

Family Living Focus

by **Trudy Dougherty**
Chester Co. Extension



Mushrooms
Fresh mushrooms are mushrooming in popularity. Try them raw and they can be baked, broiled, breaded, filled or sauteed. Raw, fresh mushrooms are prepared for serving the same as mushrooms used in cooked dishes. Rinse, use a colander or strainer and blot dry with a paper towel. If stem appears dry, slice a thin strip from the tip.

Mushrooms are versatile and lend themselves to many different menu preparations. For vegetable medleys: Use in combination with peas, onions, carrots, potatoes, snap beans, and tomatoes. For a light supper: Arrange a bed of sauteed fresh mushrooms and onion slices in a shallow casserole, cover with tomato sauce, sprinkle with parmesan cheese and broil until bubbly.

For a salad: To chilled lettuce leaves, add halved fresh mushrooms, thinly sliced onion rings, freshly sectioned oranges and toss with a light oil and vinegar dressing.

For stuffing mushrooms: Use the classic bread crumbs, add your favorite finely chopped meat, fresh vegetable, seafood, cheese, egg mixture, nut filling or season with herbs and spices.

CHEESE

SHIITAKE OMELETTE
2 ounces large shiitake mushrooms
2 tablespoons butter or margarine
1 small onion, finely chopped
3/4 cup cottage cheese
4 eggs
1/4 teaspoon freshly ground pepper

Remove stems and discard. Cut mushroom caps into slices. Melt butter in skillet over medium high heat; add mushrooms

and onion, and cook stirring constantly, until tender. Transfer to a bowl, and stir in the cottage cheese. Clean skillet. Combine eggs and pepper. Beat lightly with a fork. Melt remaining 1 tablespoon of butter and coat the bottom of the pan. Add egg mixture.

As mixture starts to cook, gently lift edges with spatula, and tilt the pan so uncooked portion flows underneath.

Spoon mushroom mixture onto omelet; fold in half and place on serving plate. Two servings.

MUSHROOM BAKED SOLE
1 medium onion, finely chopped
1/4 cup chopped parsley
1 cup sliced mushrooms
1 teaspoon margarine
1 1/2 pounds sole fillets
freshly ground black pepper
1/2 cup skim milk
1 tablespoon flour

paprika
Saute onion, parsley and mushrooms in 1 teaspoon of margarine, stirring constantly until onion is soft. Place half of fillets in a greased baking dish. Sprinkle lightly with pepper and spread sauteed mixture evenly over fish. Top with remaining fillets and season with pepper.

Bake 350 degrees F. uncovered, for 15 minutes.

Remove from oven and drain, reserving the pan liquid. In a small saucepan, combine flour and milk. Add the reserved pan liquid, and cook, stirring constantly, until thickened. Pour over the fish and bake five minutes longer. Sprinkle with paprika and parsley. Six Servings. Try these ideas and to continue your use of mushrooms in your favorite dishes.

Plan to visit the Mushroom Festival September 8-10 in Kennett Square, Pa.

Family Is Focus Of Talk At Farm Science Review

LONDON, Ohio- "Today's families just aren't the same as they used to be." It's a refrain heard over and over, accompanied by a shaking of the head

and a response of "It's a shame." But has the family changed all that much? The myths and realities of today's families is the topic of a presentation scheduled

for the first morning of this year's Farm Science Review, Sept. 19-21, near London, Ohio. "Families: Now and Then" is the topic of the 10:30 a.m. talk to

be given by Ohio State University Extension family and consumer science agents Laura Stanton, Butler County; Jenny Nickol, Hamilton County; and Annie King, Clermont County.

"One myth is that kids today are more likely to live in single-parent households than they were maybe 100 years ago," Stanton said. "But in the early 1900s, single-parent households weren't all that uncommon. It was more due to the death of a parent than to divorce, but there were a lot of single-parent households back then."

Another myth is that three-generation families occupying the same home in the style of "The Waltons" was an advantageous lifestyle that previous generations enjoyed.

"But there's no evidence that extended families were ever the norm in America," Stanton said.

Many of today's myths about the family can be traced to family life depicted on television shows, Stanton said. "Our feelings about what the family should be like is more based on 'Leave it to Beaver' than on anything based in reality," she said. "It's surprising how lasting those images are." That's why she, Nickol and King are conducting the program at Farm Science Review. Accompanying the Tuesday morning program will be an exhibit on the family that will be on display for all three days of the Review.

Tickets for the Farm Science Review are available from county offices of Ohio State University Extension and from local agribusinesses. Tickets are \$4 in advance and \$6 at the gate. Children 5 and younger are admitted free. Review hours are 8 a.m. to 5 p.m. Tuesday and Wednesday, and 8 a.m. to 4 p.m. Thursday.

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Farmer Ingenuity

What can't a farmer fix with Coca-Cola and Bounce dryer sheets? Here are some often-used solutions from the U.S. Dept. of Ag. Coca-Cola will:

- Clean stains from the milk-house toilet. Pour a can into the toilet and let sit for one-hour, then flush. It works better on porcelain, although we don't know that this has any application to false teeth.
- Remove rust spots. Dip crumpled-up aluminum foil in Coke and scrub away the rust.
- Loosen stubborn bolts. Soak a rag in Coke, apply to the bolt for a few minutes.
- Help remove grease in clothes. Pour a can onto the greasy spots, put in the washer on regular cycle.

Bounce dryer sheets will:

- Repel mosquitoes. Tuck one in your belt loop. Fashion-conscious farmers can choose a brand of dryer sheet that's color-coordinated with their farm clothes.
- Freshen the air in farm trucks. Put one beneath the seat where nobody can see it, thus avoiding potentially embarrassing questions from passengers.
- Collect dog and cat hair. Static cling allows dryer sheets to remove pet hair from your favorite seed company jacket.
- Deodorize boots. Put a dryer sheet into each boot, leave overnight. It might not hurt to leave the sheet in there when you put your boots on the next morning, too!

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