

Home on the Range

Peachy Fresh Fruit Recipes

This is the season to indulge in fresh fruit. Its great taste is incomparable to preserved fruits. Research shows that fruits can help to reduce cancer risk, coronary heart disease, and hypertension.

Fresh fruit is a great source of vitamins A and C. Cantaloupes have only 35 calories per cup. One medium peach has 40 calories and 2 grams fiber. Two cups watermelon has 90 calories and one gram fiber.

Here's some pointers for choosing top quality fruit.

- When buying peaches:
- Look for a creamy gold to yellow-undercolor. The red or blush is an indication of variety rather than ripeness.
 - The crease should be well defined and run from the stem end to the point.
 - A peach should smell peachy.
 - Don't squeeze peaches; they bruise easily.
 - Place firm peaches on the kitchen counter for a day or two and they'll ripen.
 - Promptly refrigerate ripe

peaches. Use within a week.

- To peel a peach, dip it into boiling water for 30 seconds, then in cold water. The peeling should slide off easily.

- To keep peaches from darkening after slicing, sprinkle with lemon juice or ascorbic acid.

- 1 pound fresh peaches equals 3 medium peaches or 1½ cups peach puree.

When selecting cantaloupes:

- Look for a rich golden color, thick netting, a delicate aroma and give a little at the blossom end.

- Cantaloupes can be refrigerated; however, let them warm to room temperature before serving to allow the fruit to soften and become juicier.

When selecting watermelon:

- Choose a watermelon symmetrical in shape without dents, bruises, and cuts.

- Thump if you must (listen for a dull, hollow sound).

- Turn watermelon over. The underside should be yellow with a healthy sheen to the rind.

- Lift the watermelon. It should be heavy for its size.

FRESH PEACH ICE CREAM

1½ quarts mashed fresh peaches (peeled, soft)
 2 tablespoons vanilla extract
 1 teaspoon salt
 2 14-ounce cans sweetened condensed milk
 13-ounce can evaporated milk
 ½ cup sugar
 ½ gallon milk
 Ice and rock salt

Mix together peaches, vanilla, salt, condensed milk, evaporated milk, sugar, and milk and pour into ice cream churn. Surround the churn with mixture of ice and rock salt. Take the easy way and plug in the churn or get exercise and start churning. When the churn stops turning, wipe off and open. Spoon ice cream into bowls and enjoy.

Dickey Farms, Inc.

PEACH COBLER

8 cups sliced peaches
 1 teaspoon vanilla flavoring
 2 cups sugar
 ¼ cup butter
 3 tablespoons all-purpose flour
 Pastry for double crust pie
 ½ teaspoon nutmeg
 Vanilla ice cream

Combine peaches, flour and nutmeg in a dutch oven; set aside to allow syrup to form (approximately 15 minutes). Bring peach mixture to a boil; reduce heat to low, and simmer 10 minutes or until peaches are tender. Remove from heat and stir in vanilla and butter.

Roll half of pastry to ⅛-inch thickness; cut into a circle to fit a 2-quart baking dish. Spoon half of peach mixture into lightly buttered baking dish; top with pastry. Bake at 475 degrees for 12 minutes or until lightly browned. Spoon remaining peach mixture over baked pastry.

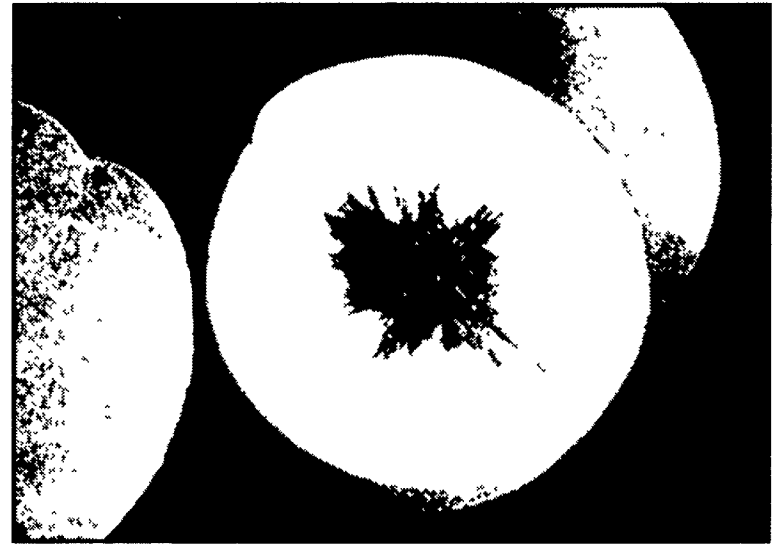
Roll remaining pastry to ⅛-inch thickness and cut into 1-inch strips; arrange in lattice design over peaches. Bake an additional 15-20 minutes or until browned. Allow to cool slightly before serving. Serve with vanilla ice cream. Serves 8.

