



Home on the Range

Fresh From The Garden

Americans enjoy more than twice as many fresh vegetables as they did 25 years ago. And there's never been more variety to choose from.

In Pennsylvania, 3,000 vegetable growers produce more than 30 different crops. Many of those vegetables are grown on small family farms and sold direct to consumers through farm markets and roadside stands.

Vegetables taste fresher and are less expensive in season than those imported from other regions of the country.

Not only do fresh vegetables taste better, they are good for you. The National Academy of Scientists and the U.S. Surgeon General recommend five servings of fresh produce daily.

Those experts advise the key to good nutrition is variety with every meal, including vegetables.

As an easy guide, select green leafy vegetables like lettuce for folic acid and other B complex vitamins; dark yellow or orange vegetables, like carrots and squash for vitamin A; and tomatoes, cabbage, and peppers for vitamin C.

Fresh vegetables also supply important minerals like iron, zinc, and potassium, and are an excellent source of dietary fiber.

High fiber vegetables contribute more to good health than just vitamins and nutrients. The American Cancer Society recommends a high fiber diet to protect against colon cancer. In addition, vegetables rich in vitamin C like cabbage and tomatoes can reduce the risk of stomach and esophagus cancer.

Many fresh vegetables contain pectin which actually works to lower blood cholesterol levels by trapping fat molecules and moving them through the digestive system before they are absorbed in the bloodstream.

Raw vegetables such as carrots and celery also act as detergent foods that sweep over teeth and soft tissues cleansing them of sugar and debris.

The preparation of fresh vegetables have a great effect on nutritional content. To ensure they retain nutrients, follow the three R's during cooking.

- Reduce the amount of water used
- Reduce cooking time.
- Reduce the surface areas exposed by cooking vegetables whole.

Follow these simple guidelines

will produce fresher tasting vegetables and provide healthy doses of nutrients ranging from vitamin A to zinc.

The fastest way of cooking vegetables also turns out to be the best way to preserve their nutritional qualities, so use the microwave.

Unlike steaming and boiling, the microwave requires little liquid, allowing vegetables to retain more of their valuable vitamins and nutrients.

Of course, we like variety in vegetables also. Here are some wonderful vegetable recipes from our readers.

SWEET AND SOUR CARROTS

- 1 pound carrots, diagonally sliced
- 1 medium green pepper, seeded and cut into 1-inch squares
- 8-ounce can pineapple chunks
- ½ cup sugar
- 1 tablespoon cornstarch
- ½ teaspoon salt
- 2 teaspoons vinegar
- 2 teaspoons soy sauce

Cook carrots in covered saucepan in a small amount of slightly salted water until tender. Add green pepper squares and cook three minutes more. Drain. Drain pineapple reserving juice. Add water to make ½ cup liquid. In another saucepan, combine sugar, cornstarch, and salt. Stir in pineapple liquid, vinegar, and soy. Cook, stirring until bubbly. Stir in vegetables and pineapple chunks. Heat through. Serves 6.

This is a pretty dish with all ingredients cut in different shapes. Serve in a glass vegetable bowl if you have one in order to show it off.

Eileen Greenaway
Somerville, N.J.

FRIED GREEN TOMATOES

- 4 large green tomatoes
 - 2 cups cornmeal (not self-rising)
 - ½ cup cooking oil
 - Salt and black pepper to taste
- Wash tomatoes and pat dry, then cut into ¼-inch slices. Sprinkle with salt and pepper. Coat both sides of each slice with cornmeal and fry on each side on medium heat until golden. Drain on paper towels and serve hot.

Eileen Greenaway
Somerville, N.J.

(Turn to Page B8)



Fresh from the garden or incorporated in recipes, vegetables offer great taste and nutrition.

Apple Cider Keys Recipe In Lebanon Pie Contest

ANDY ANDREWS
Lancaster Farming Staff
NORTH CORNWALL (Lebanon Co.) — The secret's in the cider.

On Monday, Lebanon Area Fair Blue Ribbon Apple Pie contest winner Sheila Donmoyer revealed the key ingredient to her award-winning recipe: use apple cider.

In her case, she couldn't find good, fresh cider in the stores, so she substituted apple juice.

On Sunday morning after milk-

(Turn to Page B9)



First-place at the Lebanon Apple Pie Contest went to Sheila Donmoyer, center. Second-place winner was Joan Martin, Lebanon, right and third went to Connie Knauss, Myerstown, left.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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|--------|---------------------------|
| August | 8 - Salad Dressings |
| | 15 - Using Summer Harvest |
| | 22 - Zucchini Galore |
| | 29 - Tomato Favorites |