

**ANSWER** — Barbie Smoker, Quarryville, wanted a recipe for Kiwi Jam. Thanks to Verna Moll, Temple, who sent in two recipes that she clipped from last year's newspaper recipes.

### Kiwi Jam

- 4 cups Kiwi puree
- 4½ cups sugar
- 1 box powdered fruit pectin

Peel about 3 quarts ripe kiwi and put through food processor to make puree. Follow directions on fruit pectin box for preparing jam.

### Kiwi-Pineapple Jam

- 3½ cups prepared pineapple (from fresh)
- 1 cup kiwi puree
- 5½ cups sugar

1 box powdered fruit pectin  
For puree, stem ripe kiwi and put through food sieve. Follow directions on fruit pectin box.

**ANSWER** — For C. Fields, Tipton, who wanted the 30 Day friendship cake starter, here is one from L. Fitz, Greencastle.

### 30 Day Friendship Cake Starter

Let the following mixture set 8 hours or overnight on countertop. Put the following ingredients into a 1 gallon container and cover with cloth and lid:

- ½ cup sugar
- ½ cup peach juice
- ½ cup pineapple juice
- ½ cup fruit cocktail juice.

Stir well. Do not refrigerate.

Day 1: Mix together 1½ cups starter juice

2½ cups sugar

1 quart homecanned or 29-ounce can peaches and juice.

Cover and stir once a day for next 9 days.

Day 10: Add 2 cups sugar

20-ounce can crushed or chunky pineapple and juice. Stir once a day for next 9 days.

Day 20: Add 2 cups sugar

17-ounce can fruit cocktail and juice

14-ounce jar maraschino cherries and juice. Stir once a day for next nine days.

Day 30: Drain juice from fruit and put into 6 jars.

1½ cups juice in each jar. Divide fruit into 3 portions (about 2 cups each).

For each cake you will need:

- 1 box yellow cake mix
- 4 eggs
- ¾ cup oil
- Small box instant vanilla pudding
- 1½ cups chopped nuts
- 1 tablespoon orange extract
- 2 cups fruit mix

Bake at 325 degrees for one hour. Mix together and pour into pans. Grease 3 tubepans or bundt pans.



*Family Living Focus*  
**Beth Van Horn**  
Centre Co.  
Extension Agent

### CONSIDER FOOD SAFETY WHEN REUSING PLASTIC AND PAPER

In the spirit of "reuse and recycle," many of us feel good when we microwave leftovers in plastic margarine tubs we have saved and reuse our plastic grocery bags as food storage containers. Although they are both ecologically sound practices, the question is are they safe food practices?

The answer is no, according to the United States Department of Agriculture (USDA). Here is what experts with USDA's Meat and Poultry Hotline have to say about these and other food packaging questions that consumers often ask.

**Question:** Is it safe to microwave foods in margarine tubs or cottage cheese containers?

**Answer:** No. Cold food storage containers are intended for cold food storage only. They have not been tested or approved for any other use, including cooking. Margarine tubs and cottage cheese containers are not heat stable, and chemicals from the plastic may migrate into the food during heating, including microwave heating.

**Question:** What about the use of plastic and other packaging materials in the microwave oven?

**Answer:** Microwave foods in packaging materials only if the package directs, and do so only one time. Materials suitable for

**ANSWER** — Phyllis Stauffer, Carlisle, wanted a recipe that tastes like the hash brown casserole served at Cracker Barrel restaurants. Thanks to Barb Bedard, North Lawrence, N.Y., for sending the following:

### Potato Casserole

- 2 pounds frozen hash brown potatoes
- ½ cup butter, melted
- 1 can cream of chicken soup
- 2 cups cheddar cheese, grated
- ½ cup chopped onion
- 2 cups sour cream
- 1 teaspoon salt

Mix together all ingredients. Place in 3-quart buttered casserole dish. May be made the day before and refrigerated, covered. Remove from refrigerator about two hours before baking. Bake at 350 degrees for 45 minutes to one hour. Serves 12.

### Creamy Hash Brown Casserole

32-ounces frozen Southern-style hash brown potatoes, thawed

- 1 pound American cheese, cubed
- 1 can condensed cream of chicken soup, undiluted
- 2 cups sour cream
- ¾ cup butter, melted, divided
- 3 tablespoons chopped onion
- ¼ teaspoon paprika
- 2 cups cornflakes, slightly crushed

In a large bowl, combine hash browns, cheese, soup, sour cream, ½ cup butter, and onion. Spread into a greased 13x9x2-inch baking dish. Sprinkle with paprika. Combine cornflakes and remaining butter. Sprinkle on top. Bake, uncovered, at 350 degrees for 50-60 minutes or until heated through.

microwave cooking include oven bags, wax paper, and plastic wrap. However, make sure the plastic wrap does not touch the food, and do not reuse the wrap.

**Question:** Is it safe to use plastic grocery or trash bags for food storage?

**Answer:** This is not a recommended practice, especially for plastic trash bags. Generally, they are not made of food-grade plastic, and chemicals from them may leach into the food, especially raw food such as fresh produce.

**Question:** Is it safe to use paper grocery bags for cooking?

**Answer:** Again, USDA's answer is no. Grocery bags are not intended or formulated for cooking foods. Levels of components, such as metal fragments, glue, and chemicals, may be present at higher than acceptable limits and can migrate into the food. These bags may not be sanitary, particularly since they are stored under a variety of conditions.

**Question:** What about packaging that accidentally gets cooked in a conventional oven, such as the giblet bag inside a turkey?

**Answer:** The giblet bag and absorbent pad that come with it clearly are not intended to be cooked. However, if this happens and the packaging materials remain unaltered (that is, they do not melt or come apart), the giblets should not be used, but the surrounding turkey is considered safe to eat. However, if the packaging materials have melted or changed shape in any way, experts with USDA's Meat and Poultry Hotline recommend against using the turkey because of food safety concerns.

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(Adapted from a quiz by Dr. Eigi Noguchi)

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- I suffer from chronic fatigue
- I have poor physical endurance
- I tend to be moody and irritable
- I am susceptible to colds and flu
- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
- I have frequent pain in my shoulder and/or back
- I have weight problems
- I crave sweets, alcohol or soda

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