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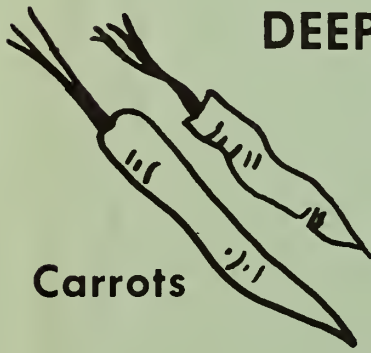


VEGETABLES

a good choice for the thrifty family

VEGETABLES GIVE US VITAMINS A AND C

These Vitamin A Vegetables are almost always good buys . . .

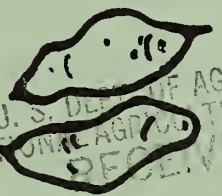


Carrots

DEEP YELLOWS



PUMPKIN

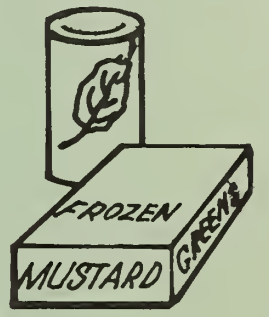


Sweet Potatoes



Collards, Kale

Spinach



Turnip and other Greens

DARK LEAFY GREENS

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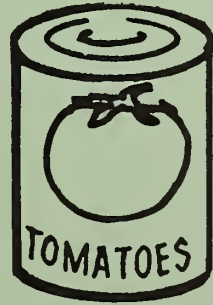
EAT ONE OR MORE VITAMIN A FOODS EVERY OTHER DAY

These Vitamin C Foods are almost always good buys . . .

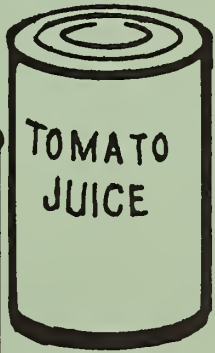


GREENS

FROZEN



TOMATOES



TOMATO JUICE



Cabbage



White Potatoes and Sweet Potatoes

DARK LEAFY GREENS ALSO SUPPLY VITAMIN C

EAT ONE OR MORE VITAMIN C FOODS EVERY DAY

FNS-19 (Formerly C&MS 27&28)

U.S. Department of Agriculture • Food and Nutrition Service • Agricultural Research Service

HOW TO COOK FROZEN VEGETABLES

Cook frozen vegetables in a little boiling water until just tender using the directions on the package label. Frozen vegetables take less boiling time than fresh vegetables. Serve cooked vegetables with a little margarine or butter, if you like.

HOW TO HEAT CANNED VEGETABLES

Heat vegetable and liquid. Add a little margarine, butter, meat drippings, or other seasoning, if you like.

HOW TO PREPARE FRESH VEGETABLES

- Remove spoiled, bruised, wilted, or discolored parts; remove woody stems and parts.
- Make parings thin to avoid loss of food nutrients.
- Do not throw away usable outside green leaves of cabbage, lettuce, and other leafy vegetables. They are high in food nutrients.
- Wash well. For leafy vegetables use plenty of water; lift from the water to leave dirt behind. Separate leaves or stalks to clean them.
- Do not soak vegetables long or they will lose food nutrients.

HOW TO COOK FRESH VEGETABLES

- Put $\frac{1}{2}$ to 1 cup water in a pan for 6 servings of vegetables. Add $\frac{1}{2}$ teaspoon salt. Use enough water to cover older or larger vegetables that need longer cooking.
- Bring water to boiling. Add vegetable.
- Cover pan and bring water back to boiling.
- Lower heat and boil gently until vegetable is tender (see list for boiling time).
- Add 1 or 2 tablespoons margarine or butter before serving, if you like.

FRESH VEGETABLE	TIME FOR BOILING
	<i>Minutes</i>
BEANS	
Green snap or yellow wax ..	12 to 16
Lima or butter beans	25 to 30
BEETS	
Young, whole, unpeeled	30 to 45
Older, whole, unpeeled	45 to 90
BROCCOLI, with stalks split ..	10 to 15
CABBAGE	
Cut-up	3 to 10
Cut in chunks	10 to 15
CARROTS	
Cut-up	10 to 20
Whole	15 to 30
CAULIFLOWER, cut-up	10 to 20
CORN, on cob	5 to 15
GREENS	
Beet greens	5 to 15
Collards	10 to 30
Kale	10 to 15
Mustard	15 to 30
Spinach	3 to 10
Turnip greens	10 to 30
ONIONS, whole	15 to 30
PARSNIPS	
Cut-up	8 to 15
Whole	20 to 40
PEAS, green	12 to 16
POTATOES	
Cut-up	20 to 25
Whole	25 to 40
SWEETPOTATOES (or yams)	
Cut-up	15 to 25
Whole	35 to 55
SQUASH	
Summer, cut-up	8 to 15
Winter, cut-up	15 to 20
TURNIPS	
Cut-up	10 to 30
Whole	20 to 30

BAKED POTATOES OR SWEETPOTATOES

6 white potatoes or sweetpotatoes
Fat

Wash potatoes. Rub with a little fat.

