

Asparagus, Rhubarb Herald Spring's Bounty

(Continued from Page B6)

STRATA

1½ pounds fresh asparagus, cut into 2-inch pieces
 3 tablespoons butter
 1 pound sliced bread, crusts removed
 ¼ cup shredded cheddar cheese
 2 cups fully cooked ham, cubed
 6 eggs
 3 cups milk
 2 teaspoons dried minced onion
 ½ teaspoon salt
 ¼ teaspoon dry mustard
 In a saucepan, cover and cook asparagus with water until just tender but still firm. Drain and set aside. Lightly brush butter over one side of bread slices.

Place half of the bread, buttered side up, in a greased 9x13x2-inch baking dish. Sprinkle with ½ cup cheese. Layer with asparagus and ham. Cover with remaining bread, buttered side up. In a bowl, lightly beat eggs; add milk, onion, salt, and mustard; pour over bread. Cover and refrigerate overnight. Bake, uncovered, at 325 degrees for 50 minutes. Sprinkle with remaining cheese. Return to oven for 10 minutes or until cheese is melted and a knife inserted near the center comes out clean.

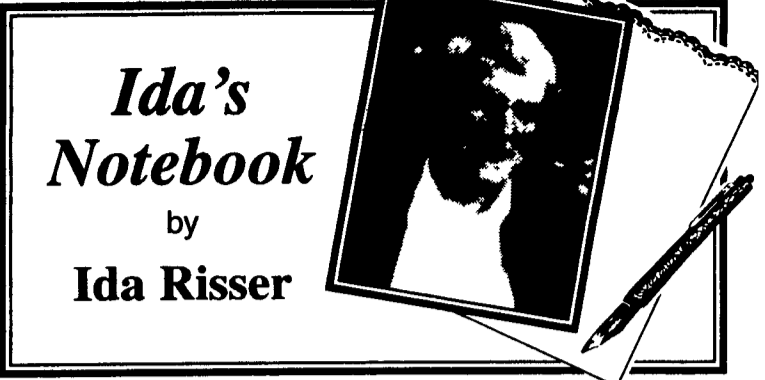
Schuylkill Co. Promotion Committee

QUICHE LORRAINE

9-inch pie crust
 8 slices bacon, crisply cooked, crumbled

Schuylkill Co. Dairy Promotion Committee

1 pound fresh asparagus, cut into pieces
 1 cup shredded Swiss cheese
 ½ cup finely chopped onion
 4 eggs
 2 cups heavy whipping cream
 ¼ teaspoon salt
 ¼ teaspoon pepper
 Heat oven to 425 degrees. Prepare pastry. Ease into quiche dish or 9-inch pie plate. Sprinkle onion, cheese, bacon, and asparagus into pastry-lined dish. Beat eggs slightly. Beat in remaining ingredients. Pour into quiche dish. Bake 15 minutes. Reduce oven temperature to 300 degrees. Bake about 30 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.



Ida's Notebook
 by
Ida Risser

Superstitions are rather prevalent among the Pennsylvania Germans. If you were raised in a household where they were believed, you may never be able to get over them. I remember being told by a friend that her mother always changed the calendars on the first of each month. By doing this, she was the boss of the house for that month. Often a piece of jewelry can become a good luck symbol.

My grandfather always put one shoe in front of another when he went to bed so that he would rise to walk the next day. Even though my grandmother was told it was bad luck to sew on Sunday, she embroidered as she said it was the only day that she had time to do it. I can believe her as she certainly had no conveniences in 1873 when she was married as we have today.

My parents did not want to accept a two dollar bill as it was a sign of bad luck. A great aunt of mine would not say "thank you" for a plant, as then the plant would die. And, if she gave one away, she did not expect a "thank you" either.

My mother forbid me to whistle as it was a sign that I'd come to no good. She would say, "A girl that whistles is like a hen that crows and should have her head chopped off." She was told many superstitions and she passed them on to me.

Many superstitions have to do with bad luck. I was always told never to sew a garment while you are wearing it. But, sometimes it is a temptation to sew a button on if you're in a hurry. Personally, I like to walk on the same side of a tree or a post as my husband does — no use having something

I think we all know of the good luck charm of carrying a four-leaf clover or a rabbit's foot. And often as a child, we pulled the wishbone of the chicken apart and made a wish if we got the long end.

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Host Families Sought For Japanese Exchange Students

WEST CHESTER (Chester Co.) — Families are needed to host Japanese exchange students, ages 12 to 18, for four weeks this summer as part of a two-way exchange program sponsored by Penn State Cooperative Extension's 4-H/Youth Development Program. The Japanese teenagers will stay with their American host families from July 21 to Aug. 18.

The program is open to families living in Pennsylvania with children close in age to the participants. Families without children will be considered as hosts for the adult chaperones from Japan.

Families do not need to currently be involved in 4-H to participate in this form of 4-H. Families need to apply using the Host

Family Application, participate in a family orientation meeting, and be willing to share their home with a Japanese youngster. There is no need to know Japanese. The students have all studied English and want to try speaking it.

Contact Laurie Szoke, at (610) 696-3500, ext. 19, or Las7@psu.edu, if you are interested.

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