

# Cook's Question

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## Gingered-Turkey Barbecue

1 pound cooked white turkey meat, cut 1/4-inch thick  
 1 tablespoon canola oil  
 1/2 cup diced green bell pepper  
 1/2 cup diced yellow onion  
 2 teaspoons finely minced garlic  
 1 teaspoon ground coriander  
 1/4 teaspoon ground allspice  
 Pinch crushed red-pepper flakes  
 1 cup ketchup  
 1/2 cup fresh lemon juice  
 1/4 cup clover honey  
 2 tablespoons Worcestershire sauce  
 1 tablespoon finely minced fresh ginger  
 1/2 teaspoon salt, optional  
 8 sandwich rolls, halved, with centers scooped out  
 Shred turkey into 2-inch pieces. Reserve. Place oil in heavy saucepan over medium-low heat. Add green pepper, onion, garlic, coriander, allspice, and red pepper flakes. Cook 5 minutes.

Add ketchup, lemon juice, honey, Worcestershire sauce, ginger, and salt if desired. Simmer 10 minutes over medium heat, stirring a few times. Add turkey; reduce heat to low and cook, stirring, for 5 minutes.

## Pa. Dutch Filling With Turkey And Vegetables

3 to 4 slices white bread, toasted and cubed or store bread cubes

6 medium potatoes  
 3 eggs  
 1/2 cup warm milk  
 1 cup butter  
 3 ribs celery, chopped  
 1 large onion  
 1/4 cup parsley  
 Dash sage, optional  
 Cook potatoes (instant mashed potatoes may be used). Mash and add milk and eggs.

Simmer celery, onions, parsley in butter. Add bread to vegetable mixture, stir and fold into mashed potatoes. Turn into a casserole. Add leftover bits of turkey and vegetables such as peas, corn, lima beans, and carrots.

Bake at 350 degrees for 30 minutes or until a crust forms on top. Serve with leftover gravy. Freezes well.

**ANSWER** — For the reader who wanted recipes to make fruit breads, here are several from Sarah Clark of Breezewood.

## Apricot Bread

2 cups flour  
 2 teaspoons baking soda  
 1 1/2 teaspoon cinnamon  
 2 cups sugar  
 1 1/2 teaspoon salt  
 4 eggs  
 2 small jars apricot baby food  
 1/2 cup chopped nuts  
 1 1/2 cups vegetable oil  
 Mix flour, baking soda, cinnamon, sugar, and salt in a large bowl. Add egg, baby food, nuts, and oil. Mix well. Pour batter into two greased and floured loaf pans. Bake for 60 minutes at 350 degrees.

## Banana Bread

1 1/2 cups sugar  
 1/2 cup butter  
 2 eggs  
 2 1/2 cups flour  
 1/2 cup sour milk  
 3/4 teaspoon baking soda  
 1/2 teaspoon baking powder  
 1/2 teaspoon salt  
 1/2 cup chopped nuts  
 1 cup mashed bananas  
 Mix sugar and butter together. Sift together dry ingredients. Add alternately with eggs and milk. Add mashed bananas. Fold in nuts. Pour into two small loaf pans that have been sprayed with vegetable oil.  
 Bake at 350 degrees for 40 minutes or until test is done. Remove from oven, let stand in pan 5 minutes. Remove from pan to finish cooling.

## Strawberry Nut Bread

2 cups flour  
 1 cup sugar  
 1 teaspoon baking soda  
 1/2 teaspoon salt  
 1/2 teaspoon ground cinnamon  
 1/2 teaspoon nutmeg  
 3 eggs, at room temperature  
 1 cup vegetable oil  
 1 cup strawberry-flavored dessert topping  
 1 cup chopped walnuts  
 Preheat oven to 350 degrees. Grease two 8x4-inch loaf pans. Thoroughly mix together all ingredients in a large bowl. Divide mixture evenly in half and pour into loaf pans.  
 Bake one hour or until pick inserted comes out clean. Cool in pans or wire racks for 10 minutes. Remove from pans. Cool thoroughly on racks before slicing. Very good served with cream cheese.

# Abundant Acorns Mean Good Year For Wildlife

UNIVERSITY PARK (Centre Co.) — To Pennsylvania's human population, this year's abundant acorn crop means more debris to sweep off the sidewalk. To the state's wildlife, however, lots of acorns on the ground spells good fortune, according to a wildlife expert in Penn State's College of Agricultural Sciences.

"Across the United States, almost 100 animal species rely on acorns as a major food source," says Richard Yahner, professor of wildlife conservation. "In Pennsylvania, at least 20 to 25 species use acorns as a major source of food."

Yahner says a variety of factors can account for a bountiful acorn crop. Some oak species drop acorns every year, while other species develop acorns every two years. Abundant moisture as well as drought conditions also can affect the number of acorns produced in a season.

"In low crop years, the birthrate for some species of wildlife, such as gray squirrels, will decline the following year," Yahner says.

"Because of the increased competition for food, some species will have a tough time."

"This year's crop means that more young are likely to be produced by the animals that forage for food," Yahner adds.

Acorns are available to wildlife for a relatively short period during the fall, requiring each species to develop specific methods to take advantage of the crop. Acorns, which are highly digestible and rich in carbohydrates, serve a wide range of animals in a variety of ways.

Bears and deer, for instance, eat acorns to put on a layer of fat which sustains the bear through its hibernation and helps the deer make it through severe winter conditions. Such animals as squirrels, chipmunks, blue jays and forest mice store acorns in caches and burrows or by burying them.

"The public tends to think of

squirrels and chipmunks as the big consumers of acorns," Yahner says. "In fact, some studies have shown they are not even in the top three."

Yahner cites a School of Forest Resources study by graduate student Colleen DeLong that found that the white-footed mouse, a forest-dwelling rodent, consumed more than 90 percent of the acorn crop on a few sites in central Pennsylvania. He also points out that an insect pest, the acorn weevil, can infest up to 50 percent of an acorn crop.

Wildlife plays a big part in forest regeneration, Yahner says. Squirrels can bury hundreds of acorns, at least some of which will take root. "Acorns drop like marbles out of the tree and many animals help distribute these seeds in the forest," he says. "Squirrels and other wildlife are crucial to oak regeneration."

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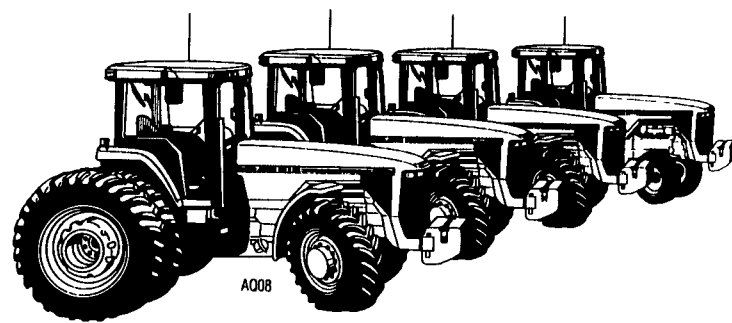
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