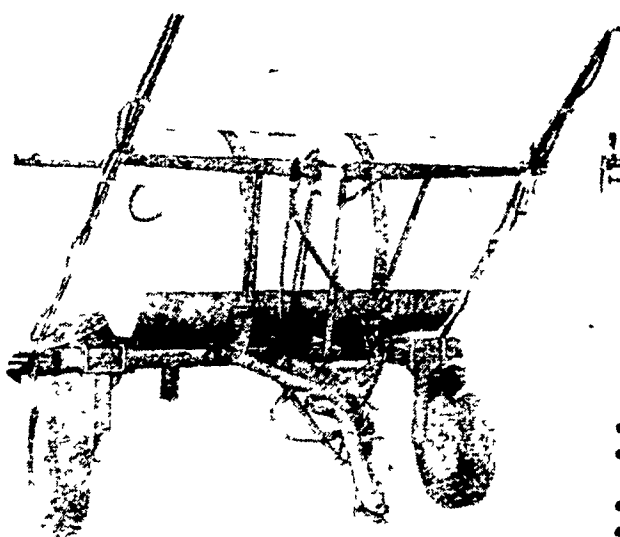
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