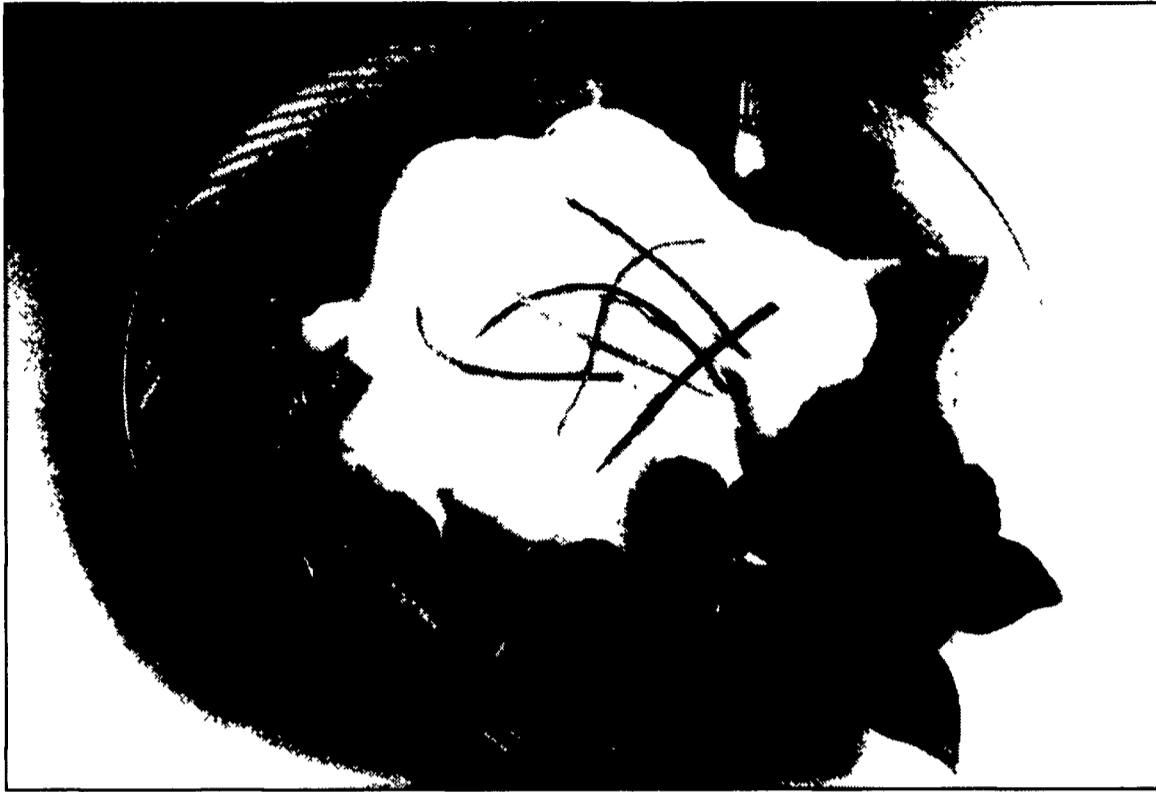




Home on the Range



Strawberries are a nutritional powerhouse rich in vitamin C, folate, and potassium.

'Berry' Delicious Recipes To Try

Not only do strawberries taste good but they are very good for you. Eight medium strawberries supply 160 percent of the recommended intake of vitamin C, 270 milligrams of potassium, and four grams dietary fiber.

Strawberries also supply 20 percent of the daily need for folate, which helps prevent birth defects and coronary heart disease.

Strawberries do not require a lot of preparation so they are a great way to incorporate nutrition into your diet.

Strawberries are bite-sized and can be added to any meal or eaten as a snack on the go. Stir berries into cereal, yogurt, cottage cheese, or ice cream for great taste.

Definitely try one of these 'berry' delicious recipes from our readers.

