

**Family Living
Focus**

by
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From Goulash to Garbage!
When's the last time you used your paprika? Develed eggs perhaps? Just how old is it anyway? These questions have been prompted by a caller faced with a most embarrassing situation. Dinner for the family (luckily, not for company!) was to be an easy casserole. Before cooking, paprika was added according to the recipe and dinner was ruined. It never made it to the oven because of the Indian Meal Moth larva in the spice.

So much for that meal! This little bug and another critter, the cigarette beetle, love spices. That's why the Pennsylvania

Department of Agriculture suggests that spices should not be kept on the shelf for longer than three years.

According to Carol Wagner, home economist for John Wagner & Sons Purveyors to Epicures since 1847 in Ivyland, ground spices lose much of their strength after six months anyway. The McCormick®/Shilling® (800-632-5847) folks give paprika and many other spices a shelf life of only two years and suggest that paprika be refrigerated.

The only safe way to get rid of spice bug infestation is to locate all of them and discard or destroy

the spices. DO NOT PUT INSECTICIDES NEAR OR ON FOOD OR FOOD CONTAINERS - and that includes spices!

Yes, spices can be expensive... but, for your own piece of mind, check them now to be safe - especially with the holidays fast upon us.

Now that you've checked your spice rack carefully, you may have to purchase new paprika. Don't let it go to waste! To help use it up, here's a recipe.

Hungarian-Style Goulash
3 Tablespoons butter or margarine
6 medium onions, thinly sliced (about 2 lbs.)
2 pounds beef stew meat, cut into 1" chunks
1/4 cup paprika (this should use it up in no time!)
1 bay leaf
1/2 cup sour cream
1/2 cup low-fat yogurt

About 3 1/2 hours before serving, in a Dutch oven over medium-high heat, in hot butter or margarine, cook onions, stirring occasionally, until lightly browned (about 15 minutes or so). Add stew meat, paprika, and bay leaf. Reduced heat to low; cover and simmer 3 hours or until meat is fork-tender, stirring occasionally (if meat sticks to pan, add a tablespoon or two of water). Discard bay leaf. Stir in sour cream. Serve over noodles. Makes 6 servings. (from "The Good Housekeeping Cookbook," edited by Zoe Coulson. The Hearst Corporation, NY. 1973.)



Conrad Weiser FFA Supports Reintroduction Of Elm Trees
The Conrad Weiser High School FFA is doing its part to preserve an American symbol. Through the dedication of its students, the American elm tree is being given a second chance.

were prominent have now died. One of the many attempts to increase elm tree numbers in the United States was the development of the Liberty Elm, a cultivar augmented by Eugene Smalley and Don Leshner of the University of Wisconsin at Madison. The Liberty elm was the result of extensive research and testing which led to the selection of six American elms that survived injections of DED. The collection of these elms became the Liberty elm.

The Conrad Weiser FFA obtained the elms from the Elm Research Institute, a nonprofit organization located in Harrisville, N.H., the sole distributor of the Liberty Elm. Members of Conrad Weiser's FFA have been regularly caring for the trees in the Ag Department's elm nursery in order to distribute them to the community.

The students hope that you will be interested in purchasing an elm tree at this prime time for planting. Prices for 3- to 5-foot elms are \$30, and for 6- to 9-foot elms \$75. If you have questions or would like to place an order, please call the Ag Science Department at (610) 693-8537.

The American elm has long been a part of American history. Often the meeting place of the Sons of Liberty, the elm was dubbed the Liberty Tree after August 1765 when effigies were hung upon an elm tree in Boston to protest the Stamp Act.

The elm soon grew in popularity, lining the streets of many American cities, until the 1930s when Dutch Elm Disease (DED), also known as "the blight," began to wreck havoc upon the trees. The DED fungus, carried by American and European elm bark beetles, destroyed the trees, killing them within months or years. Since the beginning of the DED devastation spreading throughout America, more than 90 percent of the millions of elms which once

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