



# Home on the Range

## Berries Burst Into Season

Berries contain a nutritional wallop — they provide important amounts of vitamins, especially C, plenty of fiber, plus antioxidants and photochemicals known to prevent certain diseases.

When it comes to antioxidants, now known to be important anti-aging and disease-reducing contributors, ever berry is on the top ten list. Berries provide folate (folic acid) which helps prevent birth defects and may help reduce the risk of heart disease, stroke, and colon cancer. Berries can help lower LDL cholesterol, a contributor to heart disease, stroke, and atherosclerosis. Raspberries are high in ellagic acid, which has been shown to help reduce colon and cervical cancer and leukemia.

All berries are low in calories: 8 medium strawberries have 45 calories.

1 cup of raspberries have 50 calories.

1 cup blackberries have 60 calories.

1 cup blueberries have 80 calories.

Raspberries: Skip berries that are crushed or moldy. Raspberries should have a berry fragrance. Store unwashed in the refrigerator.

Blueberries should be plump and have slightly frosty look about them. Store in the refrigerator or freeze in a single layer on a tray, unwashed, then transferred into freezer container and stored for up to two years. When ready to use, run cold water over berries to wash and thaw.

Let berries set at room temperature a few hours so flavor and aroma can develop.

For more recipes and information on the health benefits of blueberries, visit [www.blueberry.org](http://www.blueberry.org) or send a self-addressed stamped business-size envelope to Blueberry Recipes, 4995 Golden Foothill Parkway, Suite 2, El Dorado Hills, CA 95762.

For recipes using Reddi-wip real whipped cream, request a free copy of Shake Up Your Recipes. Send a stamped, self-addressed business-sized envelope to Shake Up Your Recipes Cookbook Offer, P.O. Box 5524, Dept. M, Riverton, NJ 08077.

### BLUEBERRY AND TURKEY SALAD

½ cup light mayonnaise  
½ cup plain low-fat yogurt  
¼ cup orange marmalade  
2 teaspoons fresh lemon juice  
½ teaspoon ground black pep-

per  
3 medium peaches, cut into wedges

2 cups fresh blueberries  
2 cups cubed smoked turkey  
In a bowl, combine mayonnaise, yogurt, marmalade, lemon juice, and pepper. Add peach slices, blueberries, and turkey; toss until well-coated. Serve on lettuce leaves. Yield: 4 portions.

### FRUIT-FILLED DESSERT CUPS

4 flour tortillas  
1 tablespoon butter, melted  
1 teaspoon cinnamon  
3 tablespoons sugar, divided  
3-ounces cream cheese  
½ teaspoon vanilla  
2 cups mixed berries (blueberries, raspberries) and sliced bananas

Whipped cream  
Brush both sides of each tortilla with butter. Combine cinnamon and one tablespoon sugar, and sprinkle over both sides of each tortilla. Save any remaining cinnamon-sugar mixture. Gently press center of each tortilla into a 6-ounce custard cup or dessert dish to form a ruffled-edged cup. Place tortilla cups on baking sheet. Bake in preheated 400-degree oven for 5 minutes or until lightly browned. Cool completely in custard cups or dessert dishes. Beat together cream cheese, vanilla, and remaining sugar. Stir remaining cinnamon-sugar into fruit.

When ready to serve, spoon cream cheese mixture into bottom of dessert cups; fill each cup with fruit. Top with whipped cream. Serves 4.

### RASPBERRY JAVA SMOOTHIE

2 cups fresh raspberries  
1 cup cold coffee  
½ cup skim milk  
2 cups vanilla ice cream  
2 tablespoons sugar  
1 cup ice cream

Whipped cream  
In a blender, combine all ingredients, except whipped cream. Blend until smooth. Pour into glasses. Top with whipped cream and serve. Makes four 8-ounce glasses.

For a seedless smoothie, blend raspberries, coffee, and milk. Strain seeds then add remaining ingredients and blend until smooth. Top with whipped cream.

### BLUEBERRY PIE

1 baked pie shell or graham cracker crust. Line cooled shell with 2 cups blueberries.

To make sauce, cook together:

2 cups blueberries  
1 cup sugar  
3 tablespoons cornstarch  
¼ cup water

Cook over medium heat until thickened. Remove from heat and cool. Pour over berries in shell. Chill. Serve with whipped topping if desired.

