Baltimore retail food price report

Use yogurt in summertime meals

Yogurt is a thick, custard-like dairy product rapidly becoming one of America's favorite foods. It seems to be a refreshing dairy product that was made for summertime. Yogurt is enjoyed for its special taste and multiple uses. Once you acquire a taste for this nutritious food, you quickly develop the "yogurt habit."

Yogurt is made by fermenting milk with a special culture. Either whole milk or skim milk with nonfat milk solid is used. The process for making yogurt is much the same as it is for dairy sour cream. The milk is first pasteurized and homogenized and then prepared to a specific acidity by using a mixed culture. This develops the tangy flavor, and plain yogurt is created. For the various fruit flavors, artificial fruit flavorings, sugar, and pureed or otherwise processed fruit is then added.

Strawberry is the most popular yogurt flavor. Many other flavors are available to choose from — blueberry, raspberry, orange, and peach to mention a few. If one flavor is tried and not to your taste, don't stop there try another flavor or another brand. Each brand has its own style. Some are quite tangy, some very sweet, and others in between. You can completely dislike one brand and find another suited to your palate.

Like any other dairy product, yogurt should be kept cold and covered until ready to be used. Yogurt can be refreshing as a snack, dessert, or perhaps as a complete lunch. Plain yogurt can be substituted in any recipe calling for dairy sour cream. Like sour cream, yogurt may separate when heated. Use low temperatures and short heating times. To prevent separation, stabilize yogurt by adding a small amount of flour or cornstarch. When adding yogurt to another food, fold (do not stir) and it will keep its consistency. For baking, use only ½ teaspoon of baking soda for each cup of yogurt used.

VEGETABLES	UNIT	PRICE
*Cabbage	lb.	10-16
*Carrots	lb.	38-65
*Celery	bunch	49-59
*Cucumbers	each.	13-21
Eggplant	lb.	49-59
-Lettuce, Iceberg	head	33-49
Mushrooms	lb.	89-1.39
Squash	lb.	29-49
*Onions, Green	bunch	23-25
-Onions, Spanish	lb.	29-49
*Onions, Yellow	lb.	29-39
*Peppers, Green	each	20-26
Potatoes, White	5 lbs.	99-1.29
Potatoes, White	10 lbs.	1.59-2.29
* Potatoes, Baking	lb.	33-45
* Potatoes, Sweet	lb.	39-49.
-Radishes, 6 oz.	bag	12-26;
-Tomatoes, Loose	lb.	39-49
Tomatoes, Carton	12 oz.	49-59
*Cauliflower	head	1.09-1.19
*Broccoli	bunch	85-89
-Spinach, cello	10 oz.	59-79
Asparagus	lb.	89-99
-Beans, Snap	lb.	49-69
Corn, ear	each	10-20
Kale, cello	10 oz.	39-79

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	49-59
Bananas	lb.	25-31
*Cherries, Sweet	lb.	79-99
*Oranges, Calif 88's	doz.	1.56-1.78
Lemons	doz.	1.08-1.38
Pears	lb.	39-49
Avocados	each	39-49
-Grapefruit, 40's	each	-20-34
Pineapples	each	99-1.49
-Grapes	lb.	79-99
*Strawberries	pt.	69-89
Cantaloupes	each	59-89
Peaches	lb.	34-50
Watermelon	lb.	10-16
Honeydews	each	79-89
*Plums	lb.	79-99

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	1.33-1.43
Butter, Packages	lb.	1.29-1.33
-Oleomargarine	lb.	44-70
Cheddar, Mild	lb.	1.75-1.95
Cheddar, Sharp	lb.	1.88-2.05
American Process	lb. box	1.19-1.29
Milk, F.H., Vit D	1/2 gal.	83-99
Bread	lb.	29-39
*Flour, White	5 lbs.	69-99
Sugar, Granulated	5 lbs.	99-1.09

FROZEN FOODS	UNIT	PRICE
Orange Juice	6 oz.	29-41
Strawberries	10 oz.	44-70
Beans, Fordhook	10 oz.	45-51
Beans, Cut Green	9 oz.	37-43
Sweet Corn	10 oz.	33-35
Broccoli Spears	10 oz.	40-50
Peas	10 oz.	33-45
Spinach	10 oz.	25-31

