Poultry Club Holds Turkey Sale



The Penn State Poultry Science Club conducted a turkey sale as a club project. The Club gave a complimentary turkey to Dr. Samuel Smith, Dean of the College of Agriculture.

From left to right: Dr. Forest Muir, Dr. Owen Keene, Dr. Smith, Julia Melhorn, June Ferry (Club President), Leonard Payne, Anthony Pisano, Frank Schell.

Prepare to Save

the Nutrients

 ${\bf LANCASTER-Suppose\ you\ are}$ preparing a well-balanced evening meal - roast beef, tossed green salad, mashed potatoes, and mixed vegetables. To save time, you peeled and sliced all the salad vegetables in the morning before leaving for work. You removed the outer leaves on the lettuce and soaked the remaining leaves in iced water to retain crispness. You also took the roast out of the freezer in the morning and put it on the counter to thaw.

That evening you peeled and boiled the potatoes. After thawing the frozen mixed vegetables, you boiled and drained them in preparation for serving. The scene is complete. Just as your family was clamoring for dinner, you got everything on the table everything that is, except all the important nutrients that were washed, peeled, soaked, thawed, and boiled away as you prepared dinner, says Greta C. Vairo, Extension home economist.

With the whole month of March

set aside as National Nutrition Time, you might want to set aside some of your time to consider how you can serve more nutritious meals without even changing your meal planning. Extension nutritionists from Penn State say you can retain vital nutrients and minerals by:

scrubbing (not peeling) vegetables

slicing vegetables just before serving

- not soaking vegetables in

 cooking potatoes in the skin; just scrubbing them prior to boiling

cooking frozen vegetables without first thawing them

steaming vegetables (not just boiling them)

 saving vegetable water and using it as a stock in soups and

Include these methods in your meal preparation routine and guarantee yor family wellbalanced meals from start to finish.

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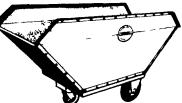


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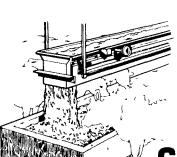
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