

Cook's Question

(Continued from Page B8)

ANSWER — Some recipes that came in too late to include with the tomato recipes are included here for those who are looking for ways to use a prolific crop. Thanks to Nita Smith, Bellefonte, and Alverna Martin for sending recipes.

Tomato Juice Cake

2 cups brown sugar
 ½ cup shortening
 2 eggs
 2 tablespoons cocoa (mixed with hot water to form paste)
 2 cups sifted flour
 1 cup tomato juice
 ¼ teaspoon vanilla
 ¼ teaspoon salt
 2 teaspoons baking soda (added last, mixed with 2 teaspoons warm water)

Cream shortening and sugar. Add eggs and cocoa mixture. Add dry ingredients alternately with juice. Add baking soda last. Bake at 350 degrees for 40 minutes or until done.

Tomato Gravy

4 large tomatoes, diced
 1 small onion, diced
 Salt and pepper
 1 tablespoon flour mixed with ¼ cup milk
 Pinch or two of baking soda

Saute onion lightly in just enough butter so it does not stick; add tomatoes seasoned with salt and pepper, cook over medium heat until tomatoes are hot. Put in a pinch or two of baking soda, it will foam, add flour and milk, stirring constantly until it is of desired consistency. Serve hot over mashed potatoes or toast.

Nita Smith writes: I absolutely love this. My father liked his tomato gravy made with green tomatoes. Make green same as red only omit the baking soda with the green tomatoes. (Why omit the soda with the green tomatoes? I don't know, my mother told me to!)

ANSWER — Louise Graybeal, Renick, W.V., wanted a fat-free fruit-based replacement for butter or oil in baking. Thanks to Alverna Martin for writing that applesauce or pureed prunes can be substituted cup for cup or, if preferred, half the amount in recipes requesting shortening, oil, etc.

Puree seedless prunes in the blender. Add a little water and blend until smooth.

Experiment with this because it doesn't work well in recipes such as apple crisp, but it works in lots of cake, bar, and cookie recipes. Sometimes it will result in a heavier product.

Weight Loss Class Begins

YORK (York Co.) — Concerns about nutrition top most people's list of health issues: What's a sensible way to lose weight? How can I stop gaining weight? How do I lower my blood cholesterol level? What's healthy for my family to eat?

Learn the answers to these questions and many others with Penn State Cooperative Extension's "My New Weigh of Life," a new weight-management workshop. The 12 week program emphasizes permanent lifestyle changes. You will learn how to

change your food choices, activity level and attitudes so you can reach a healthier weight. Five classes are scheduled to start in September.

Monday, September 29 through December 15, 10:00-12:00 noon, Adams Electric Building, on Route 616 just south of Route 30.

Monday, September 15, through December 8, 7:00-9:00 p.m., Penn State Cooperative Extension, 112 Pleasant Acres Rd., York, PA 17402.

Tuesday, September 23 through December 9, 7:00-9:00 p.m., Northern High School (must register through Northern Adult Education Program, 149 S. Baltimore St., Dillsburg, PA 17019. Phone: (717) 432-8691 ext. 279)

Wednesday, September 17 through December 10, 6:30-8:30 p.m., Penn State Cooperative Extension, 112 Pleasant Acres Rd., York, PA 17402

Monday, September 29 through December 15, 7:00-9:00 p.m., Spring Grove High School. (Must register through the Spring Grove Adult Education Program. Phone: (717) 225-5711 ext. 3154).

For a brochure or more information call Penn State Cooperative Extension at 840-7408.

ANSWER — Kathryn Kreider, Jonestown, wanted information on how to make and can pickled garlic, and how to make vinegar from apple cider and from other fruit wines. Thanks to Louise Graybeal, Renick, W.V., for sending recipes.

Cider Vinegar

Select ripe, sound apples, wash thoroughly and extract juice in a cider press. Place juice in a large receptacle and allow to stand for a few days. Drain, leaving sediment in bottom undisturbed. Wash out barrels or kegs in which it is to be placed as thoroughly as possible with boiling water. Fill them ¾ full with the juice. Leave hung out but place a loose plug of cotton to prevent dirt from falling in. For each five gallons in barrel, add one cake compressed yeast dissolved in lukewarm water. Keep barrels at a temperature of 75-85 degrees if possible. As soon as the alcoholic fermentation ceases, which will take several months, drain out clear liquid, rinse barrels and put the clear liquid back again, filling the barrels ¾ full. Add from 2 to 4 quarts vinegar containing more or less "Mother" for each 5 gallons liquid. Store barrels in as warm a place as possible until vinegar is made. This usually requires from 6-12 months. Then fill barrels full and bring them tight.

