



PEACH EATERS' JOY — Biggest peach crop in 11 years brings joy to peach eaters as this popular fruit rolls to market for enjoyment "as is," in pies, for the making of jam, fixing pickled peaches and other good things. When it comes to "putting up" fruit, let the children help.

Feeding the Family

By ZOLA VINCENT
Food Editor

There's Plenty of Luscious Peaches for All

There are fewer plums of all colors, especially purple ones, and this is a source of disappointment for many purple plum eaters who like them for eating out of hand and for putting up for later enjoyment. Spring rains and hail damaged many California plum orchards so we're relying on California's bad weather escapes and the more bountiful crop of the Pacific Northwest for supplies of this popular fruit with total west coast supplies 30 percent below last year.

There's good news on the peach front however as the biggest crop in 11 years is being harvested. Total peach crop estimated at 74½ million bushels is nearly a fifth larger than last year—way above the 10 year average. Canners take most of the clingstone peach crop which leaves these luscious red-cheeked, yellow-fleshed freestone for enjoyment in a great many ways.

The Vegetable Peach. Not only is the peach highly esteemed for eating out of hand but it is the most popular of fruits for making pies, cakes and tarts; is widely used for preserves, jams, nectar and pickles; is marketed in dried form; makes excellent brandies and cordials. Many frozen. Right here we remind you that Libertas are prized for freezing but not favored for freezing. Later come the Rio Oso Gems, thought ideal for freezing.

Let Children Help — Carefully and intelligently planned, putting up fruit and vegetables can be a source of great pleasure and satisfaction in the doing as well as the ultimate family enjoyment of home-made good things to eat.

Take it easy! Work with a group if you're doing large quantities. Let the older children help. Youthful energy and enthusiasm are priceless assets that can be directed helpfully in many channels.

The children can do K.P. duty, rush produce from garden or orchard to the kitchen; peel the peaches and tomatoes, snap the beans, hull the peas; can help sterilize jars and otherwise be helpful. They also enjoy printing, typing or writing labels for the finished product, noting both name of product and date of doing.

Do not attempt to "put up" too much fresh produce at a time or you'll ruin your sunny disposition and waste valuable food. Above all things do not experiment. Ingredients are too costly. Follow canning, freezing or other directions to the letter. They were perfected by experts.

Talk plans over with your produce man well ahead of time. He is glad to work with you; tell you when seasonal peaks are expected, give you the advantage of his best buys.

Take early morning deliveries and do your processing the same morning. Once you've started the job, finish it. No holdovers or the quality of your finished product will suffer.

Check Sugar Supplies — The thoughtful home maker who plans to "put up" fruit will buy a bag or two of sugar each time she goes shopping, anticipating her needs for the peak of the canning season. This will be helpful to the grocer too because the peak of canning and freezing season comes when freight cars are rushing grains, and sugar, might get side-tracked. There's plenty of sugar but store and warehouse storage space is limited, so plan ahead.

Peach Jam With Powdered Pectin — Many agree that powdered or liquid pectin is a great boon to jelly and jam makers. Shorter boiling time is required and while more sugar is used, the quantity of jelly is proportionately greater since a portion of the flavorful and fragrant fruit juices are not boiled away. Pectins positively guarantee fine results every time when directions are followed.

Select fully ripe peaches—about three pounds for a batch of jam. Remove stems; peel and pit. Crush or chop the peaches. Measure ¾ cups of the crushed fruit into a large kettle. Add a package of powdered pectin and one-fourth cup lemon juice. Stir until pectin is dissolved.

Place on high heat and, stirring constantly, bring quickly to a full boil. Stir in five cups of sugar and heat again to a full bubbling boil. Boil hard for one minute, stirring constantly. You'll get about eight six-ounce glasses.

Remove jam from heat. Skim and stir alternately for five minutes to help prevent floating fruit. Pour the jam into hot sterilized glasses to one-half inch from top. Cover at once with an one-eighth inch layer hot paraffin. Cool glasses, then cover with metal lids; label with name and date and store in a cool dry place.

Breakfast de Luxe — A little dressing - up and cereal with fresh peaches becomes ambrosial. The dairy sour cream topping does it. Slice peaches over any favored dry cereal. Combine one-half cup dairy sour cream, one-fourth cup milk and two tablespoons honey; top peaches.

Peachy Dessert — Peel, pit and halve four fresh peaches. Place in a small bowl. Cover with a mixture of one-half cup fresh orange juice and one tablespoon port wine. Chill at least an hour. Good on cottage cheese too if you'd like a different kind of salad.

Spice Some Whole Plums — For each quart of spiced or brandied plums, figure on

about 2½ pounds of fresh plums. Since you're planning on serving this soon, we suggest you put it in pints.

Measure one cup sugar and 1½ cups water in saucepan; add two sticks whole cinnamon and six whole cloves. Cook until sugar dissolves, about five minutes. Wash 2½ pounds plums. If you wish to spice whole plums with skins on, prick skin in several places before adding to boiling syrup. If you wish to remove skin, leave "as is" and add to boiling syrup after fruit is washed. Cook prepared plums in boiling syrup two minutes, remove pan from heat, cover and let stand 20 minutes. Remove fruit from syrup. Skin will come off easily. Remove spices, boil syrup until slightly thickened; pour over plums.

Brandied Plums. If plums are to be brandied, proceed as above but omit spices. Just before you pour syrup over plums, add one-half cup brandy. Allow fruit to cool in brandied or spiced syrup. Serve as meat garnish or with cooked sweetened rice.

For Future Use. Fruit may be prepared in quantity for future use. One lug of plums yields 12 quarts fruit. To can, prepare as above, pack in clean hot canning jars, pour boiling syrup over fruit. Process in hot water 15 minutes, counting time when water starts to boil. Remove jars from water, tighten cap. Cool jars before storing.

Zucchini with Cheese — Wash two pounds zucchini and split lengthwise. Do not peel. Place a layer of zucchini in a buttered one-quart casserole, then a layer of sliced processed American cheese (use a half pound of cheese in all). Alternate until both are used, ending with cheese.

Top with one eight-ounce can tomato sauce and a layer of bread crumbs. Dot with butter and bake in a moderate oven, 350 degrees, until brown on top and tender throughout, about 30 minutes. Six servings.

Try topping individual baked custards with some of those fresh peaches, thinly sliced; maybe a light sprinkle of nutmeg.

SOC Librarian Back From Conference

Ashland — Miss Florence Williams, assistant professor of library science and catalog librarian at Southern Oregon college, has returned from the American Library conference in San Francisco.

A graduate of Quincy college, where she majored in French, Miss Williams secured her bachelor's degree in library science from the University of Southern California. She later secured her master's degree in English from Colorado State college. Professionally, Miss Williams was employed as librarian at Gonzales Elementary school in Gonzales, Calif.; as chief of branches, Merced county librarian, Merced, Calif.; and since 1955 has been catalog librarian at Southern Oregon college.



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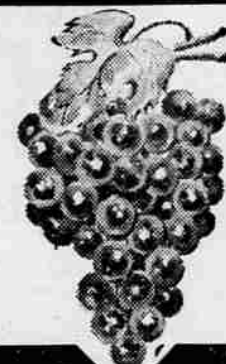
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