



Keep the grapefruit the way it is

There's a move afoot among citrus growers that has me worried. They want to sweeten the grapefruit. The idea has taken root in Florida, but I fear it will shoot across the Sun-belt and grapefruit — down the road — will taste like oranges. I call it sour grapes. Citrus officials cite consumer resistance to the industry's stepchild. They want grapefruit to appeal to everyone instead of just older, more affluent and educated buyers. While I'm an educated shopper, I'm neither old enough to collect Social Security nor affluent enough to drink

more than my share of grapefruit juice. But I am alert enough to spot the old economic squeeze play. Americans drank 863-million gallons of orange juice in 1983, 44 percent more than they did in 1973. They only sipped 90-million gallons of grapefruit juice last year, 7 percent more than a decade ago. Not only do I drink grapefruit juice, I use it in salad dressings and sauces. If you're willing to stand up and be counted, and consume more grapefruit juice, we can keep it sour.

GRAPEFRUIT FRENCH DRESSING
 3 tbsp. grapefruit juice
 1 1/4 tsp. sugar
 1 tsp. salt
 1/4 tsp. black pepper
 1/4 tsp. poultry seasoning
 1/4 tsp. bottled hot sauce

Heat butter and garlic in small saucepan over low heat until butter melts, stirring. Blend in flour and cook several minutes until smooth, stirring. Remove from heat and stir in remaining ingredients. Heat just to boiling, constantly stirring, and baste chicken or fish before and while cooking. Yields 1 cup.

GRAPEFRUIT SAUCE
 1/2 cup butter, cut up
 1 small garlic clove, crushed
 2 tsp. all-purpose flour
 1/2 cup water

Heat butter and garlic in small saucepan over low heat until butter melts, stirring. Blend in flour and cook several minutes until smooth, stirring. Remove from heat and stir in remaining ingredients. Heat just to boiling, constantly stirring, and baste chicken or fish before and while cooking. Yields 1 cup.

Strawberry cream torte is heavenly

This heavenly Strawberry Cream Torte is a fantasy for your guests, and a delight for you to make because of its simplicity. You create it from a simple



This luscious strawberry cream torte is easy to make and will be the star of any occasion.

pie cake mix and layers of creme de strawberry, with whipped cream, amaretto, chopped strawberries and vanilla custard — all topped with whipped cream, strawberries and crushed almonds.

CUSTARD FILLING
 1 1/2 cups milk
 1 tsp sugar
 1 1/4 tsp cornstarch
 2 egg yolks
 1/4 tsp vanilla extract
 1 tsp amaretto
 1 pint fresh strawberries, chopped

Boil 1 1/2 cups milk with sugar. In small bowl,

dissolve cornstarch, egg yolks, vanilla extract in 1/2 cup cold milk and add to hot milk mixture. Cook for 1 minute. When cool, add amaretto and chopped strawberries and use for layer filling.

WHIPPED CREAM FILLING
 1 1/2 pints whipped cream
 3 tsp sugar
 3 tsp creme de strawberry

Mix above and use for both layer filling and for garnishing of cake. Ice cake with whipped cream mixture and decorate sides with crushed almonds. Garnish top with sliced strawberries and crushed almonds.

Extend life of cut flowers

Flowers bought from a florist or cut in your garden don't have to be here today and gone tomorrow. You can extend their vase life with a little special care.

Horticulturists at Michigan State University advise cutting garden flowers early in the morning or late in the evening, when they are crisp with water. During the heat of the day, they lose water through transpiration faster than their roots can replace it and may be wilted.

Select flowers that are not yet in full bloom or past it, and cut them with a sharp knife or shears. Avoid tearing or smashing the stems — this can interfere with water uptake.

Carry a container of warm water to the garden and place flowers in it immediately after cutting. Cut flower stems exposed to the air tend to get air bubbles in the passages through which water moves. These bubbles may block the uptake of water.

Leave flowers in the warm water for about two hours before arranging them so they can take up as much water as they can hold. If you must keep them a while longer, place them in fresh warm water and set them in the refrigerator. Remove excess foliage and cover them with plastic or paper to slow water loss.

ALWAYS USE a clean container for cut-flower arrangements. Previously used vases may contain bacteria that will quickly multiply and block the water-conducting tubes of the flower stems. Remove foliage below the water line. Foliage decaying in the water hastens the demise of the flowers by contributing to the bacterial buildup.

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