Garden vegetables at their best now

By CHARLOT M. DENMON Staff Correspondent

nummer is the time for enjoying fresh garden vegetables at their best. The hot August sun, warm nights and rain ushers in harvest time and neighborhood gardens, roadside stands and city farm markets are brimming with fresh vege-

Home gardeners find zucchini squash practically popping up over-night and homemakers are continually looking for new ways to pre-pare this delicate tasting as well as nutritious vegetable.

Low in calories, sodium and high in vitamins, calcium, iron and potassium, it makes an ideal vegetable for the weight-conscious person or the person on a low salt or cholesterol diet.

There are probably dozens of dif-ferent ways in which zucchini squash can be served while it is in season (it can be frozen and served out of season as well) but below are five recipes some of our Back Mountain residents were willing to share with Dallas Post readers.

ZUCCHINI CASSEROLE (Mary Yankowski) 2 lb. zucchini, diced and peeled

1 carrot, grated 1 onion, grated

½ c. cheddar cheese, grated ½ c. sour cream

ean cream of mushroom soup sm. package croutons

1 stick margarine, melted Salt and pepper to taste, if desired

Parboil squash for eight minutes. Drain and mix with melted butter and croutons. Add remaining ingredients, mix. Put in 9x13" pan. Sprin-kle with croutons and Parmesan

Bake at 325 degrees for 45 minutes.

FRIED ZUCCHINI (Low Cholesterol)

1 med. zucchini, cut in ¼" slices 1 pkg. Italian bread crumbs Skim milk

Dip zucchini slices in skim milk then Italian bread crumbs. Fry in either hot safflower or sunflower oil. Drain on paper towel before serving. May be served in place of

> **ZUCCHINI RELISH** (Jule Wilson)

2 lg. zucchini, cored (Ground should equal 10 cups) 4 c. ground onions

Mix above and let stand over-

night. In morning drain and rinse.

2 peppers (1 red, 1 green)

2 c. vinegar

4 c. sugar

t. pepper 1 T. tumeric

1 T. celery salt 1 T. dry mustard

Mix well and cook over medium heat for half hour. Seal while hot in pint jars. Makes seven pints.

ZUCCHINI BREAD

3 eggs 1 c. oil

3 c. sugar

3 t. vanilla 23/4 c. flour

salt (optional) 2 t. baking soda

3 t. cinnamon

1 t. baking powder 3/4 c. nuts

3/4 c. raisins

2 c. grated zucchini, peeled and

Beat eggs until light and foamy, add oil, sugar, vanilla and zucchini. Mix lightly but well.

Add dry ingredients, nuts and raisins. Spoon into greased loaf pans. Bake at 350 degrees for 45-55



Checking the garden

Linda Mauger, sitting, points out the zucchini squash she wants her husband, Harold, to pick from the plants after last Friday's rain. Linda planned to prepare a casserole for their dinner at their Harveys Lake home.

ITALIAN ZUCCHINI CASSEROLE (Andrew Denmon)

1-2 medium zucchini, ½" slices c. spaghetti sauce

1 pkg. (8 slices) mozzarella cheese

Italian bread crumbs Parmesan cheese, grated In oiled casserole place layer of

zucchini; cover with spaghetti sauce then layer of mozzarella cheese. Repeat until casserole full to within half inch of top. Dot with bread crumbs mixed with grated Parme-

Bake at 350 degrees for approximately one hour or until zucchini is

Dependant family is major responsibility

Feeding a family three meals a day is a major responsibility for young homemakers. The responsibility increases as more is known about nutrients in foods and the role they play in good health; increasing food products competing for food dollars; rising food costs; more snack-type foods with few nutritients; advertising campaigns for high-calorie, many

low-diuauauauauauauauelvalue foods; and the growing con-cern about food additives and pres-

Nutrition is the food you eat and how your body uses it to live, to grow, to keep healthy, and to get energy for work and play.

The different nutrients needed for health and growth (carbohydrates, fats, proteins, vitamins, minerals and water) are available through food. No single food has all the

health. Many food combinations can provide a well-balanced diet. Most nutrients do their best work in the body when consumed with other nutrients

All nutrients are needed throughout life but the amounts needed (determined by scientists) are influenced by age, sex, size, activity, and state of health.

