

Cabbage Crop Ready For Consumers

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

"Our family farms have produced a very good crop of cabbage this year," Brosius said. "Both red and green varieties are entering their peak season right now." He noted that the state is ranked 12th in the nation for cabbage production.

"Select cabbage with firm, compact heads that are free of yellow, wilted or splitting leaves. Avoid cutting cabbage until just before you are going to use it," Brosius said.

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. The telephone number is (717) 787-5086.

Cook's Question

(Continued from Page B9)

Baked Taco Salad

1½ pounds ground beef (browned with onion and pepper)
 1 teaspoon taco seasoning
 Salt and pepper to taste
 ½ cup tomato juice
 10 to 12 taco shells, crushed or corn chips
 2 cups small curd cottage cheese, drained
 1 cup grated cheese
 1 egg
 2 cups shredded lettuce
 ½ cup chopped tomatoes
 3 green onions, chopped
 ½ cup grated cheese
 ¼ cup black olives (optional)
 Brown and drain ground beef. Add taco seasoning, salt, pepper, and tomato juice. Cover bottom of a 9x13-inch baking sheet with crushed taco shells or corn chips. Pour ground beef mixture over chips. Place a layer of chips over meat mixture and set aside. Combine egg, cottage cheese, and 1 cup grated cheese. Pour over chips. Bake at 350 degrees for 30 minutes. Remove from oven. Sprinkle lettuce, tomatoes, cheese, onions, and olives over top. Serves 8 to 10.

Taco Salad

1 pound lean ground beef
 1 small can tomato sauce
 ¼ cup tomato paste
 1 teaspoon Worcestershire sauce
 ½ teaspoon each cumin, oregano, cayenne pepper
 1 teaspoon red and green pepper flakes
 1 teaspoon onion flakes
 1 bag taco chips
 Lettuce
 ¼ cup chopped green or red onions
 1 stalk chopped celery
 ¼ cup chopped green pepper
 Chopped tomato

Black olives
 Shredded cheddar cheese
 Favorite salsa
 Sour cream
 Cook and crumble ground beef. Drain well. Add tomato paste, tomato sauce, Worcestershire sauce, spices, pepper and onion flakes. Simmer for 15 minutes.
 Line plate or large salad bowl with taco chips. Make sure lettuce is very dry. Layer lettuce, onions, celery, and green pepper. Top with meat mixture, cheddar cheese, tomatoes, olive, salsa, and sour cream.

ANSWER — Elizabeth wanted a recipe for Walnut Lace Cookies. Thanks to Bonnie Martin, Ephrata, and Joanna Garber Miller, Jarrettsville, Md., for sending recipes.

Walnut Lace Wafers

½ cup flour
 ½ cup black walnuts, finely chopped
 4 tablespoons butter
 ¼ cup packed light brown sugar
 ¼ cup light corn syrup
 ½ teaspoon vanilla extract
 Preheat oven to 350 degrees. Line large cookie sheets with foil. In small bowl, stir flour and walnuts; set aside. Heat butter, brown sugar, and corn syrup to boiling, stirring constantly. Remove from heat and stir in vanilla and flour mixture until blended. Drop by teaspoonful onto foil on cookie sheets, spreading to about 2-inch round cookie. Space about 1-inch apart. Bake cookies 8 minutes or until tops are bubbly. Cool cookies completely on wire racks. When cooled completely, peel foil from cookies. Store in tightly covered container. Makes about 4 dozen.

Bonnie writes that her grandmother made these cookies, but it was difficult for Bonnie to determine measurements because her grandmother just added ingredients "until it looked like a good cookie." They are great tasting, she writes, and look great on a cookie tray because the texture is different from other cookies.

Sesame Seed Cookies Lace Cookies

May substitute ground walnuts for the sesame seeds
 ½ cup butter
 ½ cup margarine
 1¾ ounces sesame seeds
 1 egg
 1 pound light brown sugar
 3 cups quick-cooking rolled oats
 Melt butter and margarine. Add sugar, eggs, and seeds. Add oatmeal, one cup at a time. Let mixture set until cool. Pinch off marble-sized pieces and place on foil-lined cookie sheets. Have foil greased and flour. Bake 5-8 minutes at 350 degrees. Take foil and cookies off cookie sheets and allow cookies to completely cool before removing from foil.

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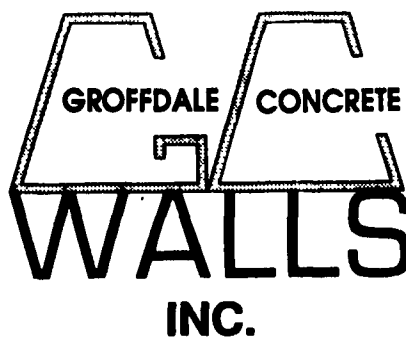
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