

FOOD & NUTRITION

The Portland Observer

S&W FRUIT SALE



NATURAL STYLE
• PEARS • PEACHES • CHUNKY FRUIT

EASY OPEN

3

8.5 oz. CANS

\$1.00



GOLDEN CRISP CEREAL POST

\$3.69

18 oz. BOX

Tri-County Farm Fresh Produce Guide Association

Hit and miss describes many of the summer crops this year. Sweet Corn is doing well, with more varieties than ever being harvested. Some farms crops may be a bit later than usual due to inclement planting weather.

Tomatoes are a problem this year for all but a few farmers. Cherry tomatoes and some slicers are available now but the bulk of the tomato crop will start about Labor Day. The overall crop in the Tri-County area is about 40% of normal. Canning tomatoes will be mostly a September crop. Grace Scott spokesperson for the

Tri-County Farm Fresh Produce Guide suggests that consumers call the farms to see what the individual

tomato situation is as it varies from farm to farm.

Green Beans will produce right through September. There are plenty for canning and freezing.

Prunetype Plums, Italian, Brooks and Parsons are in very short supply in the metro area. They will be somewhat available late August to mid September.

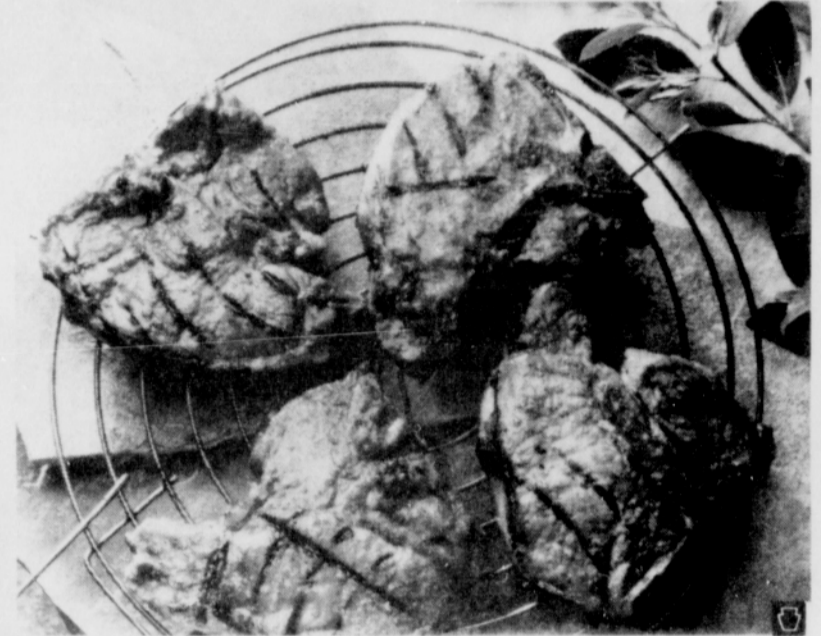
Bartlett Pears, red and green will also be scarce this year in the Portland metro area. The crop is at most 25% of normal.

Pickling Cucumbers are in good supply now and will continue to produce into September.

The Tri-County Farm Fresh Produce Guide represents 70 farms.



BACK TO BASICS COOKING



(DM)—Pork chops, too often overlooked for grilling, are a refreshing change from ordinary barbecue fare. "Teri-ific Pork Chops" get their invigorating flavor from marinating in a perky mix of Kikkoman Lite Teriyaki Marinade & Sauce, zesty horseradish and sweet cinnamon. You can't beat the convenience of bottled lite teriyaki marinade & sauce, a unique blend of naturally brewed soy sauce, sugar, wine and spices. An ideal short-cut seasoning, it has a more full-bodied sweeter taste than regular teriyaki sauce, yet contains 50 percent less salt. To accent these zesty chops, serve them with a medley of summer squash and a chilled pasta salad.

TERI-IFIC PORK CHOPS

- 1/2 cup Kikkoman Lite Teriyaki Marinade & Sauce
- 2 tablespoons prepared horseradish
- 1/2 teaspoon ground cinnamon
- 4 rib or loin pork chops, about 3/4 inch thick

Blend lite teriyaki marinade & sauce, horseradish and cinnamon; pour over chops in large plastic food storage bag. Press air out of bag; close top securely. Turn bag over several times to coat all pieces well. Refrigerate 1-1/2 hours, turning bag over occasionally. Reserving marinade, cook chops on grill 5 to 7 inches from medium-hot coals 10 to 12 minutes; turn over and brush occasionally with reserved marinade. (Or, broil chops 5 to 7 inches from heat source 8 to 10 minutes; turn over and brush occasionally with reserved marinade.)
Makes 4 servings.

205
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