

# COMMUNITY SHOPPER'S GUIDE

Thursday, August 18, 1983/Section C



## Zucchini - Delicious And Versatile

Zucchini, a low calorie vegetable, can be served in a variety of ways. Zucchini Sausage Medley blends zucchini with Italian sausage, fresh tomatoes and chunky minestrone soup for a light, but rich-tasting entree.

## From Breads To Salads . . .

# Fresh Zucchini Gaining Popularity

Zucchini is rapidly growing in popularity with Americans. As a vegetable, it rivals corn on the cob for popularity. Twice as many people like it as asparagus and more people than that favor it over cauliflower. This delicious and versatile vegetable lends itself to many uses.

Once, this vegetable was nearly totally confined to Mediterranean cuisines, but now it is made into everything from bread to salads. Zucchini is low in calories, fat and carbohydrates and high in natural fiber content.

The secret to buying zucchini is to buy the smallest, firmest you can find. Avoid soft or wrinkled vegetables. Do not peel, just wash well and trim the ends. Use as soon as possible because zucchini does not keep well.

When cooking, do not overcook. A little quick steaming or boiling is all that is necessary. Zucchini is delicious raw, too, with a dip.

Here are three other luscious ways to serve fresh zucchini.

Zucchini Sausage Medley is as close to a hot garden salad as you can get. Sliced Italian sausage adds protein to a vegetable dish filled with zucchini, onion and fresh tomatoes. Chunky Minestrone Soup adds body

and variety, and fresh basil provides just the right Mediterranean touch. Bread sticks and a crisp salad of mixed greens with green pepper and cucumber slices rounds out the dinner.

Chicken and Vegetables Oriental is a quick after-work dinner. Condensed Chicken Broth and Swanson Chunk Chicken take the work out of this excellent vegetable-rich dish. Soy sauce and ginger provide a decidedly Oriental touch. Serve over hot steamed rice.

Zesty Zucchini Salad will become a favorite the first time you serve it. Use the smallest zucchini you can find and cut it into matchsticks about one-inch long. Franco-American Brown Gravy with Onions is combined with Spicy-Hot Cocktail Vegetable Juice to make a quick but sensational hot marinade. The marinade is poured over vegetables and refrigerated.

This is the ideal dish to make the night before or in the morning before beginning the day's work. Let it stand overnight or all day to maximize flavors.

Try one or more of these recipes to take advantage of the versatile, popular zucchini.

**ZUCCHINI SAUSAGE MEDLEY**  
1/2 pound mild Italian sausage, sliced

1 cup sliced zucchini squash  
1/2 cup chopped onion  
1/2 teaspoon basil leaves, crushed  
1 can (19 ounces) Chunky Minestrone Soup  
Generous dash pepper  
1 tablespoon cornstarch  
2 tablespoons water  
2 medium tomatoes, cut in wedges

1. In 10-inch skillet over medium heat, cook sausage, zucchini and onion with basil until sausage is well browned.  
2. Add soup and pepper.  
3. In cup, blend cornstarch and water until smooth; stir into hot soup mixture, and cook over medium heat, stirring constantly, until thickened. Add tomato; heat. Makes 4 1/2 cups or 4 servings

**CHICKEN AND VEGETABLES ORIENTAL**

1 Tablespoon salad oil  
1/2 cup quartered Farm Fresh Mushrooms  
1 cup diagonally sliced zucchini squash  
1/2 cup carrot cut in 1-inch long thin sticks  
1/4 teaspoon ground ginger  
1 can (10 3/4 ounces) Condensed Chicken Broth  
2 tablespoons cornstarch  
1 tablespoon soy sauce  
2 cans (5 ounces each) Swanson Chunk Chicken  
Cooked rice

1. In 10-inch skillet over medium heat in hot oil, cook mushrooms, zucchini

and carrots with ginger until vegetables are tender.  
2. In small bowl, mix broth, cornstarch and soy sauce until smooth; gradually stir into hot vegetable mixture, and cook, stirring constantly, until thickened. Add chicken; heat. To serve: Pour over rice. Makes 3 1/2 cups or 4 servings.

**ZESTY ZUCCHINI SALAD**

1 can (10 1/2 ounces) Franco-American Brown Gravy with Onions  
1 can (6 ounces) V-8 Spicy-Hot Cocktail Vegetable Juice  
1 small clove garlic, minced  
2 tablespoons olive oil  
1/2 teaspoon marjoram leaves, crushed  
4 cups zucchini squash cut in 1-inch sliced red onion Salad greens

1. About 6 hours before serving, to make marinade: In 1 1/2-quart saucepan over high heat, combine all ingredients except zucchini, onion and salad greens. Heat to boiling.

2. Reduce heat to low, simmer 5 minutes, stirring occasionally.

3. In 10 by 6-inch baking dish, arrange zucchini and onion; pour marinade over vegetables. Cover; refrigerate, stirring occasionally. To serve: With slotted spoon, arrange vegetables on salad greens. Serve with marinade. Makes 4 cups or 6 servings.

