

**Family Living
Focus**

by
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Chester Co. Extension



**Mushrooms: A Great
Appetizer**

We are fortunate to have available fresh mushrooms in our food markets on a year-round basis. Mushrooms lend themselves to many different recipes and make wonderful appetizers. Here are some ways you can prepare some tasty and attractive appetizers.

Create an Appetizer

Place small mushroom caps on buttered tray, caps down & broil for 4 minutes. Add one of the following:

- A piece of your favorite cheese and broil until cheese melts
- A slice of pepperoni and broil until pepperoni is heated
- A teaspoon tomato sauce & mozzarella cheese and boil until the cheese melts.

Wrap small mushrooms in bacon and broil until bacon cooks. Saute mushrooms caps in

butter. Place a small square of cheddar cheese in each cap. Place in shallow baking dish. Sprinkle cheese with oregano. Bake at 350° F until cheese melts.

Mushroom Cheese Spread

Chop and steam, then drain well: 1/2 pound fresh mushrooms. Mix together 8 oz. cream cheese, 1/2 cup sour cream, 1 tablespoon chives.

Add to chopped mushrooms and mix well. Spread on crackers or mini-bread squares.

This is also good with raw vegetables. Option: Top with a green olive slice.

Stuffed Mushroom

Wash, stem and drain 3 pounds mushrooms.

Melt 4 tablespoons butter on cookie sheet in 375° oven. Remove and let cool. Place raw mushroom caps on cookie sheet in melted butter.

Mix together: 1-1/2 pounds ground meat, 3/4 cup Parmesan

cheese, 2 cloves garlic, minced, 1-1/2 cups bread crumbs, 1-1/2 tablespoons parsley, 3 eggs, beaten, 1/2 teaspoon pepper, 3/4 cup milk, 1/2 teaspoon oregano. Stuff mushroom caps with mixture. Bake at 350° F for 45 minutes, or more depending on size of mushrooms, until the meat is cooked. Remove from oven and place on serving tray. Serve hot.

Mushroom Caviar

In a large skillet, melt 1 cup butter. Saute for 4-5 minutes, add 1 cup finely chopped onions. Stir in 1/2 teaspoon paprika. Cook 1 minute. Add 2 cups finely chopped mushrooms, 2 tablespoons lemon juice and pepper to taste.

Cook about 5 minutes, stirring often, until mixture is soft but not dry. Remove from heat and cool. When cool, stir in 1 cup sour cream, 2 tablespoons chopped chives and 1 cup chopped fresh dill or 1-1/2 tablespoons dried dill weed. Refrigerate until serving time. Spread on crackers or black bread.

Ginger Baked Mushrooms

Soften a small amount (not melted) and add a pinch of ginger. Blend well and rub all over, inside and outside, of fresh mushroom caps. Set mushrooms cap side up, in a small glass pie plate keeping them very close together. Bake in 400° F oven for 8 to 10 minutes. Spear with picks and serve hot.

For more ideas plan to participate in the annual Kennett Square Mushroom Festival, Sept. 18, 19 & 20.



**FFA Chapter Participates
In Commodity
Marketing Activity**

The Cowanesque FFA Chapter participated in the national FFA Organization's 1999 Spring Commodity Marketing Activity.

The Commodity marketing Activity (CMA) is a biannual activity that is conducted for a six-week period in the spring and fall of each year.

CMA integrates the classroom with real-life experience, which helps students gain a practical knowledge of the business world. Teams create a model farm, which may consist of corn, soybeans, wheat, soybean meals, cattle, hogs, cotton, orange juice, and sugar. Team members decide when to buy and sell these products to achieve the greatest economic gain.

Orders are called to a commodity broker and the trade is recorded. Current prices and market conditions are utilized, however no money is exchanged. Each FFA chapter may have up to four teams consisting of an

unlimited number of team members.

Winners are determined by combining the team's trading and final exam scores. The team, from each participating state, with the highest combined total will be presented with the state winner's plaque. A cash award will be given to the team with the highest overall score in the nation.

The Commodity marketing Activity is sponsored by the Stewart-Peterson Advisory Group, the Chicago Mercantile Exchange and Data Transmission Network Corporation as a special project of the National FFA Foundation, Inc.

The state winning team was comprised of Daniel Cummings and Garrett Tice. The Commodity marketing Activity is a part of the Agricultural Business Economics class at Cowanesque Valley High School. Each Student in the class is assigned to one of four teams for the trading activity. Cowanesque FFA Chapter had the state winning team in the fall 1998 and the fall 1997 competition as well.

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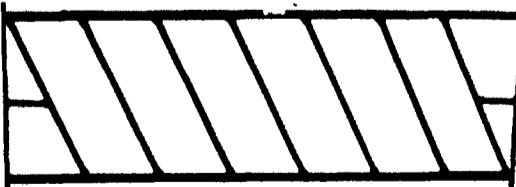
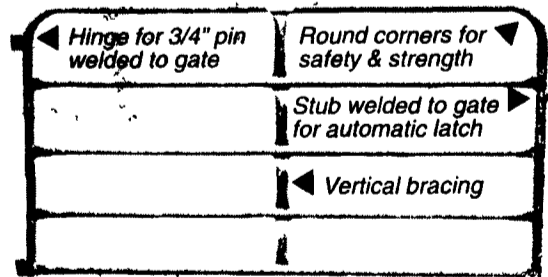
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