## Herb lady tells how it all began

For more information on how to get in on this, she may be reached at Matthael Gardens, 1800 N. Dixboro Road, Ann Arbor. Folks interested in entering the amateur horticultural sale may contact her directly at 763-7061.

And if all of that isn't enough, the Steinhauers are also active environmentalists. She abhors the use of pesticleds and says that the best pesticled of all is "your own two hands." She composts elippings and garbage and uses the natural fertilizer to

Here are a couple of herb lady Di-ane Steinhauer's tried-and-true re-cipes.

HERBAL CAMOMILE TEA 10 tablespoons flower heads of chamomile

4 cups fresh water, brought to rolling boil

First, bring fresh cool water to a rolling boil. Then rinse a chiaa, pottery or nonmetallic teapot with some of the water. Toss in the herbs (2 tablespoons fresh or 1 tablespoon dry). Add the water and allow the tea to "steep" for about 5 minutes Strain the herbs as soon as the tea reaches desired strength. Serve with honey, lemo, orange siless or fresh herb sprigs. To make leed tea, follow the same procedure, using 3 tablespoons of fresh herbs per one cup of

IN THE FALL, she sows annual rye grass to help keep the garden from groding and to add valued nutrients, not to mention that the grass 'looks great in the late fall when everything has been turned under for a winter's sleep."

If you are into herbs and gardening as much as Steinhauer, you will want to stop by Matthael Gardens, Maybe you will be lucky and she will have a pot of chamomile tea brewing on the portable stove.

CREAM OF SORREL SOUP
1 cup fresh sorrel leaves
1 tablespoon butter or oil
1 small clove garlle, minced fine
4 cups good chicken stock
1 cup heavy or whipping cream
salt and pepper to taste

Wash and pat dry sorrel leaves. Chop line. In a heated saucepan, add butter or oil and saute chopped herbs with the garlie for I minute. Stir in chicken stock and simmer for 10 minutes. Place soup in a blender or

proc Raise the temperature of the cream with a little hot soup, stirring constantly, making sure not to boll. Correct taste with salt and pepper, if desired.

water. The extra allows for melting

ro

## Lois Thieleke

Shelf-stable foods are fast

home economist, Cooperative Extension Service

"Is it ready?" "Can we cat?"
"Let's go." are busy phrases for the cat-and-run families.

Busy lifestyles have demanded foods that are quick-cook, easy to store, with no mess and no clean-up. Even though these foods have been designed to benefit working parents, singles, older adults and children, do you get the feeling you're cooking with a stop watch?

No refrigeration and two minutes in the microwave can provide a meal from a shell-stable package. No refrigeration and two minutes in the microwave can provide a meal from a shell-stable package. The stable package of the stable package is these packages of an all straight from its and the stable package as a fit it were in a traditional metal can. The oxygen-free coultronment created by this process makes the survival of most food-plosonings bacteria impossible.

The manufacturer claims that these shelf-stable products are more freesh-like and retain more nutrients because this process is done so quickly. Check the package for a "see by" or "use by" date, and use as a guideline.

These packages are really a portable food. Put them in your purse or briefcase to take to work, school or anywhere there is a microwave.

The separation of the production of the separation of the container and throw away. No messy cooking, no messy clean-up or dishes to wash. more than other frozen foods. Another advantage of the single servings is that you can buy all kinds of ethnic foods that add a lot of variety to meals. No leftovers to have to reheat the next day, either.

Safety is always a concern with food and working with appliances. Cirisping cards have been added to fish and potato products and to pizzas that the food will be crispy, not soft. These cards made of aluminum-cated plastic become extremely hot and can burn you easily. If children are making these for sancks, caution them about the heat also. Whether food is designed for a microwave or a conventional over, the cook of flavor more so than frozen or canned. These foods are spared the extreme heat of canned foods and extreme cold of frozen, both of which damages the cell structure of the foods and extreme cold of frozen, both of which damages the cell structure of the foods and extreme cold of frozen, both of which damages the cell structure of the foods and extreme cold of frozen, both of which damages the cell structure of the foods and extreme cold of frozen, both of the foods and convenience.

sometimes look like shelf-stable products. Foods purchased in the dell, dairy case or refrigerated meat sections in the store have to be kept at refrigeration temperatures at all times.

times.

Read the label and pay special attention to key words like "keep refrigerated," "sell by" or "use by" dates. Chill foods in the colder lower areas of your refrigerator, not on the refrigerator door.

These foods need to be heated thoroughly before serving. Follow the directions and recommended cooking times and temperatures. When microwaving, always stirl foods to distribute the heat evenly and allow to stand before serving, and the serving and allow to stand before serving, bon't worry unduly about the safety risks of fresh, refrigerated foods. However, be smart about buying, storing and cooking these products.

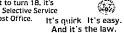
There is no doubt that microwaves

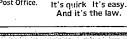
There is no doubt that microwaves There is no doubt that microwaves have changed the packaging of foods. The microwave is the key cooking appliance for three out of four households, so manufacturers are designing new foods and new packages for the busy consumer lifestyle.

If there are only a few minutes on your cooking stop watch, you may want to consider some of this new generation of convenience foods.

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