



Desserts For February Holidays

Traditional goodies for the upcoming February holidays are cherries and chocolate. Here are two delicious new microwave desserts using cherries or chocolate. Whip up one of these this month for family or company treats.

Cherry Bread Pudding is a good old fashioned dessert that's quick and easy to microwave. It can be mixed up in just a few minutes. But I warn you, it will disappear just as fast!

Cherry Bread Pudding

- 1/4 cup margarine or butter
- 1 21-ounce can cherry pie filling
- 4 slices firm or slightly stale bread, cubed
- 3/4 cup milk
- 3 eggs
- 1 tablespoon lemon juice
- 1/2 cup sugar
- 1/4 teaspoon almond extract or 1/2 teaspoon vanilla extract

1. Place margarine in 1 quart measure or microsate bowl. Microwave on high for 45 to 60 seconds, until melted. Set aside.

2. Spread cherries evenly in the bottom of a 9-inch round or 8-inch square microwave pan. Microwave on high for 4 minutes, stirring once halfway through, until cherries are hot and bubbly.

3. Place bread cubes in a mixing bowl and dribble melted

margarine over top, tossing to coat. Combine remaining ingredients (use the container in which the margarine was melted to save dishwashing) and beat well. Pour over bread cubes and stir gently to mix.

4. Spoon bread cubes over hot cherries, then pour any remaining egg mixture over top. Leave uncovered.

5. Microwave on high for 5 minutes. Gently stir pudding to mix cooked edges in with uncooked center part and to mix cherries up with bread cubes.

6. Leave uncovered and microwave on medium (50,5) for 5 to 8 minutes, until pudding is almost firm in center. (A knife inserted near the center should come out clean of egg mixture, but may get cherry on it.) Let cool about 10 minutes before serving. Serve warm with ice cream if desired, or chilled. Serves 6.

Tips: Pudding looks prettiest if the cherries are about half mixed up with the bread cubes, so don't stir too much in step 5.

— Other pie filling flavors may be substituted for cherries. For apple filling, sprinkle top with cinnamon after stirring in step 5.

For a fancier, more elegant dessert, or for anyone who loves chocolate, try Sweetheart Fudge Pie. This rich pie doesn't take long to mix or microwave, but needs a

prebaked pie crust.

Sweetheart Fudge Pie

- 1 prebaked 9-inch pie shell
- 1/2 cup butter or margarine
- 3/4 cup sugar
- 3 eggs
- 1 12-ounce package semisweet chocolate chips
- 1 teaspoon vanilla
- 1/2 cup flour
- 1 cup chopped walnuts
- 1/2 cup whipping cream, whipped or whipped topping, or ice cream, optional

1. Place chips in a microsate 2-quart measure or bowl and microwave on medium (50,5) for 4 minutes, stirring once halfway through. Stir again, until smooth and glossy. If not all chips are melted, microwave on medium 1 to 2 minutes longer, then stir until smooth.

2. In mixer bowl, cream butter well. Continue beating and gradually add sugar. Add eggs one at a time, beating after each until very light and fluffy. Stir in melted chocolate and vanilla, mixing well. Then stir in flour and nuts.

3. If mixer bowl is not microsate, transfer batter to bowl or measure that was used to melt chocolate. Microwave on high for 4 minutes, stirring after 2 minutes, until filling is hot. Stir well, then spoon filling into baked pie shell.

4. Microwave on medium, (50,5) for 3 to 5 minutes, until filling is set near center. Cool 10 to 15 minutes before serving, and serve warm topped with ice cream.

5. Or, cool to room temperature and decorate pie with whipped cream hearts: Fill a cake decorating tube with whipped cream. On a waxed paper covered cookie sheet, outline heart shapes with whipped cream. Then fill in center of heart to make solid shapes. Freeze hearts (up to 6 to 8 hours) until needed. Ten minutes before serving, gently peel frozen hearts off waxed paper and place on top of room temperature pie to

thaw. Be sure to warm pie to room temperature before placing hearts on top (the hearts melt if microwaved or if the pie is too warm!). Store leftovers covered in refrigerator. Makes 10 servings.

Tips: This pie filling is soft and fudgy when warm, but very firm and difficult to cut when chilled. Serve pie warm or at room temperature. To warm refrigerated pie, microwave on medium (50,5)

for 4 to 6 minutes, rotating pie plate once halfway through.

— For a Mocha Fudge Pie, replace sugar with 3/4 cup packed brown sugar, and add 2 teaspoons instant coffee powder when beating in sugar.

Note: The times above are for microwaves with 600-700 watts. For 500 W, add 10-15 seconds to each minute.

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Delaware Extension Offers Farm Safety Course For Teens

NEWARK, Del. — A safety training course for teenagers who want to work on farms this summer will be offered in March by the Delaware Cooperative Extension System.

According to Ron Jester, University of Delaware extension safety specialist, federal law prohibits youth under 16 from working in certain hazardous agricultural operations unless they have an exemption certificate from a safety training course. Fourteen- and 15-year-old farm workers can receive exemptions by completing this course. Although youngsters working on their parents' farms don't need a certificate, Jester recommends the course for all farm youth.

The training program will be a correspondence course with three formal classes. The final class will include written tests and a tractor driving test. Classes will be held at night, and the sites will be determined after applications are in.

To register, call the county extension office in Georgetown (856-7303), Dover (697-4000) or Newark (451-2506).

Jester says that safety training

is essential for teenagers, who have the highest accident rate in agriculture.

Hazardous jobs closed to youths without safety training include:

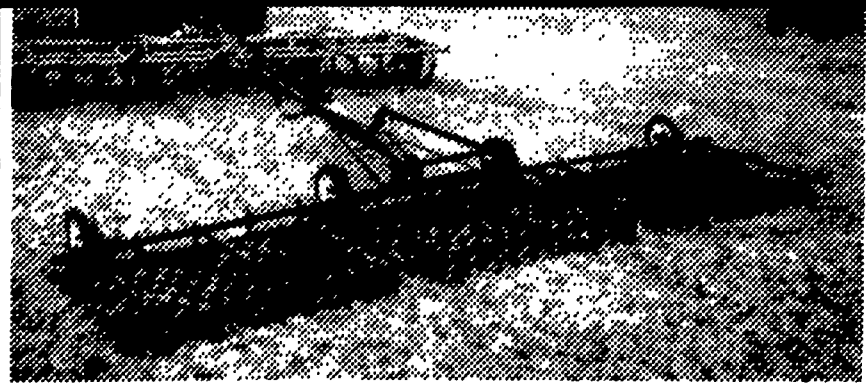
- operating a tractor with more than 20-belt horsepower,
- operating or assisting with the operation of most farm machinery,
- operating or assisting with trenchers, forklifts, chain saws and other types of machines,
- working inside airtight produce and grain storage areas or silos,
- working at high elevations,
- handling hazardous materials,
- working pens with breeding stock,
- handling explosives or anhydrous ammonia,
- working in heavy timber operations,
- transporting passengers in vehicles on farm property,
- riding on a tractor as a passenger or helper.



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