



## Have You Heard?

By Doris Thomas  
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Home Economist

### How to Freeze Baked Goods and Pastries

Freezing does not improve baked goods and pastries, but it will keep them well for the recommended storage time. To avoid soggy, cool foods to room temperature before packaging. Freeze only fresh pastries and bread — don't wait until they are stale or dried out.

Plastic bags designed for freezer use are ideal for storing homemade pastries.

Pastries purchased from the supermarket or baker can be frozen by simply over-wrapping and properly sealing the package.

Unused pastry portions may also be packaged in freezer bags for use at a later time.

Frozen products maintain quality longer in the absence of air. So remove as much air as possible and seal properly before placing in

the freezer.

Pies may be frozen either baked or unbaked. To serve a baked pie such as a fruit pie warm, you can heat and thaw it at the same time. Completely remove the wrapping from the frozen pie and place it in a 400°F oven for 30 to 40 minutes.

Unbaked pies should not be thawed before baking. Completely remove wrapping, make vents in top crust and place in a 400°F oven. Bake until pie is brown. This will take 15 minutes longer than if the pie was baked unfrozen. To be sure the pie is done, check to see if the filling is bubbling in the center of the pie.

If you plan to freeze frosted cakes, use butter, cream cheese, fudge or peneche-type frostings for best results when thawed. Remove the wrapping before you thaw frosted cakes.

Cookies may be frozen either

baked or unbaked. To freeze baked cookies, bake as usual, cool quickly and freeze before packaging. Let thaw 5 to 10 minutes.

To freeze unbaked cookies, prepare dough as usual, and form into a long roll. Wrap and seal. Defrost dough only enough to allow slicing. Bake as usual.

### Beans Plentiful

The popular green beans, grown as pole and bush beans, are an economical, nutritious vegetable choice in the summer.

Pole beans, grown on poles something like tepees, are about twice as long and fleshy as bush or snap beans and flatter and more broad. Bush or snap beans grow on a low bushlike plant. Pods are rounded, shorter, and straighter than pole beans. Snap beans, as the name suggests, are crisp enough to snap easily when broken. Only fresh, tender beans — not over-mature — will snap.

Look for beans that are free of blemishes and wrinkles and have firm pods. They should also be clean and fresh looking.

If you don't use the beans shortly after you bring them home, keep them fresh in the refrigerator. Store them in a plastic bag or covered dish.

Compare prices of beans when you shop. A pound of fresh beans will give you about four servings; a 1-pound can and 10-ounce package

of frozen beans will give you three servings.

While fresh beans are in good supply you may be able to find good buys in commercially canned or frozen beans or can or freeze your own. It's an economical way to stock your shelves and freezer for fall and winter.

## Cumberland Co. 4-H Swine Roundup

CARLISLE — The Cumberland County 4-H Swine Roundup and Sale will be held Tuesday, Aug. 19, at the Carlisle Livestock Market. The show will start at 9:30 a.m. and the sale at 6 p.m.


Fitting and showmanship will be evaluated first. A grand and reserve champion hog will then be selected based on type.

The 4-H'ers are members of the Central Penn 4-H Swine Club and

have been raising the pigs since April.

Anyone can buy an animal. Arrangements for processing can be made prior to the day of sale.

For more information contact Dave Hartman at the Cumberland County Extension Office, 1100 Claremont Road, Carlisle, phone 249-7220 or 697-0371 ext. 246. Or, call Robert Finkenbinder at 249-4691.



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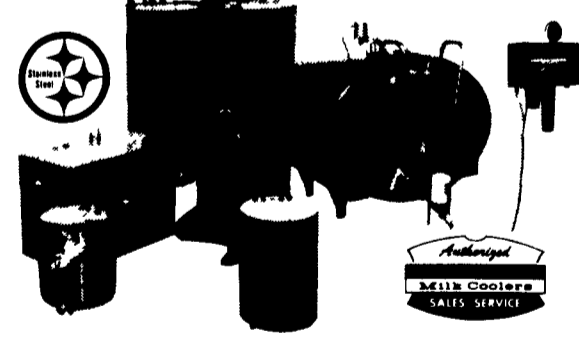
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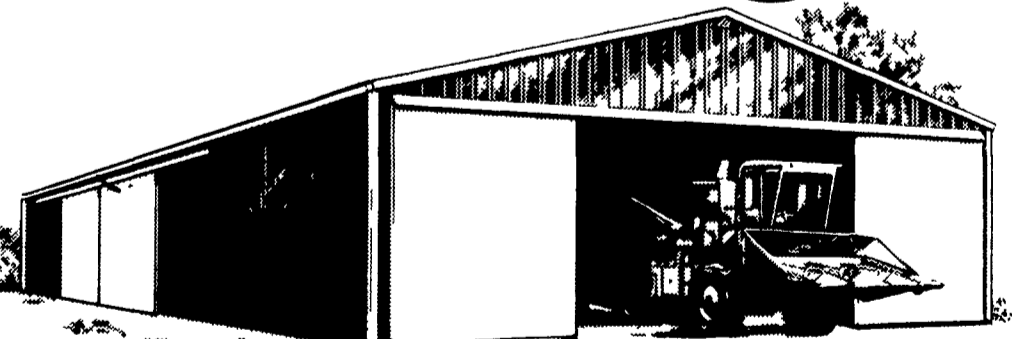
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