Bake on a rack or in a baking pan at 425° F (hot oven) until soft. White potatoes will take 50 to 60 minutes, and sweetpotatoes will take 35 to 60 minutes, depending on size and variety.

Makes 6 servings.

SWEET AND SOUR BEETS

½ cup sugar
2 tablespoons flour
1 teaspoon salt
Pepper, as you like
¼ cup vinegar
½ cup beet liquid or water
2½ cups drained, cooked or canned beets

Mix sugar, flour, salt, and pepper in a pan.

Mix in vinegar. Add beet liquid or water.

Cook and stir over medium heat until mixture is thickened.

Add beets and heat.

Makes 6 servings, about ⅓ cup each.

SQUASH AND TOMATOES

3 medium-size or 6 small zucchini or yellow summer squash
1 small onion
2 slices bread
2 cups fresh or canned tomatoes
½ teaspoon salt
Pepper, as you like

Slice squash. Chop onion. Cut up bread.

Mix all ingredients in a saucepan. Cover and boil gently about 30 minutes until squash is tender and flavors are blended.

Add salt and pepper.

Makes 6 servings, about ½ cup each.

- Save the liquid from drained, canned or cooked vegetables for use in soups or for sauces to serve over vegetables.

VEGETABLE IN CREAM SAUCE

2 tablespoons fat (margarine or butter)
2 tablespoons flour
1 cup fluid milk
Salt and pepper, as you like
3 cups drained, cooked or canned vegetable (such as carrots, peas, green beans, lima beans, or spinach)

Heat fat, stir in flour.

Add milk slowly, stirring until smooth.

Cook and stir until mixture is thickened.

Add salt and pepper and vegetable. Heat.

Makes 6 servings, ½ cup each.

VEGETABLE IN BUTTER SAUCE

Use recipe for Vegetable in Cream Sauce. Use 1 cup liquid from the vegetable in place of milk or use part vegetable liquid and part milk.

VEGETABLE IN CHEESE SAUCE

Use recipe for Vegetable in Cream Sauce. Add ¾ cup finely cut-up cheese to sauce. Stir over low heat until cheese melts.

VEGETABLE IN MUSTARD SAUCE

Use recipe for Vegetable in Cream Sauce. Stir 1 tablespoon prepared mustard into sauce before adding vegetable.

VEGETABLE IN PEANUT BUTTER SAUCE

Use recipe for Vegetable in Cream Sauce. Add 2 tablespoons peanut butter with the fat in making sauce. Thin the sauce with water, if you like.

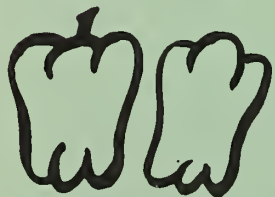
SOME VITAMIN A AND C VEGETABLES ARE GOOD BUYS AT CERTAIN TIMES OF THE YEAR...

FOR VITAMIN A

FOR VITAMIN C



Hubbard and Butternut Squash



Red Peppers



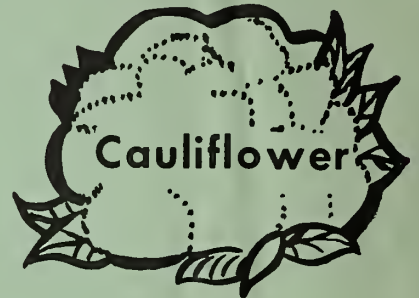
Broccoli-supplies both vitamins A and C



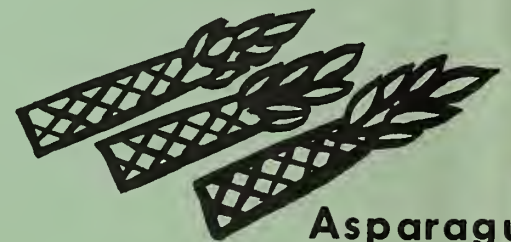
Tomatoes



Brussels Sprouts



Red and Green Peppers



Asparagus

Buy these Foods when they are low in cost

Watch for others that are good buys when in season



watch the cooking time

GLAZED SWEETPOTATOES

- 2 tablespoons fat (margarine or butter)
- 1/4 cup sugar
- 1 tablespoon water
- 3 cups cooked or canned sweetpotatoes

Mix fat, sugar, and water in a fry pan. Add sweetpotatoes. Cook over low heat about 10 minutes, turning often, until sweetpotatoes are coated and sauce is very thick.

Makes 6 servings, about 1/2 cup each.

SWEETPOTATO OR PUMPKIN PIE

- 2 eggs
- 1 cup cooked or canned, mashed sweetpotatoes or pumpkin
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon salt
- 1 cup fluid milk (see Note)
- Unbaked 8-inch single pie crust

Beat eggs in a large bowl. Add sweetpotatoes or pumpkin, sugar, cinnamon, ginger, and salt. Mix well.

Stir milk into mixture. Pour into unbaked pie crust.

Bake at 400° F (hot oven) about 50 minutes until firm around edges but still a little soft in center. (Center of pie will get firm as pie cools.)

Note: Evaporated milk may be used.