

Consuming Thoughts

by

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Do you use your microwave to cook vegetables? If not, start microwaving veggies because it keeps a lot more vitamins and minerals in the vegetables than do other methods of cooking. Here are some ideas to help with microwaving vegetables.

When preparing fresh vegetables you will want to cut vegetables into pieces which are all about the same size. Do not add salt before cooking (this toughens vegetables). Arrange the thicker parts of the vegetable toward the outside of dish. Add 2 to 4 tablespoons of water and cover loosely with wax paper or a glass lid.

To microwave vegetables cook on high unless in a sauce. Cook vegetables in a sauce on medium setting. Serving vegetables will continue to cook a little after being removed from the microwave. Let them stand for 2 to 3 minutes before serving. Keep vegetables covered until ready to serve. Remove cover carefully so that the steam is released away from you and others.

To prepare potatoes, sweet potatoes or winter squash wash or scrub well in clean water. Poke 3 to 4 holes in the skins with a fork. These holes allow steam to escape during cooking. Microwave on a white paper towel. Arrange them in a circle 1-inch apart. Microwave for 6 to 15 minutes. Turn potatoes over halfway through cooking time. Wrap potatoes in foil or a clean towel after they come out of the microwave to keep them hot until serving.

Have you ever wondered what kinds of cookware and wraps should be used in the microwave. The following check list will answer your questions.

- Safe To Use In Microwave Oven**
- Glass and glass ceramic cookware.
 - Containers or products that have microwave approval (they are able to stand high temperatures).

- Waxed paper.
- Paper towels. White towels are best.
- Heavy duty plastic wrap can be used to cover a container. Do not put plastic wrap directly on the food.
- Oven cooking bags. These are safe for use in the microwave.
- Special browning or crisping devices. Carefully follow package directions. Never try to re-use these devices.

Unsafe Cookware For A Microwave Oven

- Do not use cold storage containers such as margarine tubs, whipped topping bowls, or cottage cheese containers. They have not been approved for microwaving. High heat may cause harmful chemicals to get into food.
- Do not use brown grocery bags or newspapers. These contain metals which could start a fire. Stop cooking if a fire starts in your microwave. Do not open the door. The fire should go out by itself.
- Do not use light weight plastic wrap.
- Do not eat from a package that becomes burnt in cooking.
- Do not re-use trays and containers provided with microwaveable products. It is okay to do this if the package says the container is reusable. A microwave cake pan is an example of a reusable container.

This publication is available in alternative media on request.

You Ask We Answer

This column is for readers who have questions but don't know who to ask for answers.

"You Ask-You Answer" is for non-cooking questions. When a reader sends in a question, it will be printed in the paper. Readers who know the answer are asked to respond by mailing the answer, which will then be printed in the paper.

Questions and Answers to this column should be addressed to You Ask-You Answer, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Attention: Lou Ann Good.

Or, you may e-mail questions and answers to LGOOD.EPH@LNP-NEWS.COM

Please clarify what question you are answering when responding.

Do not send a self-addressed, stamped envelope for a reply. If we receive the answer, we will publish it as soon as possible. Please include your phone number because we sometimes need to contact the person to clarify details. We will not publish your phone number unless you request it. However, if your question requires someone to mail items to you, you must include

your address or phone number for publishing.

QUESTION - A Quarryville reader wants to know the words to the poem "Thank You, Lord, for dirty dishes."

QUESTION - Lynn Rossi, Lititz, wants to know where to have a copper pot polished. She doesn't want to do it herself.

QUESTION - Stevie Stief is

looking for a half-pint embossed Tulpehocken Dairy Farms milk bottle or any related items to that dairy. Call Stief at (610) 488-0682.

QUESTION - Hannah Coles, Bridgeton, N.J., wants to know where to purchase citron for canning.

QUESTION - A Quarryville reader wants the words to a poem about baby ferns that contains words such as "Mother Nature, what shall we do? It's cold. Mother Nature covered them with snow and they sleep the winter thru. When spring came, they lifted their heads to the warm sun."

QUESTION Susan Nolt, 8865 Old 22, Bethel, PA 19507, wants to find a picture of a guardian angel guarding a boy and girl crossing a worn-

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