## Better Living

# Heat Waves Can Cause Deaths

By JOANNE FALLS  
Home Economics Extension Agent

When the temperature reaches 90-100 degrees outside, it is very easy for people who own electric fans and air conditioners to forget how hot it can become in homes without these conveniences. Many times, people are so busy trying to cool themselves that they forget to check on elderly and sick relatives and friends to see how they are coping with the heat wave problems.

News reports show that 56 Americans died during the last two weeks in July as a result of the heat wave. Many of these were elderly people. These are the places where the heat wave deaths occurred: North Carolina 5, Georgia 10, St. Louis 27, Indiana 6, Missouri 3 (Outside the St. Louis area), Illinois 7, Minnesota, Maryland, New York, and Kentucky, one death each.

Since St. Louis had nearly one half of the nation's total of the heat wave deaths during the last two weeks in July, people began to ask what caused so many people to die in St. Louis. These were the reasons given by authorities:

1. The temperature had been over 100 degrees in St. Louis for four days in succession.
2. Authorities said that elderly people who were worried about crime stayed indoors with their doors and windows closed. They were afraid to try to get fresh air.
3. Some of the brick homes in St. Louis have flat tops which are heavily insulated to keep the heat in during the very cold winter months. But in the summer, the flat roofs tend to soak up



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the heat until some of the walls become too hot to touch. The *National Leader* printed the following comments from various officials in different locations concerning the heat wave:

Chattanooga, Tennessee Human Services Director Evelyn Barnett said, "The poor and the elderly people in low income housing projects are afraid to open their windows because of the crime rate, so they are sitting in there and baking".

Fans were being handed out and emergency relief centers were in operation in Tennessee and St. Louis. Volunteers organized to help with the problem.

"My biggest worry is people do not believe they, too, can become another heat-wave digit in the death total, said William Hope, City Health Commissioner of St. Louis.

Dr. Stanley Schuman of the University of South Carolina said: "In a heat wave such as this, if you are driving home and get caught in a traffic jam and someone bumps your fender, you ought to think take down your license number."

As the mercury shot past 100 degrees in South Carolina, and the flaring heat wave went into its 11th day, doctors warned people to keep their tempers.

Some homemakers try to crowd a lot of extra work into house and yard chores regardless of what the outside temperature happens to be. They feel that they have to carry out a planned schedule.

During summer heat waves, all homemakers would be wise to cut down on extra work activities and keep close check on all elderly and sick relatives and friends.



Harris

Sherrod

Moncrief

Brown

## Chronicle Camera

# Reaction To Strike Mixed

By RICHARD L. WILLIAMS  
Staff Writer

The Communications Workers of America nationwide strike brings mixed emotions from Winston-Salem residents. The *Chronicle* asked shoppers at East Winston Shopping Center their feelings toward the strike.

Margie Moore, housewife: "The strike hasn't affected me. I've called long distance and I've gotten through without any problem."

Stephanie Brown, cashier: "It hasn't affected me much. I made long distance calls and I got through after a few minutes."

Mona Harris, restaurant worker: "No, it does not affect me. I don't make any long distance calls."

Jerry Moncrief, student: "It hasn't really affected me.

But I know it has affected others. But it's a good thing that they're striking to show that the natural monopolies don't control everything."

Burnell Sherrod, teacher: "It hasn't bothered me but it has affected my husband. He has to make a lot of long distance calls on his job, and he can't make them effectively since they're on strike."

Edward Reese, factory operator: "It hasn't affected me yet in making phone calls. I think it should be settled and I hope they get it settled."

Lillie McManus, CWA wireman: "Times are hard and this is making it worse. I need a raise and the company wants to take some of my benefits. That's not right. Every employee there would bend over backwards to help the company if it was in need. If an employee is good to an employer, it should be both ways."

## Coping

# Worry And Tension Contribute To Depression; How To Fight Back

DR. CHARLES FAULKNER  
Syndicated Columnist

Perhaps the most common of today's ills is depression. Practically everyone gets depressed to some extent, at some time. Depression is usually the direct result of the tremendous amount of energy -- emotional and physical -- that is used to cope with today's many problems and complexities of living. One usually thinks that he has

completely run out of the energy needed to cope. He feels exhausted both physically and emotionally.

When one becomes unhappy as the result of his many problems and his inability to resolve them, he becomes frustrated. This frustration is in the form of disgust with himself. He actually dislikes himself because of his inability to solve his problems. Continuous frustration leads to depression, which is a sense of helplessness and hopelessness.

One who is depressed feels all alone; he feels that there is no way out of his predicament. Continual worry had depleted his reservoir of emotional and physical energy, and he is overcome by unrelenting tension.

What does it feel like to be depressed? The breathing becomes rapid and irregular; the blood pressure rises significantly; and heartbeat and pulse rate quicken. One might begin to tremble and to perspire profusely. Some people tend to have uncontrollable crying spells. This

condition may lead to irrationality and even suicide. The depressed person is crying out for help and attention. He wants desperately to escape his predicament but does not know how to do so.

The causes of depression are innumerable: worry over bills and health; worry over a love affair; worry about growing old; fear of failure on a test or in a job interview; fear of loss of job; hypersensitivity to criticism; anxiety;

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