

It's a honey of a food

BY DEBBIE KOONTZ

LITITZ — One of the most confusing and yet tempting foods on grocery shelves seems to be delectable, delicious honey.

To those who have used it, it becomes a regular addition to favorite recipes. For those who haven't, the food "sounds" like it would be good.

Because a lot of foods require honey, they are often cast aside in search of another recipe because the cook doesn't understand honey or doesn't have it readily available on his or her shelf.

So, to make honey another cooking conquest for you, here is, please pardon the praise, everything you've ever wanted to know about honey, but just didn't bother to ask.

Perhaps the best hint in working with honey is to remember that it absorbs and retains moisture. Thus honey keeps baked products fresh longer. But this also means that uncovered, honey will lose flavor and aroma because it absorbs moisture.

Other suggestions come from the Pennsylvania State Beekeepers Association:

Honey is a natural, unrefined food. It is safe and wholesome, since bacteria cannot live in honey. Honey is available in a variety of forms; liquid, comb, chunk, cut comb, solid (sometimes called granulated or finely crystallized), and creamed (a finely crystallized honey of creamy consistency).

When buying honey: The color and flavor of honey depend on the

flowers from which bees gather the nectar. It comes in a wide range of colors, from crystal white through several shades of amber. The flavor, too, depends on the kind of flowers from which bees gather the nectar. Flavors range from the "lightness" of clover to the "sharpness" of buckwheat.

To store honey: Keep liquid honey in a cool dry place. Avoid damp storage places because honey can absorb and retain moisture. Do not refrigerate; this hastens granulation. While freezing does not injure color or flavor, it may hasten granulation.

Honey is a quick energy food because it is composed of simple sugars, dextrose and levulose, that doesn't require digestion by the human body. For this reason, it is often used as a quick energy source by athletes and sportsmen.

In a cake or cookie recipe that calls for other sweetening, the

general rule is to reduce the amount of liquid one-quarter cup for each cup of honey used. Honey may be substituted for sugar cup-for-cup. When honey is substituted in baked goods, add 1/2 teaspoon baking soda to the recipe for each cup of honey used, and bake at a lower temperature. When using a recipe formulated for honey, no such changes are necessary.

So try honey in your next recipe for a honey of a meal. Some more easy honey recipes are:

HONEY ICE CUBES

These cubes go great in iced tea or punch.
1/2 c. honey
2 c. very hot water
2 T. lemon juice
Freeze

HONEY BAKED CHICKEN

1 to 3 pound frying chicken
1 cup catsup
1/2 c. honey
1 lemon, sliced

Combine catsup and honey and pour over chicken in a shallow baking pan. Arrange lemon slices over chicken and bake at 325 degrees for one hour or until tender. Try this same recipe with ribs!

HONEY ICE CREAMSUNDAE

Pour a generous stream of honey over a serving of ice cream, usually vanilla or chocolate. Sprinkle nuts on top.

MARINADE FOR HAM

1 c. catsup
1/4 c. light flavored honey
1/4 c. prepared mustard
Stir together and baste ham during last 30 minutes of baking.

CHORE-TIME The Air System With A Mind Of Its Own

Until now, most ventilation systems had one drawback. Air inlets had to be opened and closed by hand.

This was time consuming — and pretty much a matter of guesswork.

Now, Chore-Time has eliminated this problem.

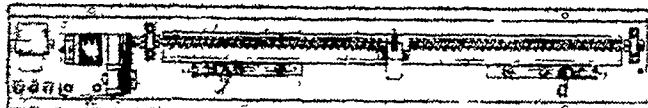
The Chore-Time system has a mind of its own and adjusts inlets — in conjunction with

fan operation — to maintain air pressure at a constant, preset level.

