



Cook's Question Corner

(Continued from Page B8)

ANSWER — Thanks to an anonymous reader for sending goat milk recipes that had been requested by a reader.

Goat's Milk Peanut Butter Fudge

- 1 cup golden brown sugar
- 1 cup granulated sugar
- ¾ cup evaporated goat's milk
- 1 tablespoon light corn syrup
- Dash salt
- ½ cup creamy peanut butter
- 1 tablespoon butter
- ½ teaspoon vanilla

In a heavy saucepan, combine sugar, evaporated goat's milk, corn syrup and salt. Mix well. Cook over medium heat. Bring to a boil. Place candy thermometer in mixture and continue to cook, stirring occasionally until mixture reaches 236 degrees. Remove from heat and add peanut butter and butter. Cool to lukewarm without stirring. Add vanilla and beat until mixture thickens and begins to lose its gloss. Pour into

Coupon Program Encourages Shopping At Farmers' Market

ANNAPOLIS, Md. — Maryland Secretary of Agriculture Robert L. Walker has announced that in 1993, farmers redeemed

some \$126,324 worth of coupons from participants in the Women, Infants and Children (WIC) program.

"This program, which began in 1989, has been a resounding success. Each year more and more WIC recipients are buying fresh fruits and vegetables at our farmers' markets. When we began only seven farmers' markets participated. This year 31 markets redeemed the coupons," Walker said.

"What is most encouraging for the health of our population is that surveys have shown that once WIC recipients go to a market with coupons, they return to shop at farmers' markets after their coupons run out," said Walker.

The Farmers' Market Nutrition Program began as a U.S. Department of Agriculture pilot project to expand the use and awareness of these markets and provide supplemental fruits and vegetables to WIC participants. Maryland was one of 10 states that was part of the original program. The pilot project was so successful that the U.S. Congress formerly established the coupon effort with the passage of the Farmers Market Nutrition Act of 1992.

The Maryland Farmers' Market Nutrition Program is jointly sponsored by the Maryland Departments of Agriculture and Health and Mental Hygiene. The U.S. Department of Agriculture awards grants that cover up to 70 percent of the participating state's program costs.

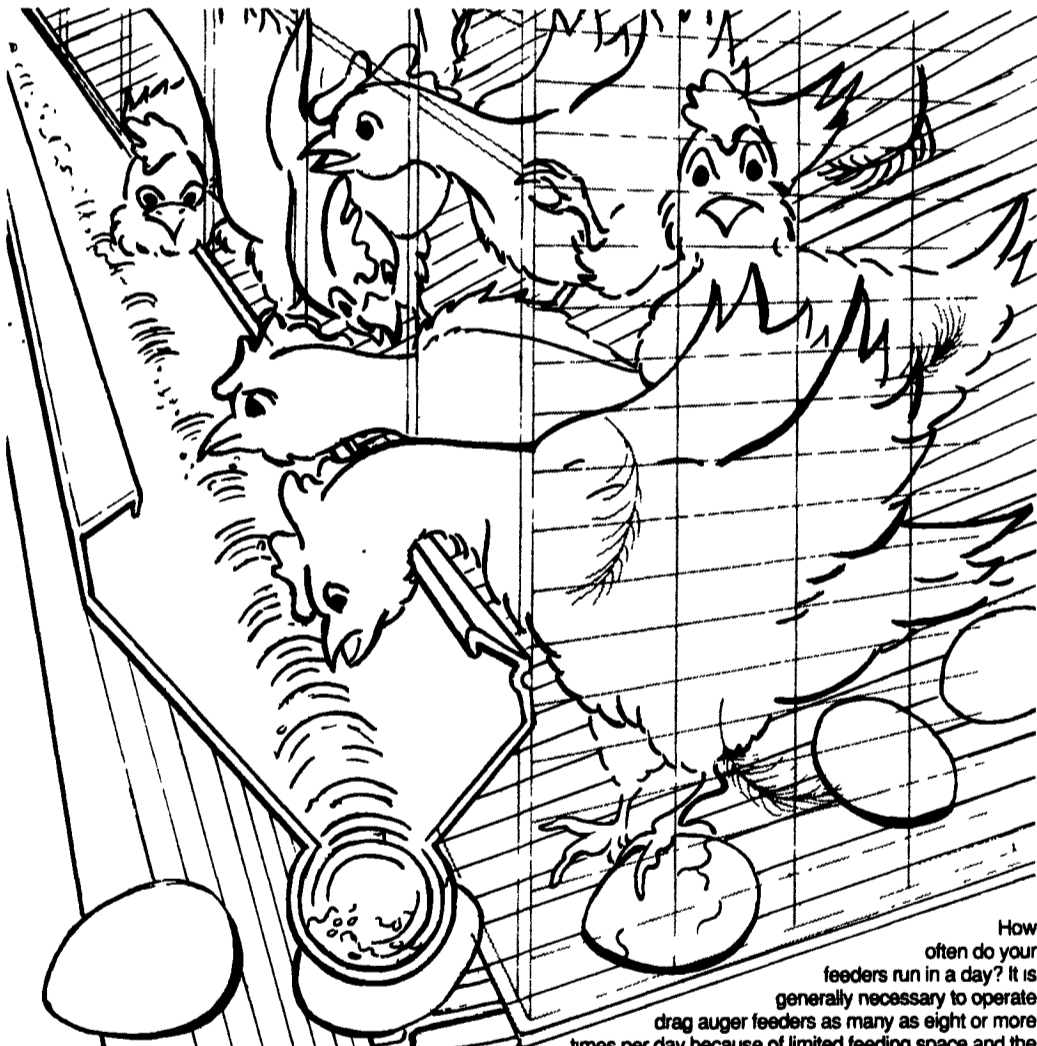
buttered 8-inch square pan. Cool. Cut into squares. Yields 49 pieces.

Creamy Goat's Milk Marshmallow Fudge

- 2 cups sugar
- 5 ounces evaporated goat's milk, undiluted
- 16 large marshmallows
- ¼ teaspoon salt
- 1 cup semi-sweet chocolate chips
- ½ cup chopped nuts, optional
- ¼ cup butter
- 1 teaspoon vanilla

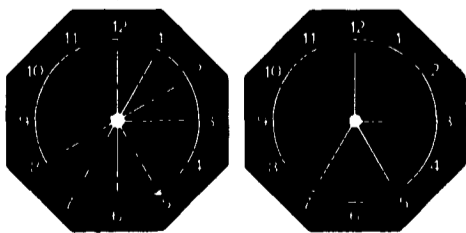
Butter bottom and sides of a 9-inch square pan. In heavy saucepan, combine sugar, evaporated goat's milk, marshmallows, and salt. Heat mixture over medium heat until boiling, stirring constantly. When bubbles cover entire surface, continue to boil 5 additional minutes, stirring constantly. Remove from heat and beat in chocolate chips, nuts, butter, and vanilla. Continue to beat until chocolate is completely melted. Spread mixture into buttered pan. Chill until firm. Keep refrigerated until ready to serve. Yields 64 squares.

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