

Broccoli Crop

HARRISBURG (Dauphin Co.) — Consumers can obtain fresh broccoli by visiting local farm markets and roadside stands between now and November, according to Agriculture Secretary Charles C. Brosius.

"Our family farms have produced a good crop of broccoli this year," Brosius said.

Consumers should choose broccoli with tightly-packed heads. Stalks should be green with dark green or purplish-green buds. Broccoli may be refrigerated in a vegetable crisper or airtight container for maximum freshness and to retain nutrients.

Broccoli is an excellent source of vitamins A and C and is low in calories, with only 14 calories per half cup serving.

Copies of a consumer's guide listing the locations of Pennsylvania farm markets by county can be obtained by contacting the department's Bureau of Market Development, 2301 North Cameron Street, Harrisburg, PA 17110-9408, telephone (717) 787-5086.



This column is for readers who have questions but don't know whom to ask for answers.

"You Ask—You Answer" is for non-cooking questions. When a reader sends in a question, it will be printed in the paper. Readers who know the answer are asked to respond by mailing the answer, which will then be printed in the paper.

Questions and Answers to this column should be addressed to You Ask—You Answer, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Attention: Lou Ann Good.

There's no need to send a SASE. If we receive an answer to your question, we will publish it as soon as possible.

Horse Show Needs Riders

LAMPETER (Lancaster Co.)—Community Hospital of Lancaster will sponsor the seventh annual Horse Show and County Fair on Saturday, October 7, 8:00 a.m. to 9:00 p.m. and Sunday, October 8, 8:00 a.m. to 5:00 p.m. at Lampeter Fairgrounds, Lancaster County. The only AHSA-rated event in Lancaster County, the horse show is open to all inter-

ested riders in Pennsylvania, Maryland, Delaware and New Jersey.

Classes featured in the event include: hunter, lead line, short stirrup, mini-stirrup, beginner rider, low jumpers, hunter classic, hunter derby and Marshall Sterling children and adult jumper classic. There will also be a therapeutic rider division, horse-dog

relay and Jack Russell terrier races. A new hunt ring with all weather footing has been constructed.

Special activities for children include "make-n-take" crafts, rides, amusements and games. Various entertainers will be featured both days. Parents will have the opportunity to have their child's fingerprints and video

taken. Carnival rides begin at 10:00 a.m. There will also be a craft show, featuring regional artists, starting at 8:00 a.m. Lancaster County's favorite foods will be served.

Admission to the fairgrounds is \$2.

For more information contact Community Relations at (717) 397-3711, extension 510.



Cook's Question Corner

(Continued from Page B8)

ANSWER — Sarah Clark, Breezewood, wanted a recipe for "Hello Dollies," a bar-type cookie and a recipe for pavlova, which she thinks in an Australian dessert. Thanks to Nina Kochmer, Lake Winola, for sending both recipes.

Hello Dolly Cookies

- 1/4 cup butter
- 1 cup graham cracker crumbs
- 1 cup flaked or thread coconut
- 1 cup semi-sweet chocolate chips
- 1 cup chopped walnuts
- 1 can sweetened condensed milk

Melt butter, add crumbs, pat into bottom of 9-inch square pan. Mix together coconut, chips, and nuts. Place in layer of top of crumbs. Pour condensed milk over top. Bake at 325 degrees for 30 minutes. Cool, cut into squares.

Pavlova

Pavlova was created and named by a society hostess in honor of the famous ballerina Anna Pavlova during her tour of Australia. Pavlova is a light rich combination of meringue and whipped cream—the peaks are intended to resemble a ballerina's tutu. It is one of Australia's national dishes.

In Australia, Pavlova is often filled with orange-yellow passion fruit, but it may be filled with strawberries, peaches, or mangos.

Meringue Shell

- 4 large egg whites, room temperature
 - 1/4 teaspoon salt
 - 1/2 cup granulated sugar
 - 1/2 cup superfine sugar
 - 1 teaspoon cornstarch
 - 1/2 teaspoon vinegar
- Preheat oven to 225 degrees. On a sheet of waxed paper or foil, draw an 8-inch circle. Place on a cookie sheet. To make meringue, put egg whites in a spotlessly clean dry bowl.

Beat egg whites with the salt until they stand in stiff peaks. Gradually add sugar 1 tablespoon at a time beating each time until sugar is dissolved.

Sift the superfine sugar with the cornstarch. Carefully fold into the beaten egg whites. Fold in the vinegar.

Spread 3/4 -inch layer of meringue over the circle. Build the remaining meringue up to form the sides of the shell using a spoon or a pastry bag fitted with a plain tip.

Bake the shell for 1 1/2 -2 hours until crisp and very lightly colored.

Cool slightly. Carefully peel away the paper from base. When cool, fill with fresh fruit mixed with sweetened whipped cream.

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