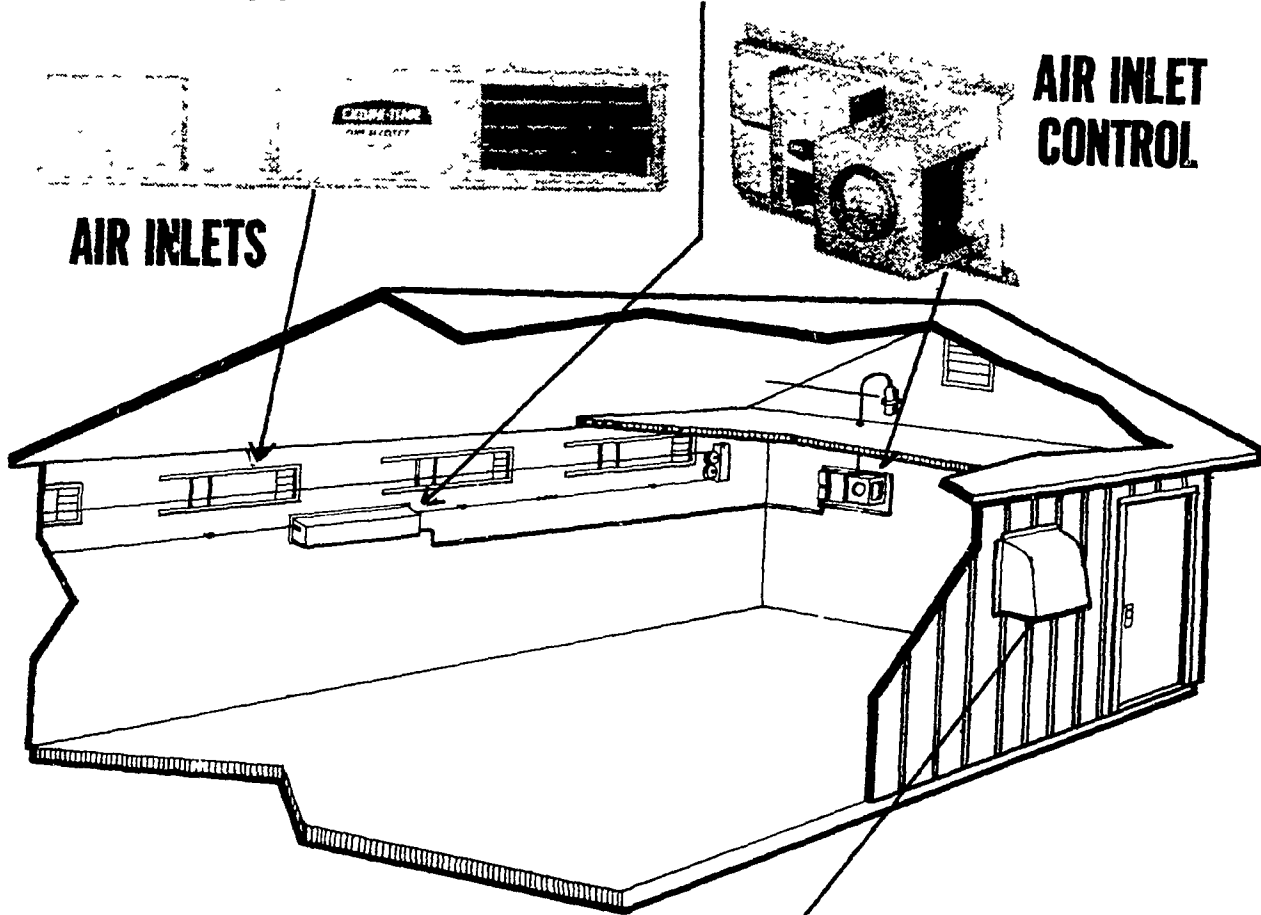
This provides a degree of air and moisture accuracy never before possible in poultry and livestock buildings.

The new inlet control (pictured) is just one of many exclusive features that make Chore-Time air systems number one in performance and reliability.

INLET POWER PACK



AIR INLETS



AIR INLET CONTROL

Four basic components go into the makeup of this ventilation system — the fan, the inlet, the air inlet power pack, and the controls. Coordinated, these four basic components can provide you with better conversion and performance by removing stresses due to lack of oxygen, excess humidity, noxious gases and temperature extremes

Reliability through simplicity, Chore-Time's advanced air system provides automatic control of incoming fresh air, moisture and heat for productive environmental control in agricultural buildings

AUTOMATIC HOOD FAN



CATTLE — HOG — POULTRY EQUIPMENT

2754 CREEK HILL RD., LEOLA, PA 17540

PHONE: 717-656-4151

★ **SERVING PA, N.J. and N.Y.**

YOUR COMPLETE CHORE-TIME EQUIP. DISTRIBUTOR

STORE HOURS:
Mon.-Fri.
7:30 to 4:30
Saturday -
7:30 to 11:30
Parts Only



This Husqvarna is the work of one design engineer.

He spends a lot of time engineering it. And a lot more time out in the woods working with the prototype. He may decide it needs to go back to the drawing board.

When he's satisfied himself—he's satisfied the toughest critic he has.

That's why the Husqvarna chain saw you buy will exceed your expectations. Because it's not created by the compromise of a committee—it's built on the integrity of one man.



AVAILABLE NOW AT

FARMERSVILLE EQUIPMENT INC.

RD 4, Ephrata, PA Ph. 717-354-4271



The Newest Innovation In Grass Mowing

"The Energy Saver"

ZERO TURNING RADIUS



Here's where you save time on a DIXON Zero Turning Radius mower

- Every corner you turn
- Every tree you mow around
- Every turnaround at the end of the yard
- Irregular edges with ins and outs

Two hand levers control all the action, speed and direction, with no footwork at all. Come in to mow test the easy rider now, and save mower time for fun.

For Additional Information on the Dixon ZTR Mower, Call or write

LAWN CARE DISTRIBUTORS
Box 25, Martindale, PA 17549
Phone 215-445-4541

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

Dealer Inquiries Invited, a few areas still available.