FRESH STRAWBERRY PIE

Pie Crust:
1 heaping cup flour
3½ tablespoons powdered sugar
½ cup butter
Mix ingredients and press into 10-inch pan and up sides. Bake 20 minutes at 350 degrees.

Filling:
3-ounce package strawberry or peach flavored Jell-O
¼ cup sugar
2 tablespoons cornstarch
Fresh strawberries or peaches
Combine first four ingredients. Cook 2 minutes after mixture comes to a boil. Cool. Place sliced strawberries or peaches in baked shell. Pour cooled gelatin mixture over fruit and place in refrigerator. Serve with whipped cream topping.

Contributor writes that she always gives the pie a little shake after pouring the gelatin mixture over the fruit because it seems to mix better.

Pearl Ladik
Leechburg

STRAWBERRY BOTTOM CHEESECAKE

6-ounce graham cracker pie crust
4-ounce package cream cheese, softened
¼ cup sugar
½ cup sour cream
1 teaspoon vanilla
4-ounces whipped cream

1 pint fresh strawberries, thinly sliced

1 cup strawberry glaze
Beat cream cheese until smooth. Gradually beat in sugar. Add sour cream and vanilla, fold in whipped cream. Spread thin layer of glaze on bottom of crust. Place strawberries on glaze and cover with remaining glaze. Gently spoon cream cheese mixture over glazed berries. Cover. Chill at least four hours. Serves 8. Enjoy!

Jessica Steppe
Lycoming Co. Dairy Princess

FROZEN STRAWBERRY DRINK

10-ounce package sliced quick-frozen strawberries
1 quart milk
1 pint strawberry ice cream
1 teaspoon grated lemon peel
Let strawberries thaw. Combine all ingredients in chilled bowl. Beat with rotary beater or combine half the ingredients at a time in electric mixer, and beat at high speed for one minute. Pour into chilled tall glasses. Makes eight servings.

Jessica Steppe
Lycoming Co. Dairy Princess

STRAWBERRY SOUP

2 quarts strawberries, pureed and set aside
1 pint half and half
½ pint sour cream
½ cup sugar
Lightly mix together ingredients in glass bowl and swirl. The strawberries and cream will be marbled. If the ingredients are mixed together too much the visual effect will not be as pretty.

Rosina Martz
Dauphin Co.

BERRY DELIGHT

1½ cups graham cracker crumbs
¼ cup sugar
¼ cup butter, melted
Combine crumbs, sugar, and butter and press into a 9x13-inch pan.
8-ounces cream cheese
¼ cup sugar
2 tablespoons milk
12-ounces whipped cream topping
2 pints strawberries
2 4-ounce packages instant vanilla pudding
3 cups cold milk

Beat together cream cheese, sugar, and milk until smooth. Fold in half of the whipped cream topping. Spread on crust.

Arrange the 2 pints strawberries over top, smoothing evenly. Save a few berries to garnish the top.

Combine the instant pudding mix and stir into the milk. Pour the mixture over the top of berries and chill several hours or overnight. Before serving, spread with remaining whipped cream topping and garnish with a few berries.

Esther Mishler
Holsopple

STRAWBERRY JAM CAKE

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 cup butter

2 cups granulated sugar
4 large eggs
1 teaspoon baking soda
1 cup buttermilk
1½ cups strawberry jam
1 teaspoon vanilla

Preheat oven to 350 degrees. Grease and flour two 10-inch round pans or three 8-inch pans and set aside.

Sift together flour, salt, cinnamon, cloves, and allspice on waxed paper and set aside.

In a large mixing bowl, cream butter and sugar. Beat in eggs. Stir baking soda into buttermilk and add alternately with flour mixture. When mixed, stir in strawberry jam and vanilla until well incorporated. Transfer to prepared pans and bake 40-45 minutes or until tester comes out clean. Cool in pan 5 minutes. Remove to cool thoroughly before frosting with favorite butter cream frosting.

B.J.L.

