



Ladies Have You Heard?

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Home Economist

GOLDEN GRAPEFRUIT

"A fruit not larger than a good orange which is borne in bunches like grapes." From that nineteenth century description, the grapefruit got its name. Over the years, the grapefruit was also called the "Adam's Apple" and the "Forbidden Fruit." Another one of its names was the shaddock, after the man who reportedly brought it to the West Indies where it developed into today's variety of the fruit.

Of its earliest origins and names, botanists admit they are not sure. Whatever mystery surrounds its origin, however, there is no mystery about the popularity of the grapefruit today. For round-the-clock and round-the-calendar menu planning, the grapefruit is an ideal fruit because it can be served in so many ways.

In addition to their excellent taste, grapefruits are packed with Vitamin C to help you maintain good health. So start the day with a delicious grapefruit half. And in case you didn't know how versatile grapefruit is, here are some suggestions for using grapefruit in lunch and dinner menus.

Grapefruit Spinach

Salad Oriental

10 ounces raw spinach, washed and drained

1 can (4 ounces) sliced mushrooms, drained

1 can (5 ounces) water chestnuts, diced

2 grapefruits, sectioned and diced

1/4 cup salad oil

2 tablespoon vinegar

2 tablespoon grapefruit juice

1 tablespoon soy sauce

1/4 teaspoon Tabasco

1/4 teaspoon salt

1/4 teaspoon dry mustard

Coarsely tear spinach into large salad bowl. Add drained mushrooms, diced water chestnuts and diced grapefruit. Mix oil, vinegar, grapefruit juice, soy sauce, Tabasco, salt and dry

mustard. Toss with spinach mixture. Serves 6 to 8.

Baked Grapefruit and Ham

2 grapefruits

3 tablespoons brown sugar

1 tablespoon tomato catsup

1/8 teaspoon Tabasco

1 1/2-inch slice of ham

Prepare grapefruit halves as usual; remove core if desired. Combine brown sugar, tomato catsup and Tabasco; mix well to make a smooth paste. Spread paste over cut sides of grapefruit halves and on top of the slice of ham. Place grapefruit halves and ham in large shallow pan and bake in moderate oven (350 degrees F.) for 45 minutes. Remove grapefruit and ham to serving platter. Serves 4.

TIME TO CUT ENERGY COSTS

You were too busy, the weather was bad, the contractor was busy—whatever your reasons last fall, there is still time in February to consider energy-saving improvements to your home. Many do-it-yourself weathering jobs can keep you warmer, can save on heating bills, and can be accomplished in winter months.

You may have storm windows, but if they are old, the seal may have broken letting in icy air. An extra cover of plastic sheeting on the inside will solve the problem until warm weather returns and you can re-caulk properly.

Placing worn-out weather stripping around doors is also a good inside winterizing project for now. Basements are another frequent source of cold air. Extra insulation, wrapping hot water pipes and tanks, and covering windows will all help you stay warmer upstairs.

If you are considering something more permanent and considerably more complicated, get help. Most contractors will save you time and, in the long run, money.

Mushroom industry to instigate new promotion program

HARRISBURG — "Pennsylvania is world renowned for its mushroom industry which leads all cash crops in the state," according to State Agriculture Secretary Penrose Hollowell.

"Fresh mushrooms are economical, nutritious and versatile. We intend to make a major effort in 1982 to increase per capita consumption and sales of his excellent Pennsylvania product," he said.

Hollowell made these comments in announcing a new statewide fresh mushroom marketing program, a joint venture of the Pennsylvania Department of Agriculture and the newly organized Fresh Mushroom Merchandising Plan committee. The Fresh Mushroom Merchandising Plan was organized by the American Mushroom Institute with growers, packers and processors contributing \$125,000.

"This program has been designed to work through chain stores, individual groceries, restaurants and food service industries to promote the sale of fresh mushrooms," he said. "We will work with grocers and produce managers to demonstrate the value of mushroom sales through quality display and promotion. With restaurants and food service firms, we will emphasize the economics and versatility of mushroom dishes."

Hollowell said that the program will be administered by the state Department of Agriculture using existing staff. James J. Gallen, Jr. of Berks County has been named as Mushroom Marketing Coordinator for the program. Funding from the Department will cover staff, office space and other administrative costs. Funding for the program will be supplemented by a \$10,000 contribution from the American Mushroom Institute for promotional materials, supplies and equipment.

The Agriculture Secretary said that the program was being set up along the lines of similar joint state-commodity organizations programs now in existence for eggs and red meats. These programs are also involved in education, sales and preparation efforts for the commodities.

