

Family Living Focus

by
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Chester Co. Extension



Strawberry Season

It's just about time for fresh strawberries, either from your own garden or your local farm market. Cooperative Extension's pamphlet, "Enjoy Nature's Fresh Strawberries," provides tips on purchasing, storing, and preparing, as well as the characteristics of several different varieties of berries and a few recipes and ideas for eating them (the best part!). Here's just a few of the ideas.

In the early 18th Century, French explorers discovered a plump red berry cultivated by the Indians of Chile. They took several plants home with them. In 1714, the Chilean berry was crossed with a wild meadow strawberry that had been discovered in colonial Virginia. The result was a luscious strawberry

that is similar to what we now eat.

Pennsylvania strawberries are available through the month of June. Select fully ripe and appropriately colored strawberries with intact green caps. Pale berries do not become sweeter after they are picked. One cup of sliced, unsweetened strawberries contains only 2 mg of sodium, but it is high in potassium (247 mg) and Vitamin C (140% U.S.RDA).

Strawberries should be refrigerated immediately after purchasing. Never rinse the berries or remove the caps before storing. Remove bruised, rotted, or molded berries before refrigerating. Strawberries should only be stored for a couple days in the refrigerator before eating.

To prepare your strawberries for use, remove the caps and gently wash the berries with cool

water just prior to using. For freezing and canning directions, contact your local county extension office and ask for the "Let's Preserve" fact sheet.

Here are two strawberry recipes to enjoy.

Frozen Yogurt

Strawberry Tarts

8-10 graham cracker tart shells
16 ounces plain low-fat yogurt
1/2 cup sugar

8 ounces whipped topping
2 cups fresh sliced strawberries

Combine yogurt and sugar. Fold in whipped topping and sliced strawberries. Fill tart shells with mixture and freeze for at least four hours or overnight. Remove from freezer 30 minutes prior to serving and garnish with sliced strawberries. Place leftovers back in freezer.

NOTE: A deep dish or 10-inch graham cracker pie crust can be used instead of tart shells. Remove from freezer 1 hour prior to serving.

Fresh Strawberry Sauce

1 pint fresh strawberries
1/3 cup sugar
1 teaspoon fresh lemon or lime juice

1/4 teaspoon vanilla extract
Wash and remove caps from strawberries. In a food processor, combine strawberries, sugar, lemon or lime juice, and vanilla. Puree, then chill. Serve over custard, ice cream, or pound cake.

Tioga Dairy Pageant

WELLSBORO (Tioga Co.) — The Tioga County Dairy Princess Pageant is June 5 at Tioga County Fairgrounds. Dinner will be 7 p.m. followed by the pageant.

Interested persons for dairy maids and princesses or persons who want to register for the pageant should call Carol Baker at (570) 549-2599.

Balancing Act With Ease

(Continued from Page B2)

with the dedication of our leaders and producers, we will be able to continue and thrive."

For girls who are considering running for dairy princesses,

Lori cautions them not to be afraid of the commitment. "It is only one year of your life," said Lori. "The experiences and opportunities are well worth the investment."



On the farm, Lori helps take care of the calves, heifers, and show animals when she's home from school.



IRBY PRIN



Lori's family is very supportive of her dairy princess activities. Seen here from left are her mother Denise, brother Chris, Lori, sister Kerl, and father Ronald.

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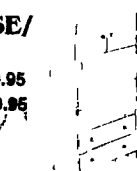
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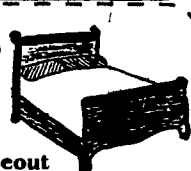
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