



# Home On The Range



## Make It With Blueberries

Since the days when the colonists first landed, wild native blueberries have been a choice ingredient in traditional American cuisine. Originally, blueberries were just a summer treat. But luckily, blueberries freeze well. Today we can enjoy these traditional American delights throughout the year.

Both wild and cultivated blueberries offer more than good looks and good taste. They are a good source of vitamin C, and one cup supplies nearly one-third of an adult's dairy requirement. So enjoy these recipes and good health.

### BLUEBERRY UPSIDE-DOWN CAKE

¾ cup butter  
½ cup brown sugar, packed  
2 cups blueberries, drained  
2 teaspoons grated lemon rind, optional  
½ cup granulated sugar  
1 egg  
1½ cups flour  
2 teaspoons baking powder  
½ teaspoon salt  
½ cup milk

Melt ¼ cup butter in 9x9x2-inch pan. Sprinkle with brown sugar. Mix berries and lemon rind; put in pan, distributing evenly. Cream ½ cup butter and granulated sugar and beat until light. Add egg and beat well. Sift dry ingredients and add alternately with milk, beating until smooth. Spread on berries. Bake in 375 degree oven, 30 minutes. Let stand 10 minutes. Then turn out. Makes 6 large or 9 small servings. Good warm or cold, with or without milk.

D. Zimmerman  
Frenchville

### BLUEBERRY MUFFINS

1 cup sugar  
¾ stick butter  
1 egg, beaten  
2¼ cups flour  
4 teaspoons baking powder  
1 cup milk  
2 cups blueberries  
Cream sugar and butter. Add egg, flour, baking powder, and milk. Beat well. Fold in blueberries. Put in muffin tins. If using cupcake liners, put in tin and fill about ¾ full. Bake 20 minutes at 375 degrees. Makes approximately 15 - 18 small muffins.

Shirley Radel  
Halifax

### PUNCH BOWL DESSERT

This recipe makes a punch bowl full.

1 yellow cake mix  
2 6-ounces instant vanilla pudding  
20-ounce can crushed pineapples, drained  
2 pints fresh blueberries  
2 bananas, sliced  
16-ounces whipped cream  
Bake cake in 13x9-inch pan. Bake according to directions. Mix pudding according to box directions.

Cut half of cake into small pieces and put in bottom of bowl. Spread ½ of each ingredient in order listed. Repeat for second layer. Refrigerate overnight.

Darlene Wise  
Newmanstown

### BLUEBERRY SHORT CAKE

1½ cups flour  
½ cup granulated sugar  
2 teaspoons baking powder  
½ cup shortening  
1 teaspoon vanilla  
½ cup milk  
1 egg

Put all ingredients in a bowl and mix together. Put a little flour on 1½ cups blueberries; fold into flour mixture. (By coating berries with flour helps prevent berries from sinking to the bottom of the pan while baking).

Bake in 9x9-inch greased and floured pan at 350 degrees for 35 minutes.

Great with ice cream, milk, whipped cream or plain.

Audrey Savage  
Markleysburg

### BLUEBERRY YOGURT PANCAKES

2 eggs  
½ cup plain yogurt  
¼ cup milk  
2 tablespoons oil  
1 cup flour  
1 tablespoon sugar  
½ cup blueberries  
¼ teaspoon baking powder  
½ teaspoon salt

Beat eggs then stir in remaining ingredients to form batter. Coat frying pan with butter to prevent sticking. Use large spoon to drop batter onto buttered pan. Cook over medium heat until bubbles form. Once pancake is covered with bubbles, flip and continue cooking approximately two more minutes.



Red, White and Blueberry Shortcake is bursting with colors of Independence Day and the flavors of fresh summer produce.

### BLUE RIBBON

**BLUEBERRY MUFFINS**  
1 cup nonfat blueberry yogurt  
3 tablespoons butter  
4 tablespoons brown sugar  
1 egg  
2 tablespoons milk  
1 teaspoon vanilla extract  
1½ cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon salt  
1 cup fresh blueberries

Preheat oven to 375 degrees. Cream lightly together butter and brown sugar. Beat in egg. Stir in milk, yogurt, and vanilla until smooth. Sift together flour, baking soda, baking powder, and salt. Stir dry ingredients into wet ingredients just to combine. Stir in blueberries. Butter muffin tins or use paper liners. Spoon the mixture into 12 regular or 8 jumbo-size muffin cups. Bake for 25 to 30 minutes, or until muffins are lightly browned.

