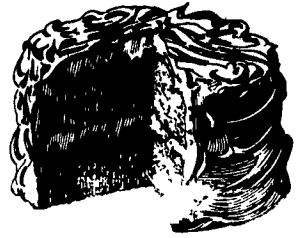


Home On The Range



'Berry' Good Recipes

Blueberries bring visions of summer abundance. Fortunately, preserved blueberries make it possible to enjoy them year 'round. Freezing is the best way to preserve the color, nutrients and good taste of abundant fruit harvests. For best results, start with the best. Choose berries that are firm, plump and full colored for the variety.

To freeze berries, handle with care. Wash in ice water, drain. Dry-pack in freezer bags or plastic containers or sugar-pack or freeze in medium syrup. Use dry-packed berries partially frozen. Syrup-packed fruit should be defrosted slowly in the freezer bag in the refrigerator to allow time for absorption of juices. In some recipes, frozen fruit can be cooked without thawing.

To enjoy frozen blueberries at their peak of perfection, use with six to 12 months.

BLUEBERRY TEA CAKE

Cream:

- ¼ margarine
- 1 egg
- ¾ cup sugar
- ½ cup milk

Sift and add to creamed mixture:

- 2 cups flour
- ½ teaspoon salt
- 2 teaspoons baking powder

Wash and drain:

- 2 cups blueberries

Fold into batter and top with the following:

- ½ cup sugar
- ¼ cup flour
- ¼ cup margarine
- ½ teaspoon cinnamon

Pour into a 9x13x2-inch pan. Bake at 375 degrees for 40 to 45 minutes.

Barbara Fanning
Southampton, N.Y.

BLUEBERRY BAKE

- 3 cups blueberries
- ¾ cup flour
- ½ cup sugar
- 2 eggs
- 2½ tablespoons butter, softened
- 1 teaspoon vanilla
- 1 teaspoon baking powder

Put berries in 9-inch butter pie plate. In small bowl, add all other ingredients. Beat 2 minutes by hand or with mixer. Pour batter over berries, spread. Bake 350 degrees for 25 to 30 minutes.

Mrs. Lewis Kofron
Claymont, DE

FRESH BLUEBERRY CAKE

- 1 cup shortening
- 1½ cups sugar
- 2 teaspoons vanilla
- 4 eggs, separated
- 3 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup milk
- ½ cup sugar
- 3 cups fresh or frozen blueberries

1 tablespoon flour
Confectioners' sugar
Cream together shortening and 1½ cups sugar. Add vanilla and egg yolks. Beat until light and fluffy. Sift together flour, baking powder and salt. Add dry ingredients alternately to creamed mixture with milk, mixing well. Beat egg whites until stiff. Add ½ cup sugar gradually. Fold into batter. Add blueberries, mixed with 1 tablespoon flour. Pour into a greased 9x13x2-inch cake pan. Bake at 350 degrees for 50 minutes or until cake tests done. When cool, sprinkle with confectioners' sugar. Delicious with milk.

Jane Musser
Lebanon

BLUEBERRY TREAT

- 1½ cup graham cracker crumbs
- ¼ cup sifted confectioners' sugar
- ¼ cup melted butter

Mix together. Press into 8x8x2-inch pan.

Combine:

- 2 eggs
- 1 (8-ounce) package cream cheese, softened
- ½ cup sugar
- ¼ teaspoon salt

Beat eggs, add sugar, salt and cream cheese. Pour over crumb crust. Bake at 375 degrees for 20 minutes. Cool. Spread 1 cup blueberries (fresh or frozen) on top.

- Topping:
- 2 cups berries
 - ¼ to ½ cup sugar
 - 2 tablespoons cornstarch
 - ¼ teaspoon salt
 - ¾ cup water or juice
 - 2 to 3 tablespoons grated orange rind, optional

Mix sugar, cornstarch, salt; stir in water, berries and orange rind. Cook over low heat until clear and thick. Cool before pouring over bottom part. Top with whipped cream before serving.

Glenn Martin
Ephrata

BLUEBERRY TORTE

- ½ cup butter
- 16 graham crackers, crushed
- 1 cup sugar
- 1 (8-ounce) package cream cheese
- 2 eggs

Melt butter and add graham cracker crumbs plus ½ cup sugar. Press into bottom of a 9x12x2-inch baking dish. Mix cream cheese and ½ cup sugar. Add eggs, one at a time, mixing well. Pour over graham mixture and bake for 25 to 30 minutes at 350 degrees. When cool, pour blueberry pie filling over the entire mixture.

