

Chicken: The Convenient Choice

OCEAN VIEW, DE. — Even veteran cooks picked up a few kitchen tips at the consumer information show June 17 at the 41st annual Delmarva Chicken Festival in Ocean View, Delaware.

"Chicken, the Convenient Choice" highlighted ease of preparation and health benefits of chicken. During the program, coordinated by the Delmarva Poultry Industry, Inc. (DPI), consumers were treated to demonstrations, food samples, recipes and other literature throughout the day.

Featured guest speaker Mitzi Perdue, cookbook author, journalist, and wife of Delmarva poultryman Frank Perdue, challenged her standing room only audiences with a chicken quiz. Audience members answered 10 questions concerning cooking with chicken and eggs, then listened as Mrs. Perdue dispelled numerous chicken myths.

For example, did you know it is safe to use chicken up to three days after the pull date on the package? Mrs. Perdue noted that in most cases it is safe to use chicken up to a week after the sale date, but 3 days is the recom-

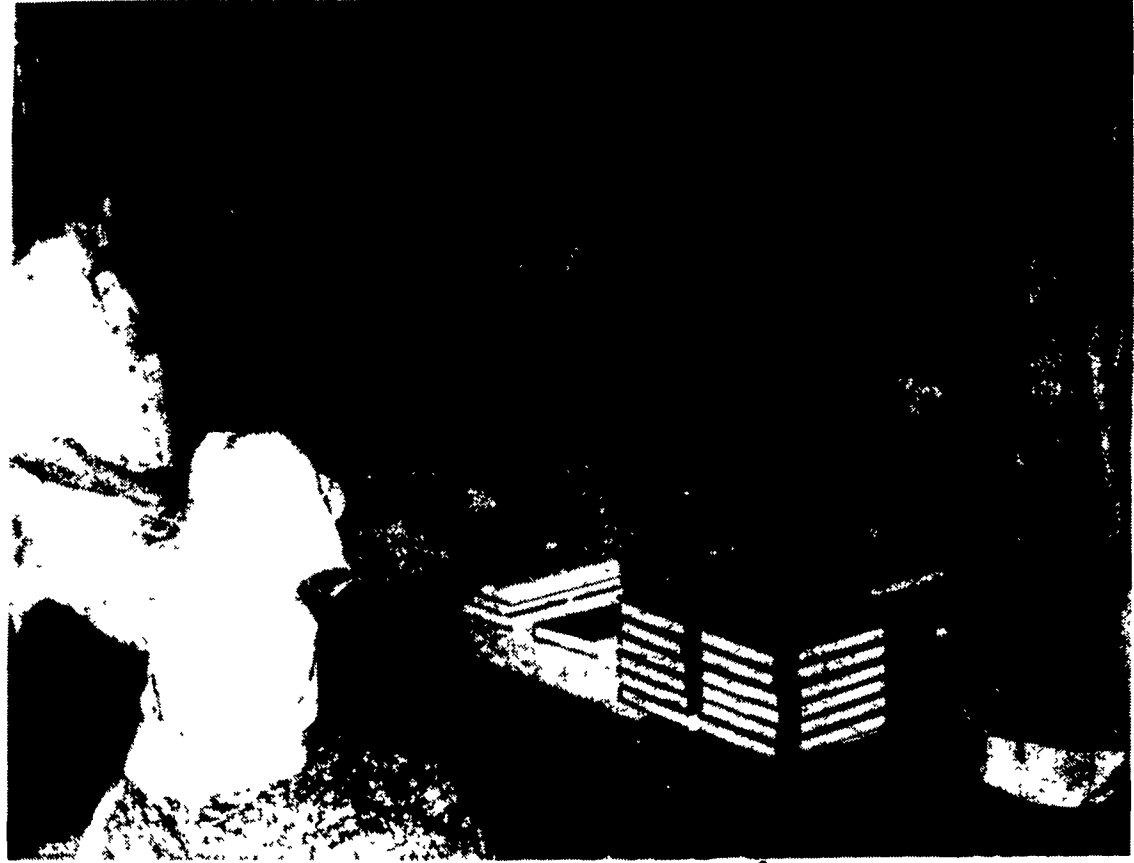
mended time limit.

