9-1922

Fruits and Vegetables: Budget Salad and Greens

M. Dolve

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FRUITS AND VEGETABLES,
Budget, Salads and Greens.

by

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Extension Specialist in Foods.

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South Dakota State College
W. F. Kuebler, Director.
Brookings, S.Dak.

Cooperative Extension Work in Agriculture
and Home Economics, South Dakota State
College and United States Department of
Agriculture Cooperating.

FRUIT AND VEGETABLE BUDGET FOR ADULT. (Minimum).
September 1st to June 1st.

<table>
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<th>Quantity per week</th>
<th>Dv. in servings per week</th>
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<tr>
<td>Tomatoes</td>
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<td>29</td>
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<tr>
<td>Chard</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Onions</td>
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<tr>
<td>Squash</td>
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<tr>
<td>Cauliflower</td>
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<tr>
<td>Asparagus</td>
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</tr>
<tr>
<td>Corn</td>
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<td>19</td>
</tr>
<tr>
<td>Beans</td>
<td>1 lb.</td>
<td>3</td>
<td>19</td>
</tr>
<tr>
<td>Peas</td>
<td>1 lb.</td>
<td>3</td>
<td>19</td>
</tr>
<tr>
<td>Beets</td>
<td>1 lb.</td>
<td>3</td>
<td>19</td>
</tr>
<tr>
<td>Carrots</td>
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<td>3</td>
<td>19</td>
</tr>
<tr>
<td>Koh Röbi</td>
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<tr>
<td>Rutabagas</td>
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<tr>
<td>Parsnips</td>
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<tr>
<td>Salsify</td>
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<td>3</td>
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<td>Turnips</td>
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<tr>
<td>Oranges</td>
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<tr>
<td>Grape Fruit</td>
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<tr>
<td>Apples</td>
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<tr>
<td>Bananas</td>
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<td>3</td>
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</tr>
<tr>
<td>Peaches</td>
<td>1 lb.</td>
<td>3</td>
<td>39</td>
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<tr>
<td>Cherries</td>
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<td>39</td>
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<tr>
<td>Plums</td>
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<td>39</td>
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<tr>
<td>Raspberries</td>
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<tr>
<td>Strawberries</td>
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<td>39</td>
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<td>Other canned fruit</td>
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<tr>
<td>Prunes</td>
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<tr>
<td>Raisins</td>
<td>1/8 lb.</td>
<td>2</td>
<td>9</td>
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<tr>
<td>Dates</td>
<td>1/8 lb.</td>
<td>2</td>
<td>9</td>
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<tr>
<td>Etc.</td>
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<td>9</td>
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<tr>
<td>Dry Beans</td>
<td>1/8 lb.</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td>Dry Peas</td>
<td>1/8 lb.</td>
<td>2</td>
<td>9</td>
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</tbody>
</table>

One pint of canned fruit or vegetable weighs about one pound.

It is rather difficult to group fruits and vegetables in regard to their place in the diet. "Differences in food value are due largely to the wide variations in water content, but also to the different quantitative proportions which the nutrients bear to each other, and in some instances to the presence of characteristic substances".

In making out the suggested budget the following has been considered:

1. Place or need in the diet.
2. To get variety in the diet.
3. What is available from So. Dakota gardens and markets.

It is intended to serve as a guide in planning the garden and in the canning work, so that the winter diet may fulfill all the food requirements to the best advantage.
FRUITS AND VEGETABLES.

Fruits and vegetables have been wrongly considered by some as luxuries and relishes valuable principally for the pleasant variety they give to the diet. This conception may be largely due to the fact that they contain a large amount of water and a comparatively small amount of the so called nutrients. The fact that milk is the most perfect food, though it contains 87% water, goes to show that the nature of the solids in any food rather than the quantity determines its actual food value.

As a whole fruits and vegetables are more economical sources of protein and energy than a good many people think. Their chief value however, lies in their ash or mineral contents rather than the proteins and carbohydrates they contain.

The vegetables and fruits are important in the diet because;

1. As a Source of Minerals.

The minerals most needed by the body are calcium (lime), iron and phosphorous. Calcium from which the bones and teeth are built and repaired, etc. Iron for the blood, and phosphorous for bone and cell building and other uses.

Of all the foods the green vegetables such as spinach is the most important sources of iron. Other vegetables as well as many fruits are also valuable sources of iron. The iron of the vegetables and fruits are more easily affected by the digestive processes than the iron of meat, and hence is more easily absorbed and becomes more available for nutrition than the iron of meat.

