

'Market Basket' forecasts food buys and supplies for Oregon consumers

By Birdine Tullis
Morrow Extension Service
Velma Seat, O.S.U. Extension Food Marketing Specialist, shares a monthly food forecast with Oregon consumers. Her "Market Basket" column appears in major newspapers in Oregon, as well as our local paper.

Market Basket

It's a great season for fresh fruits. All the crops seem to be large, quality is excellent and prices are moderate.

Early peaches, nectarines and plums are in abundant supply. Watermelon prices are reasonable. Larger size cantaloupes are the most plentiful and best quality. The blueberry crop is just getting well underway. Blueberries are very easy to freeze. Wash berries, put in cartons, and they're ready for the freezer. Lemons are very expensive. Right now, limes are a better buy. More papayas are coming to market, quality has improved and prices are less than they were. Plenty of top quality local vegetables are in the markets now. Included are green and wax beans, red and green cabbage, beets, spinach, broccoli, leaf and head lettuces.

Prices are moderate although the cost of head lettuce is up a bit because the crop has been affected by the heat.

Summer squash is another good buy. Celery, which has been costly for months, is now coming down as we are finally getting supplies from some new growing areas. There are still plenty of those good Walla Walla sweet onions. Potatoes continue to be one of the bargain foods in the produce department.

Pork is plentiful and prices are down. Demand is also down because of the hot weather. There is no change in the retail price of beef. Chicken, frequently featured in the food ads, offers good values. Turkey is also one of the better protein buys.

There are adequate supplies of fresh fish including sole, snapper, cod and perch. Fresh salmon now in the markets is mostly from California as Oregon's commercial season is not open.

Velma's tips on what foods are plentiful are a service of Extension to help you live better—spend less.

In answer to questions regarding sugar in food preservation, Carolyn Raab, O.S.U. Extension Foods and Nutrition specialist, provides the following information:

Sugar is an important ingredient in many food preservation recipes. But, for a number of reasons, some people would like to use less sugar in preserving foods than called for in recipes.

It isn't always possible to reduce the amount of sugar in a favorite recipe. In fact, a specific amount of sugar is often essential to obtain the desired characteristics of some preserved foods.

In jams and jellies, for instance, sugar promotes gel formation and serves as a preservative. If sugar is decreased in recipes that rely on pectin for thickening, the product will have the consistency of syrup. The correct proportions of fruit, pectin, acid and sugar are needed to make these products thicken.

Special recipes must be used for low sugar jellied products. Gelatin or vegetable gums can be substituted for pectin. One such product can be found in the canning supply section at most supermarkets. Although jams and jellies made from this product look traditional, their keeping quality is changed. Thus, low sugar jams and jellies should be kept refrigerated or frozen to prevent the growth of molds.

Sugar is used in pickling to balance the flavor of the vinegar. Although sugar can be eliminated from a pickle recipe, the pickles are likely to be too sour. Under no circumstances should the amount of vinegar be decreased or diluted to compensate for less sugar. Vinegar is necessary for a certain level of acidity that is essential for safe pickling.

In frozen and canned fruits, sugar contributes to the flavor. If desired, the amount of sugar can be reduced, or sugar can be left out, without changing the keeping quality of the product. However, there is a trade-off for using less sugar in frozen and canned fruits: the fruit won't hold its shape as well.

Some people substitute honey in place of sugar in food preservation recipes. This

does not reduce the sugar content of preserved foods. Two types of sugar—glucose and fructose—are the major components of honey.

Honey can be substituted for sugar in canned or frozen fruit. However, because honey is sweeter and stronger in flavor, it is advisable to use less than the amount of sugar specified in the recipe.

In jelly recipes without added pectin, honey can replace up to one-half of the granulated sugar. With added pectin, two cups of honey can replace two cups of sugar in most recipes. But in recipes that yield small batches of five to six glasses, one cup of sugar can be replaced by Honey. Light, mild-flavored honey is the best kind to use.

Cont. from page 1

Butte, as well as the neighboring Madison Lookout which is manned by a temporary summertime employee.

This is the first summer, the young woman has served on a lookout and says she wouldn't mind doing it again. A native of Brier, one of many Seattle Suburbs, Ms. Moore said her lookout experience is helping her to "take care of herself in

Tower sitting a first

the wilderness."

She hopes to live in the Cascade Mountains in a wilderness setting, possibly a log cabin.

"I don't like living in large cities."

Keeping her company is her friend, Merlin, an Irish Setter, who has learned to adjust to walking up the steep flights of wooden steps leading to the observation area. Kelley says she is babysitting the dog for a friend at the Tupper Guard Station.

