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

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

QUESTION — Ernest Brown, Klingerstown, would like to know the words to the song, written in the 1930s, "Rain, Rain, When You Gonna Come Again?"

QUESTION — Kathryn Kern, Fairhope, wants to know where she can purchase Lasetta material for making afghans. A long needle is used to weave yarn in the material's

QUESTION — Arlene Nace, Quakertown, would like to know how to get rid of carpenter ants.

QUESTION — Anna L. Newswanger, Narvon, would like to know how to keep dried appleheads (for dolls) from getting

QUESTION — Bill Fletcher, Trumansburg, N.Y., would like to know how to blend kerosene in outdoor torches to control bugs and also hide the strong kerosene smell.

QUESTION — Edward Clar, 363 Swedesford Rd., Frazer, PA 19355-1603, would like a special book about terrier dogs.

Horse Show Needs Riders

Lancaster will sponsor the seventh Jersey. annual Horse Show and County Fair on Saturday, October 7, 8:00 include: hunter, lead line, short

Classes featured in the event constructed.

Special activities for children a.m. to 9:00 p.m. and Sunday, stirrup, mini-stirrup, beginner rid- include "make-n-take" crafts, October 8, 8:00 a.m. to 5:00 p.m. er, low jumpers, hunter classic, rides, amusements and games. at Lampeter Fairgrounds, Lancas- hunter derby and Marshall Ster- Various entertainers will be feater County. The only AHSA-rated event in Lancaster County, the classic. There will also be a therather show is open to all interpetition for the component of the classic o

LAMPETER (Lancaster ested riders in Pennsylvania, relay and Jack Russell terrier taken. Carnival rides begin at Co.)—Community Hospital of Maryland, Delaware and New races. A new hunt ring with all 10:00 a.m. There will also be a weather footing has been craft show, featuring regional artists, starting at 8:00 a.m. Lancaster County's favorite foods will be served.

Admission to the fairgrounds is

For more information contact



(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.

Helio 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

½ cup granulated sugar

½ cup superfine sugar

1 teaspoon cornstarch

½ 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

Spread % -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 11/2 -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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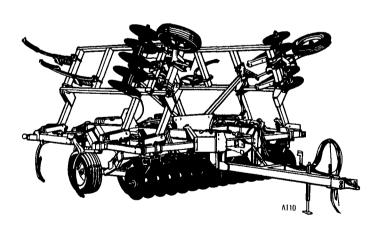
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