

Cool Fruity Recipes

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PEACH PIE FILLING

6 pounds peaches
2 1/4 cups sugar
1/2 cup flour
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 teaspoons lemon peel
1/4 cup lemon juice
Peel, pit, and slice peaches. Treat to prevent darkening. Combine sugar, flour, and spices. Rinse and drain peaches; stir into sugar mixture. Let stand until juices begin to flow, about 30 minutes. Stir in lemon peel and lemon juice. Cook over medium heat until mixture begins to thicken. Ladle pie filling into can or freeze jars or plastic freezer boxes, leaving 1/2-inch headspace. Cool at room temperature, not to exceed two hours. Seal, label and freeze. Yield: about 4 pints.

PEACH PIE

1/4 cup sugar
2 tablespoons cornstarch
Dash salt
1 cup water
1 small package peach Jell-O
Peaches
Mix together sugar, cornstarch, and salt. Add 1/4 cup water. Pour into first mixture. Cool 5-10 minutes. Pour over sliced peaches in graham cracker crust or baked pie shell. Can be covered with whipped topping if desired.

Sharon Bielmyer
Holtwood

BLUEBERRY MILKSHAKE

Frozen blueberries
1/2 cup sugar or to taste
1 teaspoon vanilla
Milk
Fill blender a little over half full with blueberries. Add sugar and vanilla. Pour in milk to fill blender. Blend well and serve immediately. Approximately 6 servings.

This is a summer favorite! We also substitute peaches or strawberries for the blueberries.

Melissa and Krystal Martin
Denver

BLUEBERRY BUCKLE

1/2 cup butter
1 cup sugar
2 eggs
1/2 teaspoon salt
3 teaspoons baking powder
2 cups flour
1 cup milk
Mix and spread in 9x13-inch pan. Cover with 3 to 3 1/2 cups blueberries. Spread with the following crumbs:
1 cup flour
1 cup sugar
1/2 cup butter
1/2 teaspoon cinnamon
Bake at 350 degrees until done. Serve warm with milk or ice cream.

Melissa and Krystal Martin
Denver

HONEY

BLUEBERRY SPREAD

1/2 cup blueberries
1/4 cup honey, divided
1/2 cup butter, softened
Bring blueberries and 2 tablespoons honey to boil over medi-

um high heat, stirring constantly; cook 3-4 minutes or until mixture thickens and is reduced by half. Cool. Blend in remaining honey. Beat in butter.

Renee Blatt
PA Honey Queen

BLUEBERRY BOY BAIT

2 cups all-purpose flour
1 1/2 cups sugar
2 teaspoons baking powder
1 teaspoon salt
2/3 cup butter, softened
1 cup milk
2 eggs
1 cup blueberries, frozen, fresh or drained, canned
1/4 cup sugar
1/2 teaspoon cinnamon
Preheat oven to 350 degrees.

In large mixer bowl, combine flour, sugar, baking powder, salt, butter, milk, and eggs. Blend at low speed until dry ingredients are moistened; beat at medium speed for 3 minutes. Pour into greased and floured 13x9-inch pan. Arrange blueberries on top. Combine sugar and cinnamon; sprinkle over top. Bake at 350 degrees for 40-45 minutes or until cake springs back when touched lightly in center. Cut in squares and serve warm or cold with whipped cream or ice cream.

A reader

CREAM AROUND A BERRY PIE

9-inch baked pastry shell
Pineapple filling:
8-ounce package cream cheese, softened
3 tablespoons sugar
1 tablespoon milk
1/2 teaspoon vanilla
8 1/2-ounce can crushed pineapple, drain, reserve syrup
Blueberry filling:
2 tablespoons cornstarch
2 tablespoons sugar
1/4 teaspoon salt
15-ounce can blueberries, drain and reserve syrup
1 tablespoon butter
1 teaspoon lemon juice
Pineapple filling: In small mixer bowl, blend cream cheese, sugar, milk, and vanilla. Stir in drained pineapple. Spread over bottom and sides of baked pastry shell. Pour blueberry filling in center. Chill at least 4 hours.

Blueberry filling: In medium saucepan, combine cornstarch, sugar, and salt. Combine pineapple syrup and blueberry syrup, adding water to make 1 1/2 cups. Stir into corn starch mixture. Cook over medium heat, stirring constantly, until thick and clear. Stir in butter, lemon juice, and blueberries. Cool.

A reader

STRAWBERRY GLACE PIE

9-inch baked pie shell
6 cups strawberries
1 cup sugar
3 tablespoons corn starch
1/2 cup water
3-ounce package cream cheese, softened
Mash enough strawberries to measure one cup. Mix sugar and cornstarch in 2-quart saucepan. Stir in water and mashed strawberries gradually. Cook over medium heat, stirring constantly

until mixture thickens and boils. Boil and stir one minute; cool.

Beat cream cheese until smooth, spread on bottom of pie shell. Fill shell with whole strawberries; pour cooked strawberry mixture over top. Refrigerate until set, at least 3 hours.

Raspberry Glace Pie: Substitute raspberries for the strawberries.

Peach Glace Pie: Substitute 5 cups sliced peaches (7 medium) for the strawberries. To prevent discoloration, use an ascorbic acid mixture as directed on package.

