

Conference On Main Street Improvements

Marshall and other Western North Carolina towns will join with more than 100 other communities across the country next Tuesday for the first nationwide video conference on strategies for renewing America's Main Streets.

The video-conference will be staged at The Inn On The Plaza in Asheville beginning at 10:30 a.m. The five and one-half hour broadcast is sponsored by UNC-Asheville, the Land of the Sky Regional Council and the City of Asheville.

The broadcast will originate from the National Main Street Center in Washington, D.C. One feature of the simultaneous satellite broadcast will

be periodic question and answer sessions during which participants can phone in questions to the panelists in Washington.

Deadline for registering for the conference is Sept. 14. Cost of registration is \$5.50 per person which includes lunch. To register, call UNC-A at 258-6558.

Moderators at the local conference will be Charles Flack, Jr. of Western North Carolina Tomorrow, Nancy Betty, Doug Swain of the N.C. Div. of Archives and History and E.A. Andrews of the Black Mountain-Swannanoa Chamber of Commerce.

For more information on the conference, call Shirley Leckie at 258-6558.

Delicious Ideas For Homegrown Tomatoes

By BARBARA A. MINTER

What is one of nature's own fast foods, enjoyed year around, the world over, and is most abundant this time of year? That's right, it's North Carolina tomatoes plump, red, flavorful, and vine-ripe!

As a vitamin C rich food, tomatoes are great. One good size vine-ripened tomato will give you about half of your daily quota of vitamin C, as well as a generous proportion of vitamin A. To get the most nutrition from tomatoes, it is best to eat them fresh and raw in salads, sandwiches, stuffed, or marinated. It's nice to know, though, tomatoes do hold a large share of their vitamins even when cooked or canned.

When shopping for tomatoes, select those which are formed well, ripened, free from blemishes, and have a smooth surface. For tomatoes you plan to eat right away, look for an overall red color and a slight softness. For tomatoes you plan to use in several days, look for firm texture and color ranging from pink to light red.

To continue ripening your tomatoes once you are home, set them in a warm place away from direct sunlight. It is best not to store your tomatoes in the refrigerator until fully ripe. Refrigeration will prevent the fruit from ripening. Once the tomatoes are ripe, they will keep in the refrigerator for several days.

If you are planning to can some of this popular fruit, then you know that it is one of the easiest foods to can. The average bushel of tomatoes will weigh about 53 pounds and yield from 15 to 20 quarts of cut-up tomatoes. This amount will vary depending on whether you add boiling water to your tomato mixture.

1/4 tsp. pepper
1/4 tsp. salt
1/4 tsp. oregano leaves
1/4 tsp. minced garlic
Peel and slice tomatoes. Arrange in shallow dish. Combine oil, lemon juice, garlic, salt, black pepper and oregano; mix well. Pour over tomatoes. Cover and refrigerate several hours, until well chilled. Makes 4 servings.

GRILLED TOMATOES
6 firm ripe tomatoes
Salt and pepper to taste
Ground oregano
Shredded Cheddar cheese
Butter or margarine
Cut each tomato in half crosswise; sprinkle cut surfaces with salt, pepper, and oregano. Place each tomato half on a square of heavy-duty aluminum foil. Sprinkle with cheese, and dot with butter.

MARINATED SLICED TOMATOES
3 large tomatoes
1/4 c. salad oil
1 Tbsp. lemon juice

Fold foil securely around tomato halves. Cook on grill over moderate heat 10 to 15 minutes or until tomatoes are tender and cheese is melted. Yield: 6 servings.

TOMATO AND SQUASH AU GRATIN
2 lbs. yellow summer squash
1/2 c. flour
1/2 c. fat
1/2 c. grated sharp cheese
6 sliced fresh North Carolina tomatoes
1 tsp. salt
1/2 tsp. pepper
Wash squash, do not peel, cut in 1" slices. Dip in flour and saute in fat until slightly browned. Place in a greased seven inch casserole in layers with tomatoes. Sprinkle each layer with cheese, salt and pepper. Bake at 350°F. about 30 minutes. Yields: 6 servings.

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PUBLIC HEARING!

PLACE: Town Hall, Hot Springs, N.C.
DATE: September 24, 1984; 7:00 p.m.
PURPOSE: To present plans for the use of CDBG Economic Development funds in the Town of Hot Springs to expand the wastewater treatment plant. Estimated total cost for this construction is \$160,000.

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