

Gifts From The Heart

Gifts Come From the Heart - and the Kitchen
If you have cooks on your Valentine's gift list, you can

make them happy and keep them healthy by giving gifts of food.

For the pasta lover: Provide a variety of pastas and sauces. Add a spaghetti measurer and server, a small bottle of olive oil and some red checkered paper napkins. Your "basket" could be a large colander.

For the spice lover: Purchase a red basket - a small one will do nicely - and fill it with a variety of spices, some common and some gourmet.

For the vegetarian: This person will appreciate an assortment of packaged peas, beans and vegetarian soup mixes. Specialty stores can provide some unusual combinations, or you might mix your own. You also might include a small vegetarian cookbook.

For the person who loves to bake: The sky's the limit. You could add unusual cookie cutters or a lowfat baking cookbook. Pastry brushes, a set of measuring cups and spoons, a small jar of gourmet cinnamon and a pair of potholders would make a welcome gift. Keep healthy eating in mind when you put together baskets for the cook.

Chocolate-dipped spoon gifts. Chocolate spoons are so easy to make even kids can do it, and

they make a great Valentine's Day gift. Here's what you need to create chocolate-dipped spoons. • Plastic spoons (gold spoons are especially pretty); • Chocolate melts (from craft, candy or grocery stores); • Flavored extracts (optional); • Cellophane; • Ribbon or decorative wire. Melt chocolate according to directions. (Watch carefully that it doesn't burn!) Add

flavoring to taste. Dip spoon into the chocolate and place it on wax paper to set. Wrap in Cellophane and tie with ribbon or wire. Add these directions: "Stir into your coffee or hot chocolate for a chocolatey treat." (P.S. When you eat sensibly most of the year, you can treat yourself - guilt free - to an occasional goodie, such as chocolate-dipped spoons.)

Radio Station Seeks Potato Recipes

HARRISBURG (Dauphin Co.) - What's your favorite potato recipe? Whether it's grilled potatoes, potato candy or potato bread, WITF-TV, central Pennsylvania's public television station is looking for your favorite potato recipes, to be used as part of "P" IS FOR POTATOES, a broadcast event scheduled for Saturday, March 7, at 1 p.m.

Recipes received by WITF by February 21 will be included in a cookbook, which will be offered during the "P" IS FOR POTATO cooking marathon on WITF.

Some of the most interesting recipes entered by local residents will be featured during the broadcast. Selected contributors will appear on the program to prepare and discuss their dishes.

The program will be hosted by WHP 580 morning show host Melanie Apple and Noel Falk, The Plant Doctor. Recipes should be typed or printed and sent to: "P" IS FOR POTATO, c/o WITF, P.O. Box 2954, Harrisburg, PA 17105. Please include name, address and daytime telephone number. No recipes will be returned.

Vendors Needed At Farmers' Markets

HARRISBURG (Dauphin Co.) - Agriculture Secretary Samuel E. Hayes Jr. announced that the department is seeking farmers involved in farmers' markets to participate in its Farmers' Market Nutrition Program, which provides fresh fruits and vegetables to those enrolled in the state's Woman, Infants and Children (WIC) program.

"The program promotes better health while increasing the awareness and use of fresh produce grown by Pennsylvania farmers," Hayes said. He noted

that last year more than 400,000 Farmers' Market Nutrition program checks, worth \$5 each, were issued to WIC participants.

Administered by the state Agriculture Department, eligibility for the nutrition program is limited to pregnant and nursing women, who receive \$25 per year; and children ages three and four years, who receive \$15 per year. The checks may be used by eligible participants or their parents or guardians between July 1 and Oct. 31.

The WIC program is administered by the state Health Department.

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In 1997, nearly 450 vendors participated in the program at 300 market sites throughout the state. The program generated an additional \$115 million in sales for Pennsylvania's farmers.

An annual survey of nearly 460 program recipients, as required by the U.S. Department of Agriculture, found that 44 percent visited a farmers market for the first time with their program checks. The survey also showed that 42 percent of the recipients learned a new way to prepare fresh fruits and vegetables. Most importantly, 90 percent of the participants responded that the quality of produce was as good as or better than at their regular grocery store.

To receive a Farmer's Market Nutrition Program application, contact the Agriculture Department's Bureau of Food Distribution at 1-800-468-2433.

The deadline for applications is March 31.

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