EGGS	UNIT	PRICE
*Extra Large Grade A	doz.	73-83
*Large Grade A	doz.	65-77
*Medium Grade A	doz.	45-63

MEATS	PRICE PER POUND
*Rib Roast, 7-Inch Cut	1.69-1.99
-Chuck Roast, Bone In, Blade	89-1.19
Chuck Roast, Boneless	1.29-1.49
*Cross Cut, Roast, Boneless	1.49-1.69
-Steak, Round	1.59-1.99
Steak, Porterhouse	2.29-3.09
*Steak, Sirloin, Bone In	1.89-1.99
Beef, Ground, Regular	79-95
Beef, Ground, Lean	99-1.23
*Stew Beef, Boneless	1.49-1.69
*Liver Beef, Boneless	1.09-1.49
Pork, Roast, Rib End	1.09-1.39
Pork, End Chops	1.89-2.19
Pork, Center Chops	59-89
-Pork, Shoulder, Fresh	65-99
Pork, Shoulder, Smoked	1.49-1.79
*Spareribs	1.39-1.89
Ham, Fully Cooked, Whole	89-1.39
Ham, Smoked, Shank Half	89-1.39
Frankfurters	1.49-1.79
Sausage, Fresh "Rope"	1.19-1.95
Bacon, Sliced	1.69-2.09
Lamb, Whole Leg	2.99-3.09
Lamb, Rib Chops	3.29-3.59
Lamb, Loin Chops	49-1.19
Lamb, Breast	1.69-1.99
Veal Rump Roast	3.69-4.79
Veal Cutlet	59-79
*Liver, Beef	99-1.49
Liver, Calves	39-59
Liver, Pork	1.99-2.69
Lamb, Shoulder Chops Rd. Bone	

POULTRY	PRICE PER POUND
Chicken, Fryers, Whole	59-63
-Chicken, Cut-up Breasts	89-1.19
Chicken, Cut-up Legs	79-95
*Chicken, Roasters, Frozen	83-89
*Chicken, Stewers, Frozen	75-79
Capons, Frozen	1.19-1.39
Ducks, Frozen	89-1.09
Turkeys, Frozen, under 16#	69-85
Turkeys, over 16#	69-79

FISH	PRICE PER POUND
Sea Bass	85-1.09
*Bluefish	55-59
-Butterfish	79-89
*Crabmeat	6.19-6.99
*Croakers	49-59
Flounders, Whole	1.09-1.29
Norfolk Spots	69-79
Perch, White	79-89
Rock	1.49-1.89
-Shrimp, 21-25	4.99-5.49
Shrimp, 36-42	3.39-3.99
Sea Trout	49-59
*Steaks:Cod	79-99
Scallops	2.49-3.35
*Porgies	49-59
Whiting	49-63
Fillet, Cod Frozen	1.39-1.79
Fillet, Haddock, Frozen	1.69-1.99
Fillet, Perch, Frozen	1.49-1.59

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	31-41
Apricots	30 oz.	69-89
Fruit Cocktail	17 oz.	45-51
Fruit Cocktail	30 oz.	65-83
Orange Juice	46 oz.	69-77
Pineapple, Sliced	20 oz.	61-69
Grapefruit and Pineapple Drink	46 oz.	45-65
Grapefruit Juice	46 oz.	57-75
Blended Juice	46 oz.	63-75
Pears	29 oz.	65-83
Peaches	16 oz.	45-47
Peaches	29 oz.	63-68
Cherries	16 oz.	88-90
Beans, Cut Green	16 oz.	30-40
Spinach	15 oz.	29-41
Spinach	27 oz.	45-55
Beets, Sliced	16 oz.	30-48
Corn, GWK Vac.	17 oz.	29-41
Corn, GWK	17 oz.	30-40
Corn, CCS	17 oz.	34-40
Green Peas	17 oz.	25-45

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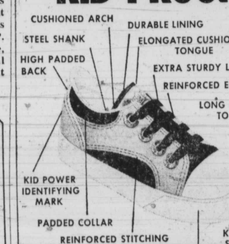

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