

# Shippensburg Garden Tour Is June 8

SHIPPENSBURG (Cumberland Co.) — The popular garden tour, held annually in Shippensburg, is scheduled on the second Sunday in June each year. This year the event is scheduled June 8 from 1-6 p.m.

In addition to the wide array of gardens and landscaped yards this year's tour will feature a plant sale at the refreshment site. Perennials have been shared by many church members. This variety will provide popular and unusual plants for tour goers for their own gardens.

Ponds, pools, a walk through the woods naturalized with wild flowers and huge rock outcroppings will be highlighted.

For tickets send a self addressed, stamped envelope to Christ U.M. Church, 47 E. King Street. Tickets are \$5 adults in advance and \$6 at the gardens, school age children \$2.50

For additional information call the general chairperson, Rose Diller, (717) 532-8155. Tickets will be available the day of the tour at any of the garden sites and also in front of the church.

# Conference To Convene

DREXEL HILL (Philadelphia) — The seventh annual Greater Philadelphia Christian Writers Conference, directed by Marlene Bagnall of Drexel Hill, will be held Friday and Saturday, May 30-31, in the Chelton Baptist Church, 1601 Limekiln Pike, Dresher (just off the Fort Washington interchange of the Philadelphia Turnpike). In addition, a Pre-Conference Day for Beginners will be held Thursday, May 29, at the same location. Now in its ninth year, the conference regularly draws hundreds of writers from more than 15 states.

Nineteen authors who together have written almost 200 books and thousands of articles, will serve on the faculty, joined by 20 editors from nationally known publishing houses and magazines including Fleming H. Revell,

Chosen Books, Guideposts, Mature Living, and Christian Parenting Today.

Forty-eight workshops will also be offered on a wide variety of topics including "Beating Procrastination & Writer's Block," "Articles that Change Lives," "First Chapter-itis," "Grammar Goofs," and "New Trends in Christian Writing." In addition, the faculty will be available for one-on-one appointments to discuss works in progress and to give helpful advice.

The Thursday Pre-conference Day offers four and a half hours of intensive instruction aimed at helping conferees gain more from the rest of the conference.

For further information, call Georgia Burkett, Middletown, Pa., (717) 944-4427.

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while in freezer storage, even if the strawberries are frozen quickly.

To make a sugar syrup pack, mix and dissolve 2 1/4 cups in 4 cups cold water. Stir well to dissolve. Add 1 cup of this syrup per quart of prepared fruit.

To make no sugar pectin syrup pack, combine 1 package powdered pectin in 1 cup water. Heat to boiling and boil 1 minute. Remove from heat and add 1 1/4 cups of water. Chill before using. Add more water if a thinner syrup is desired. Submerge fruit in syrup.

To make individually quick frozen berries use a tray pack: Dip berries into either one of the syrup pack solutions, drain and place berries individually, not touching, on plastic wrap on a cookie tray. Freeze in coldest part of freezer (usually 1 hour), then package the individually frozen berries in freezer bags.

To make a dry pack, mix 1/2 cup dry sugar per quart of prepared fruit.

To package, fill pint or quart size freezer bags to within one inch of top, squeeze out air easily by dunking bag in water, being careful not to get any water into bag, seal, label and freeze. Before freezing, bags may be inserted into reusable rigid plastic freezer containers for added protection against punctures and leakage.

One cup of strawberries provides 150% of the USRDA of vitamin C. Fresh, frozen or sliced they make just the right topping for cereal, waffles, pancakes or French toast. Forget the syrup and orange juice for a while — just enjoy the berries as a topping.

picked and should not be purchased or picked and avoid strawberries with bruises or without caps because they do not store well.

Here are a few storage tips:  
• Always remove bruised, rotted, or molded berries before storing.

• Strawberries should be refrigerated immediately after purchasing or picking.

• Never rinse the berries or remove the caps before storing. Removing the cap early can reduce flavor, texture, and nutrient quality.

• Strawberries can only be stored for a couple days in the refrigerator. If held longer than this, a grey mold may develop.

• For optimal refrigeration, place berries no more than two berries deep in a shallow container or try covered with waxed paper or plastic wrap.


There are several ways to pack fruit for freezing: Syrup pack or dry pack. The syrup can be either sugar syrup or pectin syrup and the dry pack needs to be with sugar. If these products are not used, the strawberries will change more in color, flavor and texture

Fruit in season has some big advantages in cost, flavor and accessibility. Most consumers agree — there's nothing like eating locally grown fresh strawberries that were just picked. Encouraged by the new food guidelines, depicted in the food pyramid, we should all be trying to eat more fruits and vegetables.

When you go to pick strawberries at a "pick-your-own" farm, select the best variety for freezing or eating fresh berries by asking the grower about the different varieties available. Earliglow are excellent for freezing and eating fresh, while Guardian is best if used fresh. Other varieties that freeze well include Redchief, Allstar, Tristar and Tribute. Pick berries that are fully ripe, appropriately colored with intact green caps. Berries with white shoulders can remain in the garden another day or two.

An average of 1 pound strawberries makes 1 pint frozen berries. Twelve very large berries or 36 small berries equals a pint. One pint yields about 3/4 cup whole, 2/4 cup sliced, or 1 1/2 cup pureed berries.

White or pale pink berries do not become sweeter after they are



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