

Pick your own cherries, apple pie is a winner



KEELY WYGONIK

They'll be picking tart cherries at Long Family Orchard and Farm in Commerce Township starting Friday, July 23. "The cherries are big, juicy and plump," said Robert Long. Hurry, they sell out fast.

Long Family Orchard and Farm is on Commerce Road, 1/2 mile west of Bogie Lake Road. Call 360-3774 for picking information.

You pick and ready picked cherries and raspberries are also available at Spicer Orchards, north of Brighton, US-23 Exit 70. Call 632-7692 for information.

Pick your own black, sweet, and red tart cherries at Yador Orchards, 6 1/2 miles north of Romeo on Van Dyke (M-59). For infor-

mation, call 798-8958 for sweet cherry information or 798-8358 for tart cherry information.

They're picking green beans, raspberries and black raspberries at Middleton Berry Farm, 2120 Stony Creek Road, three miles east of Lake Orion at the north end of Adams Road.

Raspberries are also ripe for picking at Driver's U-pick Berry Farm. To get there take I-96 west to New Hudson, exit 165. Go south on Millford Road to 10 Mile Road, turn right, go through South Lyon to end of 10 Mile Road, follow the signs. For information, call 437-1606 or 437-8481.

Picked black raspberries and blueberries from Don Gibb's Farm are available at the Northville Farmer's Market, Sheldon and Seven Mile roads on Thursdays. The market opens at 7 a.m. and Gibb sells berries until he sells out, usually around 4 p.m.

For information, call 1 (617) 628-2683.

■ Congratulations to Richard Mazur of Livonia winner of Ethan Allen's "Made in America," homemade apple pie contest held July 16 at the store at 16700 Middlebelt in Livonia. Second place honors went to Mary Ann Kepenek of Rochester Hills, third place to Theresa Krause of Livonia.

Honorable mentions were given to Sylvia Sobrah of Livonia, Christine Lalinaky of Dearborn, Mary Puro of Livonia, and Peggy Heffernan of Livonia.

■ Learn how to grill seafood at two free cooking demonstrations noon Tuesday, July 20, and noon Saturday, July 24 at Jack's Seafood Market, 35224 W. Twelve Mile, Farmington Hills.

■ If you love chili, plan to attend to the Farmer Jack Great Chili

Cook-off and Country Music Festival 6-11 p.m. Friday, July 23 and noon to 11 p.m. Saturday, July 24 at the intersection of Wayne and Michigan Avenue in Downtown Wayne.

On Saturday, 60 local cooks will compete for a \$500 prize and the chance to compete in the World Chili Cook-off Championship in Nevada. Samples of the chili will be offered to the public at 4 p.m. and the winner will be announced at 8 p.m. A portion of the proceeds will benefit the National Kidney Foundation.

Here's the winning apple pie recipe in the Ethan Allen contest submitted by Richard Mazur of Livonia.

ALL-AMERICAN APPLE PIE

PASTRY for double crust
2 cups all purpose flour
1 teaspoon salt
1/2 cup shortening

1/2 teaspoon freshly ground black pepper
1 medium red bell pepper, cut into strips
1 medium green bell pepper, coarsely broken
1 medium yellow bell pepper, cut into strips
1 cup cubed eggplant, cut into 1/2-inch pieces
4 1/2 ounces rotelle pasta

Preheat oven to 350 degrees. In small bowl, combine mustard, oil, lemon juice, garlic, salt and black pepper.

In a 13 by 9-inch baking pan, combine bell peppers and eggplant; toss with mustard mixture. Roast 20-25 minutes, until vegetables are tender; set aside.

Meanwhile, in large pot of boiling water, cook pasta 10-15 minutes, until just tender. Drain and add to vegetables. Toss to mix well.

Place in serving bowl or plastic container; cover and refrigerate until well chilled. Stir salad before serving. Makes 8 Servings

Each serving provides: 1 Fat, 2 Vegetables, 1 1/2 Breads on the Weight Watchers Food Plan. Per serving: 193 calories, 8 g fat

"Weight Watchers Magazine," May 1992

Florine Mark is president and CEO of the WW Group, Inc., the largest franchisee of Weight Watchers International.

Hit the road with car-friendly recipes



FLORINE MARK

Summer vacation travel can sometimes spoil the best of "healthful" intentions. For many, traveling in the car means snacking in the car. Snacking can be healthy — it's just a matter of how much we eat and what we choose to snack on.

