

# Consuming Thoughts

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eral months old. So, its shelf life can be quite short.

However, major suppliers have solved this problem. Some food processors use a special "parboiling" process to increase the shelf life. Brown rice packages also are clearly marked with the statement "Best If Used By" and a date.

In addition to its many nutritional advantages, brown rice is exceptionally versatile. Appetizers, salads, accompaniments, cas-

seroles, skillet dishes, stir-frys, even desserts benefit from the whole grain texture and hearty, nutty flavor of brown rice. Brown rice complements so many different ingredients, too, particularly the fresh fruits and vegetables, lean meats, poultry, fish, dried beans and low-fat dairy products which are so in-tune with today's healthful eating habits.

As you experiment with them in your own kitchen, you'll undoubtedly come up with many creative

ideas of your own. Take dessert, for example. Most families love rice pudding. Your favorite recipe probably uses white rice, but why not substitute brown rice? Raisins taste fine, but what about using other kinds of dried fruit, or fresh fruit instead? And for summer, cooked brown rice combined with a soft custard, whipped cream and toasted walnuts might be a refreshing variation of the traditional baked pudding.

Americans who are health and fitness conscious are finding that brown rice is "trendy," something nutritionists have known for a long time. Fitness and health are playing an important role in food preparation as evidenced by the increased use of fresh fruits and vegetables; fish and poultry; nuts, lentils and dried beans; and whole grain cereals. High calorie cooking methods also are being replaced by lighter methods such as steaming, poaching and grilling.

Brown rice is one of the "whole grain cereals" which currently is experiencing a rapid rise in popularity. No longer is brown rice eaten almost exclusively by health food devotees. Today, more and more Americans from all age groups are turning to brown rice, not just because it's nutritious, but because it tastes good.

Brown rice is not a mysterious as some consumers might think. Actually, brown rice is the whole, unpolished grain of rice with only the outer hull and a small amount of bran removed. Because the bran layer is left virtually intact, brown rice contains more protein, calcium, potassium, phosphorus, nia-

cin and vitamin E than white rice. It also is a natural source of iron and provides fiber which we now know is important for good health.

Brown rice is easily digested, a benefit for both youngsters and oldsters. It has a nut-like flavor and slightly chewy texture which white rice lacks.

Although we do not look to brown rice to provide protein in the diet, brown rice often is combined with other foods to create a complete protein dish. For example, dried beans frequently are combined with rice in the South and Southwest to produce hearty, nutritious main dishes such as Red Beans and Rice. Cheese, eggs, poultry, meat and fish are other complimentary protein foods which can be teamed with brown rice for nutritious and economical meals.

Because brown rice is an agricultural product harvested once a year, the oils located in the bran layer may begin to turn rancid in just six months after harvesting. This process can cause the rice to develop unpleasant flavors, making it unacceptable for use. By the time the consumer purchases brown rice, it may already be sev-



## Lancaster Society 18

The April 16th meeting of Lancaster Farm Society #18 was hosted by Mrs. Melvin Hess in the public meeting room at Old Hickory. President Ruth Landis conducted the meeting.

The program is presented by Rev. Robert Turner, detailed his life as a foster child from birth to adulthood. Thoughtful and inspiring devotions by Mrs. Lester Kreider preceded the humorous roll call response of guessing the number of jelly beans in a jar. The winner received the jar of colorful candies, 16 members and four guests were present.

## York Society 26

York County Group 26 met at Creekview Restaurant at New Cumberland for lunch. The meeting was held at Athena Beshore's home on April 12.

The Spring Rally will be held May 11 at the York Fairgrounds.

A bus trip to the Pretzel Place in Lititz is planned for June 2.

A donation was sent to the Heart Association.

May 10 is the groups 28th anniversary. To celebrate this event, a tour of Martin's Potato Chip Factory is planned followed by lunch at Family Time Restaurant in York.

## Lancaster Society 8

Lancaster Society of Farm Women No. 8 met on April 13 at the Lutheran Church in Maytown. It was a luncheon meeting and the members entertained Society No. 14. Vernetta Wallander gave devotions.

A musical program was given by Sylvia and David Kuch. The May 18 meeting will be held at the home of Mary Ann Spangler in Marietta.

## Berks Society 1

The Berks County Society of Farm Women Group 1 was held at the home of Pearl Levensgood, Douglassville. After devotions, president Ruth Walters conducted the business meeting with 15 members present.

Plans were made by members to attend the annual Spring Rally of the Pennsylvania Society of Farm Women to be held May 11 at York.

The May meeting of Group 1 will be hosted by Agnes Noll at her Oley home on May 18 at 7:30 p.m. at which time the group will celebrate their 54th anniversary.

## York Society 9

The April meeting of Group 9 York Society of Farm Women, was held at the Chinese Buffet Restaurant for Everybody's Birthday Party. 8 members attended. The October County Convention was discussed. Kim Casner, Joan Hafer, and Sue Hendricks plan to attend the Spring Rally in May. The May meeting will be held in the home of Pat Hass, Douglassville.

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