

MARKET BASKET

Food Marketing Specialist
Oregon State University
FRUITS

Weather will determine how much longer we'll have Oregon grown strawberries. Too much cool damp weather results in berries not developing or ripening. Cherry harvest in Umatilla County was reported under way the middle of June and was expected to start at The Dalles the following weekend. Willamette Valley cherry picking should start soon. Cherry crop this year will be light due to a light set.

Western Oregon red raspberry harvest is on. Washington produced apricots will be joining California's about the first of the month. Apricot production in both states is expected to be sizeable. July is peak supply time for apricots, cherries, and berries; and it's the first of the big supply season for cantaloupes, grapes, honeydews, nectarines, peaches, plums, and watermelons.

Controlled atmosphere apples are almost at the end of their long supply season. They're expected to be gone in another two weeks.

VEGETABLES

Potatoes, cabbage, carrots, still lead the vegetable good buy, good supply list. New potatoes have been especially good this season. Prediction is for new potato prices to be a bit higher. There are also lots of summer squash.

Green onions, radishes, romaine, butter lettuce, and leaf lettuce are excellent and modestly priced salad items. Fresh tomato prices have advanced—due to too much heat in Imperial Valley, California. It's expected that tomato prices will stay higher until about

the second week of July when another California area will start to supply our markets.

Continue to watch for the specials offered on both canned and frozen fruits and vegetables. Many a time they provide lower cost eating than the fresh items.

PROTEIN FOODS

Broiler-fryers, eggs, cheese, and fish probably offer the lowest cost main dish eating for July 4.

Silver salmon have really been both good buys and good eating. Chinook Salmon are being caught in the Columbia River. Rex sole and other varieties of bottom fish are in very good supply, and their prices are very reasonable. Whole salmon report lamb will be an excellent buy for the Fourth. What better time to use the traditional meat for kabobs—chunks of meat broasted and roasted on skewers—intermingled with colorful vegetables, if desired. Ham should be very good, but expect some higher prices on other pork cuts.

QUICK DISH

Chinese-style rock lobster is a quick-cooking main dish. Thaw 6 frozen rock lobster tails. With a sharp knife, slice them, shell and all, into 1-inch pieces as you would slice a loaf of bread. In a large skillet, saute lightly 6 slices of bacon, cut into 1-inch pieces; add rock lobster and cook three minutes over low heat, turning to cook all sides. Add 1 cup of salted water. Simmer 5 minutes. Thicken by stirring in a paste of 1 tablespoon each of corn starch and soy sauce. Add 4 scallops, cut into 1-inch pieces. Quickly stir in 3 eggs, well-beaten; adjust seasoning, and serve over fried rice. Serves 4.

SHAKES FADING?

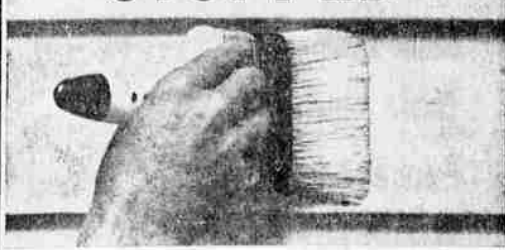
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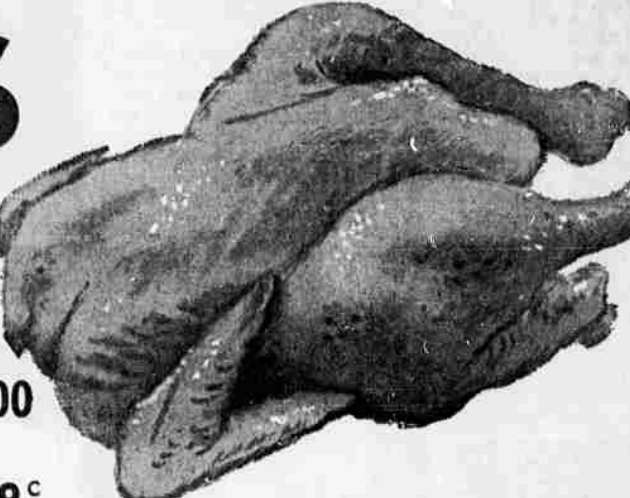
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BIG Market

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