

Ladies Have You Heard?

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Home Economist



SUMMER SQUASH ARE GOOD BUYS

Summer squash, once considered as a one-season vegetable, is now available in different varieties year round. During summer and early fall, the largest supply of squash appears as yellow summer squash, zucchini, cocozelle, and white patty pan or scallop.

Squash, relatives of pumpkins, gourds, cucumbers, muskmelons, and watermelons, add flavor, texture, and variety to summer menus.

White bush scallop is shaped like a disc, has scalloped edges, and is a greenish white. By the time it's a pure white, the squash is too mature for good eating. The scallop is sometimes called patty pan.

Italian zucchini and cocozelle are cylinder-shaped and fairly straight. In the markets, cocozelle has more pronounced white stripes and is a little larger than zucchini. Both are dark green with light green stripes. These are often sold individually. Even if these squash are large they will be tender because of their fast-growing characteristic.

Yellow summer squash is shaped like a bowling pin and may be either straightneck or crookneck. It should be a delicate or light yellow. If deep yellow, it is more mature and likely to be tough.

All summer squash are fast growing. It takes only four to six days for a tender squash to

develop. One main difference between summer and winter varieties is that summer squash must be picked before the skins and seeds toughen because you don't remove the seeds or peel them when you eat summer squash.

Because you eat the seeds and rind, select one that has a tender skin with good color. Squash should be heavy for its size and free from bruises. Small to medium size are the most desirable.

If you would like to have a copy of a collection of zucchini recipes I have compiled, call or write the Lancaster County Extension Office, 1383 Arcadia Road, Lancaster, PA 17601 and request your free copy.

BLANCHING VEGETABLES IN A MICROWAVE: THE TIME'S NOT RIPE

If you plan to store vegetables in your freezer for any length of time, blanching is a must. Basically, it means dropping the cleaned vegetables into boiling water for a prescribed number of minutes. The time varies with the vegetable.

Steam blanching — sitting the vegetable on a rack over boiling water — is a method gaining in popularity. It takes longer but retains the nutrients, color, and texture of the vegetable better. Steam blanching equipment is now available from many hardware stores as well as the major mail order stores.

A newer method gaining attention is microwave blanching

Beeby heads Red Angus breeders

DENTON, Tex. — At the 28th Annual National Convention of the Red Angus Association of America, held recently in North Platte, Roy G. Beeby of Marshall, Oklahoma, was re-elected to his second term as president. Beeby has held the office of president for the past year.

Some cookbooks that come with microwave ovens recommend this. Its biggest appeal is that it doesn't steam up the kitchen on hot days.

The times these cookbooks recommend are very inadequate. Research done at the Pennsylvania State University indicates that the recommended times would have to be increased two to three times for proper blanching.

Food scientists at Penn State University strongly recommend sticking with water or steam blanching until research can document complete blanching recommendations for microwave ovens.

Other members of the Board of Directors elected to another term are: Stan Nesemeier of Lanark, Illinois, Midwest Area; Bob Baker of Mountain Home, Idaho; and Jo Ann James of Searsboro, Iowa.

Darrell Schuler of Bridgeport, Nebraska, is the newly-elected Director of the Great Plains Area. He succeeds Paul Redd of Paradox, Colorado, whose term expired.

Members of the Red Angus Board of Directors whose terms have not yet expired are: Ron

Bieber of Leola, South Dakota, Rocky Mountain Area; Roy McPhee of Lodi, California, West Area; Clifford Halfmann of Rowena, Texas, Texas Area; Ken Angel of Cave Spring, Georgia, Southeast Area; Bob Newman of Fayetteville, Tennessee, East Area; Jack Chase of Leiter, Wyoming, Director-at-Large; and Charles Watkins of Mt. Airy, Maryland, Director-at-Large.

Election of first and second vice presidents will occur at the next scheduled board meeting.

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