### BLUEBERRY CHEESE TART

1½ cups vanilla cookie crumbs  
6 tablespoons butter, melted  
¼ teaspoon ground nutmeg  
8-ounces cream cheese, softened

½ cup sugar  
2 eggs  
½ teaspoon vanilla  
½ teaspoon grated lemon peel  
Blueberry topping

Combine cookie crumbs, butter, and nutmeg. Press into 9-inch tart pan with removable bottom. Beat cream cheese, sugar, eggs, vanilla, and lemon peel with electric mixer until smooth. Spoon into cookie crust. Bake at 375 degrees for 15 minutes or until firm. Cool. Spread blueberry topping over cheesecake. Refrigerate several hours. Makes 10 to 12 servings.

Blueberry topping: Combine 2 cups fresh or frozen blueberries, thawed if necessary; ¼ cup each sugar and water; 2 tablespoons cornstarch and dash salt in saucepan. Cook and stir about 4 minutes or until thickened. Stir in 1 tablespoon lemon juice. Cool to lukewarm. Makes about 2 cups.

### BLUEBERRY SAUCE

2 cups fresh or frozen blueberries, thawed if frozen  
¼ cup orange juice  
¼ cup water  
2 tablespoons sugar  
1 tablespoon cornstarch  
¼ teaspoon grated orange peel  
¼ teaspoon ground nutmeg  
Dash salt

Combine all ingredients in saucepan. Cook and stir over medium heat 4 to 5 minutes or until thickened. Makes about 2 cups.

Serve on pancakes, waffles, blintzes, ice cream, puddings or pound or angel food cakes.

### BLUEBERRY PUDDING

1 pint blueberries  
½ cup sugar  
1 tablespoon butter  
1 egg  
½ cup milk  
1 cup flour  
1 teaspoon baking powder  
Cream butter and sugar; add egg. Mix together with dry ingredients and milk.

Put blueberries in bottom of well-greased 8- or 9-inch cake pan. Cover with batter. Bake at 350 degrees for 30 minutes.

Shirley Radel  
Halifax

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## Featured Recipe

PHILLIPSBURG, N.J. — Betsy Berglund of Somerville, New Jersey, was recently named the winner of the New Jersey State Dairy Presentation Contest held at Rutgers University. Betsy is a member of the Snippets 4-H Club in Somerset County, and is the 14-year-old daughter of Pat and Richard Berglund. She was awarded a \$100 check and a \$10 savings bond. Her presentation was called "Yogurt — Balancing the Facts" which highlighted yogurt's nutritional value, and its use as a substitute in recipes. Several of her recipes are as follows:

### LOWFAT BROWNIES

1 large package brownie mix  
½ cup lowfat plain yogurt  
1 teaspoon vanilla  
2 egg whites

Combine all ingredients. Mix well. Batter will be thick. Spread in 9x13-inch pan for 22 minutes at 350 degrees.

### MUFFINS

1½ cups flour  
¾ cup sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
¾ cup lowfat yogurt  
¾ cup lowfat milk  
½ cup blueberries Bake (optional)

Combine dry ingredients. Gently stir in yogurt and milk until dry ingredients are moistened. Fill lightly greased muffin cups ¾ full. Bake at 400 degrees for 18 minutes. Makes 12.

Second place winner was Sarah Hunt of Hunterdon County. Her presentation was called "From Moo To You". She was awarded a \$50 check and a \$50 savings bond. She is the 13-year-old daughter of Larry and Betty Jane Hunt of Lambertville. Other contestants included Arielle Patrice of Warren County and Dena Zigun of Monmouth County who also received savings bonds.

This contest was open to all New Jersey 4-H club members, and was sponsored by New Jersey Dairy Farmers through the State Dairy Princess Committee.

## 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

24- Peaches  
31- Summertime Vegetables

### August

7- Canning With Less Sugar  
14- Zucchini