

Fresh produce is tasty bargain

Gardening tops the list of outdoor leisure activities, and it's no wonder. Growing your own fruits and vegetables is a labor of love that pays many dividends. Even if you do your harvesting at a roadside stand or the supermarket produce section, you still reap the rewards of fresh flavor, good nutrition and low prices.

In-season fruits and vegetables are a bargain in several ways. Quality is at its peak. Prices are at their lowest. Flavor is at its best. You save even more when you buy only what you can use in a few days. Waste is costly.

Select produce with an eye for quality. As a general rule of thumb, fruits and vegetables should look fresh and feel heavy in relation to their size. For greatest savings, however, be sure to consider the end use. A few surface blemishes won't affect peaches you plan to slice and serve over cereal or freeze for the winter.

Protect your investment by handling and storing produce with care. Most fruits and vegetables should not be washed before storing. All but root vegetables, however, should be refrigerated soon after you bring them home. Serve ripe produce as soon as possible for maximum color, flavor and nutritive value.

Fruits and vegetables receive high marks for versatility, too. All fruits

and many vegetables can be eaten out-of-hand or used to create accompaniment and main dish salads. Both add a cool note to warm-weather menus. For a hot side dish that's high in flavor but low in calories, slice two or three vegetables until crisp-tender and top with lemon juice and freshly grated pepper. The same vegetables also could be stir-fried or marinated in a bottled salad dressing and served chilled. Vary the vegetables as others become readily available and low in price.

Stretch food dollars even further by teaming seasonal vegetables with some meatless main dish ideas: Louisiana Red Beans and Rice, Mexican Bean Burritos or hearty pea soup with oatmeal bread. Add a garden salad and fresh fruit for dessert. Besides being economical, meatless main dishes provide a healthy change of pace.

Vegetables also can be added to baked products. Zucchini and green onions from the garden star in Zucchini 'n Cheese Corn Bread. The delightful grain flavor of the corn meal complements the tangy cheddar cheese and crunchy walnuts. Loaded with vitamins and minerals, this colorful quick bread also is simple to prepare. Accompany with milk for a nutritious snack or chilled garpacho for a light summer supper.

ZUCCHINI 'N CHEESE CORN BREAD
1 1/2 cups all-purpose flour
1/2 cup corn meal
1/2 cup chopped walnuts (optional)
2 tbsp sugar
4 tsp baking powder
1 1/4 tsp salt
1 cup milk
1 cup coarsely shredded zucchini
1 cup (4 oz) shredded cheddar cheese
1/2 cup sliced green onions or chopped onion
1/4 cup vegetable oil
2 eggs, beaten

Heat oven to 400°. Grease 9-inch square baking pan. Combine dry ingredients. Add remaining ingredients, mixing just until dry ingredients are moistened. Pour into prepared pan. Bake about 30 minutes or until golden brown. 9 servings.

Summer wouldn't be summer without plump, juicy peaches. When peeled peaches are needed for desserts and salads, take a tip from the experts. Peels will slip off easily if you place peaches in boiling water for 30 seconds, then remove with a slotted spoon and plunge into cold water.

Use the pick of the crop to prepare Fresh Peach Cobbler. This old-fashioned dessert sports a contemporary corn meal biscuit topper. The naturally

sweet fruit requires just a minimum of sugar and cooks quickly. This wholesome treat tastes delicious unadorned but can be dressed up with vanilla ice cream or yogurt.

FRESH PEACH COBBLER
6 cups fresh peeled sliced peaches (about 8 medium peaches)
1/2 cup firmly packed brown sugar
1 tsp cornstarch
1 tsp lemon juice
1/4 tsp cinnamon
1/2 cup all-purpose flour
1/2 cup corn meal
1 tsp granulated sugar
1 tsp baking powder
1/2 tsp salt
2 tsp margarine
1/4 cup milk
1 egg, beaten

In 3-quart saucepan, combine peaches, brown sugar, cornstarch, lemon juice and cinnamon. Bring to a boil, stirring constantly. Boil and stir 1 minute. Pour into 1 1/2-quart casserole. Heat oven to 350°. Combine dry ingredients. Cut in margarine until mixture resembles coarse crumbs. Add milk and egg, mixing just until dry ingredients are moistened. Drop by scant 1/4 cupfuls over hot filling. Bake 30-35 minutes or until topping is light golden brown. Serve warm. 6 servings.

In medium saucepan, bring brown sugar, orange juice, rind and salt to a boil. Mix cornstarch with cold water and stir into sugar mixture. Cook, stirring constantly, and boil 1 minute. Remove from heat. Stir in butter and walnuts; keep warm.



Pepsi • Diet Pepsi • Pepsi Light • Pepsi Free • Diet Pepsi Free • Mt. Dew

8 Pk. 1/2 Liter Btls. **\$1.69** plus tax. No Limit

COUPON

\$1.00 OFF WINE

Get \$1.00 Off any wine purchase of \$10 or more. Limit 1 with coupon • Expires August 26, 1984.

