



HOW TO COOK VEGETABLES

Wash fresh vegetables, but do not soak them in water for any length of time. If they are wilted, put them in cold water for a few minutes. Cauliflower, broccoli, artichokes and Brussels sprouts must be soaked 20 to 30 min. in salted water before they are cooked to remove small insects and dust which settle in them. To prepare taste-tempting vegetables and to retain their abundant minerals and vitamins, cook them carefully and quickly.

BAKING—Bake such vegetables as potatoes, tomatoes and squash without removing skins. Pare vegetables for oven dishes, following directions given with recipes.

BOILING—Have water boiling rapidly before adding vegetables. Add salt at beginning of cooking period (1/4 teaspoon per cup of water). After adding vegetables, again bring water to boiling as quickly as possible. If more water is needed, add boiling water. Boil at a moderate rate and cook vegetables until just tender.

In general, cook vegetables in a covered pan, in the smallest amount of water possible and in the shortest possible time. Exceptions for amounts of water or for covering are:

Potatoes—cooked in water to cover.

Green Vegetables (peas, green or lima beans)—loosely covered.

Spinach—partially covered pan with only the water which clings to spinach leaves after final washing.

Asparagus—arranged in tied bundles with stalks standing in a small, deep pan containing at least 2 in. of boiling water—pan loosely covered.

Broccoli—tied, stalks (over 1/2 in. thick split lengthwise) standing in a deep pan containing boiling water up to flowerets—pan loosely covered.

Strong-Flavored Vegetables (cauliflower, mature cabbage and Brussels sprouts)—cooked loosely covered in a large amount of water. To restore color of red cabbage, add a small amount of vinegar at end of cooking period, just before draining.

A desirable boiled vegetable is free from excess water, retains its original color and is well seasoned. Pieces are uniform and attractive.

BROILING—Follow directions with specific recipes.

FRYING and DEEP-FRYING—Follow directions with specific recipes.

PANNING—Finely shred or slice vegetables. Cook slowly until just tender in a small amount of fat, in a covered, heavy pan. Occasionally move with spoon to prevent sticking and burning.

STEAMING—Cooking in a pressure saucepan is a form of steaming. Follow directions given with saucepan because overcooking may occur in a matter of seconds.

Note: Some saucepans having tight-fitting covers may lend themselves to steaming vegetables in as little as 1 teaspoon water, no water or a small amount of butter, margarine or shortening.

CANNED VEGETABLES—Reduce liquid from can to one-half of original amount by boiling rapidly. Add vegetables; heat thoroughly and quickly.

HOME-CANNED VEGETABLES—Boil 10 min. (not required for tomatoes and sauerkraut).

DRIED (dehydrated) VEGETABLES—Soak and cook as directed in specific recipes.

FROZEN VEGETABLES—Do not thaw before cooking (thaw corn on cob and partially thaw spinach). Break frozen block apart with fork during cooking. Use as little boiling salted water as possible for cooking. Follow directions on package.

Klamath 4-H Club Sessions

WOOD RIVER WRANGLERS

The Wood River Wranglers 4-H Horse Club meets the first and third Thursday evening at the large barn on the Puckett and Scherer 7-Mile Ranch, by permission of the owners. Practice riding is held under the lights at these sessions, and in addition a business meeting is held once monthly at the home of one of the member's parents.

Leader of the group is Jim Zeller of Williamson River. Officers are Barbara Nicholson, president; Linda Stanley, vice president; Kenneth Scott, secretary-treasurer; Mary Brattain, song leader; Wayne Scott, news reporter. Other members include, Donna Scott, Dora Lee Kenneally, Roger Nicholson, Kim and Randy Kizer and Jim Bridge.

On Jan. 27 a horseback ride was enjoyed over Sun Mountain Pass, State Highway 232, east of Fort Klamath. Normally closed by heavy snow at this time of year, the beautiful scenic route has been open to travel all winter. Making the trip were the wranglers' leader, Jim Zeller and Mr. and Mrs. Edwin Scott, Mrs. Blaine Brattain and Hollis Kizer, comprising the adults participating. Horse club members were Wayne, Kenneth and Donna Scott, Mary Brattain, Kim and Randy Kizer, and their younger sister, Alexine, a non-member who was a special guest on the ride.

At the Feb. 7 meeting at the Edwin Scott home, tentative plans were made for holding a play-day sometime during June. The all-day session will include various competitive contests. Other forms of entertainment will be featured and reported later as plans materialize.

Wayne Scott,
News Reporter.

COOKING CRUMBS

The secretary called roll and read the minutes. Five members were present. Tina Lanza and Patty Hood made banana milk drink and served it to the other members. Our next meeting will be on Feb. 27.

Tina Lanza,
News Reporter.

Whatever the occasion . . .
Whatever the meal . . .
WHOever the cook . . .



Nothing sets off your table . . .
Nothing sets up the occasion . . .
Nothing does it like a . . .
Floral Center-piece

Attend the Cooking School and Food Fair for helps in your meal planning and preparation. See the center-piece on the model table . . . perhaps you'll win it as a door prize . . . and of course, it's from —

NYBACK'S FLOWER FAIR



Easter Lilies are rapidly maturing in our greenhouses. Visitors welcome. Bedding plants will be available soon.

3614 So. 6th TU 4-8188

COOKING SCHOOL

AND FOOD FAIR

Door Prizes Tuesday

★ Beef Dishes

prepared on the stage by

**Helene Kralowec
AND . . .**

among the many wonderful door prizes to be given at Monday's Cooking School are:

Electric Frying Pan

courtesy
Pacific Power & Light Co.

\$5.00 Order Klamath Basin Beef

courtesy
Market Basket

West Bend "Kabob'N" Grille

courtesy
Cascade Home Furnishings

Beef Cook Book

courtesy
Klamath County Cow Belles

**Service Call On Any Appliance, TV
or Lawnmower**

courtesy
J. W. Kerns

Delicious Ham

courtesy
Big-Y Market

7-Up And Coca-Cola

courtesy
7-Up Bottling Co. of Klamath Falls

Standing Rib Roast

courtesy
Oregon Food Stores

Floral Table Center-piece

courtesy
Nyback's Flower Fair

Coffee Carafe and Warmer

courtesy
Pay Less Drug

Automatic Electric Coffee Maker

courtesy
HAPCO

Gift Pack of Horseradish

courtesy
Tulelake Horseradish Growers

Attend The Show Each Day

Herald and News