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COLD CONSERVES VITAMINS AND FLAVOR

Keeping fresh vegetables in a cold place until just before using will save fresh flavor as well as vitamins. Many of the common garden vegetables are naturally excellent sources of vitamins A and C, but lose much of this value if they are allowed to stand for any considerable length of time in a warm place after gathering.

_____, _____, at _____
(Name) (title) (institution)
says that studies at various State experiment stations show that oxidation, the action of the oxygen in the air on the vegetable, is the chief destroyer of these two vitamins. Heat, she says, hastens oxidation and cold retards it. So, if one is thrifty about vitamins, one gathers the garden vegetables just before using, or keeps them in the refrigerator if they must wait. The less the vegetable is exposed to air, the better for the vitamins, also. It pays to keep peas or lima beans in their pods until just before cooking, and to shred cabbage or peel or cut up other vegetables the last minute.

Cold conserves not only vitamins but also the sugar, _____ reports. When freshly gathered, sweet corn, peas, lima and snap beans contain a good deal of sugar. If these vegetables are left in a warm place after they are picked, the sugar rapidly turns to starch. Half the sugar in peas and sweet corn was lost when they were kept 24 hours at 85 degrees F. When kept at just above the freezing point, 32 degrees, only a small amount of sugar was lost in 2 weeks.

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