

Enjoy Summer Melons

UNIVERSITY PARK (Centre Co.) — What comes in a rainbow of colors, tastes crisp and sweet, and says summer all by itself? Sweet-tasting, mouth-watering summer melons! This summer, enjoy traditional melons such as cantaloupe, honeydew and watermelon, or go for the exotic with crenshaws, persians, pepinos, casabas or the African horned melon. Melon is great warm weather pick-me-up.

Melons not only taste great, but some contain significant amounts of important nutrients like vitamin A and C. Cantaloupe and crenshaws are rich in both of these vitamins. Watermelon also is a fairly good source of vitamins A and C. Honeydews, casabas and pepinos are good to excellent source of vitamin C. The very exotic melons, persians and African horned, have not been analyzed for nutrient content by the U.S. Department of Agriculture.

Picking a melon at just the right stage of ripeness is part art, part know-how. Here are some tips that can help you pick a perfect melon every time.

Cantaloupe: Look for one with a smooth, rounded, depressed scar where the stem used to be. If you find some stem, the melon was picked too early. Cantaloupes are ripe when the blossom end (non-stem end) yields slightly to pressure when pressed and the melon gives off a pleasant cantaloupe odor. A pronounced yellow rind color, softening over the entire rind or mold growth, particularly in the stem scar, indicate overripeness.

Honeydew: Look for a melon with a soft, velvety feel, a slight softening at the blossom end, a faint and pleasant fruit aroma, and a yellowish white to creamy rind color. If the melon is greenish, it will never ripen.

Watermelon: Look for a

smooth, slightly dull surface. When a watermelon is ripe, its underside is yellowish and firm. If it is white or green, it is immature.

Crenshaws: These are ripe when the blossom end is soft and the skin is golden and green. The flesh should be golden pink.

Persians: When ripe, the blossom end is soft and the shell is mauvish with netted skin. The flesh should be a shade of orange.

African horned melon (kiwano): This orange to golden-yellow-colored melon comes covered with spines. When fully developed, it is about 5-inches long and 3-1/2 inches in diameter. Its lime-green jelly-like flesh contains edible seeds and tastes like a combination of cucumber, banana and lime.

Pepino: When ripe, this 4- to 6-inch long oval-shaped melon is green to yellow with purple stripes. Its sweet flesh tastes like a

Poultry Queens

(Continued from Page B26)
 Sauder, co-owners of Sauder's Eggs, Lititz. She is a graduate of Lancaster Mennonite High and is studying early childhood education at Lancaster Community College and waitressing part time. Alternate Melissa Darlene Yoder, who shares the same first and last name as the state queen but is not related, is the daughter of Richard and Sherry Yoder of Mount Joy. She will be a senior at Lancaster Catholic High in the fall. During pageant festivities, she was also selected as Miss Congeniality. As state queen, Melissa receives a \$750 scholarship and Mary will receive a \$500 one. For their participation, all contestants were given watches donated by Koser Jewlers.

combination of cantaloupe and cucumber. Look for one that is firm, not soft or bruised.

Entertainment included train whistle music by Denise Glick and Scott Baucmaster. Michele High, 1991 Poultry Queen, sang a solo, "You Are The Wind Beneath My Wings," and gave the traditional farewell speech.

Judges for the pageant were Ray Brubaker, Agricultural Stabilization and Conservation Service; Nina Redding, Extension home economist; and Daina Savage, reporter for the Intelligencer Journal.



Bob Kreider, left, and Bob Groff welcomed the audience to board the Poultry Express during the pageant held on August 7.

FFA

FFA'er Wins Dairy Production Award

Melissa Jill McDonald of Imler and a member of Chestnut Ridge FFA Chapter was named the State FFA Dairy Production Award winner, and received a \$200 check at the state FFA convention.

Melissa will compete against other state winners in her region. One person from each of the four FFA regions will be selected as a national finalist.

The four national finalists will each receive a plaque, a \$250 check, and travel expenses to the 65th National FFA Convention in Kansas City, Mo., in November. The national winner will be selected from this group, and will

receive an additional plaque, a \$250 check, and the opportunity to participate in the International Travel Seminar.

The Dairy Production award program recognizes outstanding FFA members for their ability to efficiently produce and market quality cattle and dairy products. The dairy production program is one of 29 National FFA Proficiency Award program areas that recognize FFA members for achievement in activities leading to careers in agriculture.

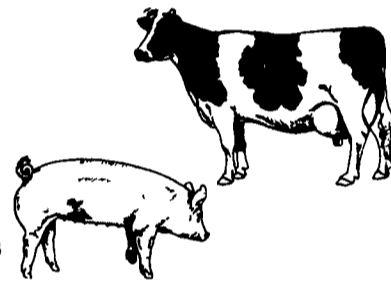
The Dairy Production Award program is sponsored by Alfa-Laval Agri, Inc., American Breeders Service, and Manna Pro Corporation as a special project of the National FFA Foundation.

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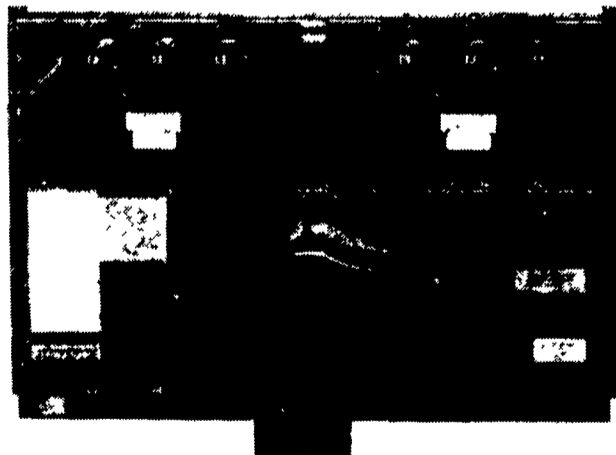
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