

# Cook's Question Corner

(Continued from Page B8)

**ANSWER** — A York County reader wanted a recipe for fresh coconut cake using a boxed cake mix. Thanks to Mrs. Raymond DeBaere, Clifton Springs, N.Y., for sending a recipe.

### Rave Reviews Coconut Cake

- 1 package (2 layer size) yellow cake mix
- 1 package (4-serving size) instant vanilla pudding and pie filling

- 1 1/2 cups water
- 4 eggs
- 1/4 cup oil
- 2 cups angel flake coconut
- 1 cup chopped walnuts or pecans

Blend cake mix, pudding mix, water, eggs, and oil in a large mixing bowl. Beat at medium speed of electric mixer for 4 minutes. Stir in coconut and walnuts. Pour into three greased and floured 9-inch layer pans. Bake at 350 degrees for 35 minutes. Remove and cool on rack.

### Coconut-Cream Cheese Frosting:

- 4 tablespoons butter
- 2 cups coconut
- 8-ounces cream cheese
- 2 teaspoons milk
- 3 1/2 cups sifted confectioners' sugar
- 1/2 teaspoon vanilla

Melt 2 tablespoons butter in skillet. Add coconut, stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 tablespoons butter with cream cheese. Add milk and sugar alternately, beating well. Add vanilla, stir in 1 1/4 cups of coconut. Spread on tops and sides of cake layers. Sprinkle with remaining coconut.

# Survey Finds Limited Understanding Of Food, Farms

UNIVERSITY PARK, (Centre Co.) — A recent survey conducted in southeastern Pennsylvania suggests that consumers could have a better understanding of how local farms fit into a broader food system that includes processors, markets and the government.

Researchers in Penn State's College of Agricultural Sciences and the Rodale Institute in Kutztown surveyed more than 1,200 shoppers at 23 supermarkets and farmers' markets in eight southeastern Pennsylvania counties in 1993.

"We asked people about social, economic and environmental aspects of agriculture in the region, as well as their thoughts on buying fresh fruits and vegetables," says Dr. Joan Thomson, associate professor of rural sociology at Penn State.

"Overall, their answers suggest that these consumers have a limited understanding of how food is produced or how farms influence the economy and the environment, but some of their responses accurately reflect the dilemmas facing agriculture today."

For instance, about 80 percent of consumers believe that farming is important to the region's economy and nearly 60 percent believe that southeastern Pennsylvania needs local farms because the region "can-

not always rely on getting food from other places." But less than 30 percent of people surveyed believe that the children of today's farmers are likely to continue farming.

"People don't expect today's farm children to continue farming, yet they believe we can't rely on other areas for all of our food," Thomson notes. "People don't seem to think about what will happen in the future if no one in the area wants to farm."

Although many consumers believe food should be grown locally, most do not go out of their way to get locally grown fruits and vegetables. "Seventy-five percent of consumers said they would prefer to buy locally grown produce," says Peggy Wagoner, project leader at the Rodale Institute. "But for convenience, 60 percent prefer to buy fruits and vegetables at the supermarket, where much of the produce is grown out of the state or even out of the country."

Seven in 10 respondents believe that less than half of the fresh produce we eat comes from Pennsylvania. "This is accurate," says Wagoner. "Other studies have shown that the Northeast depends upon other regions for 92 percent of its fresh produce."

Consumers do realize the impact

they can have through the purchases they make. More than 80 percent believe their food purchases influence farming in southeastern Pennsylvania and what is in the grocery store.

To encourage purchases of locally grown produce, the Pennsylvania Department of Agriculture and the Pennsylvania Vegetable Growers Association both have a logo to identify Pennsylvania produce. "Unfortunately, less than 30 percent of the respondents were able to identify either of the two logos," says Wagoner.

Questions about agricultural issues and practices revealed confusion about the role of farms and environmental quality. "Substantial numbers of respondents—two out of 10—were not sure that farming affects the quality of drinking water, although more than 60 percent believe that it does," says Thomson.

