

# Dairy Recipes To Get You 'Mooving'

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## STRAWBERRY BAVARIAN CREAM

10-ounce package frozen strawberries, thawed  
Strawberry juice and cold water to make 1 cup liquid  
2 packages strawberry-flavored gelatin  
2 cups hot water  
1 cup whipping cream  
Drain the thawed strawberries, reserving juice, and add enough cold water to the strawberry juice to make 1 cup

Dissolve gelatin in hot water, and add strawberry juice-cold water mixture, stirring thoroughly. Chill mixture in the refrigerator until gelatin begins to set.

Whip the cream until stiff, and beat partially-set gelatin until foamy. Fold whipped cream and gelatin mixture together, adding drained strawberries. Pour into an oiled 1½-quart ring mold. Chill in refrigerator until firm.

At serving time, unmold the strawberry ring on a chilled platter, and place a small bowl filled with additional whipped cream in center or ring. Makes 12-26 servings.

*This is a recipe, which I have been using ever since it appeared on the back of a 1966 dairy calendar. The recipe is a favorite with my family. My husband Bob and I have a dairy farm near Towanda in Bradford County.*

*My husband, Bob, and I have a dairy farm near Towanda in Bradford County. Our children, Pam and Bryan, are grown, married, and have given me four grandchildren, Katey, Ashlyn, Madi, and Zachary, who enjoy coming to the farm to see 'Grampa's' cows!*

Anita Whipple  
Towanda

## SAUSAGE CHEESE BALLS

2 pounds regular sausage  
1½ cups biscuit mix  
4 cups shredded cheddar cheese  
½ cup chopped onion  
½ cup celery  
½ teaspoon garlic powder  
Mix together all ingredients. Mix well. Shape into one-inch balls. Place in a baking dish. Bake 15 minutes at 400 degrees or until golden brown. These can be frozen uncooked.

*Delicious!*

Lena Burkholder  
Kutztown

## BAKED CARROT CASSEROLE

4 cups sliced, cooked carrots  
2 tablespoons butter  
¼ cup chopped celery  
1 tablespoon chopped onion  
2 tablespoons flour  
½ teaspoon salt  
¼ teaspoon dry mustard  
¼ teaspoon pepper  
1 cup milk  
1 cup soft cheese  
3 cups fresh bread cubes  
3 tablespoons butter, melted  
Heat oven to 350 degrees. Place carrots in a 9-inch square baking pan. In a 2-quart saucepan, melt 2 tablespoons butter. Add celery and onion. Cook until crispy tender. Stir in flour, salt, dry mustard, and pepper. Continue cooking, stirring constantly until smooth and bubbly. Stir in milk. Continue cooking, stirring often until mixture thickens and comes to a boil. Remove from heat. Stir in cheese until melted. Pour sauce over carrots.

Mix melted butter and bread cubes together; sprinkle on top. Bake for 35-45 minutes until lightly browned.

Lena Burkholder  
Mifflinburg

## CHOCOLATE CHIP WAFFLE COOKIES

2 cups sugar  
1 cup butter  
4 eggs  
2 teaspoons vanilla  
2 cups sour cream  
2 teaspoons baking soda  
2 teaspoons baking powder  
1 teaspoon salt  
4 heaping cups flour  
Mix together all ingredients. Stir in:

24-ounces chocolate chips  
Drop by teaspoonful on hot waffle iron. Bake for 1 minute and 20 seconds. Cool. Fill with the following:

2 egg whites  
3 teaspoons vanilla  
3 cups confectioners' sugar  
2 tablespoons milk  
1½ cups shortening  
Beat egg whites. Cream together shortening, milk, powdered sugar, and vanilla, add to egg whites. Spread on cookie and top with another one to make a cookie sandwich.

