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September 6, 1974

Frozen Fish

(0:35)

(612) 373-0710

University of Minnesota extension nutritionist Mary Darling says when looking for frozen fish bargains, select packages of fish that are firmly frozen.

Avoid packages that are torn, crushed or stained. The stain warns you that the food has melted and been refrozen. Food quality is affected when it is refrozen.

Select packages below the frost line in the freezer. Store brands may be cheaper than nationally advertised ones.

To thaw frozen fish before cooking, place it in its original wrapping in the refrigerator for about 24 hours for a one-pound package. If time is short, place the fish sealed in a plastic bag under cold running water.

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Spice Prices Increase

(0:30)

The price of black pepper has increased 50 percent during the past year. Governments or speculators in India and Indonesia primarily control the pepper market and transportation costs have increased.

Poor crops in Madagascar and Zanzibar have caused the price of cloves to more than double.

An Indonesia typhoon, West Indian government problems and transportation costs have tripled the cost of nutmeg. The price of cinnamon is on the rise. The United States has been importing cinnamon from mainland China. Demand is up and the cinnamon supply is becoming tighter.

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consumer radio briefs