



Back to Barley

Holly makes Christmas decor

Part I

Barley is too good a bargain to be overlooked when consumers are searching for nutritious foods to serve their families with confidence. Nothing artificial is added to this grain-good food, which contains protein, phosphorus and iron.

Both types of barley, regular and quick, are "pearled." Pearled means that the barley has had the outer hull removed from the grain kernels by abrasive action. Barley—unlike other grains, such as wheat, has a tough,

We want to take you back to barley, back to a taste experience savored by past generations. So we want to acquaint you with barley.

tight fitting outer hull. This hull does not soften, even after long hours of cooking. So barley is usually sold only after the inedible outer covering has been removed.

Barley's tender, slightly chewy texture and full-bodied flavor are superb in soups, as almost everyone knows. But barley is also a great base for casseroles, main dishes and desserts, as you'll come to see.

We hope you'll choose to bring barley back into your life or discover a place for it if it's new to you. Getting to know barley is a delicious experience.



Nutritious, economical barley is making a comeback in main dishes, soups and desserts. End a meal elegantly with Apricot Dessert Squares.



Mushroom Barley Soup -- a classic recipe that generations of good cooks have relied upon and have come back to often. Gourmet good, but short and simple.

Mushroom Barley Soup

- 3 cups mushroom slices (about 1/2 lb.)
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup butter or margarine
- 1/2 cup all-purpose flour
- 3 cups water
- 2 cups milk
- 1/2 cup quick barley
- 2 teaspoons worcestershire sauce
- 1 1/2 teaspoons salt
- 1 teaspoon dried parsley flakes
- Dash of pepper

Saute mushrooms, onion and green pepper in butter. Blend in flour; continue cooking over medium heat until flour is browned. Gradually add water and milk; add remaining ingredients. Bring to a boil over medium-high heat, stirring frequently; reduce heat. Cover; simmer 10 to 12 minutes or until barley is tender, stirring occasionally. Makes 6 to 8 servings. NOTE: Additional milk or water may be added if soup becomes too thick upon standing.

Apricot Dessert Supreme

- 1 cup quick barley
- 1 teaspoon salt
- 3 cups boiling water
- 2 cups dry curd cottage cheese
- 3 eggs, beaten
- 1/2 cup chopped dried apricots
- 1/2 cup firmly packed brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup toasted flaked or shredded coconut
- 1/2 cup butter or margarine

Stir barley into salted boiling water. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain; cool. Stir barley into salted boiling water. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain; cool. Add remaining ingredients except coconut and butter; pour into greased 8-inch square baking dish. Sprinkle with coconut; drizzle with butter. Bake at 350°F. about 45 minutes or until knife inserted in center comes out clean. Cut into squares; serve warm. Make 6 to 8 servings.

Food stamp procedure changes

To both reduce the time food stamp users spend standing in long lines at some Post Offices or County Issuance Offices and to alleviate the first-of-the-month crush on these outlets, food stamp Authorization to Participate (ATP) cards will be mailed in two groups each month beginning in December.

Oregon's 70,000 food stamp households have been notified that their food stamp-ATP cards will be mailed on either the third or the fifth day of the month. Previously all cards were mailed on the first.

Households that do not receive an assistance check will have their ATP cards mailed on the third. Those

receiving assistance checks will have their ATP cards mailed on the fifth. The authorization card is still good for the full month.

Individuals and families eligible for food stamps are sent an Authorization Participate card each month for the amount of benefits. The card is then taken to the Post Office or County Issuance Office where clients receive their stamps.

Persons wanting more information may contact any local Adult and Family Services branch office or call toll-free 1-800-452-7813, extension 3654. In Salem area call 378-3193)

If you plan to gather your own Christmas holly decorations, some special care and treatment will keep the leaves and berries intact through the Christmas season. The same treatment is recommended for holly that is to be shipped to friends across the United States.

Ray McNeilan, Oregon State University Extension home gardening agent, suggests the following practices to keep holly bright and cheerful:

--Cut holly when the temperature is above freezing and the sky is cloudy. A windless day is also desirable in order to keep the holly from drying out.

--Spray the cut holly with cold water to remove chemical residues and dust. Holly marred by sooty mold or algae may need to be washed in soap. If possible, keep the holly damp from the time it is cut until it is put in the house as a decoration.

--To delay natural leaf drop and to extend the life of the cut holly, treat the cutting with a mixture of naph-

thalene acetic acid. Commercial preparations of this mixture are available in garden stores. Follow the label directions. For a greater gloss, add two or three tablespoons of high grade summer spray oil, such as Volck, per gallon of naphthalene acetic acid.

As a decoration in the home, keep holly away from direct heat and keep it as cool as possible.

"Treat holly decorations as if they were a bouquet of flowers," says McNeilan. "Keep the stem in a bowl of water if possible."

Most holly sold in stores and at roadside stands has been treated, but McNeilan advises asking the sales clerk to be sure.

When sending holly to friends, pack it in strong cardboard cartons lined with moisture-proof paper. Resist the temptation to put in a few pears or apples. Any ripening fruit will cause the leaves to fall off.

Ship cut holly in the fastest way possible. The less time in transit, the better.

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