

Consuming Thoughts

by

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Today's consumers look for foods that have great taste and good nutrition. Pears measure up on both counts. High amounts of natural sugars, fructose, and glucose are present in pears. At the same time, a 166 gram pear, with skin, provides 2.32 grams of crude fiber of which 41 percent is pectin.

Another very important nutrient is potassium, and the same 166 gram pear contains 208 milligrams. Potassium is necessary for maintaining heartbeat, muscle contraction, nerve transmission, and carbohydrate and protein metabolism. With only 98 calories in a 166 gram pear, this fruit provides a calorie-light, delicious, and healthy snack.

Pears are grown by Pennsylvania growers but 98 percent of the nation's pear crop is produced in the West Coast states of Oregon, Washington, and California.

There are many pear varieties but only eight specific kinds of USA Pears are usually available in most stores during the year. Each variety has an identifiable shape, color, and unique flavor of its own. Learn to identify and appreciate each for its particular character and great taste!

Pears are one of the few fruits that do not mature well if allowed to ripen on the tree. As a result, they are picked before they are ripe. Then they are carefully packed, stored and shipped,

usually still unripened. This is the reason you will often find firm, unripened pears when you buy them.

Let them stand a few days at room temperature. As they ripen, changes occur on the inside of the fruit that greatly increase the sugar and juice content. Don't always count on color changes to let you know when your pears are best for delicious eating. Some varieties will change color and others do not.

Pears can be used any way you would use an apple. Here's a new per recipe for you to try.

QUICK PEAR KUCHEN

1 (29-ounce) can pears OR 1½ pounds fresh pears
1 package hot roll mix
¾ cup warm water
1 egg
1 tablespoon melted butter
½ cup sugar
1½ teaspoons cinnamon

Peel and slice fresh pears or drain canned pears and slice, if halves are used. Prepare roll mix with water and egg as directed on package. Spread in greased 13x9x2-inch pan. Brush with melted butter.

Arrange pear slices in rows over dough, pressing in slightly. Combine sugar and cinnamon and sprinkle over pears. Let rise until doubled, 30 to 45 minutes. Bake at 375 degrees 40 to 45 minutes, or until golden brown. Makes 12 servings.

Harford Fair Sundae Serves About 600



Take 13 three-gallon tubs of ice cream flavors such as panda paws, maple walnut, peanut butter cup, strawberry, cookie dough, and America's favorite vanilla. Pile on the chocolate syrup. Add strawberries, bananas, cookie crumbs, sprinkles, caramel, M & M's and peanuts. Top with whipped cream and a cherry. You've good a giant ice cream sundae ready to serve to fair goers. This complimentary sundae was served at the Harford Fair by the Susquehanna County Dairy Princess Shana Mack and Dairy Ambassadors Amanda Miner, Abbey Puzo, Alyssa Sprout and Ashley Franklin, and Dairy Maids Karin Mowry and Karley Mosier.

Pumpkin Pie Baking Contest Announced

SCHAEFFERSTOWN (Lebanon Co.) — Pumpkin pie bakers should take note that they can enter their home-baked pies in the annual pie-baking contest at the Pennsylvania German Folklife Festival on Saturday, Sept. 13, at the Schaeffer Farm in Schaefferstown. Pies must be taken to the festival information booth by 11 a.m. on the 13th with a copy of the complete recipe that lists all ingredients (including pie crust) as well as all preparation steps. First-, second-, and third-

place winners will each receive a medal and a free, one-year family membership in Historic Schaefferstown, Inc.

The Pennsylvania German Folklife Festival is a two-day event conducted on Saturday, Sept. 13 and Sunday, Sept. 14 from 10 a.m.-5 p.m. Visitors will enjoy 18th and 19th century crafts, cooking, baking, and apple butter making, cider pressing, rock crushing, saw milling, live musical entertainment, free tours of the Schaeffer House, and

an accompanying adult are free. Discounted two-day admission passes available. For more information, call (717) 949-2244.

The Festival is part of Historic Schaefferstown, Incorporated (HSI), a nonprofit educational organization whose mission is to collect, preserve, study, and disseminate of the history and folk culture of the Pennsylvania Germans in South Central Pennsylvania, with particular focus on Schaefferstown, Pennsylvania.

Schaefferstown is located approximately 20 miles east of Hershey, 25 miles west of Reading, and 19 miles north of Lancaster at the intersection of PA Routes 501, 419, and 897. The Schaeffer Farm is located at 213 S. Carpenter Street (Route 501).



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