Honey Vinegar

Mix together 1 quart strained honey and 8 quarts warm water. Allow mixture to stand in a warm place until fermentation ceases. Seal in clean canning jars.

The resulting vinegar is white and of excellent quality.

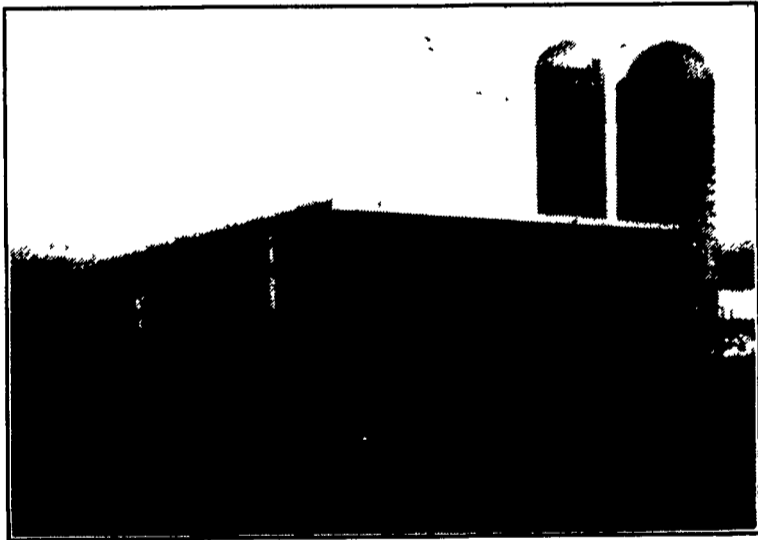
Fruit Vinegars Or Shrubs

Dissolve 2 cups sugar in 1 cup vinegar, heat to boiling and pour over 2 quarts ripe berries. Let stand one hour or more, stirring at intervals. Allow the juice to drip through jelly bag, bring to boil and pour into clean hot canning jars and process 10 minutes in hot water bath canner.

Serve on cracked ice with equal amounts of carbonated water.

got milk?

• Agricultural • Commercial • Residential



Heifer Facility Featuring 12' Wide x 8' Deep Manure Storage System with Waffle Slats

- Retaining Walls • Bunker Silos
- Manure Storage, Etc.

LET OUR EXPERIENCE WORK FOR YOU ESTABLISHED SINCE 1979

We have the
 Custom
 Satisfaction

GROFFDALE CONCRETE
WALLS
 INC.

430 Concrete Ave., Leola, PA
 717-656-2016

Sizes And
 Layouts
 To Your
 Specifications



FISHER'S PAINTING &

FISHER'S PAINT OUTLET STORE

QUALITY PAINTS @ REASONABLE PRICES

■ ALL TYPES OF INTERIOR & EXTERIOR PAINTING

■ SANDBLASTING N ROOF COATING

■ RESTORATION & WATERPROOFING ON STONE & BRICK BUILDINGS

HOUSES - BARNs - FENCES - FACTORIES - ETC.

Specialists In Sand Blasting/Spray Painting Farm Buildings, Feed Mills, Roofs, Tanks, Etc. With Aerial Equipment

WE NOW REPAIR SPRAY GUNS AND PUMPS

4056A Newport Rd., Kinzers, PA 17535 717-768-3239
 On Rt. 772 Across From Pequea Valley School

Brush, Roll Or Spray - We'll Do It Either Way
 For Jobs Large Or Small - Our Men Will Do It All



SEEING IS BELIEVING

Announcing

AgRestore's Field Days

Sponsored by

Homestead Nutrition, Inc.

245 White Oak Rd., New Holland, PA 17557

(717) 354-4398

Wednesday, September 3, 1997

Thursday, September 4, 1997

J. Elvin Ranck
 RFD 4, Box 298
 Mifflintown, Pa
 717-436-9142

Enos Hoover
 317 Gristmill Rd.,
 New Holland, Pa.
 717-354-5415

All Field Days begin at 1:00 P.M.



AgRestore, Inc.

"Excellence in Biological Agriculture"

Waverly, Iowa 1-319-352-3602

Quality Products for the Biological Farmer.