STRAWBERRY BREAD

1 cup crushed strawberries
1¾ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt

¼ teaspoon baking powder
¼ cup butter
¾ cup granulated sugar
2 large eggs
½ cup water
½ cup chopped walnuts or pecans

Preheat oven to 350 degrees. Grease and flour loaf pan and set aside. Pour crushed strawberries into a small saucepan, bring to a boil over medium heat, stirring constantly, cook for one minute. Cool.

Sift together flour, baking soda, salt, and baking powder; set aside.

In a large mixing bowl, cream butter and sugar. Add eggs and water and beat until fluffy. Add flour mixture to the creamed mixture. Mix well, stir in strawberries and nuts.

Transfer to prepared loaf pans and bake for one hour or until tester comes out clean. Remove bread from oven, cool in pan 10 minutes, remove to wire rack to cool.

Serving suggestion: Top with softened cream cheese and sliced strawberries.

B.J.L.

Featured Recipe

STRAWBERRY CREAM CAKE

14.5 ounce package white angel food cake mix
8-ounces cream cheese, softened
14-ounces sweetened condensed milk
¼ cup lemon juice
1 teaspoon almond extract
2 cups sliced fresh strawberries
8-ounces frozen whipped topping, thawed
Additional strawberries

Prepare angel food cake mix, using a 10-inch tube pan. Invert pan for 2 hours or until cake is completely cooled.

Remove cake from pan; cut a one-inch slice crosswise from top of cake and set top aside. Cut one-inch from center hole and outer edge of cake with a sharp knife. Carefully remove center of cake, gently pulling cake pieces out with fingers, leaving a one-inch layer of cake on bottom. Reserve cake pieces.

Beat cream cheese until light and fluffy. Add milk, mix well. Stir in lemon juice and almond extract. Fold in cake pieces and strawberries; spoon into tunnel in center of cake. Top with reserved cake slice. Chill eight hours or overnight. Frost with whipped topping and garnish with additional strawberries. Serves 9-10.

Last Chance To Enter Recipe Drawing

EPHRATA (Lancaster Co.) — Entries must be postmarked by June 2 to enter your favorite recipe using dairy products for Lancaster Farming's annual dairy recipe drawing celebrating June Dairy Month.

To enter the drawing for a chance to win one of the \$500-worth of prizes, select your favorite recipe, which must include a substantial amount of at least one dairy product. These ingredients count as a dairy product: milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, dry milk, ice cream, and all hard and soft cheeses.

Please check your ingredients carefully. Margarine and nondairy substitutes such as frozen whipped topping do not qualify as dairy products.

Dairy recipes are needed for appetizers, soups, breads, entrees, vegetables, desserts, beverages, snacks, and salads.

Clearly print or type your recipe entry. Be sure to give accurate measurements, temperatures, cooking and baking times, sizes of baking dishes to use, and other beneficial information. We reserve the right to disqualify entries if these guidelines are not followed.

With your entry, include a few paragraphs about yourself and your family. Although it is not required, a photograph of you and your family is preferred. We and our readers love to "see" the people who send in the recipe.

Photographs will be returned if you write your name and address on the back of the photo.

Only one entry per family allowed. This contest is for adults who are 18 years old and older. We require this age because children who send in recipes often inadvertently miss measurements, ingredients, or parts of the instructions.

Send your recipe, photo, and accompanying information with your complete address; otherwise, we cannot mail your prize if you win. We are astonished when we see how many people do not include their full address and therefore forfeit receiving a prize.

The state dairy princess and alternates will select the winners through a random drawing.

Recipe entries will be printed throughout the month of June. A list of the winning names will appear in the June 28 issue of Lancaster Farming.

Send your entry to Lou Ann Good, Lancaster Farming Dairy Drawing, P.O. Box 609, 1 E. Main St. Ephrata, PA 17522, or e-mail your entry and digital photo to LGOOD.EPH@LNPNEWS.COM.