Facts about peaches

Maryland fresh peaches are in peak supply. Their versatility as a fruit is evidenced by the numerous ways of using—salads, baked, pies, cakes, and juicy out-of-hand eating. You can freeze, can, dry, pickle, spice, preserve, make jelly, and even puree peaches.

Remember, peaches must look good to be good. Buy peaches which are fairly firm, free from bruises and blemishes, and well-shaped with a well-defined crease or fold. A soft, creamy-to-gold under color in the yellow part of the skin is a sign of ripeness. Peaces bruise easily so handle carefully and never squeeze.

* * *

Use the ripest peaches first. Those that are not quite eating-ripe will ripen at room temperature. Keep them away from heat and direct sunlight. Ripened peaches that will not be used immediately should be stored in the coldest part of your refrigerator. Place them on a shallow pan one layer deep. They should retain quality for several days. When held longer, they lose moisture and shrivel.

Peel peaches just before using. To prevent "color change" (browning), dip peeled peaches in citrus juice or an abscorbic acid-water solution. Abscorbic acid is also recommended for use in freezing and canning peaches.

* * *

Peaches are sold by the pound, in small baskets, or in bushel equivalents.

The following information will aid you in determining how many peaches you might wish to purchase: — 1 bushel (approximately 48 pounds) yields 18 to 24 quarts — 1 pound yields 4 medium peaches or about 2 cups sliced — 2 pounds make 1 nine-inch pie.

August is season for Maryland corn

August is the peak season for local Maryland grown sweet corn. The fresher the corn, the better it is, so buy and enjoy top quality corn on the cob now, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Shop for quality by looking for corn with bright green, glossy husks which indicate ears are fresh and have been kept cool after harvest. Dark brown silks indicate ears have well filled kernels.

Corn which is plump, well filled kernels are the most desirable. Ears which have sunken kernels are overripe. Kernels in the "milk" stage indicates tender corn.

* * *

The real secret to good corn is freshness and being picked at peak maturity. The sooner corn is cooked after harvest, the sweeter it will be. After it is picked, the quality can only be maintained, never improved. The sugar in sweet corn turns to starch rapidly at high temperatures, in fact there can be a 50 per cent sugar reduction in twenty four hours.

So, buy corn from a reliable source, directly from a roadside stand or farm or stores where corn is kept refrigerated or iced. At home, wrap in a damp towel and store in the refrigerator until ready to use.

* * *

To cook corn, husk the corn and remove the silk. Drop the ears into a saucepan with a few inches of boiling water. Cover the pan and bring the water back to boiling quickly. Cook from 5 to 8 minutes, depending on the size of the ears and the number being cooked. Corn is done when the milk is set and kernels will slip from the hull when pricked with a fork.

Corn Scramble

4 tablespoons fat
1 tablespoon minced onion
2 tablespoons minced green pepper
2 cups corn
1 cup tomato soup
½ teaspoon salt
¼ teaspoon pepper
3 eggs

Heat fat, add onion and cook until transparent. Add green pepper, corn, soup, and salt and pepper. Bring to boiling point. Reduce heat and allow to simmer. Beat eggs and add to the hot mixture. Cook until mixture sets. Pour over hot buttered toast.

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Shoulder Veal Chops .. 1.69 lb.
Shank Cross Cuts Veal ..... 99¢ lb.
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14-OZ. BOTTLE Food Club Catsup
1-OZ. BOTTLE EXTRACT-LEMON OR Food Club Vanilla
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GAYLORD CHOPPED Frozen Spinach 10-OZ. PKG.
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12-OZ. CAN GRAPE DRINK Welchade
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KRAFT—1 QT. JAR MIRACLE WHIP EA. 1.00
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BALTIMORE RETAIL FOOD PRICE REPORT

Sandwich Month

SWISS TOAST
(6 Sandwiches)

2 pounds fresh mushrooms
½ cup chopped onion
½ cup butter (1 stick)
½ cup dry white wine
2 cups light cream or half and half
¾ cup enriched flour
½ cup butter, softened (1 stick)
1 teaspoon lemon juice
½ teaspoon salt
¼ teaspoon pepper
12 slices enriched white bread
12 slices (1 oz. each) ham
12 slices (1 oz. each) Swiss cheese
Paprika.

Wash and slice mushrooms. Cook onion in butter until tender; add mushrooms and white wine. Cook covered 10 to 15 minutes. Remove musnrooms from pan and reduce liquid by half to about 1 cup. Add cream. Blend flour and butter; add to mushroom liquid. Cook over low heat, stirring constantly until smooth and thickened, about 5 minutes. Stir in mushrooms, lemon juice, salt and pepper.

Toast and butter bread; place on 2 (10½ x 15½-inch) jelly roll pans. Cover each 2 slices of toast with 1 slice of ham, spoon mushroom mixture on top, cover with another slice of ham and 2 slices of Swiss cheese. Sprinkle paprika on top. Bake in preheated 375 degree oven about 7 minutes or until cheese is melted. Serve hot.

