

10/29/71
AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA

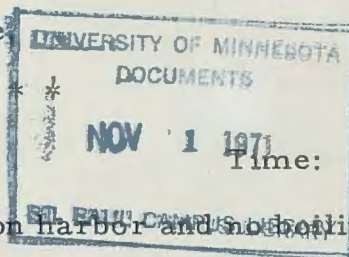
October 29, 1971

National Mushroom Week

Time: 15 sec.

October 31 to November 6 is National Mushroom Week. Contrary to public opinion, mushrooms aren't fattening. The calorie count is only about 90 per pound, according to the American Mushroom Institute.

Classification Of Tea



Time: 1 min. 15 sec.

All that tea in the Boston harbor and not drinking water to be had! When shopping for tea, don't be confused by the classification. Tea is generally divided into 3 classes: green, oolong and black. They all grow on the same plant and are harvested the same way. The method of processing makes them different, according to a tea company.

Green tea is not oxidized (or fermented). Leaves remain green. They brew a light green color and have a subtle flavor.

Oolong Tea is a semi-oxidized tea. Its name comes from the Chinese wu-lung, meaning black dragon. Oolong leaves are part green and part brown. They brew light and have a wine-like flavor.

Black tea is a fully oxidized tea. Leaves are black and they brew a hearty-flavored tea.

There are hundreds of varieties of tea within the 3 classes. Many adopt their names from the area where they are grown.

Next time you're in a Chinese restaurant, don't simply stick to black tea, experiment!

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Plan Servings Per Pound

Time: 1 min. 20 sec.

How often does the young bride or inexperienced cook have too much liver left and not enough ribs to serve? The amount to buy is a question many homemakers ask.

Learn to determine the amount of lean per pound while you're comparative shopping. The amount of fat, gristle and bone will determine the number of servings.

Generally 1/3-1/4 lb. per person is sufficient when you're serving ground beef, flank or round steak, liver, stew meat and boneless roasts. Meats with medium amounts of bone satisfy 2 to 3 servings per pound. Poultry, roasts, chops and ham can be figured as 1/2 to 1/3 lb. per person.

The Department of Agriculture suggests that in bony cuts, just 1 or 2 servings can be obtained per lb. Steaks, rib chops, spare and short ribs have lots of waste.

Three ounces of cooked lean is counted as 1 serving. How much your family wants or the size of pieces are other determinants.

To compare meat costs, divide the price per lb. by the number of servings provided. In this way you can select between roast and round steak.

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Compare Prices Per Lb.

Time: 12 sec.

The cost of a 3 oz. serving of bone in rump roast at 90¢ per lb. could be compared to a boneless round steak at \$1.25 per lb. Both would cost 39¢ per serving.

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For further information contact:

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