*This recipe is a favorite of ours. It is very quick and easy to make. These cookies never last long.*

Susan Zimmerman  
Ephrata

## BROCCOLI AND HAM CHOWDER

2 cups chopped, fresh, frozen broccoli  
½ cup finely chopped celery  
3 tablespoons minced onion  
¼ cup butter  
¼ cup flour  
2 cups milk  
1½ cups chicken broth  
¼ teaspoon celery salt  
¼ teaspoon pepper  
¾ cup finely chopped ham  
¾ cup shredded cheese  
Cook broccoli until done. Drain and set aside. In large skillet, saute celery and onion in butter until tender. Stir flour into mixture. Gradually add milk and chicken broth, stirring after each addition. Cook until thick and smooth, stirring constantly. Add seasonings, broccoli, and ham.

Simmer for 10 minutes, stirring frequently. Add cheese and stir until melted. Serve. Makes about 6-8 cups soup.

Priscilla Grube  
Mohrsville

## CORN CASSEROLE

1 quart creamed corn  
1 cup broken up uncooked spaghetti  
1 cup diced white American cheese  
¼ cup melted butter  
1 cup milk  
1 teaspoon salt  
2 teaspoons chopped onion  
Mix and bake at 350 degrees for one hour in a 3-quart baking dish. Hint: Makes a creamier casserole if stirred 2 or 3 times during baking.

*We live on a dairy farm milking 50 to 55 cows. We have seven children, ages ranging from 21 months to 14 years. We all enjoy farm life and use lots of dairy products.*

Jean Horning  
Myerstown

## BLENDER PUDDING

Heat five cups milk to boiling point. In blender, mix together:  
1 cup milk  
1 cup brown sugar  
1 cup flour  
2 eggs  
2 teaspoons vanilla  
Pour mixture into hot milk and bring to a boil. Mix in whipped cream when cooled. Enjoy!

Marlene Nolt  
Williamsburg

## PEANUT BUTTER FREEZE

2 cups graham cracker crumbs  
3 tablespoons sugar  
¼ cup butter, melted  
1 cup milk  
1½ cups confectioners' sugar  
1 cup peanut butter  
8-ounces cream cheese, softened  
16-ounces whipped cream  
3 tablespoons chocolate syrup  
Mix together crumbs, sugar, and butter. Pat into 9x13-inch pan and refrigerate while you beat together milk, confectioners' sugar, peanut butter, and cream cheese. Pour over graham cracker crust. Sprinkle top with crumbs. Drizzle top with chocolate syrup. Freeze overnight — a must.

*We live on a dairy farm. I enjoy working with the cows. I have a cow collection for my kitchen. I love trying new recipes.*  
Ivan and Esther Mae Sensenig  
Clayton Steve, 1,

## FAMILY FAVORITE CASSEROLE

3 pounds ground beef  
1 onion  
3 cups diced potatoes  
3 cups carrots  
3 cups peas  
3 cups dry macaroni  
2 cans cream of celery soup  
1 can cream of mushroom soup  
1 pound cheese, grated  
1 quart milk  
Salt, to taste  
Fry ground beef and onion. Boil macaroni. Boil vegetables separately. Mix all together and bake at 350 degrees for 90 minutes.

*My husband, Willis, and I live on a 67-acre dairy farm in Lancaster County. We have a herd of 40 cows plus replacement heifers and calves. We have four boys and two girls who can help a lot on the farm.*

*We like this casserole as it is quick and easy to put in a crockpot for Sunday dinners.*

Willis & Etta Hoover  
East Earl

## CHICKEN BROCCOLI VEGETABLE SAUTE

Vegetable cooking spray  
4 skinless boneless chicken breast halves  
1 can cream of broccoli soup  
½ cup milk  
½ teaspoon pepper  
16-ounce bag frozen vegetables (broccoli, cauliflower, carrots)  
Spray skillet with cooking spray and heat over medium heat one minute. Add chicken and cook 10 minutes or until browned. Set chicken aside.

Add soup, milk, pepper, and vegetables. Heat to a boil. Return chicken to pan. Reduce heat to low. Cover and cook 5 minutes or until chicken is no longer pink. Prep time: 5 minutes. Cook time: 20 minutes. Serves 4.