Close to 60 percent of respondents expressed interest in knowing how food is grown, and more than 80 percent of those respondents wanted to know about the use of agrichemicals.

"Some seemed convinced that none of the farmers in southeastern Pennsylvania, or even the United States, use agrichemicals," Thomson notes. "Mention of other aspects of farming, such as soil conservation, was negligible."

The researchers will continue to analyze the data by various demographic categories to help target future educational materials. Rochelle Kelvin, who initiated the project with Thomson, currently is working on organic farms in New Zealand. Peggy Wagoner will succeed Kelvin as project leader at the Rodale Institute.

Their results cannot be generalized to the entire population of the state or country.

**ANSWER** — Rosemary Mattiuz, Kersey, wanted a recipe for liverwurst since the family butchers their own pigs and has lots of liver to use. Thanks to G. Wismer, Plumstead, for sending a recipe.

### Liverwurst

Use the trimmings of a pig's head by removing all you can. Add to the heart, kidney, and any other meat you do not have a use for. Grind everything, including the pork fat in the amount you prefer. Boil until soft. Put through the grinder with half the pig's liver, 2 pounds onions, spices if you prefer, salt, pepper, and small amount of marjoram. Mix well. Stuff into casings. Smoke if you prefer. If not put in casings, put into a pan, let cool. Cut in portions and then freeze.



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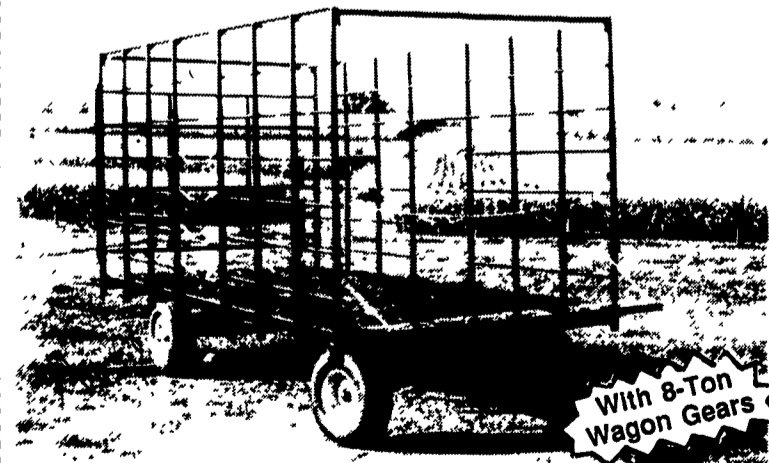
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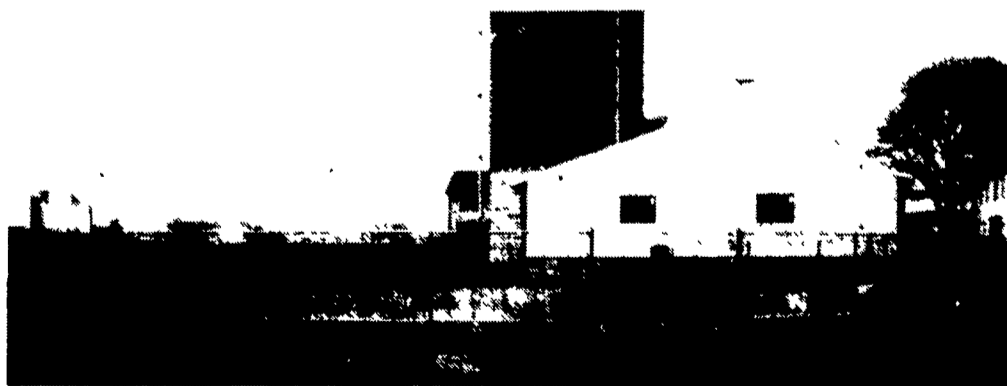
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