

Vegetables enhance a meal

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vigorously. Return all to saucepan, stirring constantly. Continue to cook and stir until mixture is thickened and smooth. Ladle immediately into heated shallow ramekins or soup bowls. Arrange several mushroom slices on top of each fonduta. Stand 3 toast triangles, point side, up around the side of each ramekin. Serve at once with fresh vegetables.

Mrs. Clarence Jeffries, Norristown

GREEN BEANS ITALIENNE

2 pkg. (9-oz. each) frozen green beans

1 green pepper, thinly sliced in rings

1/2 t. Italian seasoning

1/4 c. butter, softened

1/4 c. shredded Monterey Jack cheese

1/4 c. grated Parmesan cheese

Place beans, green pepper rings and Italian seasoning in saucepan containing small amount of salted water. Cover and cook 10 minutes. Drain well. Toss with butter and cheeses. Serves 6 to 8.

ZUCCHINI BREAD

3 large eggs

2 c. sugar

1 c. oil

2 c. grated zucchini

3 t. vanilla

Mix above together well, then add:

3 c. flour

1 t. salt

1 t. baking soda

1/2 t. baking powder

3 t. cinnamon

Stir well till blended. Pour into greased pans and bake 1 hour or until done at 350 degrees. Makes 2 loaves.

Catherine Barnhart, Butler

SKILLET CABBAGE

4 c. chopped cabbage

1 c. chopped celery

1 c. chopped onion

1 c. chopped green pepper

1 t. sugar

1 T. bacon fat or butter

salt to taste

Put everything in the electric skillet and set at 350 degrees or place in skillet on top of stove. After vegetables start cooking, continue for 5 minutes.

Mrs. David Smith, Altoona

KALE IN SOUR CREAM

4 c. cooked kale

1 T. butter

1 t. sugar

1/2 t. salt

pepper

1 t. lemon juice

1 c. sour cream

Place the cooked kale in a saucepan, add the rest of the ingredients except the sour cream, cover and heat thoroughly over a low flame. Stir in sour cream gradually, working from the center, and serve as soon as the cream is hot.

Martin Miller, York

FRIED PARSNIPS

6 medium-sized parsnips

3/4 c. salted cracker crumbs

1 egg, slightly beaten

2 T. water

fat for frying

Wash the parsnips, pare and quarter lengthwise. Boil in salted water until just tender.

Drain and cool. Dip the parsnips in crumbs, then in the egg combined with water, and again in crumbs. Heat shortening 1/4 inch deep in a frying pan. Fry the parsnip sticks until they are crisp and brown on all sides.

WHIPPED TURNIP PUFF

2 c. turnips, cooked and mashed

3/4 c. soft bread crumbs

3 T. butter melted

1 T. sugar

1 t. salt

dash pepper

2 slightly beaten eggs

Mix all ingredients together well. Turn into greased, 1-quart casserole. Bake at 375 degrees for 40 minutes.

Mrs. Allen Meakle, Baltimore

GARDEN SKILLET

1 small head cauliflower, broken into pieces

1 c. water

1/3 c. zucchini, sliced thin

1 1/2 c. green pepper strips

1 t. chopped onion

1 to 1 1/2 t. salt

1/3 c. butter

1 t. each basil and oregano

1/2 t. garlic powder

1/4 t. pepper

2 med. tomatoes, cut in 8 wedges each

2 to 3 Parmesan cheese, grated

In heavy 10-inch skillet, combine cauliflower and water. Bring to a boil; cook covered until crisp-tender, 8 to 10 minutes. Drain. Add butter, zucchini, green pepper, onion, and seasonings. Cook uncovered over medium heat, tossing occasionally, until zucchini is crisp-tender. Add tomatoes and cheese. Remove from heat. Stir until blended. Serve immediately.

Growing plants from single

cells helps scientists

COLLEGE PARK, Md. — Tomorrow's Improved Food and ornamental crops may result from a basic research tool that is moving from the laboratory to the field.

"Tissue culture" is a technique that involves regenerating an entire plant from a single cell or groups of plant cells. The technique not only offers scientists a new tool to create genetically improved plants but helps them to maintain uniformity among plants of a particular type.

Botanists at the University of Maryland have used tissue culture techniques to develop tomato tissue that will exist on a diet of 60 percent seawater. They plan to take this fragile tissue and attempt to regenerate it into whole tomato-producing plants.

If successful, botanist Paul Bottino says the possibility of someday irrigating plants with cheap, abundant seawater may become a reality.

Bottino's area of research specialization is the use of substances that will bring about "beneficial mutations" in plant tissue.

Mutations such as the odd plant

here or there that can grow in submarginal soil types, occur only occasionally in nature. The odds of nature producing the right mutation in a short period of time are more than one in a million, says Bottino.

His use of chemical mutagens - mutation-causing agents - speeds up the process.

Horticulturists also are using tissue culture techniques to improve ornamental and fruit-producing plants.

Dennis Stimart is using the technique to study dormancy characteristics of lily cultivars. In another experiment, he is studying the technique's potential to produce fast-growing trees that are tolerant to adverse conditions, such as strip-mined areas.

Harry Jan Swartz has found that tissue culture improves the propagation of thornless blackberries over traditional nursery industry methods.

Thornless blackberry plants propagated from tissue culture, he says, were more vigorous, gave greater fruit yields and were more uniform in nearly all respects than plants propagated by an older technique called "tip layering."

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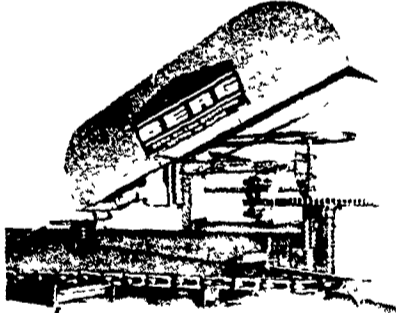
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