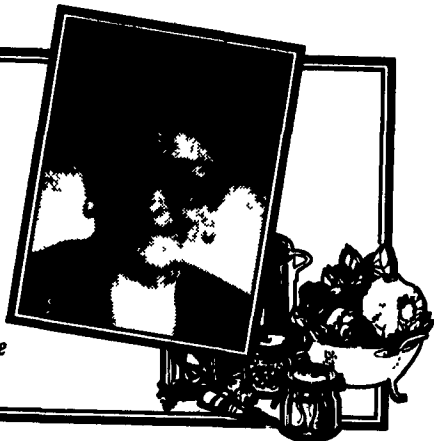


Consuming Thoughts

by
Fay Strickler

Penn State Extension Home
Economist For Berks Co.



Did you know that a zesty marinade can turn ordinary cuts of meat, vegetables and seafood into mouth-watering masterpieces.

Marinades are flavored liquids that enhance or add flavor to foods. They usually contain an acidic liquid such as citrus juice, vinegar or soy sauce, along with seasonings. Marinades can be added to meat, vegetables and also add variety to seafood. Although the distinctive flavors of fish and shellfish are always delicious when prepared simply, occasionally you might like to vary them. Marinades should be used to enhance the true flavor of seafood, not to mask or overcome it.

Any seafood can be marinated, but fish, shrimp and scallops are

the most popular.

Marinating times vary with foods. Since seafood is more tender than meats, it requires less time. But marinating times also differ among seafood. For example, fish such as flounder and snapper require less marinating time than firmer fish such as catfish and grouper.

If marinated too long, fish undergo a change in texture. For instance, if a flounder was placed in a marinade containing both soy sauce and wine and was left in the liquid too long, the fillets would be mushy and unappetizing when cooked.

Always use a non reactive container for marinating, such as glass, stainless steel or a plastic

bag. Some metals can combine with ingredients to produce a chemical reaction or an undesirable flavor.

Unless the pieces are too large or there is too much quantity, plastic bags are really convenient for marinating seafood. You can turn them over instead of turning the food.

Always marinate seafood in the refrigerator, never at room temperature. Fillets may be marinated skinless or with the skin on. It's a personal preference.

Pan-dressed fish take longer to marinate and many need to be turned more often than fillets. When marinating dressed fish, make several slits on each side.

You may have noticed that many recipes for marinated food suggest grilling as the cooking method. A citrus marinade is a perfect combination for grilling seafood fillets, and easily adapts to the grill.

And since this is the season for grilling, you may want to switch to the grill for any-seafood recipe that calls for broiling or baking, unless the instructions specify a topping that would not adhere or that would burn in the grilling process.

When grilling seafood baste it

at least once or twice. Remember to reserve marinade for basting before it comes in contact with raw food. Do not use the same liquid in which the seafood has marinated.

If you use a marinade that does not contain oil, you may want to brush the seafood lightly with oil or melted margarine when grilling or cooking in the oven. If so, do so sparingly.

Never reuse marinades. They may contain harmful bacteria that can cause illness.

When planning summer menus

raw, crisp-tender, or canned vegetables marinated an hour or two will spark up any meal. Flavor choices are abundant — from the traditional favorites such as Thousand Island, French, and Italian, to the newer ones like green goddess, creamy cucumber, buttermilk, and garlic and herbs.

Any pourable dressing works as a marinade, so try them all! Be creative and vary the taste even more by adding Worcestershire sauce, soy sauce, mustard, a little wine, fresh herbs, spices, or some other personal touch.

Immunize All Pets For Rabies

ANNAPOLIS, Md.—Secretary of Agriculture Lewis R. Riley reminds all farmers to make certain that their cats and dogs are immunized for rabies and that unwanted strays are eliminated. Recently, two cases of rabies were reported in barn cats in Frederick County. In the state, 14 rabid cats and 2 rabid dogs have been reported.

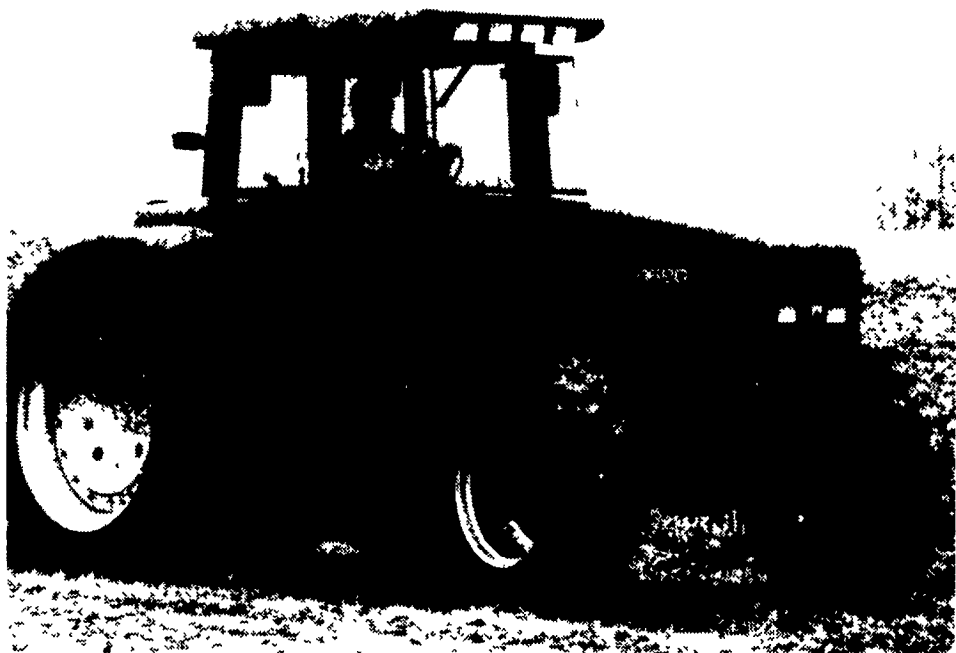
"Unfortunately, these cats in Frederick County exposed 10 people who required treatment. It is imperative that we get full immunizations to prevent this type of exposure in the future," Riley said.