SUMMERY SWEET PEACH SAUCE

Puree 6 medium peeled and pitted peaches and combine with 1 tablespoon honey in a medium saucepan. Dissolve 1 tablespoon cornstarch in ¼ cup water and stir into puree. Bring peach mixture to a boil over medium heat and cook, stirring constantly, until the mixture thickens. Remove from heat and stir in ½ teaspoon lemon extract. Chill sauce and ladle over bread pudding, cake or ice cream.

INDIAN MELON SALAD

2 cups chopped cooked chicken or turkey
 5 ounce can sliced water chestnuts, drained
 8-ounces seedless green grapes
 ½ cup chopped celery
 1 cup mayonnaise
 ½ teaspoon curry powder
 1 tablespoon lemon juice
 ¼ teaspoon salt
 ⅛ teaspoon freshly ground pepper
 1 teaspoon soy sauce
 1 cup honeydew melon balls
 1 cup cantaloupe melon balls
 Lettuce cups
 Combine chicken, water chest-



A top quality peach should have a creamy gold to yellow undercolor, smell peachy, and taste flavorful.



Kelly Miller, left, holds her prize-winning Blueberry-Raspberry Pie that took best of show in the baking contest sponsored by the Pennsylvania State Beekeepers. The Lebanon County family farm of American Honey Queen Renee Blatt, right, was the site of the state beekeepers' annual picnic.

Featured Recipe

Beekeepers from across the state gathered for the Pennsylvania State Beekeepers annual picnic on the farm.

This year's event was conducted on the Lebanon County farm of the American Honey Queen Renee Blatt. Educational and fun events included a honey baking contest. Judges selected this timely recipe prepared by Kelly Miller, Manheim beekeeper. For more information about the picnic, see the feature article in this section.

Blueberry-Raspberry Pie

- 2 cups blueberries
- 2 cups raspberries (remove seeds)
- ¼ cup honey
- ¼ cup sugar
- 1 cup water
- Dash lemon juice
- 2 tablespoons cornstarch
- 3 tablespoons minute tapioca

Crust:

- 2 cups flour
- 1 teaspoon salt
- ¼ cu shortening
- 5 tablespoons cold water

Combine raspberry puree, water, lemon juice, sugar, honey, cornstarch, and tapioca. Cook just until thickened. Add blueberries. Pour into pie shell. Add crust topping or cut leaf-shapes out of pie dough to decorate pie. Bake at 350 degrees for 25 minutes.

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.

August

- 4 — Jellies, Jams, Spreads
- 11 — Tomato Specialties
- 18 — Pickling Recipes
- 25 — Grilling Seafood

nuts, grapes and celery in a bowl. Mix together mayonnaise, curry powder, lemon juice, salt, pepper, and soy sauce in small bowl, stirring to blend. Pour over chicken mixture, tossing to coat. Chill for several hours. Add honeydew and cantaloupe melon balls before serving. Spoon into individual lettuce cups.

REFRIGERATED WATERMELON RIND PICKLES

- 4 cups cubed peeled watermelon rind, red removed
- ¼ cup granulated sugar

- 1 cup vinegar
- 2 sticks cinnamon (about 3-inches each)
- 1 teaspoon whole cloves

In medium saucepan, stir together all ingredients. Bring to boil over high heat, stirring often. Reduce heat, cover and simmer gently until rind is tender and translucent, about 45-50 minutes. Cool; refrigerate rind with liquid in covered glass container. Store at least 12 hours before serving to blend flavors. Refrigerated pickles keep up to two weeks. Makes 6 servings.

