

Ida's Notebook

by

Ida Risser



June is the month for roses. Ours are doing fine as my husband ordered six new bushes. He planted two in the old bed to replace some that died and extended another bed for the other four.

There are flowers and more flowers around here just now. Many are inside on tables. The three colors of peonies are mixed with baby breath in one vase. A potted Gerbera daisy sits on a windowsill and a florist's bouquet of pink and white carnations is on the coffee table.

This last item was the centerpiece at my birthday party. Relatives and friends got together on a rainy day to wish me well. To top off the flower theme, I was given a gift by my children of a special potted plant to be delivered each month for a year.

My husband had to cancel a

planned trip to visit his brother in a Veteran's Home last week. Instead, we took his boat to Blue Marsh in Berks County. Sometimes he has trouble getting me out of bed early enough to suit him. So, this time I was ready at 4 a.m., but he said that was too early as it was quite foggy.

We were the first boat at the dock and we transferred our poles, bait, life preserves, net, food, tackle boxes, etc. from the car to the boat. Our electric motor did a good job despite the choppy water due to a stiff breeze. In fact we hunted a cove to fish in and to eat the lunch that I packed the night before.

The banks of the lake are overgrown with trees and brush. Wild grape vines, poison ivy, and honeysuckle climb over willow and mulberry trees. One time I stupidly managed to snag

If Neufchatel cheese was invented today, we'd probably know it simply as "low-fat cream cheese." But it was developed before the low-fat craze and before regulators changed the rules for how manufacturers could name certain foods. (Remember when low-fat ice cream was called "ice milk"?)

Since this cream-cheese substitute contained less than 33 percent milkfat and more than 55 percent moisture — two of the markers for the "standard of identity" for cream cheese — manufacturers couldn't put "cream cheese" on its label. The product was, however, similar to a French product developed in the town of Neufchatel (the "f" is silent and the "ch" is soft, pronounced "sh"), in northern Normandy. The French version varies widely in fat content, but still, American companies adopted that name for their lower-fat rendition of the prod-

uct. Whipped cream cheese also is available. Teaspoon for teaspoon, it contains fewer calories, because air has been whipped into the cheese to make it spread more easily. Because of that, it doesn't work as a good recipe substitute for regular brick cream cheese, either. Still another kind of cream cheese, "soft" cream cheese, is made by replacing some of the cream cheese curd with regular cream. Again, because its consistency is markedly different than regular cream cheese and Neufchatel cream cheese, it doesn't make a good substitute for those products in recipes.

What Is Neufchatel Cheese?

Neufchatel cheese contains about 23 percent milk fat and 62 percent moisture. Thanks to the lower fat content, one ounce — about two tablespoons — contains about 75 calories, compared with nearly 100 calories in regular cream cheese.

Today, you can find fat-free varieties of cream cheese, too, made from skim milk. Although Neufchatel substitutes easily for regular cream cheese in most recipes, manufacturers don't recommend the fat-free cream cheese for baking.

Whipped cream cheese also is



West Snyder FFA

Derek Fetterolf, son of Ken and Joan Fetterolf of Beavertown was recently awarded a \$500 scholarship to the Penn State Conservation Leadership School by the Snyder County Conservation District. Derek, a West Snyder FFA member, was the only FFA member in Snyder County to receive this scholarship this year.

The Penn State Conservation Leadership School is held at the University's Stone Valley Recreation Area near State College. Students between the ages of 15 and 18 learn about the environment and conservation during a two-week program that emphasizes field-based, hands-on learning, group problem solving, and leadership.

The Stone Valley Recreation

Area is more than 7,000 acres of forest, fields, wetlands, and streams where learning about the environment goes hand-in-hand with having fun and meeting new friends.

The summer curriculum is packed with lessons in ecology, watershed and forest management, soil analysis, the study of caves, citizen action, land-use planning, alternative energy supplies, environmental risk assessment, and much more. During their stay at Stone Valley, students will work in teams of ten with a resident instructor.

Derek has selected to attend the second session of the Conservation Leadership School, which will be held from July 9 to July 22, 2000.

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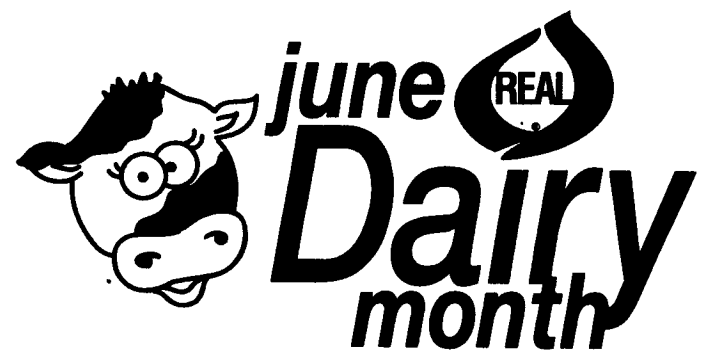
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