Sharon Bielmyer  
Holtwood

### WACKY WAFFLE STACKS

3 round frozen toaster waffles  
¼ cup plain or strawberry-flavored soft cream cheese  
1½ tablespoons strawberry preserves or fruit spread  
1 medium banana, sliced or 6 strawberries, sliced  
4 whole strawberries, if desired for garnish

Toast waffles according to package directions. Place one waffle on plate. Spread with 2 tablespoons cream cheese and half of preserves. Arrange half of sliced fruit on top. Top with another waffle; repeat layers with remaining ingredients. Top with remaining waffle. Cut waffle stack into quarters. Garnish each quarter with a whole strawberry. Serve immediately.

### BLACKBERRY DELUXE

1 cup whipping cream  
½ cup sugar  
¼ cup orange juice  
3 cups fresh or frozen whole blackberries  
4 slices pound cake

Whip cream until stiff. Continue beating, gradually adding sugar and juice. Gently fold the berries into cream mixture. Top each slice of pound cake with a quarter of berry mixture. Serve immediately. Makes 4 servings.

### QUICK "N EASY BLACKBERRY COBBLER

8 cups fresh or frozen blackberries, thawed  
2 tablespoons lemon juice  
½ cup all-purpose flour  
1½ cups sugar  
12-ounce can refrigerated biscuits  
Ice cream (optional)

Preheat oven to 425 degrees. Grease a 9x13-inch baking dish. Place the blackberries in the baking dish and sprinkle with the lemon juice. Combine the flour and sugar, spoon into the baking dish, and gently toss until the berries are coated. Bake 10 minutes or until mixture bubbles. Remove from oven and top with biscuit dough from the can. Bake 20 minutes longer or until biscuits are lightly browned and filling is slightly thickened. Serve warm with ice cream. Serves 6-8.

### RASPBERRIES IN WALNUT-OAT MERINGUE WITH MASCARPONE CREAM

½ cup chopped walnuts  
3 egg whites  
¼ teaspoon cream of tartar  
1 cup confectioners' sugar  
¼ teaspoon baking powder  
¼ cup quick cooking oat-



Adding berries to cereal, snacking on them, stirring them into yogurt and tossing a few in your salad or on dessert can make you and your family healthy and happy.

meal (not instant)  
½ teaspoon vanilla  
¼ teaspoon salt  
24-ounces raspberries, divided  
½ cup sugar  
¼ cup water  
Pinch salt  
2 tablespoons cornstarch  
¼ cup water  
2 tablespoons raspberry liqueur  
Mascarpone Cream\*\*

Preheat oven to 325 degrees. Spread walnuts on baking sheet and roast in oven 10-15 minutes, stirring occasionally. Set aside.

In large mixing bowl, beat egg whites with cream of tartar until soft peaks form. Add sugar and baking powder, and beat until stiff peaks form. Fold in walnuts, oatmeal, vanilla, and salt. Spray

(Turn to Page B8)

## Featured Recipe

This week's featured recipe offers a chance to make blueberry jam with a bit of a twist- just in time for the berry season.

Recently Extension Agent Nancy Wiker sponsored a jam and jelly workshop in response to the almost-daily questions she fields about preserving.

"There's a lot of interest in preserving," said Wiker. "There's a good amount of younger adults that are interested and come to these educational workshops."

Preserving, says Wiker, can be accomplished in any kitchen. "Probably the most important thing is that you have a pot large enough," said Wiker. "You can use any pot for canning as long as the jars are covered by an inch of water and they're not touching the bottom of the pan. Some people use racks and others put jar lids on the bottom of the pan."

Besides equipment, said Wiker, recipes are also easy to find. "If a recipe you want doesn't come in the box, call the company and they'll send you lots more. They're also online," said Wiker.

This recipe comes from Ball's "Blue Book," which includes hints and information on canning, freezing and dehydration for a variety of fruits, vegetables and meats.

Ball's book is available at Lancaster's Farm and Home Center or by writing to Ball at the Alltrista Corporation Consumer Affairs Department, P.O. Box 2729, Muncie, Indiana 47307-0729.

### BLUEBERRY-LIME JAM

4 ¼ cups blueberries  
1 package powdered pectin  
5 cups sugar  
1 tablespoon grated lime peel  
1 ½ cup lime juice

Crush blueberries one layer at a time. Combine crushed blueberries and pectin in a large saucepot. Bring to a boil, stirring frequently. Add sugar, stirring until dissolved. Stir in grated lime peel and lime juice. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving 1½-inch headspace. Adjust two-piece caps. Process 15 minutes in boiling water canner. Yield: about 7 half-pints.

## Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

### July

15 - Peach, Summer Fruits  
22 - Jams, Jellies, Spreads  
29 - Summer Salads

### August

5 - Tomatoes