A reader

BLUEBERRY MUFFINS

1 egg
1 cup milk
1/4 cup vegetable oil
2 cups all-purpose flour
1/4 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 cup fresh blueberries or 1/4 cup well-drained frozen berries, thawed

Heat oven to 400 degrees. Grease bottoms only of 12 muffin cups. Beat egg, stir in milk and oil. Mix in flour, sugar, baking powder, and salt just until flour is moistened (batter will be lumpy). Fold in blueberries. Fill muffin cups 3/4 full. Bake until golden brown, 20-25 minutes. Immediately remove from pan. Makes one dozen.

A reader

RASPBERRY WALNUT TORTE

Torte:
1 cup all-purpose flour
1/4 cup confectioner's sugar
1/2 cup butter, softened
10-ounce package frozen raspberries, thawed
1/4 cup chopped walnuts
2 eggs
1 cup sugar
1/4 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla
Raspberry Sauce:
1/2 cup sugar
2 tablespoons corn starch
1/2 cup water
Reserved raspberry syrup
1 tablespoon lemon juice
Preheat oven to 350 degrees. Serves 9.

Torte: In small mixer bowl, combine 1 cup flour, confectioner's sugar, and butter, blend well. Press into bottom of ungreased 9-inch square pan. Bake at 350 degrees for 15 minutes. Cool. Drain raspberries, reserve liquid for sauce. Spread berries over crust, sprinkle with walnuts. In small mixer bowl, combine eggs, sugar, 1/4 cup flour, salt, baking powder, and vanilla at low speed; blend well. Pour over walnuts. Bake at 350 degrees for 35-40 minutes or until golden brown. Cool. Cut into squares. Serve with whipped cream and raspberry sauce.

Raspberry Sauce: In small saucepan, combine all ingredients except lemon juice. Cook, stirring constantly until thick and clear. Stir in lemon juice. Cool.



Promoting the dairy industry in Armstrong County are Dairy Princess Misty Claypoole, Alternate Stephanie Biesinger, Dairy Maids Maggie Thomas and Nicole Bussard, and Dairy Misses Julie Miller, Ashley Mattilio, and Alexandra Kough.

Armstrong County Selects Dairy Royalty

MT. LEBANON (Armstrong Co.) — Eager to promote the dairy industry in Armstrong County are Dairy Princess Misty Claypoole, Alternate Stephanie Biesinger, Dairy Maids Maggie Thomas and Nicole Bussard, and Dairy Misses Julie Miller, Ashley Mattilio, and Alexandra Kough.

The promotional team was selected recently during the pageant held at Bonello's Restaurant.

Misty, 16, lives on a 400-acre dairy farm with her two sisters and parents. They milk 125 cows. In school she is involved in varsity soccer, marching and concert band, Science Olympiad, FFA, and ARIN UP chemistry mentorship.

In the community, Misty is secretary of Country Kids 4-H Club, a member of Teen Council, a hospital volunteer, and a member of the livestock

judging team. Misty figure skates and holds memberships in the Professional Skating Association, Mt. Lebanon United States Figure Skating Association, and the Belmont Blaze.

Misty presented a speech on the importance of drinking milk where she outlined the nutritional benefits of milk. Her skit presented the different kinds of feed and grasses that cows eat.

Stephanie, 17, lives on a farm with her parents and seven siblings. She is homeschooled in 11th grade, serving as dairy ambassador last year. Her activities include secretary of the Armstrong County Dairy 4-H Club, a member of the livestock judging team, and variety club.

Stephanie presented a speech on the changes within the dairy industry.

The dairy maids and dairy misses will assist with milk promotions within the county.



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1 1/2 cups miniature marshmallows or 12 large marshmallows

Spray an 8 or 9-inch square pan with no-stick cooking spray. Spread on bottom and sides of pan with a paper towel.

Mix gelatin and water in 1 1/2 to 2-quart microwaveable bowl. Microwave on high 1 1/2 minutes; stir to dissolve completely. Measure or count marshmallows, add to gelatin. Microwave 1 minute or until marshmallows are puffed and almost melted. Stir mixture slowly until marshmallows are completely melted and mixture is smooth. Creamy layer will float to the top. Pour into prepared pan. Refrigerate 45 minutes or until firm. Loosen edges with knife for easy rolling. Starting at one edge roll up tightly. Using sharp knife place roll seam-side down and cut into 1/2 inch slices. Serve immediately or refrigerate until ready to serve.

Tip: For easier cutting, dip knife in warm water.

Facilitators Training Set

FLEMINGTON, N.J. — Rutgers Cooperative Extension will host a True Colors Facilitators Training for teachers and youth workers July 31-August 2 on the Cook College Campus in New Brunswick.

True Colors® is a simple personality assessment system that is appropriate for youth as well as adults. It is simple to adminis-

ter and builds understanding of self and others.

It is a very effective diversity training tool as well as a tool for improving the ability of individuals and groups to work effectively with others. The cost for teachers and youth workers for the three-day training is \$450.

Participants will be certified to conduct True Colors® workshops

within their schools or organizations as well as use the model to improve their own ability to understand and work more effectively with others.

For more information or registration materials, contact the 4-H department of Rutgers Cooperative Extension of Hunterdon County at 908-788-1340. Registration deadline is July 3.

got milk?