



Zap Your Fruit To Add Some Zip!

Fresh fruit is getting scarce now that cold weather is here. Many of us rely on canned fruit, which loses its appeal after a while. Combining canned fruit with apples, bananas or grapefruit is one way to get some variety.

Another way to vary winter fruit is to serve it hot! It is surprising how the taste of grapefruit changes, for example, when you eat it warm! A microwave heats the fruit quickly, without turning it mushy. So, if you get tired of the same old fruit this winter, try some of these ideas for a change!

Canned peach or pear halves can be "dressed up" for company or a holiday meal. Place drained fruit cut side up in a single layer in a microwave serving dish. In the center of each half put 1/2 to 1 teaspoonful of a colorful jelly such as current, cranberry or mint. Microwave on high until the jelly melts and coats fruit. (Time depends on quantity: about 1 minute for each half for one or two halves; about 30 seconds for each fruit half for larger quantities.) Heat just before serving.

To fix hot grapefruit, cut and section grapefruit, put on microsafe bowl or plate for serving. If you sweeten grapefruit with honey or sugar, put on top before microwaving. Microwave on high for 45 to 60 seconds, for each half, until hot.

This curried fruit is delicious when served with ham or pork.

Curried Fruit

- 2 large apples, peeled and sliced
- 1 16-ounce can peach halves
- 1 15-ounce can pineapple slices
- 6 to 8 maraschino cherries
- 1/2 cup brown sugar
- 1 tablespoon cornstarch
- 2 teaspoons curry powder
- 1/4 cup margarine or butter

1. Put apple slices in a flat microsafe serving dish (8-inch square, oval, etc.) Cover with a lid or plastic wrap. Microwave on high for 3 minutes, stirring once halfway through.

2. Drain canned fruit very well.

Add drained fruit to apples, arranging for serving.

3. Mix sugar, cornstarch and curry powder together in a 2-cup measure. Cut margarine in several pieces and put on top. Microwave on high for 1 minute, until margarine melts. Stir until smooth.

4. Pour curry sauce evenly over fruit. Leave uncovered, microwave on high for 5 minutes. Spoon hot sauce from the edges over fruit in center.

5. Microwave on high for 3 to 5 minutes longer, just until center is hot and bubbly. Let stand 10 to 15 minutes before serving for curry to flavor fruit. Serve warm. Serves 4 to 6.

TIPS: To prepare ahead of time, complete recipe through Step 4, and refrigerate until needed. In Step 5, microwave on high for 5 to 6 minutes, just until warm, and serve immediately.

- If you don't like curry flavor, replace curry with 1/2 teaspoon of cinnamon.

- A can of pear halves may replace apples in this recipe if desired.

Baked apples are great for a change at breakfast, or for healthy snacks or desserts. Be sure to trim skin down 1 inch from cored top or cut a slit all the way around the apple about an inch down from the top. The apples expand when microwaved and may burst or split open if you don't!

Baked Apples

- 4 medium baking apples
- 3 tablespoons orange marmalade
- 4 tablespoons chopped walnuts or pecans
- Cinnamon

1. Core apples, peel skin about 1 inch from the top. Put each apple in a small microsafe bowl. Mix marmalade and nuts and fill apple centers. Sprinkle cinnamon on top.

2. Microwave on high for 5 minutes. Let stand for 5 minutes and test for tenderness. If not tender, microwave on high for 2 to 3 minutes longer. Serve warm. Serves 4.

TIPS: Microwaving time will vary with the size and variety of the apples. To avoid overcooking, microwave for the time given. Let stand for 5 minutes for the apples to finish getting tender. Test them to see if they are tender AFTER

the standing time. Microwave longer if needed.
- For 1 apple, microwave for 2 minutes; for 2 apples microwave for 3 1/2-4 minutes.
- Fill each center with 1 tablespoon brown sugar, 1/2 tablespoon butter, and 1/2

tablespoon chopped nuts if desired instead of marmalade mixture.
Note: The times above are for microwaves with 600-700 watts; for 500 W, add 10-15 seconds for each minute.
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Pa. Meats Judging Team Places Sixth At National Contest

YORK - The Pennsylvania state winning Meats Judging and Identification Team from York County recently competed in the national contest held in Kansas City, Mo.

The team placed sixth overall out of 15 teams from across the country. The team, consisting of Holly Crisamore, Dover; Kris Miller, York; Joann Rishel, Seven Valleys; and Nancy Townsend,

Brodbecks, placed fifth in Retail Meat Identification and fourth in Retail Meat Judging.

The team was accompanied by coach Mike Bankert, and county agent and coach Tony Dobrosky.

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Friend is a tetraploid perennial ryegrass developed in Japan for production of high-yielding, high-quality forage. It would be recommended in all area where perennial ryegrass is used alone or in pasture mixtures for cutting or grazing in North America, Europe and Asia.

Morphological Characteristics

Friend has wide leaves with a dark-green color. It has a semi-erect growth habit and a medium maturity date.

Establishment and Persistence

Friend has excellent seedling vigor for rapid initial establishment. It has excellent fall vigor and growth and improved winter hardiness. Its spring vigor and growth are very good, ensuring a high yield in the spring. The regrowth potential is excellent after each harvest. It has good heat tolerance and summer survival.

Forage Yield Potential and Quality

Friend consistently produced high yields at all locations tested in Japan and maintained these yields at each successive harvest. It produces superior yields under conditions of both standard and heavy fertilization. It is highly palatable to cattle with excellent nutritional qualities, therefore ensuring good weight gain and/or milk production.

Disease Resistance

Friend has excellent resistance to crown rust, Puccinia coronata f. sp. and brown patch. Rhizononia solani. It also has good resistance to leaf spot, Heminthosporium siccans.



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