"Governor Thornburgh and I have been working for three years,

both here and in Washington, to assist the Pennsylvania mushroom industry in its efforts to overcome the threat posed by imported mushrooms. This fresh mushroom marketing program will be another step in our continuing efforts to improve marketing, increase demand and promote economic development in Penn-

sylvania," he said.

"The Pennsylvania mushroom industry is a \$150-million-a year industry, providing thousands of jobs and side benefits to the local economy. We intend to do what we can to help the fresh mushroom industry continue growing better," Hollowell said.

U.S. red meat production up 2 percent

WASHINGTON, D.C. — Commercial red meat production for the United States during December 1981 totaled 3.42 billion pounds, up 2 percent from December 1980, according to the Crop Reporting Board.

January-December 1981 red meat production at 38.6 billion pounds, was virtually the same as the production during 1980.

The 1981 annual production changes from 1980 by individual components were: beef, up 3 percent; veal, up 9 percent; pork, down 4 percent; lamb and mutton, up 6 percent. Commercial red meat production includes slaughter in federally inspected and other plants, but excludes animals slaughtered on farms.

Kill days for December included 23 weekdays (one a holiday) and 4 Saturdays the same as a year ago.

Comparing December 1981 with December 1980:

Beef production at 1.90 billion pounds was up 2 percent. Head kill at 3.01 million was up 3 percent and average live weight increased 1 pound to 1078.

Veal production at 40 million pounds increased 14 percent. Calf slaughter of 284 thousand head was up 18 percent, while average live weight decreased 3 pounds to 239.

Pork production totaled 1.45 billion pounds up 1 percent. The 8.28 million head killed was up 1 percent and average live weight increased 1 pound to 247. Preliminary lard production was 104 million pounds, up 2 percent.

Lamb and mutton production increased 7 percent to 30 million pounds. Head kill at 536 thousand was up 10 percent, while average live weight declined 5 pounds to 111.

Cumberland District holds seedling sale

CARLISLE — The Cumberland County Conservation District is holding its fifth annual tree seedling sale. Last year over 20,000 trees were purchased by county residents for windbreaks, sound buffers, erosion control, shade, Christmas tree, and fire wood production and for aesthetic appeal.

Barbara Weiss, district manager, announced that the deadline for placing orders is March 5. Forms can be obtained from the conservation district office at 313 S. Hanover St., Carlisle, or by calling the office at

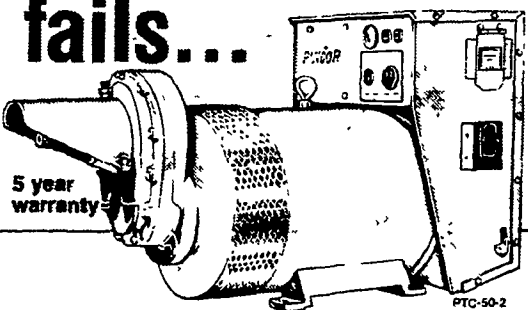
249-8632.

Three kinds of conifers, from 8 inches to 14 inches high, will be available—Canadian Hemlock, Colorado Blue Spruce, and Scotch Pine. Prices are \$5 for 10, \$20 for 50, and \$35 for 100, tax included.

Two available hardwood seedlings from 8 to 14 inches high, are the red oak and silver maple. Prices run \$1 each, \$8 for 10, \$30 for 50, and \$48 for 100, tax included.

Trees may be picked up on April 17 from 9 a.m. until 12 noon at Agway in Carlisle, or the C.V. Cooperatives in Mechanicsburg or Shippensburg.

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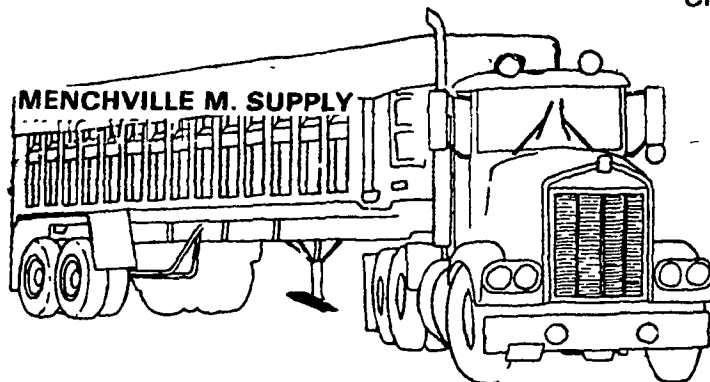
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