

## Make baby food from canned produce

LANCASTER — You can make your own baby food from fresh or home-canned produce, but don't try to can baby food says Greta C. Vairo, Extension home economist with the Penn State Extension

Service. Canning prepared, pureed baby food requires the same amount of heat needed to process solid food, so processing times can be longer than normal. Making baby food from already canned

produce is safer.

You can process some fruits such as apricots and plums as baby food, though. Follow the directions for processing applesauce. Can other fruits and vegetables first,

then make baby food. Pack whole or sliced vegetables to be used for baby food in water in ½ pint or pint containers. A brine solution is not necessary since you don't want salt in the baby's food. These containers should then be processed following the recommendations for that vegetable.

Fruits should also be canned whole or in slices in ½ pint or pint containers filled with water or fruit juices to the designated headspace before sealing and heat processing according to the directions for that fruit. If you prefer, omit sugar from the canned fruit.

When you are ready to use the food, open the jar, drain the liquid and blend it in a blender until it is smooth. Make sure all skin and seeds have been removed before blending. Heat the pureed mixture to boiling for ten minutes, allow it to cool and serve. Don't keep opened canned foods meant for

baby in the refrigerator any longer than one or two days. Storage time of canned food varies depending on the produce, but you should not keep food canned for babies more than 1yr. Directions for preparing baby fruits and vegetables:

### Baby Fruits

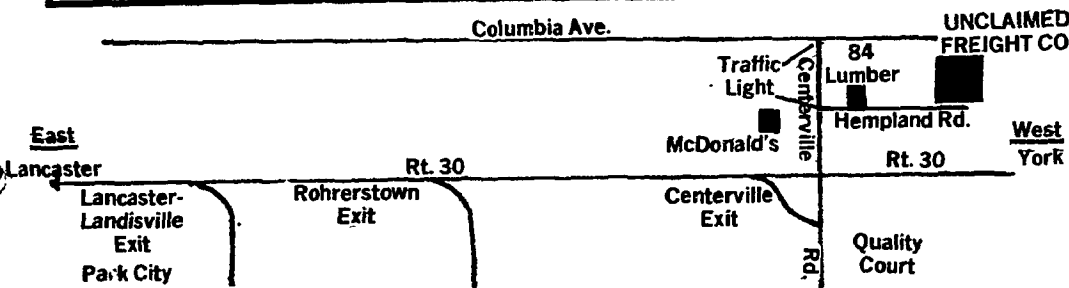
½ cup cooked or canned fruit  
2 teaspoons of liquid from fruit  
Remove any skins or seeds. Place ingredients in food mill or blender. Mince to desired degree of smoothness. Store in clean container. Makes about 1 serving.

### Baby Vegetables

½ cup cooked or canned vegetables  
2 tablespoons formula, milk or liquid from vegetables.  
If vegetable is in large pieces, cut or tear into chunks. Put ingredients into blender or food mill. Mince to desired degree of smoothness. Store in clean container. Makes about one serving.

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## Cooking for one or two

LANCASTER — If you cook for only one or two, you have plenty of company. Statistics show that more than half the households in the United States now consist of one or two persons. But even though singles and two-somes now outnumber families with two parents and one or more children, most cookbooks and supermarkets still seem to be geared to the needs of larger households.

For many singles, the solution is to grab a burger at a local fast food restaurant, pop a TV dinner into the oven, or cook one big meal and eat leftovers the rest of the week. While these approaches are fine occasionally, a steady diet of such foods can be both expensive and boring to the palate.

Cooking for one or two is not difficult, and may offer some advantages not open to larger families. With only yourself and perhaps one other person to please, you have more freedom to experiment with new foods, flavors, and recipes. Eating schedules can be more flexible when you don't have to consider several other people in the household. In the super market, small cans and packages generally cost more per unit. However, a family-sized package is no bargain if it goes stale before it's used up. Singles and twosomes can use some family-sized food items to their advantage.

For instance, buy regular sizes of bread, rolls, and pastries and keep them in the freezer. Remove portions as needed. Buy frozen vegetables in plastic bags whenever possible. That way it's easier to remove the amount needed for a meal. Buy several cookbooks for one or two, and clip recipes that can be decreased successfully.

Don't be afraid to speak up when packages of meat, cheese, and produce are in large sizes. Ask the grocer to repack what you need into smaller portions. Most are happy to please their customers.

## Drying, pickling

Would you like to learn how to make the popular snack fruit rolls as seen on T.V.? You will learn how to make fruit rolls as well as other food drying techniques and tips for tasty, crispy pickles and relishes in a class being offered by the Penn State Cooperative Extension Service.

Drying foods and pickling methods will be held August 4, 9:30-12:00 noon at the Extension Meeting Room, 112 Pleasant Acres Road. Marcy Seckman, Extension home economist will have the latest research and information on these subjects.

Advance registration is required. The fee is \$1.00. Call 757-9657 to register.

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