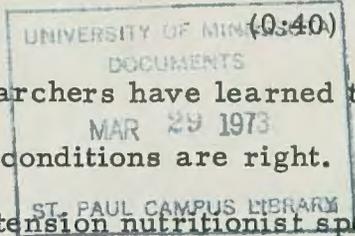


March 16, 1973

Ginger Root Tenderizes Meat



University of Minnesota researchers have learned that ginger root tenderizes meat when cooking conditions are right.

The research was done by extension nutritionist specialist Isabel Wolf and meat scientists Eugene Thompson and Eugene Allen. Immersing meat in a marinade solution allows an enzyme in the ginger root to penetrate the meat to a greater degree.

Ginger root looks like a distorted potato and is sold in Chinese grocery stores and supermarkets specializing in gourmet foods. Mrs. Wolf says she has used a piece of ginger root about three-fourths to an inch long for meat weighing about two pounds.

* * * *

Planting Vegetables

(0:10)

Plant vegetable varieties that you can freeze this season. Extension horticulturist Orrin Turnquist reminds consumers that some varieties freeze better than others.

* * * *

Buying Fruit Trees

(0:18)

University of Minnesota horticulturists are providing updated data for 1973 on fruits suitable for various areas of the state. This data is available in Horticulture Fact Sheet Three--Revised 1973. The publication is available from the Bulletin Room, University of Minnesota, St. Paul, Minnesota 55101.

* * * *

more ...

Mattress Material

(0:20)

U. S. Department of Agricultural scientists have developed methods to inhibit cigarettes from igniting mattresses. One method involves coating the back of the mattress ticking with a substance capable of dissipating heat. The other method utilizes compounds containing boron or phosphorus to make the cotton batting filler flame resistant.

* * * *

Buying Linen

(0:16)

A Cornell University study shows that there is no difference in the durability of sheets from famous "name brand" makers and those made by lesser known firms.

But the New York researchers say the price differences were great, even when the name brands were listed at "sale" prices.

* * * *

Furniture Care

(0:16)

University extension specialists say fine wood furniture should not be constantly subjected to heat, direct sunlight or open windows.

Frequent dusting of the wood and vacuuming upholstery will help keep it in top condition. Always remove spots promptly.

* * * *

Food Shopping Tips

(0:12)

University of Minnesota extension home economists offer these shopping tips:

Buy chicken backs and necks for soup. They usually are less expensive and meatier than beef soup bones.

Buy meats with the most lean. Don't pay high prices for fat, bone and gristle. Buy a whole chicken and learn to cut it up yourself.

* * * *