When not reporting fires or peering through her 360 degree angle of forest views, Ms. Moore says she reads books, listens to her transistor radio, makes weather observations and relays communications from Forest Service employees to the base dispatcher at the Heppner Forest Service office. She hopes to paint eagles, hawks and mountain scenes on the interior ceiling of the lookout station.

Her first summer on a lookout has provided Ms. Moore with some interesting experiences such as the time a private plane dodging the lookout three of four times (she was unable to record the plane's serial number because of its dangerous flying), staying most of the night in the tower during a recent lightning storm...it was scary, I tried to go down the stairs but it was too dark and sighting a cougar chasing a doe and its fawn.

She said the motherly assistance she has received from Forest Service dispatcher Karen Holland, a former lookout on Madison, has been helpful to the lookouts this summer, particularly in their initial fire training experience before beginning her assignment June 11.

Ms. Moore doesn't receive many visitors outside Forest Service officials and Darrell Farrans of Monument who

grazes cattle on the rangeland near the lookout. The average is about every two weeks.

Ms. Moore was warned by Forest Service officials that high winds might cause the structure to sway but she hasn't felt any movement in winds up to 30 m.p.h.

Her experience in the recent lightning storm has caused her to be prepared to sit out future storms on the special lightning stool.

Asked if she would like to fight fire rather than simply making observations, Ms. Moore said she didn't think she would like that type of work and believes strongly in allowing naturally caused fires to burn. She sees her future as continuing in the forestry profession and possibly a return to a lookout next summer.



Neat!

Sumi Harada, a 12 year old Japanese visitor at the Robert Mahoney Ranch at Blackhorse Canyon this summer and Trisha Mahoney, had fun opening grab bags at Petersons Jewelry Store during the Heppner Sidewalk Sale Friday. Sumi, who has been writing to Trisha for two years in the 4-H Labo program, will be staying with the Mahoneys for a month and seeing typical American life. She has already learned how to ride a horse, says Mrs. Mahoney.

Capt. Chris Brown visits family here

Captain Chris Brown, U.S. Army, left Sunday, July 29 for a new assignment with the 25th Division at Schofield Barracks, Hawaii.

Capt. Brown has just completed 3 years tour as Assistant Professor of Military Science at the Notre Dame University, South Bend, Indiana.

He has spent 30 days leave with his parents, Mr. and Mrs. Paul C. Brown of Heppner and helped them in harvest. His brother, Mark C. Brown,

arrived from his home in Winslow, Washington last week to visit with his brother and will continue the harvest

with his parents. He is on vacation with his job as a Washington State Trooper in Kitsap County.

Pfc. Anglin reports for duty with Marines

Marine Pfc. Bruce A. Anglin, son of Howard H. Anglin of Route 1, Ione, Ore., has reported for duty at the Marine Corps Air Station, Cherry Point, N.C.

He joined the Marine Corps in July, 1978.

PUBLIC NOTICE PUBLIC NOTICE

SPECIAL FIVE SAMPLE BALLOT FOR MORROW COUNTY PIONEER MEMORIAL HOSPITAL LEVY

Consolidated Precincts 2, 6, 7, 8 & 9 — Heppner

Thursday, August 9, 1979 from 8:00 a.m. to 8:00 p.m.

Mark a Cross (X) or a Check Mark (✓) in the voting square after the word "YES" or after the word "NO" for answer voted for

REFERRED TO THE PEOPLE BY THE COUNTY COURT OF MORROW COUNTY, OREGON

PROPOSAL:

Shall Morrow County be authorized to levy and collect taxes in the sum of \$506,474 outside the limitation imposed by Article XI, Section 11, of the Oregon Constitution, for the fiscal year commencing July 1, 1979 and ending June 30, 1980, these said funds to be used to balance the 1979-80 budget for county-owned Pioneer Memorial Hospital and North Morrow County Clinic and Ambulance Service.

EXPLANATION OF BALLOT QUESTION

The budget of the County-owned hospital had, historically, been balanced by a combination of patient revenues and tax levies. Tax support is necessitated by the fact that patient-generated revenues will not be sufficient to pay escalating costs for supplies, materials, equipment, personnel and improvements dictated by the desires of the consumers of health care, regulatory agencies, and the cost of physician recruitment and services. The \$506,474 tax will require a levy of approximately \$1.125/thousand assessed valuation and is projected as the minimum necessary to maintain satisfactory in-patient, emergency, physician, nursing-home care services and North Morrow County Clinic and Ambulance Service. The only funds for the hospital contained in the county's proposed budget are those being voted on in this ballot.

I VOTE FOR THE PROPOSED TAX LEVY YES

I VOTE AGAINST THE PROPOSED TAX LEVY NO

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