



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

GROUND BEEF IS BUDGET STRETCHER

When shopping for nutritious but lower-cost meat, chances are your choices will include ground beef - one of the all-time meat favorites.

Most stores sell several kinds of "ground beef." You may find it labeled as ground beef, ground chuck, ground round, and ground sirloin. The various kinds of ground beef should differ in the cut from which they are made, the amount of fat they contain and the price.

To be at its flavorful best, ground beef should be about 80 percent lean and 20 percent fat. Too little fat results in dry, crumbly and tasteless meat. Ground beef that is produced and packaged under Federal or state inspection at a packing plant or retail warehouse must have no more than 30 percent fat.

Ground beef, sometimes called "hamburger," usually has the

most fat and costs the least. It is a good choice for dishes like spaghetti, chili, meat loaf and casseroles.

Ground chuck makes an excellent beef burger or "salisbury steak." It usually has enough fat for good flavor and juiciness.

Ground round is especially good for weight-watchers if the fat is trimmed closely. It is usually quite lean and more expensive than ground beef or chuck. But because of its low fat content, ground round will not be as tender or juicy as the other kinds of ground beef.

Ground sirloin or chopped sirloin generally cost more than ground beef, chuck and round. Its excellent flavor does wonders for special recipes and deluxe burgers. But many people do not want to grind up good sirloin at today's prices.

Remember that ground beef should be used in a day or two after buying if stored in the refrigerator.

Cedar Crest FFA

BY GLENN KNIGHT

LEBANON, PA - Cedar Crest High School Future Farmers have given their top awards to Ed Zuck, Gary Krall, Ann Lansberry and Jon Boyer during their banquet at the middle school cafeteria.

Ed Zuck was selected as the Star Chapter Agribusinessman and Gary Krall was named Star Chapter Farmer. The Dekalb Award for 1984 was presented to Ann Lansberry. The chapter's Star Greenhand was Jon Boyer.

State FFA Secretary Jamie Frey brought greetings from the state association and challenged members of the chapter to strive for increasingly higher goals. Harold Berkheiser, chapter adviser, made the awards presentations.

In addition, Gary Krall, Ann

Lansberry and Ed Zuck were presented with their Keystone Degree Pins. Eight members were recognized for scholarship: Gary Krall, Ed Zuck, Gale Hitz, Brenda Peiffer, Jere Patches, Thomas Wells, George Sheldon and Ann Lansberry.

Chapter production awards went to: Gale Hitz, swine; Jeff Ruhl, corn; Lisa Houser, poultry; Ann Lansberry, horse; Brenda Peiffer, dairy and Scott Schwear, beef. Mike Wenrich got the agriculture mechanics trophy and Lisa Houser was named outstanding stockman.

Honorary memberships were given to Dr. Edward Phillips, Mr. and Mrs. Donald Lansberry, Judy Brightbill, Karl Hellerick and Jack Reed. Guy Ruhl, Joseph Maxwell and William Frazer received certificates of appreciation.

Rutgers plans youth parley

NEW BRUNSWICK, N.J. - The Cooperative Extension Service of Cook College, Rutgers University will be conducting a conference on

If you freeze the ground beef, package it in amounts to fit your family needs. Use air-tight, moisture-proof wrapping. You can keep ground beef frozen at zero degrees for two to three months with little loss of quality.

the Role of Farmer Cooperatives in Our Economy, on Saturday, March 30, 1985, for FFA, 4-H members and other youth anticipating employment in agriculture/agribusiness.

The conference will start at 8:30 a.m. at the Extension Conference Center, College Farm Road, Cook College, New Brunswick, New Jersey.

The conference will have

presentations on the New Jersey Council of Farmer Cooperatives, basic cooperative principles, and briefings from several farmer cooperatives concerning their operation.

For registration information, contact Dr. Morris Fabian, Extension Specialist in Marketing, Cook College, P.O. Box 231, New Brunswick, New Jersey 08903, or phone (201) 932-9171.

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Gary Krall accepts the Cedar Crest Chapter Star Farmer award from Harold Berkheiser, chapter adviser, March 5 during the annual banquet.