

August recipes help celebrate food products month

HARRISBURG — The bounty of Pennsylvania agriculture is evident all year, but August is the peak season for harvest of fresh fruits and vegetables, providing consumers with the freshest, most flavorful products available.

August is also a time when all segments of the state's agricultural and food industries join to celebrate their keystone pride. Governor Thornburgh has proclaimed August as Pennsylvania Food Products Month, to focus on the diversity, quality and abundance of Pennsylvania food products.

To help celebrate this special month, the Pennsylvania Department of Agriculture is reminding consumers that grocery stores and farmers markets have excellent buys on fresh fruits and vegetables during peak season, with just-picked tastes that are unbelievable.

A smart consumer will fill the marketbasket with produce from Pennsylvania's garden as the real harvest begins. Sweet corn, peppers, cucumbers, tomatoes, carrots and potatoes lead the list of fresh vegetables in season. And

when it comes to fruits, apples, peaches, pears, nectarines, plums and cantaloupes are now at their very best.

A fresh buy is the best buy, whether eaten fresh or prepared in a traditional Pennsylvania-style recipe. So take a taste of Pennsylvania during August — Pennsylvania food products month — and look for that special taste all year round.

Try using those fresh fruits and vegetables in the recipes below or in your own Pennsylvania-style recipes. You'll find that even prepared foods can use the extra flavor of ripe local produce to bring out your Keystone Pride.

Zucchini-Corn Casserole

2 tablespoons butter
1 large onion, chopped
4 cups sliced zucchini (about 4-5 medium)
1 garlic clove, minced
2 tablespoons hot water
16-ounce fresh, canned or frozen corn
3 tablespoons cream
1 cup sharp cheddar cheese, grated

4 eggs, beaten
1 tablespoon fresh parsley, chopped

Salt and pepper
Preheat oven to 350°F. Butter 1-½ quart baking dish. Melt butter in large skillet over medium high heat. Add onion and saute until soft for approximately 5 minutes. Stir in zucchini and garlic, blending well. Add water. Reduce heat to medium, cover and cook until zucchini is tender, shaking pan frequently to prevent sticking, 5-10 minutes. Add corn, ½ cup cheese, eggs, parsley, salt and pepper to taste and mix well. Turn into dish and sprinkle with remaining cheese. Bake until set, approximately 45-50 minutes.

Roasting Ear Hotcakes

4 eggs
2 ears corn, grated
1 cup flour
1 cup cornmeal
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 tablespoon butter, melted
1-½ cups buttermilk
Beat eggs in mixing bowl. Add corn, cornmeal, flour, soda, baking

powder, salt, butter and buttermilk. Blend carefully just long enough to mix ingredients. Have well-greased skillet piping hot. Drop spoonfuls onto skillet and turn when brown on bottom. (Note: amount of buttermilk may be altered for desired consistency.) Can be served with butter, honey, janes and jellies. Makes 14-16 hotcakes.

Hot Cheese Dip

½ cup milk
1 teaspoon Worcestershire sauce
¼ teaspoon dry mustard
¼ teaspoon onion salt
2 cups (8-oz.) shredded cheddar cheese
1 8-ounce package cream cheese, cubed
6 strips bacon, cooked, crumbled.

Combine milk, seasonings, cheddar cheese and cream cheese. Heat slowly, stirring occasionally, until cheese melts and mixture is hot. Stir in bacon. Serve warm with French bread cubes, bread sticks or fresh vegetables. Yield: 2 cups.

Note: If mixture becomes too thick, add warm milk.

Variation: Excellent sauce for vegetables, potatoes, meats.

Peg's Peach Pie

¾ cup flour
1 teaspoon baking powder
½ teaspoon salt
2 small or 1 large package vanilla pudding (regular)
3 tablespoons soft butter
1 egg
½ cup milk
6 fresh peaches, peeled and sliced
¼ cup sugar
1 8-ounce package cream cheese (softened)
½ cup sugar
4 tablespoons peach juice
½ teaspoons cinnamon

1 tablespoons sugar

Slice peaches into bowl, add ¼ cup sugar, stir and set aside. Mix the first 7 ingredients for 2 minutes at medium speed and pour into greased 9-inch pie plate. Drain peaches, reserving juice. Place peaches on batter.

In separate bowl, mix cream cheese, sugar and peach juice for 2 minutes. Spoon on top of batter within 1-inch of pie plate. Sprinkle 1 tablespoon of sugar and cinnamon on top of all. Bake 350°F for 30-35 minutes.

Honey-Of-A-Peach Float

2 cups crushed fresh peaches
½ cup honey
1 quart milk,
½ tsp. almond extract
1 quart vanilla ice cream, divided

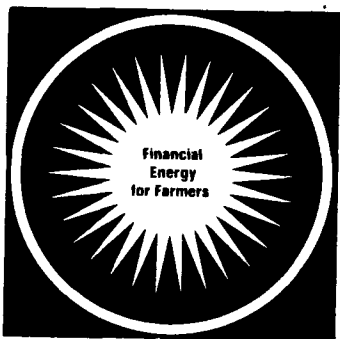
Combine fresh peaches and honey. Add half of the milk; blend. Add remainder of milk, almond extract and half the ice cream. Beat until smooth. Pour into tall glasses; top with remaining ice cream. Serves 6.

Meatballs Pennsylvania Style

2 pounds lean ground beef
¼ cup peeled, grated potatoes
1 egg
1 small onion, grated
Salt and pepper
1 13-ounce bottle chill sauce
5-ounce grape jelly
Dash Worcestershire sauce

Combine first 4 ingredients in large bowl and mix well. Season with salt and pepper. Form into small meatballs and set aside.

Blend remaining ingredients in large skillet over medium heat. Add meatballs, cover and simmer for 30 minutes, stirring occasionally. Transfer meatballs to chafing dish or fondue pot. Skim excess fat from sauce. Pour sauce over meatballs. Serve warm.



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