

Home on the Range



Fresh peaches now in season combine well with cottage cheese and other fresh fruit for a delightful dessert.

Peachy Recipes

The peach was once believed to have originated in Persia. In fact, it was nicknamed the "Persian apple." However, it actually originated in China. It probably reached Persia along caravan routes of the pre-Christian era. Eventually, the peach was introduced in Europe through Greece and Rome. The peach was probably brought to America by Columbus on his second or third voyage. The Indians spread peach trees to many regions of America before the white settlers arrived.

One medium peach has 47 calories, and provides 5 percent FDA vitamin A and 10 percent vitamin C.

Fruits are an important source of fiber and many nutrients. Although the actual amount of nutrients may seem small, the contribution is significant if 2 to 3 servings of fruit are eaten daily.

EASY PEACH COBBLER

- ½ cup butter
- 1 cup flour
- 2 cups sugar, divided
- 1 tablespoon baking powder
- Pinch salt
- 1 cup milk
- 4 cups fresh peach slices
- 1 tablespoon lemon juice
- Ground cinnamon (optional)

Melt butter in a 13x9-inch baking dish. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).

Bring remaining sugar, peaches, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon if desired.

Bake at 375 degrees for 40-45 minutes or until golden. Serve cobbler warm or cool. Makes 10 servings.

Donna Morrison
Dalmatia

PEACH-GLAZED SPARERIBS

- 3 pounds spareribs, separated
- 1 bay leaf
- 1 pound fresh peaches, peeled, pitted, chunked
- 1 tablespoon honey
- ¼ teaspoon minced ginger root
- 1 clove garlic, minced
- ½ teaspoon vinegar
- Dash cayenne pepper

Place ribs in 5-quart pot with bay leaf and enough water to cover. Bring to boil. Reduce heat and simmer 5 minutes. Drain spareribs and lay them on a rack in a roasting pan. Preheat oven to 350 degrees. Puree peaches in a food processor until smooth. Transfer to a saucepan and bring to a boil. Stir in remaining ingredients. Roast ribs for 20 minutes. Brush with peach mixture and continue roasting for another 20 minutes, brushing frequently with peach mixture and turning ribs occasionally.

PEACH PIE

- 5 cups peaches, sliced
- ¼ cup sugar
- 3 tablespoons tapioca
- ¼ teaspoon cinnamon
- ¼ teaspoon almond extract

Combine ingredients and pour into a pie shell. Top with pie crust or crumbs as desired. Bake at 425 degrees for 12-15 minutes. Reduce heat to 350 degrees and bake 30 minutes longer.

Crumbs:

- 2 cups flour
- ¼ cup sugar
- ½ cup shortening

Mix together ingredients and sprinkle on top of pie.

Dinner Bell Rings Again

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Tioga Farm City Day Draws 2,000 People

CAROLYN N. MOYER

Tioga Co. Correspondent

WELLSBORO (Tioga

County) — The goal behind Farm Day is simple: bring attention to the family farm.

For the eighth consecutive year, one single family farm was transformed from a typical family dairy farm into a site for Tioga County Farm City Day.

On July 11, more than 2000 people took the time to travel to D&D Farms, owned by Dave and Donna Cleveland, to visit a family farm, take a tour of the surrounding fields, and talk to the many exhibitors.

Although Tioga County visitors and natives see many farms in their travels, this was the first trip to a modern day working farm for many people.

For Ashley Starkweather of Wellsboro and Teaka Frank of Tioga the favorite part was seeing the cows.

"They're kind of neat," said Frank.

"This is very interesting. I enjoyed them telling about the older equipment and how much

better it is today," said Louise Moffett of Wellsboro.

Visitors could actually see older equipment in action as a group of horse enthusiasts worked their team of horses to harvest a field of second cutting.

The quiet jingling of the horses' harness could be compared to the roar of the many tractors that pulled modern hay wagons over the hill to other fields on the Cleveland's 250 acre farm. As the wagon wound up over the back roads, the history of the farm was presented.

In 1941, Dave's parents, Charles and Katherine, purchased the original 111 acre farm from Russell Valsing. At that time there were about eight Holsteins on the farm and all field work was done with horses.

In 1955, Charles and Katherine expanded their farm by purchasing 105 acres. In time, they purchased a Ford Ferguson and later, a Farmall H.

The cow numbers steadily increased and in 1976, Charles

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At left, two-year-old Andrew Moyer of Liberty takes the cow by the horns and, at right, Louise Palnter of the Canyon Country Spinners spins some wool as part of a demonstration during Tioga County Farm City Day.