

Lifestyles



Vegetable of the week
Dwight McDuffie (left) and Dexter McDuffie, who are the sons of Mr. and Mrs. Leroy McDuffie, show off a 6.25 pound turnip they grew in the family garden. The garden is in the Queenmore section of Hoke County.

4-H'ers attending North Carolina Congress

Hoke County 4-H members will be among some 900 Tar Heel youth attending the 1985 North Carolina 4-H Congress July 22-26 in Raleigh.

The Congress will be held at the N.C. State University's McKimmon Center and the Scott Building at the State Fairgrounds. Delegates will reside in NCSU dormitories.

The Congress officially opens Monday night with a flag ceremony, 4-H Honor Club tapping, performances by the Little German Band and Comedian-Juggler Robert Nelson and a

dance. Workshops and tours are scheduled Tuesday and some 40 contests will be held to pick state winners. The winners will be announced at an evening assembly. The state "4-H entertains" talent show and a dance are scheduled afterward.

An assembly and workshops are set for Wednesday morning and the delegates will have a free afternoon. A donor-winner banquet and the 4-H performing arts revue are set for Wednesday night.

The Thursday program is filled with an assembly, workshops,

volunteer leader luncheon, election and installation of new officers, a delegate banquet, visual newsletter, fashion revue and dance.

Hoke County 4-H members, ages 13-19 are eligible to attend, according to Sandra Ross, 4-H agent.

The registration fee for the Congress is \$85.00 which includes insurance, meals and lodging.

More information can be obtained by calling the Hoke County Agricultural Extension Service at 875-2162. The deadline for applications is July 12.

Blanching a must for freezing

There's one step in the freezing of vegetables that some homemakers think they can ignore. And that step is blanching. But blanching -- that is, the scalding of vegetables in hot water or steam before you put them into the package -- is a must.

Here's why. Blanching inactivates most of the plant enzymes that might otherwise cause toughness, change in color, mustiness, loss of flavor, softening and loss of nutritive value.

And -- blanching vegetables before freezing reduces the number of micro-organisms in the food.

Also, blanching can enhance the green color of vegetables -- including peas, broccoli and spinach -- giving them a fresh-from-the-garden look.

It also wilts leafy vegetables -- such as spinach and other greens -- making them easier to pack in the freezer container.

In addition, blanching displaces air that is trapped in the tissues of vegetables -- and it saves and reserves the flavor of fresh vegetables.

So, if you're thinking of saving a step -- and not blanching your vegetables -- reconsider. **AND BLANCH!**

Practically all vegetables are safely blanched in boiling water. Use a large kettle which has a wire basket that fits down in it. Put in at least 4 quarts of water and bring it to a boil.

Lower the basket of prepared vegetables (no more than 1 pound) into 4 quarts of briskly boiling water; these proportions allow water to keep boiling.

Start counting blanching time. Shake the basket to let heat reach all parts of its load.

When the specified time is up, lift out the basket and immediately dunk the vegetables in ice-cold water to cool them fast.

Reuse the same blanch water for

On the Front Burner
Alice Pettitt
Home Economics Agent



scalding the remaining batches but keep water at the proper level.

Cool all vegetables as quickly as possible after they have been preheated. Use plenty of ice water, and change it often to keep it cold. For blanching time on vegetables, come by our office and pick up a brochure or give us a call at 875-2162.

SQUASH FRITTER

Mix together:
2 cups grated raw summer squash
1/4 cup finely chopped onion
pepper to taste
2 teaspoon sugar
1/4 teaspoon salt
6 tablespoons flour

Beat 2 eggs and add to above mixture. Add 1 tablespoon melted margarine. Drop by tablespoon on lightly oiled fry pan on medium heat. Cook until brown on both sides.

ZUCCHINI

1 lb. zucchini
1 medium onion, minced
1 tablespoon olive or salad oil
1 c. drained canned tomatoes
1/4 teaspoon salt
1/4 c. grated sharp cheese

Turn oven to 350°. Rub a small casserole with olive or salad oil. Wash squash and cut in thin slices.

Saute in fry pan the onion in oil 3 minutes. Add squash and cook over low heat for 5 minutes, stirring most of the time. Add tomatoes and salt. Cover and let simmer 5 minutes. Turn into the casserole and top with grated cheese. Bake 15 minutes or until cheese bubbles.

ZUCCHINI BAKE

1/4 pound ground beef
1 zucchini
1 tablespoon all-purpose flour
1/4 cup grated sharp cheese
1/4 teaspoon worchestershire sauce

1 slice bread torn
2 green onions, chopped
1 tablespoon butter or margarine
1/2 cup milk
1/8 teaspoon dried thyme
few drops hot red pepper sauce

Preheat oven to 350°. Brown ground beef and onion together in an oven-proof skillet; when almost cooked through, top with zucchini; cover and steam 2 to 3 minutes. Meanwhile, melt butter and stir in flour; slowly stir in milk, working out any lumps; add cheese and stir until melted; add seasonings and torn bread. Pour over meat mixture and bake uncovered for about 30 minutes. Makes 2 servings.

HERBED TOMATOES

1/2 cup dry breadcrumbs
3/4 teaspoon seasoned salt
1-1/2 teaspoons ground coriander
4 large tomatoes, halved
1-1/4 tablespoon melted butter or margarine

1-1/4 teaspoon garlic powder
1-1/2 teaspoon ground cumin

Combine breadcrumbs, butter, and seasonings in a small mixing bowl, stirring well. Place tomatoes, cut side up, in a 13x9x2 inch baking dish. Top with breadcrumb mixture. Bake at 350° for 10 minutes. Yield: 6 to 8 servings.

Thomas receives parachute badge

Pvt. 1st Class Alfonso Thomas, son of Estella J. Thomas of Rural Route 1, Red Springs, has received the parachutist badge upon completion of the three-week airborne course at the U.S. Army Infantry School, Fort Benning, Georgia.



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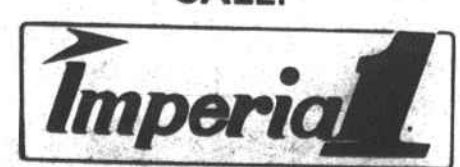
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