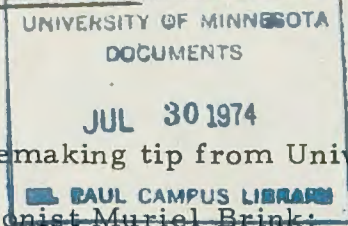


July 26, 1974

Use Peaches



(0:40)

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consumer radio briefs

Here's a helpful homemaking tip from University of Minnesota extension nutritionist Muriel Brink:

Nutritious, tasty desserts and snacks are no problem in the summer. Just follow the fruits as they come into season, and you will be feeding your family food at its peak of goodness and most reasonable price.

Even though peach trees usually do not survive our winter temperatures, peaches from other sources--chiefly California and Colorado--will soon be abundant.

When you're shopping for peaches, look for round, plump ones that have a soft creamy to yellow background color with no brown spots or decay. They should be moderately firm or only slightly soft to the touch. Peaches that are tinged with green are immature and will shrivel rather than ripen.

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Selecting Beef

(0:30)

The outdoor barbecue season is in full swing, but the unique characteristics of charcoal cookery may leave some consumers pondering what cuts to select from the meat counter.

Extension Meat Specialist Richard Epley advises backyard chefs to choose beef cuts from the rib and loin. These steaks are normally tender and they respond well to the dry heat of a grill.

If you choose less tender, and often cheaper, beef cuts, watch for adequate fat marbling. Much of this fat will cook away, but the resulting meat will be juicier and more tender compared to cuts with little or no marbling.