

COOKING DOWN EAST

By REBA MITCHELL

Summer time is the season for fresh vegetables and fruits in abundance. Pickling is one of the many methods of preserving fruits and vegetables to be used later.

Pickling is a process of preserving foods in salt brine (a solution of salt and water) or vinegar. Pickles and relishes have little food value, but they add interest and color to meals and stimulate the appetite with their crispness, tangy flavor, and color.

Both fruits and vegetables may be pickled whole, halved, quartered, or sliced. Cucumbers, tomatoes, onions, beets, red and green peppers, carrots, cauliflower, cabbage, peaches, pears, and crab apples are commonly used for pickles and relishes.

To make good pickles one must use the proper equipment the right ingredients and reliable recipes.

Many people are venturing out to try different kinds and types of pickles. Last year I had a friend to give me a jar of summer squash pickle. They were delicious. I found a recipe for zucchini pickle slices so I

decided to substitute yellow summer squash this weekend. They turned out good.

Zucchini Pickle Slices

- 2½ cup zucchini slices, washed and cut in ¼ in. slices
- 2½ cups thinly sliced onions
- 2 cups 5% vinegar
- 1 cup sugar
- 1 tbs. salt
- 1½ tsp. celery seed
- ¼ - ½ tsp. turmeric

Prepare vegetables and set aside.

Mix remaining ingredients in a heavy sauce pan. Cook and stir until sugar is dissolved and mixture comes to boiling. Remove from heat, add vegetables, cover and let stand 1 hr.

Sterilize (4) pint jars. Leave in hot water until ready to fill.

Bring vegetable mixture to boiling rapidly: Reduce heat and cook gently 3 min. Remove from heat.

Pack vegetables into hot jars. Add hot pickling liquid within ½ inch of top, being sure vegetables are covered. Release air bubbles, adjust lids. Work quickly, completing one jar at a time.

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"Vital emphasis for older Americans is being projected in the theme, as adopted by the U.S. Department of Health and Human Services - "Health - Make It Last A Lifetime!"

Two of the key strategies in maintaining good health is in a good mental attitude and proper nutrition and with the greater percentage of the elderly population living alone, little attention is given to maintaining a proper diet and far too often, loneliness affects the attitude in depressing a healthy outlook.

United Tri-County Senior Citizens, Inc. implements a program exclusively for senior citizens that provides a complete balanced meal Monday through Friday, as well as activities that offer fun

and fellowship for all persons in the 60 plus age group.

In-take applications, for participation in the 1984-85 program year will be processed June 25-June 29 at each of the senior centers in Craven, Jones and Pamlico counties.

Treat yourselves to the greatest gift of life - good health! By eating properly and maintaining a good attitude through social contact and fellowship, you have taken the first step.

For additional information, contact the following senior centers:

- New Bern - 638-3800
- Vanceboro - 244-1067
- Trenton - 448-1001
- Alliance - 745-3488

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