

## Wise shoppers

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as a relatively good buy in the August WVDA newsletter.

Another trend this summer is the promotion of the whole chicken, rather than parts packages. Probably the most popular packaged chicken are chicken breasts.

Nell says most of the specials this summer in chicken have been

"pick-of-the-chick" -type packages, which are the equivalent of a whole chicken with an additional piece or two. Whole fryers have also been featured.

The good news for lamb producers and consumers is that lamb supply is becoming more regular year-round, and prices are becoming competitive.

"We've been seeing some kind of

lamb cut on special every week," reports Bell. "Lamb is usually very seasonal, but this year, we've been getting it every week since March."

Industry figures confirm an increase in demand and consumption of lamb, and an accompanying increase in supply. Bell is concerned, however, that many people aren't buying and eating lamb, because they haven't tried it and believe they won't like it.

Part of her job is to educate the public on planning menus, incorporating new foods, such as lamb, into their diets, and shopping for the best food buys. She cites lamb as a prime example of something people need more information about.

As with all meats, color is a good indication of quality lamb. Consumers should also consider leanness when making their selections. Bell tells newcomers to lamb to prepare lamb as they would pork or veal chops. "You can even cook it in the microwave!" she laughs.

As an economist, Bell tries to persuade consumers to look at the week's best food buys—whether in her WVDA free newsletter, West Virginia Homemaker, or in their supermarket's sale circular—and to plan menus around items on special.

Farm women have an advantage over their sister consumers in the city; they can determine what's ready to eat in the garden or what is in excess in their market gardens. They can then check out the store specials, and finally plan a

## Shippensburg Corn Festival

### set for Aug. 24, 25

SHIPPENSBURG — The fifth annual Corn Festival is scheduled for Saturday, Aug. 24 and Sunday, Aug. 25 in Shippensburg. This event was begun to raise funds for restoration projects in Shippensburg, which was recently placed on the National Register of Historic Places. It also focuses attention on one of the largest agricultural crops of the region — corn.

Corn is definitely king in this event, when the streets of downtown Shippensburg are closed to traffic and the area takes on a carnival atmosphere. Over 100 craftsmen, many featuring corn products in their crafts, line the streets on both days of the festival to demonstrate and sell their wares.

On Saturday only, antique dealers will also participate. On

week's menus using these resources to lower grocery bills.

This same strategy can be used to direct-market produce—know what consumers look for in quality; eat, can or freeze crops that are too low-priced to make a return on; and, if it is necessary, educate the consumer on preparation methods or preservation techniques in order to increase sales.

Sunday there will be a display of antique and vintage cars.

Foods made from corn are one of the biggest attractions to this festival. There are corn dogs, chicken corn soup, corn fritters, corn chowder, corn-on-the-cob, caramel corn and popcorn. If you get tired of corn, there's lots of other food available as well.

"Corny the Clown" will provide entertainment throughout the festival as will strolling musicians, a petting zoo and free wagon rides.

On Saturday there will be craft and restoration procedures demonstrated, including quilting, chair caning, brick cleaning and porcelain restoration.

A sheep to shawl demonstration and balloon launch will round out Sunday's activities.

Saturday's event is open from 8 a.m. to 5 p.m. and Sunday the hours are from noon to 5 p.m. A 10 K run will open this year's corn festival. For more information call chairpersons Rose Dillner (717/532-8155) or Becky Myers (717/532-3940).

## Seafood markets

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steps to preparing, seasoning, and eating various types of seafood.

### Shrimp

At the counter, green shrimp are the uncooked ones. Generally, cooked, and cooked-and-peeled-ready-to-eat shrimp that are a bright crimson or pink color are also offered.

To prepare uncooked shrimp, Lodge says to boil them until the shrimp turn red.

Appropriate seasonings for shrimp, such as Old Bay Seasoning, are usually available at the seafood counter.

### Lobster

To prepare lobster, start with a BIG pot of water, Lodge advises. Bring the pot of water to a rolling boil before putting the lobster in, headfirst, so that it drowns as quickly as possible.

Lodge lays to rest one prevailing myth: "You can eat a dead lobster," she says. "There's nothing poisonous about it." But once the lobster has expired, it does deteriorate very rapidly, she explains. Therefore, it is best to keep the lobster alive until it's ready to be cooked.

Crab is another popular item at Lodge's seafood counter. They sell steamed crab and a cooked selection called "sea legs supreme," which is a combination of crab meat and pollock, the latter a very mild-flavored and reasonably-priced fish that picks up the flavor of crab meat readily. The lower cost of the pollock lowers the price of sea legs.

Lodge says selecting good quality seafood is an uncomplicated task. "You should not be able to smell fresh seafood," she advises. Monkfish, she admits, is the solitary exception to this rule; it smells 'fishy' even when fresh. "Look at the color and texture of fish," she recommends. "Meat should be firm, not broken."

### Mary Lodge's Scallops Recipe

Boil enough scallops (¼ lb. per person) for 3 minutes. Take out of water and cut up in bite-sized chunks. Place in a greased baking dish. Mix with a can of mushroom soup, some parsley, a little lemon juice, and 1 minced onion. Sprinkle top with a layer of bread crumbs. Bake at 350° for 25 minutes.

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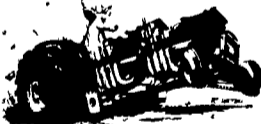
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