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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •  
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(612) 373-0710



Poultry Processing (0:15)

Poultry can be processed at home with little or no special equipment.

An illustrated publication on home poultry processing is available from the University of Minnesota Agricultural Extension Service. Write the Bulletin Room, University of Minnesota, St. Paul 55108 for Extension Bulletin 385.

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Potato News (0:35)

The potato--that staple of the American diet--is sprouting new products.

Potatoes have hit the instant market in au gratin, scalloped, buds and mashed forms. In the frozen food department, potatoes appear as french fries, hash brown, puffs and frozen dinner ingredients.

University of Minnesota Extension Nutritionist Mary Darling says potatoes are not as fattening as many people think. When baked or boiled, they have fewer calories than the same amounts of avocados, lima beans, prunes, rice or sweet potatoes. An average size spud has about 90 calories. Potatoes often take the calorie blame for the rich gravies, butter and sour cream that top them.

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Rice Supply (0:12)

The U. S. Department of Agriculture alerts shoppers to the plentiful supply of rice this month. The fall harvest will be 22 percent more than last year's, or more than 113 million bags.

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