"Anyone who has any ques-

tions, should contact their local veterinarian or the Maryland Department of Agriculture's Animal Health veterinarians at our central office in Annapolis or at one of our five animal health laboratories around the state," said Riley.

Numbers for the Maryland Department of Agriculture's Animal Health offices are as follows: Headquarters Office in Annapolis (410) 841-5810; Centreville Animal Health Lab (410) 758-0846; College Park Animal Health Lab (301) 935-6074; Frederick Animal Health Lab (301) 663-9528; Oakland Animal Health Lab (301) 334-2185; Salisbury Animal Health Lab (410) 543-6610.

What makes our powershift the most advanced? It's simple.



Every one of our AGCO Allis 9600 Series tractors comes with a powershift transmission, the most advanced powershift ever put in a tractor. Just a tap of the finger moves you instantly through 18 forward and 9 reverse speeds without clutching. Our powershift transmission lets you move heavy loads with precision. In-line tap shifting, lets you instantly match ground speed and power to any field condition. Plus, shuttle shifting, automatic speed matching and pre-selectable speeds are at your fingertips with our exclusive seat-mounted control console. Check out the powershift transmission on four models from 135 to 195 PTO hp, at your local AGCO Allis dealer today.



SEE YOUR DEALER TODAY!

MANOH MOTORS
On Rte. 553
Penn Run, Pa. 15765
412-254-4753

SANDY LAKE IMPLEMENT
Sandy Lake, Pa.
412-376-2489

B.H.M. FARM EQUIP.,
INC.
Annville, Pa.
717-867-2211

HOLTRY'S EQUIPMENT
Roxbury, Pa.
717-532-7261

NICHOLS FARM EQUIP.
Bloomsburg, Pa.
717-784-7731

C.J. WONSIDLER BROS.
Quakertown, Pa.
215-536-7523

HERNLEY'S FARM
EQUIP., INC.
Elizabethtown, Pa.
717-367-8867

B. EQUIP., INC.
Waynesboro, Pa.
717-762-3193

GRUMELLI
FARM SERVICE
Quarryville, Pa.
717-786-7318

New Tripoli, Pa.
215-787-7611
Oley, Pa.
215-987-6257

BOOK

Poems Teachers Ask For

Fifty years ago, it was published in two separate books. In this reprint, we have combined them into one book with almost 300 pages and around 400 poems. There are many old favorite story-type poems such as "Tommy's Prayer", "The First Settler's Story", "The Leak in the Dyke" and "The Village Blacksmith". Also included are humorous poems like "The Railroad Crossing" and "A Boy and His Stomach". You will shed tears at "Guilty or Not Guilty" and "The Boy Who Didn't Pass."



\$9.99 postpaid. Order from:
Martin's Pretzel Bakery
(Mrs. Clarence Martin)
1229 Diamond St., Akron, PA 17501
(717) 859-1272

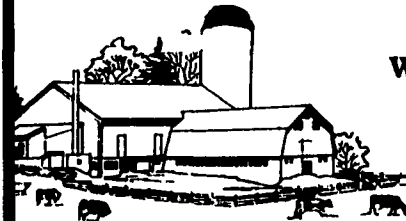
6 Books - \$52.50	10 Books - \$85.25
8 Books - \$68.85	12 Books - \$101.65

BETTER PRICES AVAILABLE FOR BOOKSTORES

WHITEWASHING with ADVANTAGE FARM WHITE

- DRIES WHITE • NO WET FLOORS
- IS COMPATIBLE WITH DISINFECTANT AND FLY SPRAYS
- DOES NOT RUB OFF EASILY
- WASHES OFF WINDOWS & PIPELINES EASILY

BARN CLEANING SERVICE AVAILABLE WITH COMPRESSED AIR



To have your barn cleaned with air it will clean off dust, cob webs & lots of the old lime. This will keep your barn looking cleaner & whiter longer.

CALL US ABOUT ON THE FARM FLY CONTROL

Serving Southeastern Pa. And More

BEITZEL'S SPRAYING

Witmer, PA 17585 717-392-7227 or

Toll Free 1-800-727-7228 7:00 AM to 5:00 PM

CERTIFIED COMMERCIAL APPLICATORS

LICENSED 32 Years Experience INSURED

5 Trucks For Air Cleaning And Whitewashing
RADIO DISPATCHED TRUCKS

Barn Spraying Is Our Business, not a sideline.
Spraying Since 1961