

Dairy Consumption For Heart Health

HARRISBURG (Dauphin Co.) — The New England Journal of Medicine recently published new government research reaffirming lowfat dairy foods as part of a heart-healthy diet.

The study, called DASH (Dietary Approaches to Stop Hypertension), revealed that a diet including at least three servings of lowfat dairy foods and 8 to 10 servings of fruit and vegetables that is also low in fat and sodium may help reduce the risk of high blood pressure as effectively as some medications.

"High blood pressure affects 50 million Americans and is one of the leading causes of heart disease and stroke," says Debra Summerall, spokesperson for the Pennsylvania Dairy Promotion Program. "This study provides even more evidence the DASH diet, which lowfat milk, yogurt and cheese may be a powerful weapon in reducing heart disease."

This news comes on the heels of last fall's release of dietary guidelines by the American Heart Association (AHA) that recommended lowfat dairy as part of a heart-healthy diet.

Immediately following the publication of the Journal article, dairy promotion staff worked with leading consumer media and health professional organizations to spread the word to consumers about dairy's health benefits. Nationally, more than 200 television news segments have aired across the country on more than 130 stations. Additionally, a news report by USA Today highlighted the important role of dairy foods in lowering high blood pressure.

Cook's Question Corner

(Continued from Page B8)

starch. Stir in 1/4 cup water. Stir in cream and corn syrup. Cook and stir until bubbly. Mixture may appear curdled. Cook and stir 2 minutes more. Remove from heat. Stir in vanilla and butter. Serve warm or cool over ice cream, angel food cake or cheesecake. Makes 1 cup.

Butterscotch Topping

1/2 cup brown sugar
1/2 cup light Karo syrup
1 tablespoon cornstarch
1 cup water
1 teaspoon vanilla
Combine ingredients and cook until slightly thickened. Add the following, stirring until melted:

1 tablespoon butter
2 tablespoons butterscotch chips
Makes 1 1/2 cups.

Toffee Topping

1 1/2 cups granulated sugar
1 cup evaporated milk
4 tablespoons butter
1/4 cup light Karo syrup
1 cup crushed chocolate-covered toffee candy bars
In medium saucepan, heat sugar, milk, butter, and corn syrup to boiling, stirring constantly. Continue to stir and boil for one minute. Remove from heat and stir in candy. Cool and serve or store in refrigerator up to one

week. Makes 2 1/2 cups.

Pineapple Topping

3 1/2 cups sugar
20-ounce can crushed pineapple
1/4 cup maraschino cherries, chopped
3/4 cup water
2 3-ounce pouches liquid pectin
Measure sugar and set aside. In a Dutch oven, mix pineapple with juice, cherries, and water. Add sugar and mix well, bring to a full rolling boil, stirring constantly. Quickly stir in pectin. Return to full rolling boil and boil for one minute, stirring constantly. Remove from heat, stir and skim off foam. Pour into clean sterilized jars, leaving 1/4-inch headspace. Seal with sterilized lids screwing band firmly tight. Process in water bath canner for 15 minutes. Makes about five half pints.

Pineapple topping is delicious on pancakes and waffles as well as ice cream.

ANSWER — Jim Crater, Mohnton, wanted a recipe for pickled green beans sometimes referred to as dilly beans. Thanks to Crystal Stage, Lawrenceville, for sending her grandmother's recipe, which is also good for canning.

Dilly Beans

2 pounds green beans
1 teaspoon red pepper
4 cloves garlic
4 heads dill
2 1/2 cups water
2 1/2 cups vinegar
1/4 cup salt
Pack beans lengthwise in jar, add to each pint:
1/4 teaspoon red pepper
1 clove garlic

1 head dill
Combine water, vinegar, and salt. Bring to a boil, pour over beans. Process 10 minutes in boiling water bath. Ready to eat in 2 weeks.

The collage features several covers of the 'Grower & Marketer' magazine. The top cover is titled 'Rohrer's Find Niche In Flower Farming, Produce Production'. Below it, there's an article titled 'Mid-Atlantic Fruit Vegetable Convention Jan. 30-Feb. 1'. Another cover shows a 'Calendar' section. The bottom cover is titled 'Beekkeepers' First Experience Lessons Learned, And Beeswax For The Effort'. Other visible text includes 'Penn State Opens New Plasticulture Building' and 'The Farmsteads Direct Marketing Tips'.

GROWER and MARKETER

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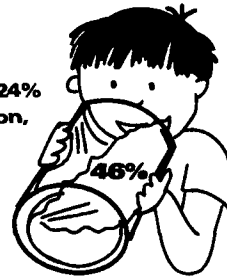
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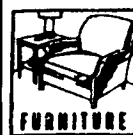


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