

# Home on the Range

## Peachy Fruits

Luscious peaches are in season. Did you know that one medium fresh peach has only 50 calories, no fat, and yet provides 210 milligrams of potassium, 3.3 grams dietary fiber, and 12 grams carbohydrates?

But watch those peach pits. The pits contain cyanogenic glucosides. When the chemical is soaked and softened in water, a toxic poison called hydrogen cyanide is released.

Cyanogenic glucosides are also found in the pits of almonds, lemons, limes, apples, pears, cherries, apricots, and prunes. The

main concern is not with canning a few stone fruits with whole pits intact, but rather with the use of crushed pits that in recent years were sold as nutrition supplements.

Also included this week are some more blueberry recipes. These were past the deadline for last week's edition. Since the peach recipes are a bit sparse this week, there is room to print the blueberry recipes. Please try to make sure recipes are mailed in time to reach us by the deadline, because many times, late recipes are not printed.

### PEACHES AND CREAM CHEESECAKE

¼ cup flour  
1 teaspoon baking powder  
3-ounce package vanilla pudding (not instant)  
1 egg  
½ cup milk  
Grease bottom and sides of 9-inch deep dish or 10-inch pie pan.

Combine ingredients in large bowl. Beat 2 minutes at medium speed. Pour into prepared pan. Pour over batter:

15-28-ounce can sliced peaches, well-drained (reserve juice)  
Combine and beat 2 minutes at medium speed:

8 ounces cream cheese, softened  
½ cup sugar  
3 teaspoons reserved juice  
Spoon over peaches to within one-inch edge of batter. Combine and sprinkle over cream cheese mixture:

1 teaspoon sugar  
½ teaspoon cinnamon  
Bake at 350 degrees for 30-35 minutes until crust is brown. Filling will appear soft.

Sue McKinsey  
York

### PEACH NUT BUTTER

1 cup nuts, pecans or English walnuts

½ cup butter, softened  
½ cup peach preserves

Put nuts in blender or food processor. Cover and process until finely chopped. Transfer nuts to a small mixing bowl.

Place butter and preserves in processor and blend until well combined. Pour over nuts in bowl. Mix well.

Cover and chill at least one hour before serving. Makes 1½ cups.

Betty Light  
Lebanon

### PEACH CAKE

2 quarts peaches, retain juice to 1 quart  
1 white cake mix  
½ cup butter  
1 cup walnuts

Place peaches and juice in bottom of 9x13-inch cake pan. Sprinkle dry white cake mix over peaches. Melt butter and pour over cake mix. Sprinkle top with cup of walnuts. Bake at 350 degrees for 40-45 minutes. Serve warm or cooled with a fresh whipped dairy topping.

Latrisha Wasson  
Centre Co. Dairy Princess

### PEACHES AND PEARS IN PINEAPPLE JUICE

½ -¾ pounds peaches per pint  
½ -¾ pounds pears per pint  
Unsweetened pineapple juice

Peel, halve, and core pears. Peel, halve, and pit peaches. Treat fruit to prevent darkening. Rinse and drain. Cook a few peaches and pears at a time in water until heated through. Drain. Pack hot in hot jars, leaving ½ -inch headspace. Heat pineapple juice just to boil. Pour over fruit, leaving ½ -inch headspace. Remove air bubbles. Adjust caps. Process pints 25 minutes in boiling water bath.

### PEACH PIE

1 cup sugar  
2 tablespoons flour  
2 tablespoons melted butter  
2 tablespoons milk

Slice 5-6 medium peaches in unbaked pie shell. Beat 2 eggs until lemon colored. Combine sugar, flour, butter, and milk. Mix well. Pour over peaches.

Bake one hour at 350 degrees.  
Susan McKinsey  
York



Peach Crisp is the perfect answer for a nutritious, tasty dessert.

### PEACHES AND CREAM SQUARES

1 package yellow cake mix  
½ cup graham cracker crumbs  
½ cup walnuts or pecans, chopped

1 teaspoon cinnamon  
6 tablespoons butter, softened  
1 large egg

16-ounce can sliced peaches, well drained  
Filling:

1 can vanilla frosting  
8-ounce package cream cheese, softened  
2 eggs

Heat oven to 350 degrees.

Grease and flour a 9x13-inch baking pan. Mix together cake mix, graham crumbs, chopped nuts, cinnamon, and butter. Work with pastry blender or hands until crumbly. Reserve one cup, set aside. Add large egg to remaining crumb mix; blend well and pat into bottom of baking pan. Place sliced peaches over cake mix. Make filling by creaming frosting, cream cheese, and eggs. Pour over peaches. Sprinkle remaining crumbs over top of cream cheese mixture. Bake at 350 degrees for 40-45 minutes. Cool in pan, refrigerate in closed container.

B.J. Light  
Lebanon

## Featured Recipe

The sun is brighter, the days are longer. As a result, nature is producing plump, sweet fruit that begs attention, not only for its beauty but for its nutritional value.

Here is a wonderful recipe from USA Rice Council. This delectable dessert uses nutritious, whole-grain brown rice.

Did you know that brown rice is non-allergenic and almost completely utilized by the body? Its healthful bran layer, which gives the rice a nut-like flavor, requires longer cooking time than white rice. Combined with peaches, cinnamon, nutmeg, and nuts, this delicious dessert will satisfy every age.

### PEACH CRISP

2 cups cooked rice  
1½ cups fresh peach chunks  
½ cup firmly packed brown sugar, divided  
¼ cup whole wheat or all-purpose flour  
½ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ cup butter  
¼ cup walnuts, chopped

Whipped cream or ice cream (optional)  
Combine rice, peaches, and ½ cup sugar in buttered shallow 1½ -quart baking dish. Mix flour, remaining ½ cup sugar, cinnamon, and nutmeg in medium bowl; cut in butter until mixture is crumbly. Sprinkle flour mixture over rice. Sprinkle walnuts over flour mixture. Bake at 350 degrees for 20 to 25 minutes. Serve warm with whipped cream or ice cream, if desired. Makes 6 servings.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

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- 3- Tomato Ideas
- 10- Pickles & Green Tomatoes
- 17- Zucchini Recipes
- 24- Garden Vegetables