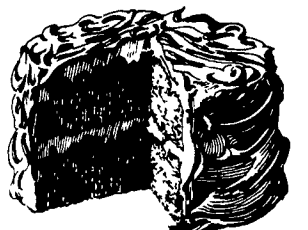


Home On The Range



Satisfy Your Sweet Tooth Naturally With Fresh Fruit

If you have a sweet tooth that's aching for a treat, turn to fruit for satisfaction. These luscious, juicy tidbits are the natural solution to a quest for a nutritious way to satisfy craving for sweets.

Summer's bountiful offering of fresh fruits includes peaches, pears, blueberries, cherries, strawberries, cantaloupes and watermelons.

Try building your dessert around fruit, or add a few chunks of fresh fruit to a muffin or bread recipe. Fruit tastes great in a wide variety of ways, but perhaps it's best when picked right from the tree!

MUMBLERS

Crumbs for top and bottom:

- ¾ cup soft butter
- 1 cup brown sugar
- ½ teaspoon salt
- ½ teaspoon soda
- 1¾ cups flour
- 1½ cups rolled oats

Put ½ of crumbs in a greased pan, keeping the rest for the top. Thicken desired fruit and put between crumbs and bake. Any kind of fruit may be used: cherries, blueberries, strawberries, raisins, etc.

Martha Oberholtzer
Mifflinburg

FRUIT SLUSH

- 1½ cups sugar (scant)
- 3 cups hot water
- 1 6-ounce can frozen orange juice

Mix together and add 8 mashed bananas and 1 20-ounce can crushed pineapple. Freeze several hours or until mushy.

A very good refreshing treat on a warm summer day!

Maryann Esh
Kinzers

SPICY FRUIT FOLD-UPS

- 3 large fresh peaches, pitted, peeled, sliced and dipped in lemon juice (nectarines, apples or pears could be substituted)
- 6 tablespoons brown sugar
- ¾ teaspoon cinnamon
- ¾ teaspoon nutmeg
- 2 tablespoons butter or margarine

On six square pieces of heavy duty aluminum foil, place peach slices (about one half peach per square). If preferred, other fruits such as nectarines, apples or pears could be substituted. Mix brown sugar and spices in a small bowl. Sprinkle 1¼ tablespoons mixture on each peach packet. Dot with small piece of butter. Wrap foil around and seal edges. Place among hot coals. Turn once or twice. Cook about 15 or 20 minutes, until bubbly and tender. Serves 6.

Serves 6.

PLUM NUT MUFFINS

- 1¼ cups all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ½ cup sugar
- 1½ cups wheat bran shreds cereal
- 1¼ cups milk
- 1 egg
- ½ cup vegetable oil
- 1 cup bite-sized pieces plums (about ½ pound)
- ½ cup finely chopped nuts
- 2 tablespoons sugar
- ¼ teaspoon cinnamon
- 2 tablespoons melted butter

Stir together flour, baking powder, salt and sugar; set aside. Measure cereal and milk into large mixing bowl. Stir to combine. Let stand 2 to 3 minutes or until cereal is softened. Add egg and oil; beat well. Stir in plums and nuts. Add flour mixture, stirring only until combined. Portion batter evenly into greased 2¼-inch muffin cups. Bake in 400°F. oven about 25 minutes or until lightly browned. Mix sugar and cinnamon together. Brush tops of hot muffins with melted butter and sprinkle with cinnamon and sugar. Remove from pan and serve hot. Makes 12 muffins.

PEACH COBBLER

- ½ cup sugar
- ½ cup milk
- 2 cups fresh peaches, cut in slices
- ½ cup flour
- 1 teaspoon baking powder

Combine sugar, flour, milk and baking powder. Pour into a 9x9-inch greased baking pan. Add peaches. Bake at 350°F. for 40 minutes.

STRAWBERRY SHORTCAKE

- 2½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- 1 cup sugar
- 1 cup milk
- 2 tablespoons butter
- 1 teaspoon vanilla

Sift flour; measure and add baking powder and salt. Sift again. Sift dry ingredients together. Beat eggs and add sugar, milk and flavoring. Combine egg mixture with dry ingredients. Add melted butter and beat until thoroughly blended. Pour into 2 greased 8-inch cake pans. Bake at 375°F. for 25 to 30 minutes. Pour strawberries over top and enjoy. Don't forget your glass of milk!

K. Zimmerman
Fleetwood



Serve a warm, fragrant cobbler, freshly cooked during dinner.

