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Enjoy berries in summer

Summer months give us only too brief a time to enjoy a variety of fresh berries and other small fruits in our markets, says Virginia McLackie, Food Economist, Baltimore Office, Cooperative Extension Service, University of Maryland.

Pick plump, fresh berries for summer meals. The blueberries that come from the Carolinas in May and June, New Jersey in July and Michigan and Massachusetts in late summer are cultivated. Years of research have gone into producing large powdery blue coated berries with small seeds.

Maine is one of the large producing states where the fruit grows wild, but most of this produce goes into processing. Blue berries are one of the least perishable of the berry family. In their original box in the refrigerator they will keep for up to 10 days.

Wash berries just before using, as moisture will create decay. Use berries in pies, shortcakes, waffles, muffins, on ice cream, or in salads. Without sugar added, this is a low calorie food. Other berries such as Bing cherries, raspberries, dewberries, and gooseberries are in peak early in July but fresh market supply is quickly depleted.

* * *

These berries do not ship so well and local sources are the best places to obtain these soft berries. The largest portion of the total crop in the U.S. is used for processing into jellies, jams, ice cream flavors, and other products. Prices are never low in this group of berries.

Additional small fruits to eat out of hand or mix with other fruits in season are Bing Cherries, peaches, nectarines, Bermuda plums, bananas, and small cantaloupes. Watermelon is in seasonably high supply. Make a selection of these fruits and use them on cereals, puddings, fruit salads, or with melons and you can extend them so that all the family enjoys their flavors. The market supply of lemons and limes is more than adequate for refreshing summer drinks.

Food Clips

Whole dry peas are wrapped by nature with a hard, water-resistant covering or skin. Removal of this skin reveals two "kernels" or a pair of split peas from every "whole" dry pea.

* * *

Beef—high? In Tokyo you'd spend more than $11 a pound for beef loin. In Washington, D.C., you pay around $1.60 for sirloin. It's also high in Paris and Rome, or Bonn.

* * *

Who comments on USDA proposals? More than 3,100 comments came in on the consumer reaction to the composition of hot dogs.

* * *

"Canned fruit cocktail" is diced peaches and pears with smaller amounts of grapes and pineapple, and a few cherry halves. Sirup may be "extra heavy" (very sweet) or "heavy" (medium sweet).

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ELLSWORTH BUTTER RICH OVEN READY TURKEYS — GRADE 'A' 10 to 14 lbs. lb. 59c

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SAUSAGE — GOETZE'S B'FAST 2 lb. ROLL $1.39

B'FAST LINKS — 8 OZ. PKG. 59c

PORK LOINS — WHOLE OR HALF lb. $1.09

OIL SARDINES — FLAT CANS 5 FOR $1.00

PET MILK — 2 TALL CANS 43c

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VAN CAMP GRATED TUNA — REG. CAN 39c

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Offer expires Sun. July 22, 1973. L-10

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GREEN BEANS MARYLAND lb. 25¢
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DULANEY VALLEY FRESH MILK ½ GAL. CTN. 59c
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SWANSON'S 3-COURSE DINNERS — SALISBURY STEAK OR CHICKEN — REG. PKG. 69c
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4768
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Set includes 8 ea: dinner knives, dinner forks, salad forks, soup spoons, 16 ea: teaspoons and 2 serving pieces.
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20 QT. POT PORCELAIN
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U.S.D.A. CHOICE Bottom Round Roast 1.49 lb.
Top Round Roast U.S.D.A. CHOICE 1.59 lb.
Sliced Bacon SWIFT PREMIUM VAC PACK 1.29 lb.
Smoked Daisys SWIFT PREMIUM BONELESS BUTTS 1.39 lb.

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Turkey Roll RICH'S ALL WHITE MEAT ½ lb. 98c
Provolone Cheese DOMESTIC SLICED TO ORDER ½ lb. 59c
Genoa Salami RATH ½ lb. 59c
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SAVE 30¢ ALL VARIETIES MORTON CREAM PIES 4 14 oz. pkgs 89c
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SAVE 39¢ ALL VARIETIES DOLE FROZEN JUICES 6 6 oz. cans 99c
SAVE 16¢ BIRDSEYE POTATOES TASTI-FRIES 20 oz. bag 37c

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SAVE 10¢ MRS. FILBERTS SOFT GOLDEN FAMILY SIZE MARGARINE 1 lb tub 39c
SAVE 20¢ UN-SWEETENED DAIRY FRESH GRAPEFRUIT JUICE ½ GAL 67c
SAVE 28¢ PILLSBURY CRESCENT DINNER ROLLS 3 8 oz. for 89c
SAVE 10¢ BORDEN'S 24 PAK TWIN ICE POP 89c

Two Guys ITALIAN BREAD 10c 6 oz. loaf
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