



## INFOGRAMS

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### WHAT YOU NEED TO KNOW ABOUT GRAPEFRUIT

Fresh grapefruit — white, red, pink, seedless, and seeded — are now in the market — and coming in greater numbers according to marketing specialists at the U. S. Department of Agriculture. The forecast, by USDA's Agricultural Marketing Service is for a 1975-76 grapefruit crop of 69.8 million boxes, 14 percent above last season. This will also mean an even larger supply of frozen concentrated grapefruit juice and grapefruit sections.

According to legend, the grapefruit was first called the "Forbidden Fruit," and it is presumed to have originated in the West Indies. Tracing back, the word "grapefruit" apparently was first used about 1814 in a book on the horticulture of Jamaica. It was then described as "a fruit not larger than a good orange which is borne in bunches like grapes".

Florida claims to have grown its first grapefruit about 1825 — also claims the start of the commercial grapefruit industry was in Florida. Sales were first made entirely to tourists and shipments were sent North. But, the earlier grapefruits were very seedy.

Grapefruit is picked tree ripe and is ready to eat on purchase. Look for firm, well-shaped fruits. The thin-skinned fruits have more juice than the coarse-skinned ones. If a grapefruit is pointed at stem

end, it is likely to be thick-skinned. Rough, ridged or wrinkled skin can be an identification of thick skin, pulpiness, and lack of juice.

Skin defects on grapefruit — scales, scars, thorn scratches, or discoloration — seldom effects eating quality. But — avoid grapefruit with such signs of decay as soft and discolored areas on the peel at stem end, water soaked areas, loss of bright color, and soft and tender peel that breaks with finger pressure. Fresh grapefruit is marketed in all seasons, but the peak months are in the first quarter of the year. Florida's grapefruit crop is forecast at an all-time high — and Texas expects production to be 51% larger than last year's crop. The trend in growing grapefruits is toward production of the seedless grapefruit. Most grapefruit is grown at comparatively low altitudes. In the United States, commercial grapefruit production is confined to Florida, California, Texas and Arizona.

Per capita consumption of fresh grapefruit in 1974 was 8.3 pounds — and in 1975 the preliminary figures are about 8½ pounds. Grapefruit is among the top 10 produce items in dollar sales and tonnage according to commercial figures.

Interested in freezing grapefruit? That's easy — sections or slices of grapefruit may be washed and peeled and divided into sections, removing all membranes and seeds. Pack fruit into containers. Cover with cold 40% sirup made with excess fruit juice and water, it needed. Add ½ teaspoon crystalline ascorbic acid to a quart of sirup. Leave head space 1 ½ inches, seal and freeze.

For grapefruit juice select good fruit, squeeze and sweeten with 2 tablespoons sugar for each quart of juice, or pack without sugar. For better quality, add ¼ crystalline ascorbic acid for each gallon of juice. Pour juice into containers immediately. Pack in glass jars or citrus-enamel tin cans, if available to avoid development of off-flavors. Leave head space and freeze.

### "A Versatile Pound Cake In Early American Tradition"

In Early American style, "Tory Pound Cake" is the recreation of a dessert that sat before Colonists, the kind of uncomplicated, nutritious cake that made a country meal then...and now.

The variations on toppings and extra flavorings that can be added to this basic recipe also lend Tory Pound Cake to the Yankee ingenuity that made our country great...and will win your compliments in the kitchen.

Tory Pound Cake is a classic cake recipe which features the wholesome goodness of fresh eggs with a delicious blend of butter, sugar, flour and flavorings. Baked up tall and light, piping hot right out of the oven, Tory Pound Cake serves up an after-meal treat that's hard to beat...made great by nature's own perfect gift...EGGS.

Return greatness to today's meals with EGGS — FOR THE GOOD OF OUR COUNTRY.

**TORY POUND CAKE**  
6 eggs 1½ cups butter  
3 cups sugar  
1½ tsp. vanilla  
1½ tsp. lemon extract  
4½ cups all-purpose flour  
1 tsp. salt

¾ tsp. baking soda  
¾ tsp. baking powder  
1½ cups buttermilk

Cream butter; gradually add sugar beating until light and fluffy. Add eggs all at once, beating well, about 2-3 minutes. Blend in flavorings. Combine dry ingredients; add alternately with buttermilk beating until thoroughly combined. Spread evenly in 2 greased 9 x 5 x 3-inch loaf pans or 1 greased 10 x 4-inch tube pan. Bake in preheated 350 degrees oven 1 hour 10 minutes for loaf pans, 1 hour 20 minutes for tube pan or until cake tester inserted near center comes out clean. Cool in pan(s) on wire rack (s) 10 minutes. Remove from pan(s); cool completely. Makes 16 servings.



TORY POUND CAKE

### LAFF of the WEEK



## Fish At The Market

Quite a few of us pass up the fresh fish counter because we aren't sure we know how to pick out a fresh one.

To help you out of this fishy situation, the Office of Consumer Affairs has compiled a list of shopping tips from the National Marine Fisheries Service. For a free copy of Fish at the Market, write to Consumer Information Center, Dept. 86, Pueblo, Colorado 81009.

Here are some of the tips to help you choose fresh fish for you family:

With whole fresh fish, look at the eyes. They should be bright and clear and bulge slightly. The gills should be bright red or pink. If they are dark, quality has slipped.

Any fresh cut fish should have firm flesh that will spring back when gently pressed. The skin should be shiny and have a mild clean odor.

Fresh shrimp should have a fresh clean odor. Shucked oysters should be plump, creamy colored, and in a clear liquid. Oysters and clams in the shell should have their shells tightly shut. If the shell is slightly open, tap it and it should close.

And since they should be alive and well when you buy them, when you wave at crabs and lobsters, make sure they wave back at you.

"Fish at the Market" (free) is one of over 250 selected Federal consumer publications listed in the Winter edition of the "Consumer Information Index." Published quarterly by the Consumer Information Center of the General Services Administration, a free copy of the "Index" is available by writing Consumer Information Center, Pueblo, Colorado 81009, or at Federal Information Centers throughout the country.

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