Available from Penn State University is a correspondence course designed to help you determine your family's individual needs. The course discusses meal planning and nutrition; food dollars and your time; nutrition labeling; and food for you and your family's health.

You can get a copy of the course by sending \$6.00 including handling, to MEAL PLANNING, Dept. 5000, University Park, PA 16802. Make check payable to PENN STATE.

Food tidbits

THE PERFECT BANANA

choose those that are not quite yellow, are firm to touch and have no visible bruises. If refrigerated, the banana's skin will darken in just a few days, but the edible fruit will stay freshs for three to six days. HOW LIGHT IS LITE?

The number of calories in "light" canned fruits is determined by the way the fruit is canned. Various liquids can be used to pack the fruit juice, apple juice or white grape juice. The amount of sugar, corn syrup or FDA-approved sweeteners also affects caloric content. Be sure to read the labels of so-called additives and calories **TEQUILA TUNES**

Four recently popular songs have helped increase consumers' appreciation of tequila. Songs extolling \$55,000.

the virtues of tequila include "Jose To pick the perfect banana, Cuervo, You're A Friend of Mine' broose those that are not quite by Shelly West, 'Margaritaville' by Jimmy Buffet, "Hey, 19" by Steely Dan and "Tequila Sunrise' by the banana's skin will darken in just

INDIAN INTRODUCTION

Fifteenth-century Europeans learned the practice of smoking dried tobacco leaves from the American Indians. Pipes were the popular means of smoking in those days. Today, more than 80 percent including water, the fruit's own of the tobacco used throughout the world is in the form of cigarettes. More than four trillion cigarettes were smoked last year.

GOING, GOING, GONE Wine auctions are attracting "light" fruits carefully to compare bigger audiences and bigger bids than they used to. At the first annual Heublein Premiere National Auction of Rare Winnes, held in 1969, bids for the wines totaled



Luncheon planned

Two members of College Misericordia's 1984 Homecoming Committee will serve as chairmen for the Homecoming Luncheon Committee. Ann McGroarty Collins '74, left, of Wilkes-Barre, has been appointed as chairman and Denise Maslowski '79 of Edwardsville, as co-chairman. The Homecoming is planned for October 6 and 7, on College Misericordia's campus. Members of the Alumni plan to celebrate Misericordia's 60th anniversary during the two-day event. Registration is requested by Monday, October 1. Information can be obtained by calling the Alumni Office at College Misericordia, 675-2181, ext. 248.

A Public Service message from

Tropical dishes add brightness to brunch

If a tropical resort vacation is not on your agenda this season, brighten stay-at-home spirits with a leisurely weekend brunch that brings the flavor of sun-drenched

destinations into your kitchen. You may want to invite your guests to dress in their favorite resort wear (sunglasses optional). Try serving the traditional Mexican fish recepe and West Indians egg dish listed below. Arrange a platter of tropical fruit as a colorful - and edible - centerpieces. A bar set up with mineral water, juices, a good white win and a pure, high-quality vodka is a delectable addition. If there's a chill in the air, try this hot orange, cider and vodka-based

1/2 teaspoon allspice

3 cups orange juice

1/4 cup minced scallions or green

Grated white Cheddar cheese

ORANGE CIDER PUNCH

1/2 cup sugar

1/2 teaspoon cinnamon

1/2 teaspoon nutmet 1 cup cider

1 cup vodka

Mix sugar, cinnamon, allspice, nutmeg and cider in a large saucepan. Heat until sugar is dissolved and mixture is hot. Add orange juice and heat. Stir in vodka and serve immediately. Serves eight.

WEST INDIAN SCRAMBLED EGGS 1 1/2 cups tomato sauce

pepper 2 tablespoons flour 2/3 cup grated white Cheddar

2 medium-sized avocados

2/3 cup light cream

Combine tomato sauce with scallions or green pepper and flour in a saucepan. Stir to blend. Bring to a boil and cook, stirring 2 to 3 minutes. Add grated cheese and stir to combine. Remove from heat. Cut avocados in halvesd lengthwise; remove seed and skin and cut fruit into cubs. Add to tomato sauce. Do not cook. Beat eggs with cream in a bowl and scramble in saucepan. Season and arrange on serving plate. Pour tomato and avocado sauce over eggs. Sprinkle top with grated Cheddar cheese. Serves

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