



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Produce Counters Herald Fall Season

We are not officially into the fall season now but I'm sure you've already noticed changes in the produce section of your favorite supermarket or roadside market. Pumpkins and squash have arrived. The prices of cauliflower, celery, carrots, sweet potatoes, onions and potatoes are going down and we are seeing more apples, grapes and pears.

Fruits and vegetables that are in season are always less expensive, so try to include the seasonal varieties in your menu planning. For example, squash can be purchased in a variety of shapes and it can be prepared lots of different ways.

Pears have been around for a while, but now the varieties that will be with us through the winter are beginning to show up on the shelves. Pears are plucked from the tree when they are a little less than ripe for ease in shipping. To fully ripen them, place them in a paper bag. They give off a gas that causes natural ripening and when they become slightly soft they are ready to eat. They can also be refrigerated for a few days at this point.

Potatoes are usually a good buy but now is an especially good time to buy them in quantity if you have a place to store them. Potatoes need a cool, dark, well-ventilated area. The refrigerator is not a great choice because it's too cool.

If potatoes are stored in a bright area, they will turn green and taste bitter. That green color may even be poisonous to some people, so always cut it away before cooking.

Appliances For The 1990's:
Microwave Yes, Stand Mixer No
Are your cherished appliances of yesteryear gathering dust? How about the deep fat fryer or countertop mixer you got as wedding

presents? Where are they now? Chances are those appliances have been replaced by more convenient ones or tucked away for another day.

A survey of Extension home economists showed a growing trend toward efficiency, conservation, and above all, convenience.

With more and more women working, those who are making the meals — husbands, wives, babysitters, and even the children — want equipment that's fast and easy.

Home economists surveyed were given a list of eleven common appliances and asked to choose those that consumers who are starting their own households are most likely to use now and in the future. Sixty-six percent chose the microwave oven as the most frequently used appliance now, and 95 percent predicted it will be in common use in the 1990's.

The second appliance most often cited as used now and in the future is the food processor. Forty-nine percent selected it as important now and 76 percent predicted it will be in common use in the 1990's.

On the other hand, 75 percent of the home economists believe that deep fat fryers will be nearly obsolete in 20 years and 60 percent believed the same fate awaits the traditional countertop mixer. Hand mixers and toaster ovens were selected by about half as useful now.

If you have a closet full of obsolete or nearly obsolete appliances you don't use, you might as well recycle them at a neighborhood garage sale. Someone who has less may get some use out of them. It's unlikely your children will be thrilled to receive them as gifts many years from now when they set up housekeeping on their own.

York Extension Offers Fall Classes

YORK — The Penn State Cooperative Extension Service is offering a variety of classes for fall. All classes are held at the Extension Meeting Room at 112 Pleasant Acres Rd., York. Advanced registration is required. For information about the classes call 757-9657.

Food Nutrition and Health

- Cooking With Microwaves- Nov. 3, 10, 17, Dec. 1, 8, 15, 10 a.m. to noon or 7-9 p.m.
- Everything You Ever Wanted to Know About Microwaves- Nov. 19, 7-9 p.m.
- Gifts from the Microwave- Dec. 9, 7-9 p.m.
- Culinary Hearts Kitchen- Oct. 10, 17, 24, 31, Nov. 7, 14, 10 a.m. to noon.

Clothing Construction

- Boiled Wool Jacket- Oct. 15, 29, 12:30-3:30 p.m.
- Philly Fabric Tour- Oct. 1.
- Using the Overlook- Sept. 30, 9:30 a.m. to noon.
- Making A Wool Skirt- Nov. 3,

10, 12:30-3:30 p.m.

Needlework and Leisure Crafts

- Creative Stenciling- Oct. 16, 23, 10 a.m. to noon.
- Let's Make a Seamless Sweater- Sept. 22, 29, Oct. 6, 7-9 p.m.
- Knifty Ideas for Knitters II- Oct. 15, 22, 29, 9:30-11:30 a.m.
- Crochet for the Novice- Oct. 20, 27, Nov. 3, 10, 7-9 p.m.
- Calligraphy- Oct. 23, 30, Nov. 6, 13, 20, Dec. 4, 7-9 p.m.
- Beginning Basket Making- Nov. 18, 25, 9 a.m.-12 p.m.

- Bronzing- Nov. 18, 1-3 p.m.
- Scherenschnitte Christmas Cards- Oct. 16, 1-3 p.m.
- Scherenschnitte Christmas Ornaments- Oct. 23, 1-3 p.m.
- Quilling Snowflake- Oct. 1, 9:30-11:30 a.m.
- Christmas Magnets- Oct. 6, 9:30-11:30 a.m.
- Quick Piecing Workshop for Quilters- Oct. 30, 9:30 a.m.-2:30 p.m.
- Quilting For Beginners- Nov. 5, 12, 19, Nov. 3, 10, 10:00 a.m.-12:00 p.m.

Apple Harvest Festival Slated

BIGLERVILLE — The 22nd National Apple Harvest Festival will be held the first two weekends in October (Oct. 4-5 and 11-12) from 9 a.m. to 6 p.m. daily at the South Mountain Fairgrounds, Arendt-

sville, Pa., 10 miles north of Gettysburg.

For more information call The Gettysburg Travel Council, 717/334-6274.

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