



Have You Heard?

By Doris Thomas
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Home Economist

Enjoy Summer's Bounty
This is the season when good eating and good nutrition are inseparable. Markets and roadside stands are bursting with fresh fruits and vegetables. As you browse you will see leafy lettuce, green onions, tomatoes, unwaxed cucumbers, sweet corn, peaches and apricots to mention a few. What a sight to behold! While some fresh produce is available all year round, many are at their "peak" —

higher in quality and flavor and lower in cost — during the summer. All that beauty and wonderful flavor cannot be misleading — vegetables and fruits are good for you. They are an excellent source of vitamins and minerals. Cook vegetables as quickly as possible, in as little water as possible and in a covered pan to reserve both their color and nutrients. Leave the skin on whenever possible; it is the key to

maintaining color and shape and saving nutrients. Buy fresh firm, crisp vegetables that are bright in color. Avoid those with blemishes or wilted leaves. Store less perishable vegetables such as onions, potatoes and garlic, unwashed in a cool, dry place. More perishable vegetables will keep well and stay crisp for several days if properly stored in the refrigerator. Before storing, carefully wash most fresh vegetables and drain thoroughly (excess moisture can hasten decay). Store vegetables in the vegetable compartment or plastic bags or containers in your refrigerator. Sort vegetables before storing. Discard or use at once any bruised or soft vegetables. Do not store such vegetables with firm, crisp ones. Ripen tomatoes out of sunlight at room temperature. Once tomatoes are refrigerated, they will not ripen any further. Refrigerate them only after they have achieved the desired degree of ripeness.

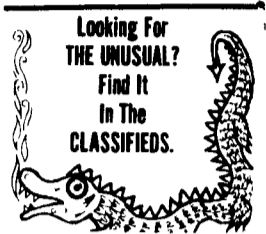
If you are looking for a different way to serve vegetables, try stuffing them. Stuffing vegetables is an excellent way to take advantage of the visual beauty nature offers us this time of the year. I want to share the following recipes with you to get you started:

Stuffed Zucchini
1½ pounds small zucchini
1½ cups fresh bread crumbs
¾ cup grated process Cheddar cheese
¼ cup minced onion
2 tablespoons snipped parsley
1¼ teaspoons salt
1/8 teaspoon pepper
2 eggs, beaten
2 tablespoons butter or margarine

Scrub zucchini well. Cut off ends; do not pare. Cook whole with 1 teaspoon salt in 1 inch boiling water, covered, about 5 to 7 minutes. Start heating oven to 350°F. Cut squash in halves lengthwise. With tip of spoon, carefully remove squash from shells. Chop into small pieces; then combine with bread crumbs and rest of ingredients except butter and ¼

cup cheese. Pile mixture lightly into zucchini shells; dot with butter. Sprinkle with ¼ cup grated cheese. Arrange filled shells in large baking pan. Bake, uncovered, 30 minutes or until brown on top. Makes 4 servings.

Stuffed Tomatoes
Cut ¼-inch slice from stem end of each chilled, peeled tomato. With teaspoon, scoop out pulp from tomato, leaving cup (save pulp for sauce, stewed tomatoes, etc.). Or cut each tomato into 5 or 6 sections almost to stem end; spread apart slightly. Sprinkle inside of each tomato cup well with salt; then fill with chicken salad, chunky egg salad, shrimp salad, or serve on salad greens.

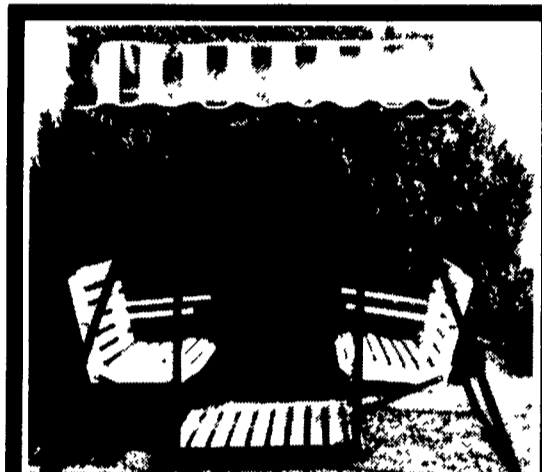


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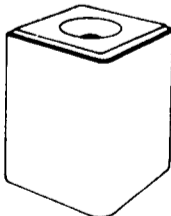
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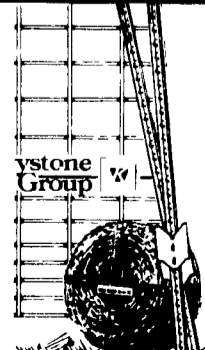


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SEPT. 5-13 . . . A FAIR TO REMEMBER

* Not under cover