*This is an easy dish for me to make for my son, Matthew, who is a junior in high school, and my husband, Jim, of 17 years.*

Susan Kelper  
Saylorsburg

## PUMPKIN PUDDING

1½ cups milk  
1 small box French vanilla pudding (instant)  
1 cup pureed, cooked or canned pumpkin  
¼ teaspoon allspice  
1 cup whipped cream  
Beat together milk and pudding until thickened. Blend pumpkin and spices into the pudding mixture. Fold in whipped cream. Spoon into small dessert dishes and put a tablespoon of whipped cream on top. Let set in refrigerator until ready to serve.

*I am a placement coordinator for PEACE. I find host homes for students from Mexico, Brazil, and Venezuela. My son lives in Washington State and my daughter and granddaughter Harley live in Florida.*

Joanne Heim  
Tamaqua

JUNE IS  
DAIRY  
MONTH

## Beautiful Flowers Begin With Soil

UNIVERSITY PARK (Centre Co.) — If you're planning a flower garden this summer, start getting your soil in shape now. Soil preparation can save you time, labor and money as well as reward you with beautiful plants.

"Preparing the soil is the most important step in gardening," says Robert Nuss, professor of ornamental horticulture in Penn State's College of Agricultural Sciences. "Have your soil tested this spring, and use the test results and recommendations as a guide."

A soil test measures nutrient amounts and pH, or level of acidity. Soil pH is measured on a scale of 0 to 14, with 0 being the most acid, 14 the most alkaline and 7 neutral. Most soils naturally have pH levels ranging between 5 and 8. "Many flowers do well in a range between 6 and 7, so chances are you won't need to change your soil's pH much," says Nuss.

Don't guess when it comes to fertilizing and changing pH. Over-applying chemicals can harm soil and plants as well as pollute groundwater and streams.

Excess lime raises the soil's pH above what plants can tolerate, makes it more difficult for them to draw nutrients from the soil and slows growth of beneficial soil microorganisms.

Soil test kits are available for a nominal fee at Penn State Cooperative Extension county offices and larger garden centers. County extension kits include instructions for collecting soil samples, as well as the address of Penn State's soil testing laboratory. Samples can be mailed or delivered to the laboratory.

Test results are returned in about two weeks. Results include levels of potassium, calcium, phosphorus and magnesium, along with the soil's pH. Also included

are recommendations for the kinds and amounts of fertilizer to apply and how much lime — if any — to add to the soil.

"If you're planning to grow rhododendron, azalea, laurel or other plants that prefer acidic soil, you may need to apply a chemical such as sulfur, which lowers pH," says Nuss. "Apply no more than the recommended amount."

Till the recommended materials about 5 inches into the soil. While working the soil, remove stones, sod clumps, weeds and debris.

"Incorporate several inches of organic matter," says Nuss. "There's little danger of adding too much. Composted kitchen scraps, well-rotted manures, lawn clippings and decayed plant material all are good forms of organic matter. They help retain water and supply some nutrients for all plants set into the soil."

Add 2 to 3 inches of organic mulch on top of the soil around your plants. Mulch helps keep soil moist, prevents erosion, discourages weeds and builds up the soil's organic matter. "Mulch also tends to be more attractive than bare soil in an ornamental garden," says Nuss. "It keeps mud from splashing on your flowers and gives the ground's surface uniform color and texture."

Several kinds of mulch are available at garden centers, including wood bark chips, shredded bark and peat. If you use grass clippings, leaves or well-decayed compost, periodically loosen them with a hand cultivator or hoe to prevent surface crusting.

When your plants begin to flower, use a high-nitrogen fertilizer on the soil about six inches away from the base of each plant. Follow product application rates.

This will enhance flowering and give plants a boost for the rest of the summer. "If you fertilize too soon, however, you will delay the plants' maturity and decrease the number of flowers," says Nuss. "Wait until the first flowers open."

Finally, retest your flower garden's fertility and pH levels each year for several seasons. If reports remain similar, you can reduce sampling to every three to four years. "Nutrient levels and pH gradually change over time," says Nuss. "It's important to keep monitoring the soil to keep levels optimum."

Soil test kits may be purchased for \$6 at Penn State Cooperative Extension offices or in 111 Agricultural Analysis Services Laboratory, Tower Road, University Park, Monday-Friday, 8 a.m.-4:30 p.m.