COUPON

CIGARETTES

\$8.19 Carton plus tax

100's and 120's... \$8.99

Limit 1 with coupon • Expires August 26, 1984

Farmington Hills Market

24233 Orchard Lake Rd. at 10 Mile

Open 7 Days • 475-0882 • Large Selection of Beef, Wine & Liquor

Sunday Liquor Sales after NOON

KEG BEER

Pancakes make a delicious dessert

All the world loves a lover and pancakes. The French have their crepes, the Russians their blinis, the Chinese their egg rolls, the Italians their caneloni. Here in our country they may be called griddle cakes or Johnnycakes, may be made with cornmeal or sourdough, may vary in size from silver dollars to dinner plates and be served with almost anything from apple sauce to Zabaglione.

In today's recipe the pancakes are made salad-plate size (about seven inches) and are piled up in a stack (four cakes high), then cut into wedges. They are served with an orange-walnut sauce and a dollop of sour cream. Pancakes are traditionally served on Shrove Tuesday, the day before the start of Lent but are good any day of the year.

To accompany the pancakes, brew up a pot of tea, using high quality tea and following these simple but essential rules: First, bring freshly drawn cold water to a full rolling boil. Then, warm the teapot by filling it with hot water. After a couple of minutes, empty out the water and put one teacup or one teaspoon of loose tea into the pot. Pour the boiling water (about 5 1/4 ounces per serving) over the tea. Cover the teapot and let stand for three to five minutes.

PANCAKE DESSERT
(Makes 4 servings)

1 egg
1 cup milk
1 tbsp. oil
2 tbsp. butter or margarine, melted
1 tsp. vanilla
1 tsp. grated orange rind
1 1/4 cups pancake mix
1 1/4 cups sour cream
*Orange Walnut Sauce
Orange sections for garnish

In medium bowl, beat egg and milk together with whisk or hand beater. Add oil, melted butter, vanilla, orange rind and pancake mix. Beat just until smooth. Allow to stand for 2 or 3 minutes for batter to thicken.

Use electric skillet heated to 375 degrees or heat griddle and test by letting a few drops of cold water fall on it. If the water bounces, the griddle is ready to use. Lightly grease skillet. Drop about 1/4 cup batter in the center to make a 7-inch pancake. Cook until bubbles appear on top and cake is light brown on bottom. Turn and bake until second side is done. Remove and place in single layer on baking sheet. Bake three more pancakes and place on baking sheet. Keep warm in 200 degree oven until ready to assemble. Batter makes 4 large pancakes.

To assemble on serving dish, place 1 pancake and spread with 2 tablespoons sour cream. Repeat with additional layers of pancakes and sour cream. Garnish top with a dollop of sour cream and orange sections. Cut wedges and serve with Orange Walnut Sauce.*

***ORANGE WALNUT SAUCE**
(Makes about 1 cup)

1/2 cup packed brown sugar
1/2 cup orange juice
1/4 tsp. grated orange or lemon rind

IGA

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5
We Feature Western Beef

Quantity Rights Limited

Not Responsible for Errors in Printing

IGA TABLETTE WESTERN BEEF

Round Steak

\$1.69 LB.

FULL CUT SOLD AS STEAK ONLY

IGA TABLETTE WESTERN BEEF

Boneless Beef

Chuck Roast

\$1.49 LB.

SOLD AS ROAST ONLY

IGA TABLETTE BONELESS BEEF

Denver Steaks

\$1.99 LB.

IGA TABLETTE GOV'T INSPECTED

Fresh Pork Steaks

\$1.49 LB.

BUTCHER BOY

Meat Franks

\$1.59 LB.

"FRESH" Bay Scallops

\$2.99 LB.

Bologna

\$1.49 LB.

ARMOUR STAR "Pan Size"

Sliced Bacon

12 oz. \$1.39 Pkg. LB.

Seven Up Diet or Reg. Like, Regular or Sugar Free

16 oz. \$1.59 8 Pk. + Deposit

IGA Coupon

99¢

IGA Coupon

99¢

DOUBLE COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, August 26, 1984

The Great American Sandwich

White Cauliflower

99¢

Produce

Paula Red Apples

99¢

IGA Bonus

99¢

Save 69¢

CHOCOLATE Premium Bananas

28¢

FAME & FANCY Pork & Beans

59¢

Save 70¢

Imperial Margarine

65¢

IGA Coupon

99¢

IGA Coupon

99¢

MAPLE DRUGS

FARMINGTON — DRAKESHIRE • 3131 Grand River
PHONE: 471-0106
PACKAGE LIQUOR

FARMINGTON — DOWNTOWN • 3136 Farmington Rd.
PHONE: 478-4130
BEER & WINE

WESTLAND — 3400 FORD RD. Between Vinoy & Wayne Rds.
PHONE: 779-3300
PACKAGE LIQUOR

WESTLAND — 31305 JOY RD. Joy & Meridian Rds.
PHONE: 471-9110
PACKAGE LIQUOR

COUPON

ALL CO-PAI PRESCRIPTIONS 49¢

ALL CO-PAI PRESCRIPTIONS \$1.49

LIMIT 1 COUPON PER FAMILY

20% OFF

KITCHEN GALLERY'S SUMMER SALE

WEDDING SUPPLIES AND ALL PANS 20% OFF

REGISTER FOR CLASSES NOW

Bakers Cake Decorating Begins Sept. 19

Advanced Cake Decorating Begins Sept. 17

Candy Class I Begins Sept. 20

Herbs and their uses course Begins Sept. 18

25057 W. Six Mile
Redford • 832-3680
Sat. & Mon. 10:00-6:00, Tues.-Fri. 10:00-6:00