

Raisin Bread Breakfast Sandwich



California Raisin Advisory Board Photo

A new twist to ham 'n eggs is a raisin bread is a hearty idea. Simply add bits of green onion and green pepper to the well seasoned ham and egg mixture. Then mount onto buttery raisin bread toast. Top with additional toasted raisin bread slices and brush with butter. This imaginative version of the Denver sandwich is grand for breakfast or brunch.

WESTERN HAM 'N EGGS ON RAISIN TOAST

- 6 eggs
- 1/2 cup finely chopped green onion
- 1/2 cup finely chopped green pepper
- 3/4 cup chopped cooked ham
- 3/4 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Butter
- 12 slices raisin bread

Beat eggs lightly. Add onion, green pepper, ham, milk, salt and pepper. Melt 2 tablespoons butter in skillet. Add egg mixture and cook slowly, gently lifting from bottom and sides with spoon as mixture sets. Do not stir constantly. Cook just until eggs are set but still moist. Toast and butter raisin bread. Spoon egg mixture evenly onto 6 slices raisin toast. Cover with remaining slices. Brush top slice with melted butter, if desired. Carefully cut in half and serve 2 or 3 halves per person. Makes 4 to 6 servings.

Garden Time

By M. E. Gardner

The environment in which we live is being increasingly brought into sharper focus as the population increases and our urban and rural communities become more and more crowded.

The achievement of a desirable quality of environment will depend heavily on a common alignment of purpose and a mutually acceptable standard among all segments of human society—the scientific community, private industry, public funding agencies, and the masses of humanity whose attitudes and practices contribute to the state of our environment as we know it today.

In our times of unprecedented change, biologists are aware of the rapidly growing ability of their fellow human beings to alter the face of the earth through technology. But they are equally aware that these alterations can bring far-spreading and often destructive changes in the web of life that is stretched so thinly over the surface of our planet. Our technology has out-paced our understanding; and our cleverness has grown faster than our wisdom.

One aspect of the environment around us was brought into sharp focus by North Carolina's own Dr. Hugh H. Bennett who was the first Chief of the Soil Conservation Service. It was Dr. Bennett who dramatized the dust storms in the 1930's "...as not only depleting the soil on the Great Plains, but also creating enormous pollution of the atmosphere."

This was approximately 35 years ago. Think what has happened in the intervening

years—more dust, fumes from cars and industrial stacks, pollution of our streams and ravaging of our forests, to name a few.

Can we look forward, with confidence, to improvement

in the next 35 years? Or are we hell-bent on a disaster course of self-destruction. If we expect improvement we must overcome apathy and complacency and use our affluence to better advantage in the solution of the common problems affecting our social and economic well being.

These are some of the guidelines to improve our en-

vironment as established by the USDA and reported in Agricultural Science Review:
1. Reduction of the damages and losses from pollution to soil, water and air by chemicals, wastes, sediment and mining operations.
2. Revitalizing rural communities through use of human talents, and natural and economic resources to

achieve more jobs.
3. Maintaining and improving the quality of rural living.
4. Expanding outdoor recreation.
5. Enhancing natural beauty through landscaping, conservation and rehabilitation of surface mined land.
6. Protecting public health in rural and urban areas by

reducing pollution of soil, water and air; and improving waste disposal systems in rural areas.

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