

# Florists are using a larger variety of flowers in arrangements

The florists' slogan, "Say it with flowers," may bring to mind a vase of daisies, a box of long-stemmed roses or orchid corsage.

Does it also make you think of a bouquet of ixia, acacia, freesia, monkshood and liatris?

If you have never heard these bizarre names before, it means you are not familiar with some of the flowers florists are now using.

"There is a wider assortment of flowers available now to the public than there has ever been," says Dr. Roy

Larsonk professor of horticulture at North Carolina State University.

Although the old standbys of the industry -- carnations, roses, chrysanthemums -- are not in danger of being replaced, florists admit they are using a larger variety of flowers in arrangements than they were several years ago.

Some of the less well-known flowers now available from florists in North Carolina are:

Acacia -- an Australian native with clusters of fragrant yellow flowers.

Freesia -- a member of the iris family which doesn't look like the familiar garden irises. Freesias have blossoms on only one side of the flower stalk. They are fragrant and available in several colors.

Ixias -- another member of the iris family. Ixias have star-shaped flowers of pink, yellow or white.

Monkshood -- spikes of violet-blue flowers.

Liatris -- spikes of lilac to purplish-red feathery flowers.

Miniature gladiolus -- pink or white flowers on four to six-inch stalks.

Calla lilies -- funnel-shaped flowers. White is the most familiar color, but yellow, pink and ivory are available.

Alstroemeria -- also called Peruvian lily, flowers are yellow, pink, lavender, or rusty red.

The availability of certain flowers and certain colors of flowers varies throughout the year. However, the assortment of flowers available to florists' customers should continue to increase.

"The public has responded favorably to the wide variety of flowers and the wide range of colors being used by florists in arrangements," Dr. Larsen adds.

## Recipes From Page C1

- 1 pound round steak (1-inch thick)
- 1/2 cup diagonally sliced carrot
- 1/2 cup diagonally sliced green onions
- 1 medium clove garlic, minced
- 1/8 teaspoon ground ginger
- 1 can (10 3/4 ounces) Condensed Beefy Mushroom Soup
- 1 cup fresh pea pods
- 1/2 cup sliced water chestnuts
- 2 tablespoons dry sherry
- 2 teaspoons soy sauce
- Hot cooked rice

- 1) Freeze meat 1 hour to firm (makes slicing easier); slice meat into very thin strips.
- 2) In wok or 10-inch skillet over medium-high heat, in hot oil, cook carrot and green onions with garlic and ginger until vegetables are tender; remove from wok.
- 3) Add meat; cook until color just changes, about 3 to 4 minutes. Add remaining ingredients except rice. Heat; stirring occasionally. Serve over rice. Makes 4 cups or 4 servings.

### DRESSING ITALIANO

- 1 can (10 3/4 ounces) Condensed Tomato Soup
- 1/2 cup salad or olive oil
- 1/4 cup vinegar
- 1/4 cup grated Parmesan cheese
- 1 teaspoon basil leaves, crushed
- 1 teaspoon oregano leaves, crushed
- 1/8 teaspoon garlic powder

- 1) Into a small bowl or a covered jar, measure all ingredients; stir with fork or cover and shake until thoroughly mixed. Cover; refrigerate several hours or overnight.
- 2) Stir or shake dressing just before serving. Makes 2 cups.

### SPICED ZUCCHINI LOAF

- 2 tablespoons shortening
- 1/4 cup sugar
- 1 egg, slightly beaten
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 can Condensed Cream of Asparagus Soup
- 1 cup chopped walnuts
- 1 cup shredded zucchini

- 1) Preheat oven to 350°F. Grease 9 by 5-inch loaf pan. In large bowl, combine shortening and sugar until crumbly; stir in egg.
- 2) In medium bowl, sift together flours, baking powder, salt and spices. Add to egg mixture alternately with soup, stirring well after each addition.
- 3) Stir in walnuts and zucchini. Pour batter into pan; bake 1 hour 5 minutes. Remove from pan; cool. Makes 1 loaf.

### FRUITED NOODLE PUDDING

- 4 cups cooked medium noodles
- 1/4 cup melted butter or margarine
- 1 can (11 ounces) Condensed Cheddar Cheese Soup
- 1 cup ricotta cheese
- 1 cup diced pears
- 1/2 cup plain yogurt
- 1/2 cup sugar
- 2 eggs, slightly beaten
- 1/2 teaspoon ground allspice

- 1) In medium bowl, combine noodles and butter. Blend in remaining ingredients.
- 2) Pour mixture into 2-quart shallow baking dish. Bake at 350°F. for 30 minutes or until done; cool. Chill if desired. Makes 8 servings.

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<p style="font-size: 2em;">\$1.69</p> <p>Carton of 8 - 16 Oz. Bottles - Diet Pepsi/ Pepsi-Free/Diet Pepsi-Free/</p> <h2 style="font-size: 3em;">Pepsi Cola</h2>	<p style="font-size: 2em;">\$5.49</p> <p>3 Liter - Burgundy, Nty. Burgundy, Rhine, Chablis Blanc, Pin Chablis, Vie Rose, Red Rose</p> <h2 style="font-size: 3em;">Gallo Wine</h2>	<p style="font-size: 2em;">\$3.79</p> <p>1.5 Liter - Soft Red, Soft White, Soft Pink</p> <h2 style="font-size: 3em;">Taylor Lake Country</h2>	<p style="font-size: 2em;">\$2.19</p> <p>Pkg. of 6 - 12 Oz. Cans/Reg. &amp; Lt.</p> <h2 style="font-size: 3em;">Old Milwaukee</h2>
<p style="font-size: 3em;">89¢</p> <p>2 Liter</p> <h2 style="font-size: 2em;">R.C. Cola</h2> 	<p style="font-size: 2em;">\$1.39</p> <p>7.5 Oz. - Chocolate/Peanut Butter/Vanilla/ Chocolate Caramel/Caramel Nut</p> <h2 style="font-size: 3em;">Pillsbury Figurines</h2>  <p>Why Pay \$1.73</p>	<p style="font-size: 3em;">\$5.99</p> <p>25 Lb. Bag - \$1.00 Off</p> <h2 style="font-size: 3em;">Alpo Beef Dog Food</h2>  <p>Why Pay \$8.99</p>	
<p style="font-size: 2em;">99¢</p> <p>Half Gallon - Orange Juice</p> <h2 style="font-size: 2em;">Tropicana</h2> 	<p style="font-size: 2em;">89¢</p> <p>32 Ounce</p> <h2 style="font-size: 2em;">Del Monte Catsup</h2> 	<p style="font-size: 2em;">79¢</p> <p>10 Oz. - Cattleberry</p> <h2 style="font-size: 2em;">Pork BBQ</h2> 	<p style="font-size: 2em;">99¢</p> <p>7 Ounce</p> <h2 style="font-size: 2em;">Miss Breck Shampoo</h2> 
<p style="font-size: 2em;">2/79¢</p> <p>303 Can - White House</p> <h2 style="font-size: 2em;">Apple Sauce</h2> 	<p style="font-size: 2em;">59¢</p> <p>18.5 Oz. - Betty Crocker</p> <h2 style="font-size: 2em;">Cake Mixes</h2> 	<p style="font-size: 2em;">39¢</p> <p>5 Oz. - Libby's</p> <h2 style="font-size: 2em;">Vienna Sausage</h2> 	<p style="font-size: 2em;">4/\$1</p> <p>15 Oz. - Meat/Liver/Fish &amp; Chicken - Cat Food</p> <h2 style="font-size: 2em;">Puss N' Boots</h2> 
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