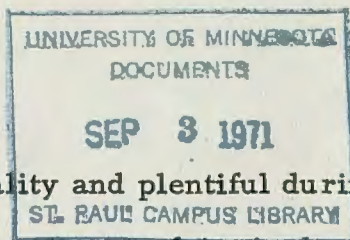


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September 3, 1971

September Plentifuls



Fresh pears will be good quality and plentiful during September. They top the U.S. Department of Agriculture's Plentiful Foods List for September. The Bartlett pear crop is forecast at 539 thousand tons. This is 40 percent greater than last year's production and is expected to be a record high.

Other September plentifuls are fresh purple plums, potatoes, split peas, eggs, broiler-fryers, peanuts and peanut products. Fresh purple plum shipments should be heavy during the first half of September, and ample supplies will be available throughout the month. Egg production during September is expected to be slightly greater than a year ago. A plentiful egg supply at attractive consumer prices is in prospect for the month.

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School Lunches

The youngsters are going back to school and Mom will be making lunches and snacks again. Beverly Lundgren, home economist at the University of Minnesota, has some suggestions for avoiding "lunch box doldrums."

To keep the lunch cold, use an insulated lunch box. A thermos bottle is handy for hot or cold drinks and soup. Plan well-balanced and interesting lunches. Choosing lunch-box foods with different texture, color and flavor helps make the lunch interesting. You may also want to try canned puddings. They're a nutritious dessert--easy for youngsters to eat at school.

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What's The Difference?

When you see the labels for jelly, jam, conserve, marmalade, and preserves--do you really know the difference?

Grace Brill, extension nutritionist at the University of Minnesota, describes each briefly.

JELLY--is made from fruit juice. It's clear and firm enough to hold its shape when turned out of the container.

MARMALADE--is a tender jelly with pieces of fruit distributed evenly throughout. It commonly contains citrus fruit and slivers of peel.

JAM--is made from crushed or ground fruit and is softer than jelly.

CONSERVE (kon-serve)--is a type of jam made from a mixture of fruits. Raisins and nuts are often added.

PRESERVES--are neither jellies nor jams. They're whole fruit or large pieces of fruit in thick syrup, which is usually slightly jelled.

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Refrigerating Vegetables

Did you know that the vegetable crisper in your refrigerator performs better if it's at least two-thirds full? According to U.S. Department of Agriculture specialists, vegetables will keep better if they're put in plastic bags before you put them in the crisper.

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Creamy Cut Pears

Since pears will be plentiful during September, you'll probably want to serve sliced pears at mealtime. Beverly Lundgren, home economist at the University of Minnesota, advises you to dip cut fresh pears in orange or lemon juice just after cutting. This will keep the cut surfaces creamy white until served.