Recent research also indicates it is not necessary for health reasons to wash chicken prior to cooking. It is more important to frequently wash hands and cooking utensils and to fully cook the chicken, Mrs. Perdue noted.

Here's another fact that surprised a lot of people. Ever wonder why your cooked bird turns out tough? Chances are you're cooking at too high a temperature. The internal temperature of chicken should reach but not exceed 180°F. when done. Juices will boil off at 200° or above, drying out the bird.

At the end of each presentation, the audience member who correctly answered the most quiz questions walked away with a copy of Mrs. Perdue's latest cookbook as a prize.

Complementing Mitzi Perdue's show were other talks and demonstrations. Dr. Charles Wabek from the University of Maryland Cooperative Extension Service showed consumers how to cut up chicken without cutting up themselves. He explained that a little know-how and a good knife



Mitzi Perdue, cookbook author, farmer, advocate for American agriculture, and wife of chicken magnate Frank Perdue, autographs copies of her cookbook at the Delmarva Chicken Festival. During the Festival's consumer program, Mrs. Perdue spoke to an audience of hundreds about the care and handling of poultry products.

Demuth Flower Show

LANCASTER (Lancaster Co.) — In the postcard setting of Rock Ford Plantation and Barn, Lancaster, the Demuth Foundation will hold its annual Flower Show, using the theme "Wish You Were Here", on Saturday and Sunday, July 8 and 9 from 10 a.m. to 5 p.m.

The Flower Show, a Lancaster Summer Arts Festival event sponsored by Penn Savings Bank, is a delightful, non-competitive, creative experience that will appeal to all ages. Among the indoor and outdoor displays will be "Summer On The Old Back Porch," "Teddy Bears' Picnic", "Loch Ness Mon-

ster", a water garden, and a tribute to Central Market. Miss Daisy and Mr. Bumblebee will help children make flower arrangements, draw flower pictures, and introduce them to the world of wildflowers. Delicious picnic foods will be available, including homemade lemonade.

Admission and parking are free for this fun-filled, family event. To reach Rock Ford take Duke Street south to the Lancaster County Park, and follow the signs. For more information call (717) 299-9940.

enable cooks to cut up and debone a chicken that yields legs, thighs, drumettes from the wing, those popular breast tenders and boneless breast fillets.

Lynne Bratten, a microwave consultant, demonstrated how easy it is to get tender, eye-appealing chicken from the microwave. Representatives from the Delmarva Poultry Industry, Inc. presented other timesavers in the kitchen and introduced DPI's latest recipe brochure "Timesaver

Chicken." Copies are available by sending a self addressed, stamped envelope to Timesaver Chicken, Delmarva Poultry, R.D. 2, Box 47, Georgetown, Delaware 19947-9622.

The American Heart Association of Delaware, Inc. and the University of Delaware Cooperative Extension Service offered ways chicken can be incorporated into a healthy diet.

And to top off the show, the Mid-Atlantic Milk Marketing

Association showed how to make homemade ice cream, the Delaware Potato Board served potatoes sauteed in butter and the American Mushroom Institute offered fresh mushroom samples.


The consumer show proved enlightening and filling to the folks who participated. During the busy summer months, you can enjoy friends and acquaintances more often and spend less time in the kitchen thanks to Chicken, The Convenient Choice.

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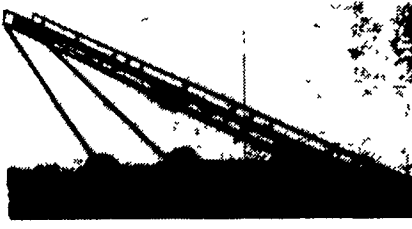
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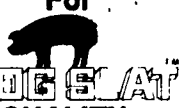


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