## USDA outlines good food buys

NEW YORK, N.Y. - Some records are expected to be set in July production of popular summer fruit items, which should be good news for food buyers. U.S. Department of Agriculture marketing specialists point to these and several other items, including broilers and eggs, as likely good July food buys.

The following should be plentiful during July: Fresh peaches, nectarines, plums, limes, oranges, lemons, broilers, eggs, turkey,

Items expected to be in light supply include fresh Bartlett pears, but heavier shipments are expected toward the end of July; frozen lima beans, carrots and cauliflower; canned lima beans

# Freeze peach goodness into jam

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LANCASTER - There's a new way to savor the warm weather goodness of sweet and fragrant peaches all year long.

It's a peach jam, made simply and quickly for freezer storage. Freezer jams eliminate the need for boiling pots on hot summer afternoons. There's no worry about burning fruit or sterilizing

Because peaches brown when exposed to air, a color protector, such as ACM Ever-Fresh, a mixture of ascorbic acid and citric acids, should be added. Made of natural ingredients, it can protect the fresh fruit's color and will not alter the taste. it is a product of MCP foods.

To make the jam, wash two and a half to three pounds of tirm, ripe peaches. Peel and remove pits. Grind the fruit and measure three and one-quarter cups. If short, add water. Do not use more fruit than

Place fruit and two tablespoons ACM Ever-Fresh in a four-quart kettle. Stir well. Slowly sift in one package MCP Jam and Jelly

milk and dairy products, certain canned non-citrus fruits - particularly peaches, pears and fruit cocktail - raisins, dried prunes, rice, dry beans and dry peas.

and sweet corn; and peanuts.

Pectin, stirring vigorously. Let stand 30 minutes, stirring oc-

Add one cup light corn syrup and mix well. Gradually stir in four and a half cups sugar. Jam may be warmed to 100 degrees Fahrenheit while sugar is dissolving. Do NOT let mixture get any hotter.

When sugar is dissolved, jam is ready to eat. Keep in jelly glasses or freezer containers. Store in treezer tor up to one year. Jam will keep in refrigerator for two to three weeks.



These items are expected to be in adequate supply - enough to meet normal needs: beef; pork; fresh sweet cherries; applesauce; frozen snap beans, broccoli, green peas and spinach; canned snap beans, beets, carrots, green peas, tomatoes and tomato juice; potatoes and onions.

USDA marketing specialists said the output of freestone peaches in California, the top producing state, is expected to hit a new record in 1981 — 480 million pounds, or 2 percent more than last season's previous record. Production in South Carolina is also expected to hit a new record — 380 million pounds, of 7 percent greater than last year.

In Georgia, 135 million pounds of freestone peaches are expected,

Reg. 2.49

USDA marketing specialists said. This would be 13 percent more than in 1980. Total U.S. freestone peach output is forecast at 1,561 million pounds, down just 1 percent from

The quality of peaches is expected to be good, marketing specialists said, but peaches are smaller than average in California and several other areas.

Plum production in California is also heading for a record this year, with expected output to be 180,000 tons, 13 percent more than last year. Plum quality is expected to be good and sizes normal.

The California nectarine crop also should be of good quality this year, but some growers have

experienced problems in fruit size development, according to marketing specialists. They say there should be plenty of nectarines for food shoppers, since the crop is expected to break last year's record with a 210,000-ton crop. That would be 9 percent more than last year and 22 percent more than 1979.

The USDA specialists said prices of Florida limes during June have been above year-earlier levels and shipments far behind. However, they said lime shipments will increase substantially during the second half of June and into July. A record crop is anticipated this season from Florida, the major producing state.

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