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HOMEMAKERS' CHAT

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SUBJECT: "Bringing in the Harvest"...Information from the garden specialists of the United States Department of Agriculture.

Chances are...you've already started eating some vegetables from your garden. As you get more and more during the summer...you'll want to keep in mind these tips on picking vegetables when they're at top quality.

First...about lettuce, other greens and radishes. They're best when they're young, tender and crisp. So don't wait for them to grow as big as they'll get. Enjoy them while they're young.

As for yellow crookneck squash...the skin on them may get hard and tough if they're allowed to hang on the vine. You'll find they taste better when they're from four to six inches long...not much bigger.

Sweet corn. It needs to be cooked as soon after it's pulled as possible. When an ear is left on the back porch a few hours, the sugar begins to turn to starch...and the flavor is on it's way out.

If you're a broccoli fan, you know sprouting broccoli should be eaten before the flowers cluster and begin to turn yellow.

Tomatoes have better flavor and more vitamin C when they're vine ripened. So whenever it's possible, you'll be smart to leave the tomatoes on the vine until they get ripe.

Carrots are best when they're about one inch in diameter at the top...after they're through babyhood and before they get that middle-aged spread. Not only do they taste better then, but that's the time they contain the largest amount of food value.

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