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Coffee

(0:35)

Coffee is becoming a big expense on most families' grocery lists. With a pound of ground coffee selling for at least two-dollars-fifty-cents and still climbing. A pound of ground coffee makes about fifty cups at about six-cents a cup with stronger coffee even more expensive to brew. A two-ounce jar of instant coffee makes about thirty cups of medium strength coffee at a cost of three-cents a cup.

Extension Foods specialist Isabel Wolf says some coffee drinkers may want to switch to tea, which contains one-third to one-half as much caffeine per cup as coffee. The caffeine is what gives a lift from either beverage. Tea breaks might offer a nice change from the traditional coffee breaks.

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Cranberry Abundance

(0:30)

This year's cranberry crop will reach a record of almost two and a half million barrels. That's fifteen percent more than last year, according to the U-S Department of Agriculture.

Plenty of cranberry products and fresh cranberries are available for making breads, sauces, and relishes.

When buying fresh, look for cranberries that are firm and avoid damaged or mush berries.

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