STRAWBERRY-RHUBARB COBBLER

- 3 cups cut up rhubarb (about 1 pound)
- 1 cup sugar
- ¼ cup water
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoons butter
- ½ cup milk
- 2 cups sliced strawberries (about 1 pint)
- 3 tablespoons butter
- 2 tablespoons water
- 1 tablespoon cornstarch
- 1 teaspoon fresh lemon juice
- Sweetened whipped cream

Combine rhubarb, 1 cup sugar and ¼ cup water in an electric frypan or large skillet with cover. Cook, covered, until tender, about 25 minutes. Meanwhile, combine flour, 2 tablespoons sugar, baking powder and salt in a large mixing bowl. Cut in 2 tablespoons butter until mixture resembles coarse crumbs. Add milk all at once; stir with a fork until dough clings together; set aside. Stir strawberries and 3 tablespoons butter into cooked rhubarb. Combine 2 tablespoons water, cornstarch and lemon juice until smooth; stir into rhubarb-strawberry mixture. Bring mixture to simmering, stirring constantly. Drop biscuits by rounded tablespoonfuls onto simmering fruit mixture; cover and cook until dough is thoroughly baked, about 15 minutes. Serve warm topped with sweetened whipped cream.

FROSTED MELON

- 1 large ripe melon (cantaloupe or honeydew)
- 1 package flavored gelatin (flavor depends on kind of melon and preference)
- 2 cups boiling water
- 1 large apple, peeled and cubed
- 1 large peach, peeled and cubed
- ½ cup blackberries
- 12 seedless grapes
- 2 8-ounce packages cream cheese, softened
- ½ to ¾ teaspoon light cream
- ½ teaspoon mace
- 1½ cups finely chopped pecans
- 1 head romaine, washed, crisped

In large medium saucepan or bowl, dissolve gelatin in boiling water. Cool. Slice a large enough piece off the end of the melon to allow seeds to be scraped out using

a long-handled spoon. Peel melon. Fill two-thirds full with gelatin and fruit pieces to fill cavity. Chill until firm. Be sure melon sits upright to avoid spilling.

In medium bowl, mix cream cheese with cream (a few drops at

a time) and mace. Dry exterior of melon with paper towel and spread cream cheese mixture over entire surface. Roll melon in chopped nuts. Chill again until gelatin is firm and outside coating is firm.

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Featured Recipe

Here's a recipe that will delight dinner guests every time. This Summer Fruitcake recipe features a chocolate cake interspersed with layers of summer's finest fruits - strawberries, peaches, blueberries and cherries.

Summer Fruitcake

- ¾ cup cocoa
- ½ cup sugar
- ½ cup water
- ¼ cup shortening
- ½ cup butter
- 1¼ cups sugar
- 1 teaspoon vanilla
- 3 eggs
- 1½ cups unsifted all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¾ cup milk

Citrus Filling (recipe below)

Sweetened fresh fruit: 1¼ cups each: strawberries, sliced peaches, blueberries or cherries

½ cup green grapes

Combine cocoa and ½ cup sugar in a saucepan; add water and shortening. Cook and stir constantly over low heat until shortening is melted and sugar is dissolved. Remove from heat; cool. Cream butter with 1¼ cups sugar and vanilla in large mixer bowl. Add eggs, one at a time, beating after each addition. Blend in chocolate mixture. Combine flour, baking soda and salt; add alternately with milk to creamed mixture. Pour into two greased and floured 9-inch cake pans. Bake at 350°F. for 35 to 40 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

With serrated knife, carefully slice each cake layer in half horizontally to make four thin layers. Place 1 layer on serving plate; spoon about ½ cup citrus filling onto layer. Top with 1 cup sliced sweetened fruit. Reserve remaining for top layer. Top with second layer; repeat with filling and fruit until all layers are stacked. Arrange remaining ¾ cup of fruit in decorative design on top layer. Top with any remaining glaze. Garnish with grapes.

Citrus Filling

- 1 cup sugar
- ¼ teaspoon salt
- 3 tablespoons cornstarch
- 1 cup orange juice
- ¼ cup lemon juice
- ¼ cup water
- 1 tablespoon butter
- 1 teaspoon grated orange rind
- ½ teaspoon grated lemon rind

Combine first 5 ingredients and water in saucepan. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute. Remove from heat; stir in remaining ingredients. Chill. Makes about ¾ cups filling.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

August

- 2- Fruit Pies
- 9- Tomatoes
- 16- Jams & Jellies