My first rule of car travel, is always bring a cooler. I pack plenty of bottled water, veggies and fruit. Take advantage of summer's heat — ripe, delicious, nectarines, grapes, peaches and melons.

When you or your kids want something to munch on, don't bring out the potato chips and cookies, try Crisp Pita Chips. These homemade chips can be stored in a sealed container for up to two weeks, perfect for vacation travel. Or, for something a little sweeter and different, try Cocoa Crunch Mix. Your kids will love it!

Instead of stopping for lunch at a restaurant, why not bring along your own for a roadside picnic? Fill a cooler with tasty coldcuts and fresh toppings for a great lunch. Or, prepare Roasted Vegetable-Pasta Salad beforehand, and serve with a fresh loaf of

bread. It's healthier than stopping for fast food, and a lot less expensive.

The next time you're driving in the car all day, plan for healthier snacks and get on the road to health.

CRISP PITA CHIPS

Four 1-ounce pita breads, split and quartered
1 tablespoon plus 1 teaspoon olive oil
2 tablespoons grated Parmesan cheese
1/2 teaspoon paprika
1/2 teaspoon chili powder
1/2 teaspoon salt
1/2 teaspoon ground red pepper

Preheat oven to 425 degrees. Spray large baking sheet with non-stick cooking spray. In large bowl, combine all ingredients; toss to coat pita. Place on prepared baking sheet.

Bake 5-6 minutes, turning pita once, until crisp. Store in airtight container. Makes 4 Servings.

Each serving (8 chips) provides: 1 Fat, 1 Bread, 15 Optional Calories on the Weight Watchers Food Plan. Per serving: 143 calories, 8 g fat

"Weight Watchers Magazine," May 1992

COCOA CRUNCH MIX

1/4 cup reduced-calorie tub margarine

1 tablespoon granulated sugar
1 tablespoon unsweetened cocoa powder
2 ounces thin pretzel sticks, coarsely broken
1 1/2 ounces wheat squares cereal
1 ounce shredded wheat cereal, coarsely broken
1 1/2 ounces toasted oat cereal
1 1/2 ounces unsalted peanuts coarsely chopped
1/2 cup raisins

In large saucepan, melt margarine; stir in sugar and cocoa. Add pretzels, wheat squares, shredded wheat, oat cereal and peanuts; cook, stirring frequently, 2-3 minutes. Stir in raisins; cook 2-3 minutes longer, until mixture is dry. Cool completely. Store in airtight container. Makes 8 Servings

Each serving provides: 1 Fat, 1 Bread, 1/2 Fruit, 25 Optional Calories on the Weight Watchers Food Plan. Per serving: 167 calories, 8 g fat

"Weight Watchers Magazine," October 1992

ROASTED VEGETABLE-PASTA SALAD

2 tablespoons Dijon mustard
1 tablespoon plus 1 teaspoon olive oil
1 tablespoon lemon juice
2 garlic cloves, minced
1/2 teaspoon salt

Papa Joe's sponsors raffle for Rainbow Connection

Papa Joe's Gourmet Market Place, 2025 Rochester Road in Rochester Hills is sponsoring a four-week-long raffle in which five lucky shoppers will win a \$500 shopping spree.

Winning entries will be drawn at noon on Saturday, Aug. 14.

Customers can enter the shopping spree raffle by filling out an address form at the market and submitting it along with a \$1 entry fee. All raffle proceeds will go to the Rainbow Connection.

Founded in 1985, the Rainbow Connection's mission is to grant the last wishes of terminally ill

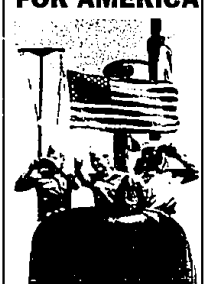
children. About 100 wishes are granted per year.

The five shoppers winning the \$500 Papa Joe's Super Summer Shopping Spree will have all the time they want to fill their shopping carts with select items from the market's gourmet specialty

departments including — Mr. Meats, New England Seafood Company, European Accent (bakery), Flowers from The Heart, Gourmet to Go, and Papa Joe's deli and produce.

Individuals may enter the raffle as many times as they like. For more information, call 853-6263.

ON WATCH FOR AMERICA



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cooking can be a picnic!

Hate to cook? Or are you a great cook who just needs a bit of inspiration now and then. Whichever category you fall into, or if you're somewhere in between, our advice is not to read our Monday Taste section without a pair of scissors in your hand.. That way you can be ready to clip those interesting, nourishing, super recipes from our readers, Larry Janes and our food editor Keely Wygonik.

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