

Dark, Silvery Blueberries Best

By ELLY

According to Larrestine Trimm of the Michigan Department of Agriculture, consumers should look for plump, firm berries, dark blue in color, with a silvery bloom, when buying or picking fresh blueberries.

The silvery bloom is a natural protective wax coating which seals in flavor and nutrition. Berries should be refrigerated as soon as possible and washed only when ready to use.

Michigan's blueberry industry has made great progress in recent years. Michigan led the nation in blueberry production from 1969 through 1971, according to Michigan Department of Agriculture marketing officials.

But last year a sudden freeze from June 10 destroyed much of the crop and Michigan dropped to third place nationally.

True blueberry lovers seem to like the fruit best when served chilled with cream and sugar, or in blueberry pie.

Another delightful way to serve fresh blueberries is with fresh sliced peaches, a

spoonful of Michigan dairy sour cream and a dash of cinnamon.

To make blueberry filling for cheese blintzes or topping for pancakes, waffles or French toast, combine a 21-ounce can of prepared blueberry pie filling with 1/4 teaspoon ground nutmeg and 1 1/2 teaspoons lemon juice.

Buy several quarts of fresh blueberries and freeze them now so you'll have plenty on hand for fresh hot muffins during winter months when prices are generally higher for canned and frozen berries.

Thinking of Christmas in July? Jars of flavorful homemade blueberry jam would make terrific gifts at Christmas time.

Blueberry jam isn't difficult to make because it only takes one cooking step and the fruit pulp is used. Check your cookbook for detailed instructions. And don't be surprised if your friends and relatives expect more the following year.

Super shortcake is a towering dessert, spangled with blueberries, a crown of lemon sherbet and more blueberries.

Secret of the flaky biscuit is in the mixing: The dough should be handled with a very light touch.

Make your own fresh blueberry sauce or use a 15-ounce can of blueberries, adding 1/2 cup water and thickening with one tablespoon cornstarch.

SUPER SHORTCAKE

6 servings

2 c. enriched flour*

2 T. sugar

1 T. baking powder

1 T. salt

1/4 c. shortening

1 c. shipping cream

1/2 c. blueberries

Lemon sherbet

Blueberry sauce (recipe below)

Stir together flour, sugar,

baking powder and salt. Cut

in shortening until mixture

resembles coarse crumbs.

Combine 1/2 cup cream and

blueberries, reserving re-

maining cream to whip for

garnish. Blend blue-

berry-cream mixture into

flour mixture to make soft

dough. Press into ball. Roll

out on lightly floured surface

to about 3/4 inch thickness.

Cut out two biscuits with 1/4

to five inch floured round

cutter. Press remaining

dough together to make third



SUPER SHORTCAKE is a towering dessert with blueberries in the flaky dough. It's crowned with lemon sherbet and a blueberry sauce.

biscuit. Place on lightly greased baking sheet. Bake in preheated 425-oven 12 to 15 minutes or until lightly browned. Cool slightly. Split biscuits, top each half with scoop of lemon sherbet and warm Blueberry Sauce. Whip remaining 1/4 cup cream for garnish.

Fresh Blueberry Sauce:

1 pint fresh blueberries

1 1/4 c. water

1/2 c. sugar

2 T. cornstarch

2 T. lemon juice

Reserve 1/2 cup blueberries

for shortcake. In medium

saucepan heat water to boiling;

add remaining blue-

berries. Blend cornstarch

and sugar together; add to

blueberry mixture. Bring to

a boil, stirring constantly.

Reduce heat and simmer two

minutes or until thickened,

stirring occasionally. Stir in

lemon juice. Cool slightly.

*Spoon flour into dry mea-

suring cup; level. Do not

scoop.

NOTE: If self-rising flour

is used, omit baking powder

and salt.

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Michigan Tomatoes Can Brighten Summer

Brighten your summer days with flavorful Michigan vine-ripened tomatoes. This juicy, colorful fruit is versatile, economical and rich in vitamins C and A.

Last year, Michigan produced 47.2 million pounds of fresh market tomatoes valued at nearly \$7 million, according to marketing officials of the Michigan Department of Agriculture.

When buying fresh Michigan tomatoes, look for smooth, firm tomatoes, reasonably free from blemishes.

A fully ripe Michigan tomato has rich red color and yields to gentle pressure in your hand. The less than fully ripe have firmer texture and range in color from pink to light red.

To retain the high vitamin content and bright color, food experts say you should store ripe tomatoes in good light, but not in direct sunlight, at temperatures ranging from 65 to 75 degrees, unwrapped.

Tomatoes that are not fully ripe will ripen off the vine for five to six days.

Fruit and vegetable inspectors at the Michigan Department of Agriculture recommend you place them in a brown paper bag away from the light so they'll ripen more evenly. Once ripe, you can store them in the refrigerator to keep for several days.

Disaster Fund Boosted By UF

Thanks to the generous giving of metropolitan Detroit citizens during annual Torch Drives, the traditional Red Cross response to disaster was made possible once again.

Aid to victims of late winter storms, tornadoes, and resultant flooding in Michigan and across the nation, came in the form of a pledge from the United Foundation for \$177,471.

Edward N. Cole, General Motors Corp. president and president of the UF, handed the pledge to Dan F. Smith, chairman of the Southeastern Michigan chapter, American Red Cross. Smith is vice president - operations for Michigan Bell Telephone Co.

Cole said the Red Cross in many other cities has been forced to campaign for additional money at a time when all their energies and resources should be focused on bringing relief to the needy.

The national goal for this special Red Cross campaign is \$6.5 million.

"However, UF money was at work in the disaster areas hours after tragedy struck because a portion of each annual Torch Drive allocation to the Red Cross goes to the national disaster fund," Cole concluded.

Since March 17, there have been 81 floods, tornadoes and explosions in 22 states, affecting thousands of people.

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