Blueberry Pie Filling:

- 1 cup sugar
- 1 cup water
- 4 cups blueberries
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 1 tablespoon butter

Mix sugar, cornstarch, water and salt. Add 1 cup berries. Cook until thick. Remove from heat. Add 3 cups berries. Cool. Pour on top of cheese cake and top with whipped cream if desired.

A cook from Manheim

BLUEBERRY COFFEE CAKE

- ½ cup oil
- 2 eggs
- 2½ cups sugar
- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 3 to 4 cups frozen or fresh blueberries

Beat oil and eggs. Add sugar. Add remaining ingredients. Fold in blueberries. Batter is thick. Sprinkle with the following:

- ½ cup flour
- ½ cup sugar
- 4 tablespoons butter
- 2 teaspoons cinnamon

Mix together. Bake in greased and floured tube pan at 350 degrees about 1 hour or until toothpick inserted comes out clean.

Kay Leiby

Schuylkill Co. Dairy Princess

BLUEBERRY GINGER-BREAD

- ½ cup shortening
- 1 cup sugar
- 1 egg
- 2 cups all purpose flour
- ½ teaspoon ginger
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 cup buttermilk or sour milk
- 1 teaspoon baking soda
- 3 tablespoons molasses
- 1 cup blueberries
- 3 tablespoons sugar

Cream shortening and sugar. Add egg and mix well. Mix and sift together the flour, ginger, cinnamon, and salt. Add to the creamed mixture alternately with buttermilk in which the baking soda has been dissolved. Add molasses. Add the blueberries and pour batter into a greased and floured oblong pan (2 quart size). Sprinkle the 3 tablespoons of sugar over the batter and bake at 350 degrees for 50 minutes.

Cake is delicious warm from the oven, cold or even better two days old.

Joan Veit
Canterbury, CT



In season or out-of-season, fresh fruit is available when preserved for year 'round use.

BLUEBERRY DESSERT

- 2 cups flour
 - 2 tablespoons sugar
 - 1 cup margarine
- Mix and pat into a 10x15-inch pan. Bake 15 to 18 minutes in 350-degree oven.

Filling:

- 2 (8-ounce) packages cream cheese
- 2 cups confectioners' sugar
- 1 large container whipped

topping

1 can blueberry filling
Soften cream cheese. Add confectioners' sugar and mix well. Fold in whipped topping. Put mixture on top of crust. Spread blueberry filling on top. Refrigerate.

Mrs. Harvey Cressman
Slatington

(Turn to Page B8)

Featured Recipe

Across the state, dairy princesses and their alternates from 40 Pennsylvania counties are touting the goodness of milk and the importance of the dairy industry. The young women earn valuable experience by appearing at schools and before groups. They serve a one-year term with the opportunity to receive cash awards.

To promote the industry, they often distribute recipes using dairy products. Angelique McDonald, the Bedford County Dairy Princess, contributed this week's featured recipe.

Once again the dairy industry is seeking candidates. Any single woman is eligible to compete for the title if she has completed her junior year in high school, is not older than 24 years of age, never married and whose parents or guardians are or have engaged in dairy farming within the last three years, or if she, herself, is a full-time employee on an operating dairy farm or is the owner of at least two animals of the six major dairy breeds in a bona fide 4-H or FFA project prior to May 1, 1989.

Don't be shy. Contact Jan Harding, dairy princess coordinator, at 214 S. St., Box 640, Clarion, PA 16214 or call (814) 226-7470.

Deadline to register is fast approaching, so call immediately.

FRUIT COBBLER

- 4 cups flour
- 1 cup sugar
- ¾ cup shortening
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 2 eggs, well beaten
- 1 teaspoon vanilla
- ¼ cup milk

Mix dry ingredients and shortening as for pie dough. Add remaining ingredients and mix by hand until smooth. Set aside one-fourth of the dough for top strips. Roll or pat dough into a 12x18-inch pan. Spread cooled filling on top of dough. Roll reserved dough on floured board and cut into one-half inch strips. Place strips criss-crossed on top of the filling.

Filling:

- 8 cups fresh or frozen blueberries
- ½ cup flour
- 3 tablespoons lemon juice
- 1¼ cups sugar
- 1 teaspoons cinnamon

Stir together sugar, flour and cinnamon. Mix with berries. Put on stove and heat slowly until well heated. Stir. Allow to cool and add lemon juice. Pour into pastry lined pan. Cover with pastry strips. Bake at 350 degrees until golden brown.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

April

22-

Carrots

29-

Unusual Or Favorite

May

6-

Veal

13-

Mother's Favorite Recipe