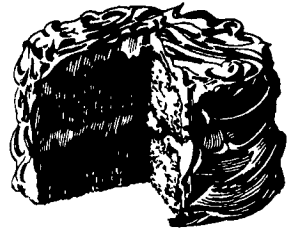


Home On The Range



Fresh From The Garden Recipes

Your mother was right: Eat your vegetables; they're good for you.

In fact, Mom was joined by two leading authorities — the National Academy of Scientists and the U.S. Surgeon General who now recommend five servings of fresh produce daily.

As an easy guide, select green leafy vegetables like lettuce for folic acid and other B complex vitamins; dark yellow or orange vegetables, like carrots and squash for vitamin A; and tomatoes, cabbage, and peppers for vitamin C.

Fresh vegetables supply minerals like iron, zinc, and potassium, and are an excellent source of dietary fiber.

The American Cancer Society recommends a high fiber diet to protect against colon cancer. In addition, vegetables rich in vitamin C like cabbage and tomatoes can reduce the risk of stomach and esophagus cancer.

Many fresh vegetables also contain pectin, which actually works to lower blood cholesterol levels by trapping fat molecules and moving them through the digestive system before they are absorbed in the bloodstream.

Raw vegetables like carrots and celery also act as detergent foods that sweep over teeth and soft tissues cleansing them of sugar and debris.

Americans now enjoy more than twice as many fresh vegetables as they did 25 years ago. And, there's never been more variety to choose from.

When it comes to vegetables, today's health-conscious consumers live by one simple rule: fresh is best. Try these recipes using fresh vegetables.

ZUCCHINI CASSEROLE

4 cups peeled zucchini
1 cup diced onion
1 can cream of mushroom soup
1 cup grated cheese
½ cup butter, melted
½ cup fine bread crumbs
On low heat, cook zucchini and onion until tender, use as little water as possible, drain. Add soup and cheese. Melt butter and stir bread crumbs into it. Sprinkle crumbs on top. Bake at 350 degrees for approximately 20 minutes.

Margaret Hess
Gardiner, NY

WHOLE WHEAT VEGETABLE PIE

2 cups chopped zucchini
2 cups chopped celery
1 cup shredded carrot
1 cup sliced fresh mushrooms
1 cup chopped green pepper
2 cloves garlic, minced
4 tablespoons cooking oil
4 fresh tomatoes, pureed
1 cup cut green beans, cooked
1 cup corn, cooked
1 cup cauliflower, cooked
2 tablespoons brown sugar
2 teaspoons dried oregano
2 teaspoons chili powder
1 teaspoon salt
1 teaspoon dried basil
½ teaspoon pepper
½ teaspoon allspice
2 cups shredded cheddar cheese
In a covered skillet, cook zucchini, celery, carrot, mushrooms, green pepper and garlic in hot oil until tender. Add tomatoes, beans, cauliflower, corn, sugar, and seasonings. Simmer, uncovered for 5 minutes. Keep warm.

Crust:

2 cups whole wheat flour
2 cups all-purpose flour
10 to 14 tablespoons cold water
1½ cups shortening
2 teaspoons salt

Stir together flours and salt. Cut in shortening until pieces are the size of small peas. Gradually add water and form into dough. Divide dough into four parts. Roll out two parts and fit into 2 9-inch pie plates. Spoon filling into pie shells. Sprinkle one cup of shredded cheese on top of each pie. Roll out top crusts. Adjust top crusts, seal edge and crimp. Cut vents into top pastry. Bake in 350 degree oven for 40 to 45 minutes. Let stand 10 to 15 minutes before serving. Serves 6.

PENNY SAVER CASSEROLE

6 hot dogs, thinly sliced
4 medium potatoes, cooked and diced
1 cup peas
½ cup butter
2 teaspoons minced onion
1 teaspoon mustard
1 can cream of mushroom soup
Combine potatoes, onions, and butter in casserole. Add remaining ingredients with the first mixture. Dot with sliced weiners. Cover and bake at 350 degrees for 25 minutes.

Lucille Wenger
Mifflintown



Chinese cabbage is one of the newer vegetables Americans enjoy. Many eat it steamed slightly, seasoned with salt and pepper, and dribbled with brown butter.

REFRIGERATOR COLESLAW

Chop in blender or shred finely:
2 or 3 medium heads of cabbage
2 stalks celery
3 to 4 carrots
1 onion
Sprinkle generously with salt and set aside making dressing. Before adding dressing, squeeze dry.

To make dressing, combine in saucepan:

2 cups sugar
1 teaspoon salt
1 cup vinegar
¼ teaspoon pepper
1-2 teaspoons celery seed

Bring to a boil. Remove from heat. When cool, add to cabbage. Mix well. Can be made in large amounts and stored in refrigerator or freezer. Store in tightly covered containers.

Bounty of
Chester County Cookbook

FRESH CUCUMBER SALAD

Place in large bowl:
7 cups cucumbers, sliced thin
1 cup onions, sliced thin
1 cup chopped peppers, optional
To vegetables, add:
2 teaspoons salt
Water to cover
Mix and let stand:
1 cup vinegar
2 cups sugar
1 teaspoon celery seed
1 teaspoon salt
½ teaspoon black pepper
After two hours, drain cucumbers and mix with vinegar mixture. This can be kept in the refrigerator for up to two weeks.

Bounty of
Chester County Cookbook

MUSHROOM CABBAGE CASSEROLE

Preheat oven to 375 degrees
Bland in boiling salted water to cover for 2 minutes:
1 head cabbage, shredded
Drain well, stir in:
3 tablespoons butter

½ teaspoon salt
½ teaspoon freshly ground pepper to taste

1 teaspoon dill seeds
Melt in skillet and saute until tender:

4 tablespoons butter
1 pound fresh sliced mushrooms
½ cup chopped onion
Combine and stir in:
1 cup tomato sauce
1 cup sour cream

Spoon mixture into 1¼-quart casserole

Top with:
1 cup buttered, soft bread crumbs

Bake 25 minutes at 375 degrees.

Bounty of
Chester County Cookbook

SUNSHINE CARROTS

Slice 1 cup carrots and cook tender-crisp

In a saucepan, add:
¼ cup butter
¼ cup brown sugar
Dash nutmeg

½ cup orange juice
Cook and add enough cornstarch to slightly thicken. Toss with carrots.

Schuylkill Co. Fair Cookbook

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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. Recipes should reach our office one week before publishing date.

July 25- Summer Fruits

August 1- Tomato Recipes
6- Pot Luck Dinners
15- Apples

Featured Recipe

"Ice Cream Basics," a new leaflet offered by the American Dairy Association, includes all you need to know for making scrumptious homemade ice creams and refreshing sherbets. It's complete with how-to's, helpful hints and several mouth watering recipes — Peanut-Fudge Ripple Ice Cream and Lemon-Lime Sherbet are just two of the favorites. To order send a self-addressed business-size envelope to Ice Cream Basics, Middle Atlantic Milk Marketing Association, Cromwell Center, Suite 106; 810 Gleneagles Court, Towson, MD 21204. Here is a recipe from the brochure.

LEMON CUSTARD ICE CREAM

2½ cups milk
1¼ cups sugar
3 eggs, beaten
2 cups whipping cream
¾ cup fresh lemon juice
Combine milk, sugar, and eggs in a large saucepan. Cook over low heat, stirring constantly, until mixture thickens and coats spoon (160 degrees), about 15 minutes. Remove from heat. Stir in cream and lemon juice. Chill. Freeze in ice cream maker according to manufacturer's directions. After freezing, transfer ice cream to a plastic freezer container. Place in freezer at least 3 hours before serving.