Spoon flour into dry measuring cup; level. Do not scoop.

Fresh fruits, vegetables cost more $$ this week

Maryland food shoppers will not be too pleased this weekend when they find that the cost of some seasonal fruits and vegetables have increased in cost over the last seven days. Corn, cucumbers, squash, watermelons and peaches are among those fresh produce items which have increased, according to the Baltimore Retail Food Price Report, compiled by Helen Huber, marketing specialist at the Md. Dept. of Agriculture.

The AFRO encourages its readers to use this report when preparing for food shopping trips.

(*) means prices have increased; (-), decreased.

VEGETABLES	UNIT	PRICE
Cabbage	lb.	8-13
Carrots	lb.	25-39
Celery	bunch	34-40
*Corn	ear	5-15
*Cucumbers	each	15-25
-Eggplant	lb.	34-69
*Lettuce, Iceberg	head	39-59
*Mushrooms	lb.	1.18-1.30
*Squash	lb.	31-49
Onions, Green	bunch	20-26
Onions, Yellow	lb.	33-45
Onions, Spanish	lb.	41-49
Onions, White	lb.	49-59
*Peppers, Green	each	15-25
Potatoes, White	5 lbs.	79-1.29
Potatoes, White	10 lbs.	1.39-1.69
Potatoes, Baking	lb.	30-40
Potatoes, Sweet	lb.	39-49
*Radishes, 6 oz.	bag	13-25
Tomatoes, Loose	lb.	34-50
Tomatoes, Carton	12 oz.	49-59
Broccoli	bunch	69-79
-Cauliflower	head	55-89
*Beans, Green	lb.	20-50
Turnips	lb.	29-47

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	65-69
Bananas	lb.	20-26
Pineapples	each	59-1.19
Cherries	lb.	59-89
Oranges, Calif 88's	doz.	1.20-1.58
Lemons	doz.	1.20-1.58
-Cantaloupes	each	39-59
*Watermelons	lb.	9-15
*Peaches	lb.	34-38
-Blueberries	pint	75-79
-Honeydews	each	89-1.79
-Nectarines	lb.	39-69
*Grapes, Seedless	lb.	59-89
*Pears	lb.	39-49
*Plums	lb.	34-59

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	85-99
Butter, Packages	lb.	79-89
Oleomargarine	lb.	40-70
Cheddar, Mild	lb.	1.39-1.75
Cheddar, Sharp	lb.	1.49-1.85
American Process	lb. box	99-1.09
Milk, P.H., Vit. D	1/2 gal.	74-84
*Sugar, Granulated	5 lbs.	1.59-1.69
Flour, White	5 lbs.	*69-95
Bread, White	lb.	34-49

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Food clips

Since August is Sandwich Month — here are a few tips: Keep sandwiches moist after preparation. Cover with moistened paper towel, than plastic wrap, and refrigerate, if necessary, until ready to use.

If you're planning to save money by carrying your lunch during, August — Sandwich Month, or anytime, the Wheat Flour Institute suggests: Use only dried and fully cooked meats such as bologna, weiners, salami and dried beef. They keep and carry very well. But be careful. Other sandwiches — especially those with salad-type fillings — in brown bags or in brief cases carried by young executives . . . can be the spawning ground for bacteria such as salmonella and staphylococus. These bacteria generally are not detectable by telltale signs such as flavor or odor.

Sandwiches frozen ahead of time are good. They keep the rest of the bag's contents cool. Take these out of the freezer in the morning, pack the lunch, and the sandwiches should be thawed ready to eat by noon. Freezing also preserves the freshness of bread. During thawing, keep sandwiches tightly wrapped to prevent condensation of moisture on the bread's surface.

Vacuum bottles are great for keeping hot items "hot" and cold items "cold." Ensure their safety by washing thoroughly after each use.

"Soup and Sandwiches" have always been popular go-togethers. Place a hot dog along with your favorite soup in a thermos bottle. When lunch time rolls around, just remove the weiner from the hot container of soup and place on a prepared, packed bun. Pour the soup into the thermos cup. Presto, you have your basic "hot" lunch.

Mayonnaise, eggs, lettuce and tomatoes deteriorate if frozen, so pack these separately and add to your frozen sandwich after you remove it from the freezer.

The safest place to keep your lunch is in the office refrigerator. If no refrigerator is avaiable, pack a freezer gel container in with your lunch, as you would with a picnic. Avoid foods such as baked chicken, baked ham, roast beef, fish, potato salad, egg salad, waldorf salad and all salad fillings made with mayonnaise, as well as mayonnaise itself.

If you wash lettuce, celery and other leafy vegetables before storing, drain thoroughly because too much moisture can hasten decay warns USDA home economists.

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