

Know About Cheese

(Continued from Page B28)

Soft	Cottage	interior. Slightly firm and mild when young; creamy and pungent when aged.
Soft	Cream	Soft, moist and delicate with large or small curds. Uncured, with mild mellow flavor. Available in dry curd, creamed and lowfat versions.
Soft	Feta	American creation that is smooth and buttery. White in color. Uncured, resulting in mild and slightly acid flavor.
Soft	Limburger	Flaky white interior. Salty, "pickled" flavor.
Soft	Neufchatel	Creamy white interior with brownish exterior. Creamy texture. Strong and robust flavor.
Soft	Ricotta	Smooth and creamy; white in color. May be substituted for Cream Cheese. Mild flavor. Uncured; bland but semisweet in flavor. White with soft, grainy, moist texture.

Delaware 4-H'ers Help Flood Victims

NEWARK, Del. — When last summer's rain was flooding the nation's farmland in the Midwest, a 4-H club in Delaware felt a responsibility to help the victims any way they could.

As the Sussex County Lord Baltimore club prepared baked goods for entry in the Delaware State Fair, they decided to sell the surplus goods in a bake sale to benefit a 4-H club in Iowa.

After consulting with 4-H offices in both states, leader Sally Ford sent the club's check to the Harrison Zippers in Eddyville, Iowa.

But that's just the start of the

story. In October, Zippers club leader, Sharon Ferguson, came east for a class reunion and made it a point to visit the Lord Baltimore club. She brought slides of the club members, tales and pictures of the flooding, and the message that one kind act deserves another.

The Harrison Zippers 4-H Club chose to spend the donation in a way that would benefit many people. They bought books for the local library to replace those that had been damaged or lost, and bought paint to refurbish damaged playground equipment.

"It's really neat when two clubs

can meet like this," said Joy Sparks, University of Delaware state 4-H program coordinator. "They learn that caring for their community means more than caring for their club, their county, and even their state. It's a wonderful way to broaden their commitment to service."

The two clubs that met because of misfortune are creating a fortune of friendship. They have decided to stay in touch as pen pals.

Cheese Facts

STORAGE Natural cheese should be kept in its original wrapper, or any wrapper that will create a barrier to moisture, such as plastic wrap. Since cheese will pick up odors from other foods, be sure it is freshly rewrapped each time it is opened.

Cheese should always be refrigerated (40°F), and after serving, the unused portions should be refrigerated. Cheese may be frozen if necessary, but frozen cheese is best used in cooking.

If cheese does dry out, grate the hard pieces

and store in an air-tight jar and use in cooking.

Stronger-flavored cheeses, such as Brie or aged Brick, should be kept in air-tight containers to prevent the strong flavors from being transferred to other foods.

Undesirable molds are those that develop on natural cheeses that are improperly wrapped. Certain cheeses, such as Blue Cheese, are mold-ripened, so the mold is not undesirable. Although most "undesirable" molds are harmless, some may produce toxins, so to be safe, discard a half-inch of cheese on all sides of the visible mold.

The secret to successful cheese cookery is to use low temperatures. Cheese tends to become tough and stringy when overcooked. In the oven, cook at 325° to 375°F. With pizza, cook between 350° and 400°.

In sauces, add cheese at the end of the prescribed cooking time, and heat until cheese is melted.

Shred natural cheese and cube or slice processed cheese when adding it to hot foods for quicker melting.

When broiling a cheese-topped dish, keep cheese four to five inches from the heat source and watch it closely. To save time, use pre-cut cheese.

When topping casseroles, add cheese near the end of the baking time.

When microwaving cheese, use lower power settings (30% to 70% power). Stir and rotate as often as recipe directs. Measure cheese by weight, especially if it is shredded or cubed.

Four ounces of natural or processed cheese equals one cup when shredded. Three ounces of a hard-grating cheese, such as Parmesan, equals one cup when grated. Four ounces of crumbled Blue Cheese equals one cup.

Save on labor by purchasing pre-shredded, pre-grated and pre-crumbled cheeses.

Cheese can be served alone, or mixed with other ingredients. It can be sliced, diced, shredded, grated or melted. When not served as part of a recipe, cheese is best served at room temperature. Hard cheese will come to room temperature when outside the refrigerator for about an hour; semisoft cheese takes less than an hour.

Cheese and fruit are excellent snack or dessert partners: Swiss, ham and melon balls; Cheddar, apples and nuts; Blue and pears or cherries; Ricotta, oranges and cranberry bread; Muenster, pumpernickel and assorted berries; Caraway Brick, hard sausage and applesauce; Provolone, grapes and hearty crackers; Cream cheese mixed with apricots and toasted almonds served with wheat biscuits or scones; Gouda and nectarines; Brie, strawberries and crusty French bread; Blue cheese blended with butter and spread on pear slices.

Substitute a new cheese to add some excitement to a favorite recipe: use Colby or Gouda in addition to cheddar; blend Asiago or Romano with Parmesan; use Provolone in addition to Mozzarella; bake Brie (and top with sliced almonds), instead of serving at room temperature; melt natural cheese or cold pack to serve over potatoes.

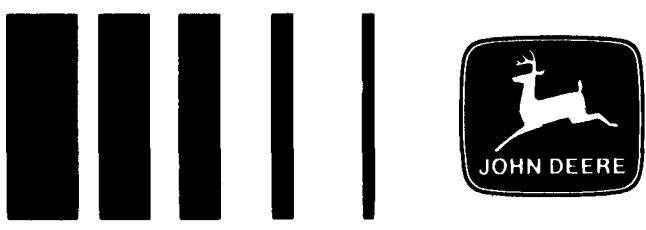
MOLDS

COOKING

MEASURING

SERVING

TRY SOMETHING NEW

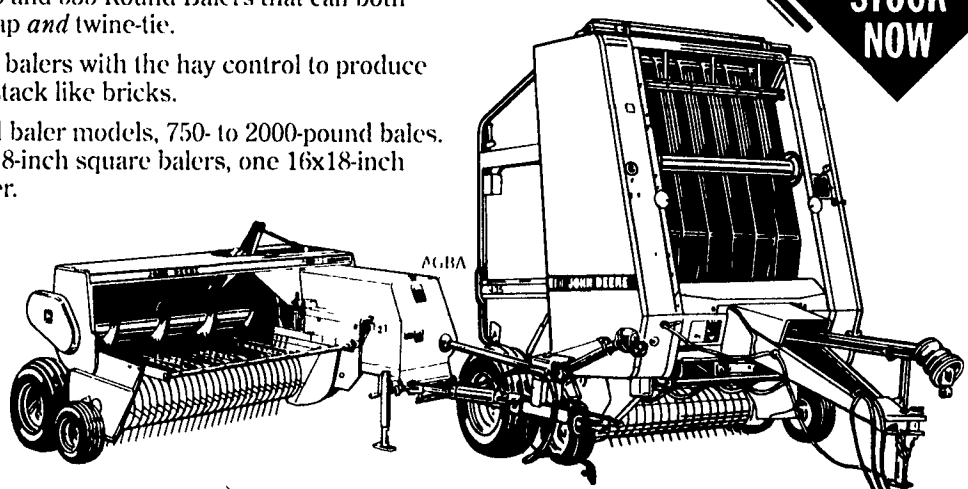


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