



# Home On The Range



## 'Berry' Delicious Recipes

July is berry month. It's when consumers can count on having those gorgeous blueberries, raspberries, blackberries and other types of bramble berries grow in abundance.

Berries are very perishable and must be refrigerated immediately after harvest.

Store refrigerated bramble berries in a shallow container with a loose covering such as plastic wrap. Do not wash berries before storing.

Just before serving, wash berries gently and quickly in cold water. Never soak berries in water or they will lose sugar, flavor, and color.

Berries are interchangeable in most recipes and may be substituted for strawberries in recipes.

Avoid using aluminum, tin or iron utensils or baking pans when using raspberries because the berries can turn from red to blue in color.

For more information on freezing and canning directions, contact your local county extension agent and ask for the "Let's Preserve" fact sheets.

### BANANA RASPBERRY SMOOTHIE

- 1½ cups raspberry juice, chilled
- 1 cup frozen vanilla yogurt
- 1 cup raspberries
- 2 ripe bananas, peeled

Combine all ingredients in blender. Beat until smooth.

### FRESH BERRY PIE

Pastry for 9-inch double crust pie

- 2 tablespoons cornstarch or Clear Jel
- ¼ cup water or mild grape juice
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon, optional
- ¾ cup to 1 cup sugar
- 4 cups fresh berries

Mix cornstarch with water or fruit juice, lemon juice, and cinnamon until smooth, add sugar and gently fold in berries. Pour mixture into pastry-lined pie plate and cover with top crust or lattice top. Bake in preheated 450 degree oven for 20 minutes. Reduce heat to 350 degrees and bake about 40 to 45 minutes or until pastry is golden and the pie bubbles in the center. Cool before cutting. Serves 8.

### BLUEBERRY AND CHEESE SQUARES

- 1½ packages honey graham crackers
- ½ cup butter, melted
- 8 ounces cream cheese, softened
- ¼ cup milk
- 2 tablespoons confectioners' sugar
- 1 pound 15-ounce can blueberry pie filling
- 1 cup whipping cream
- 2 tablespoons confectioners' sugar

Roll crackers into fine crumbs. In 11½ x 7½ -inch baking dish, combine crumbs and butter, mixing well. Reserve ½ cup crumb mixture for topping.

Press remaining crumbs in bottom of dish. Chill while preparing cream cheese. Blend cream cheese, sugar, and milk until smooth. Spread evenly over crumb mixture. Spread pie filling over the cheese and chill while preparing the cream.

Using chilled beaters and bowls; whip cream and sugar until stiff. Spread evenly over the blueberries. Sprinkle with reserved crumbs. Keep refrigerated until ready to serve.

Marlene Peters  
Kempton

### BONNIE'S FAMOUS BLUEBERRY PIE

Prepare a 9-inch graham-cracker crust pie shell according to package directions. Cook until thick. Stir continuously while cooking. Use a potato masher to stir, and mash the blueberries while you stir.

- 2 cups blueberries
  - ¼ cup sugar
  - 1 tablespoon lemon juice
  - 2 tablespoons cornstarch mixed with
  - ¼ cup water
- After cooked mixture cools, fold in

2 cups fresh blueberries  
Place in pie shell. Sprinkle on the following topping (mix with fork or pastry blender).

- ½ cup sugar
- ½ cup flour
- ½ cup melted butter

Refrigerate eat and enjoy.  
Roberta Graham  
Bolivar



For a patriotic sundae, place a large scoop of frozen yogurt or ice cream in a dish. Arrange strawberries around base in a star pattern. Sprinkle blueberries over top. Spoon strawberry sauce over all. Top with whipped cream. Serve immediately.

### FRESH BLUEBERRY CAKE

- 2 cups flour
- 1½ cups sugar
- 2 teaspoons baking powder
- 2 eggs
- 2 tablespoons butter
- 1 cup milk
- Pinch salt
- 1 teaspoon vanilla
- 2 cups fresh blueberries.

Combine flour, sugar, baking powder, eggs, butter, milk, salt, and vanilla. Beat well then stir in blueberries. Pour batter into a 13x9-inch pan. Bake at 350 degrees for about 30 minutes or until finished. Frost with butter cream frostings if desired.

Julianne Medaglia  
Birdsboro

### BLUEBERRY SAUCE

- 1½ cups sugar
- 1 cup water
- 2 tablespoons lemon juice
- 2 cups blueberries, rinsed and drained

Cook together sugar, water, and lemon juice until slightly syrupy, about 8 minutes. Add one cup blueberries and cook additional 5 minutes. Cool. Add remaining blueberries, mix well and chill until serving time. Use as topping for shortcake, ice cream, etc. Yields 2 cups.

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## Featured Recipe

Marci Harnish, the 1993-94 Lancaster County Dairy Princess, reminds readers that July is national ice cream month. It's a time when Americans can enjoy their favorite summertime snack.

However, there are many other dairy products that can provide refreshment during the hot and humid summer months. And now that the 4th of July celebrations are upon us, what better foods to use other than dairy products. They are nutritious (they provide 76 percent of our body's calcium needs) and are delicious!

For those July parties try the following recipe that has a twist — a twist of lemon that is. Lemon Streusel Cake is a recipe the whole family can enjoy, whether you serve it at a party or for a snack for the kids. And guess what? It also contains 3 dairy products. So this summer have fun, stay cool, and remember to get at least 3 servings of dairy products! Remember they do a body good.

Here is one of Marci's favorite recipes:

### LEMON STREUSEL CAKE

- 1 package lemon cake mix with pudding
- ½ cup butter
- ¾ cup milk
- 2 eggs

Filling:

- ¼ cup sugar
- 1 8-oz. pkg. of cream cheese
- 1 lemon - use the juice and grated rind

Cut butter into cake mix until crumbly (remove 1 cup for topping). To remaining mixture add milk and eggs. Beat on high with mixer for 2 minutes. Pour into greased and floured 13 x 9" pan. Set aside. Cream together sugar, cream cheese, lemon juice and rind. Blend well. Drop by teaspoonfuls onto batter and spread across batter to edges of pan. Add reserved crumb mixture (optional: if desired also use ½ cup chopped walnuts). Sprinkle over batter. Bake 350° for 30-35 minutes or until cake is golden brown. Store in refrigerator. Serves 12.

## 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.

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