State's peach crop soars while national production drops

A good peach crop is being harvested in Michigan. The state crop is estimat-ed at 45 million pounds, up 29 percent from that of a year ago. Elsewhere in the country, peaches didn't fare so well this year.

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Production in the nine southern peach states is forecast at 350 million pounds — 50 percent of last year's crop. North Carolina was especially hard hit by cold weather this spring — the peach crop there is a mere 2 million pounds, compared with 40 million pounds in 1981. Nationally, the fresh peach crops forecast at 2.20 hillion pounds — 21 percent below last year's harvest.

California's peach production is significantly lower in both freestone and clingstone peaches. The clingstone crop, which goes primarily into cans, is off 10 percent. California is the major producer of clingstone peaches, so this very likely will mean ligher prires for canned peaches.

As a result of the good peach crop in

As a result of the good peach crop in As a result of the good peach crop in Michigan and a short crop elsewhere, buyers from other states are looking to Michigan for fresh peaches. Consumers, therefore, can expect to pay top prices for fresh peaches. No doubt the most economical time to purchase peaches will be during the third week in August. That's when the Red Haven variety — No. 1 in volume and a favorite of Michigan shoppers — will be in peak supply. Several factors have endeared Red Haven peaches to shoppers. Besides

Several factors have endeared Red Haven peaches to shoppers. Besides having an extremely good flavor, Red Havens (and all other Haven varieties except Hale Haven) are resistant to browning. This makes them ideal for freezing as well as canning. Red Ha-

vens are freestone (the flesh comes off the pit easily) when the fruit is fully ripe.

Red Haven peaches will likely be available through the second week in September. Other varieties have a sea-son 10 to 14 days long, Red Havens are around so much longer because they have been planted in the northern as well as the southern regions of the state.

well as the southern regions of the state.

During the Red Haven season, the following varieties come to market in this order: Glohaven, Canadian Harmony, Cresthaven and Kalabven, Redskins follow to end of the Red Havens. Other varieties that are not produced in sufficient quantities to be commercially important across the state are available in various local areas. Always Inquire it peaches are freestone if you are purchasing a quantity for canning or freezing.

chasing a quantity for canning or freezing.

In this process have yellow skins and flesh and should be firm, mature, well formed and tree from decay. Look for a creamy yellow to gold skin under the outer row blush. Red blush alone is not a sign of speaces the amount of red blush was swith the variety. Do not make the process of the state of

Peaches picked at the firm ripe stage will become fully ripe and ready to eat in three or four days at room temperature. Ripen out of the sun or to speed up ripening — place the peaches in a brown paper bag. Keep tully ripe peaches refrigerated and use within two or three days.

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The chicken is covered with onlon, garlle, priento and other spices and margarine for a flavorful blend and an interesting entree.

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MENU PLAN

Breakfast % cup skim milk % cup sold cereal with ½ cup skim milk Sliced strawberries Coffee

nack 1 breakfast roll Coffee

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Lunch
fillet of sole with lemon
¼ cup carrots with ¼ tsp. margarine
¼ cup peas with ¼ tsp. margarine
Fruited gelatin mold

1 cup skim milk 2 crackers

Dinner Fruit cocktail Mexican Chicken

MCKICAR CRICKER
4 CUP rice
Tossed spinach with mushroom salad
Vinegar and vegetable oil dressing
Dinner roll with 44 tsp. margarine
sherbet

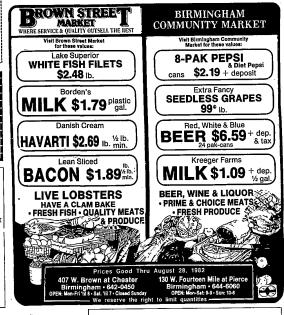
MEXICAN CHICKEN

MEXICAN CHICL'E (makes 6 servings)
1 (2%-lb.) frying chicken, cut up
2 Tbsp. margarine
1 cup chopped onion
4 tsp. crushed fresh garlie
54 tsp. ground cumin



14 tsp. ground black pepper 2 jars (4 oz. each) sliced pimientos 3 cups hot cooked rice Parsley

Remove loose skin and visible fat from chicken pieces. Melt margarine in a large skillet over medium heat. Add otheken pieces and brown on all sides until golden. Remove chicken fom skillet. Add otion, garlic, cumin and pepper to skillet, saute unit tender, stirring occasionally, 2-3 minutes. In a blender or food processor, process undrained pimientos until smooth, stir into skillet mixture. Return chicken pieces to skillet; cover and cook 20 to 25 minutes, or until tender. Serve with hot cooked rice and garnish with parsley.





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A sore that does not heal.

Unusual bleeding or discharge.

Thickening or lump in breast or elsewhere.

Indigestion or difficulty in swallowing.

6. Obvious change in wart or mole.

7. Nagging cough or hoarseness.

6. A fear of cancer that can prevent you from detecting cancer at an early stage. A stage when it is highly curable. Everyone's afraid of cancer, but don't let it scare you to death.

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