Dr. Henry Sherman in his book, "Food Products", says, "More over the use of too much meat, (especially by persons of sedentary habits or indoor occupation) tends toward excessive intestinal putrifaction, with resulting absorption of putrificative products which are detrimental to the red blood cells and probably in other ways interfere with the economy of iron in the body. Fruits, and vegetables on the other hand, have the opposite property and their use in liberal quantities tends to prevent or correct intestinal putrifaction, both by stimulating peristalsis and by furnishing a medium, less favorable to the activities of the putrificative bacteria."

A few of the fruits and vegetables especially rich in iron: -

Spinach  Radishes
Lettuce    Tomatoes
Dandelion greens  Squash
String beans  Carrots
Cabbage    Peas
Strawberries  Onions

Raisins.
A few of the fruits and vegetables especially rich in calcium or lime:

- Chard
- Celery
- Cauliflower
- Spinach
- Lettuce
- Rhubarb
- Turnips
- Strawberries
- Onions.

A few of the fruits and vegetables especially rich in Phosphorus:

- Spinach
- Lettuce
- Pumpkin
- Cucumbers
- Rutabagas
- Rhubarb
- Radish
- Parsnips
- Tomato
- Peas
- Corn
- Raspberries.

2. Vegetables and fruits contain an excess of base-forming elements. Meats, eggs, etc., contain an excess of acid-forming elements. The base-forming elements of the fruits and vegetables serve to counteract the acid forming elements of the meats and eggs and is therefore important that fruits and vegetables be used extensively when meats and eggs are used liberally. Thus the body can much more easily maintain the normal neutrality of the blood and tissues.


This is due to the fact that fruits and vegetables furnish sufficient bulk to stimulate in a mechanical way the digestive tract, and thus make the peristaltic action effective. An old French proverb says, "Spinach is the broom of the stomach." Also some fruits and vegetables contain some substances which in themselves have mild laxative effects. In some cases the raw fruit or vegetable is more laxative than the same fruit or vegetable in the cooked form. The astringent substances in the peeling may counteract the laxative effect of the raw flesh of fruit in some cases; for example, some people find the flesh of fruit, such as apples, too laxative, but when the skin is eaten also, they experience no inconvenience.

Typical Laxative Foods:

- apples (without skins)
- asparagus
- berries (except blackberries)
- bran
- bacon
- butter
- dates
- figs
- green beans
- grapes
- grapefruit
- honey
Typical Laxative Foods; (con't.)

- Butter milk
- cauliflower
- cream
- coarse breads
- lemons
- molasses
- oranges

- oatmeal
- other whole cereals
- olive oil
- prunes
- raisins
- spinach
- tomatoes

4. "The new studies indicating the richness of many types of plant tissues in those nutritive properties termed vitamins, place the dietary importance of green vegetables in an entirely new light, and emphasize their use to supplement the refined foods of the modern food industry which furnish products rich in proteins, fats, and carbohydrates, but in many cases comparatively deficient in the vitamins. The facts cited in the present investigation, along with others recently published, serve as an added reminder that the fat soluble vitamin need not be sought, solely in foods known to be rich in fats". (J. Biol. Chem. XLI 557).

"It has been generally supposed that the fruits and vegetables are useful in the dietary solely because of the inorganic salts, organic acids and the roughage which they supply. Now that some of these plant products have been found to be rich in their content of vitamins we may revise our estimate of their value in nutrition." (J. Biol. Chem. XXXIX 30).

Dr Sherman says, "Unquestionably the more general and more liberal use of fruits and vegetables is to be encouraged. Where the cost of food must be strictly limited, the dietary may often be improved by diminishing the expenditures for meats and sweets, in order that vegetables and fruits may be used more freely".

A Summary of the Dieletic Value of Fruits.

1. Source of mineral matter, vitamins, water, carbohydrates and some protein and fat.
2. Refreshing and cooling to the system.
3. Helps to eliminate waste.
4. Stimulates the appetite, aids in digestion and gives pleasant variety to the diet.
5. Fruits may be said to have a medicinal value because of their cathartic, diuretic, laxative and anti-scorbutic action.
POINTS TO REMEMBER IN SALAD MAKING.

1. Salad materials should be:-
   - Tender
   - Cold
   - Crisp.

   Gather green vegetables in the early morning or after sunset, keep in a cool place, closely wrapped in paper or in a closed vessel.

2. Salad materials should be symmetrical in shape and neat.

3. Water and oil do not mingle readily, so vegetables should be carefully dried before adding dressing.

4. A salad is well dressed when each bit of vegetable is lightly coated with appropriate dressing.

SALAD DRESSINGS.

Sour Cream Salad Dressing.

1 c. sour cream, whipped until stiff
1 tb. lemon juice
1 tb. pineapple juice, (if on hand).

Add lemon and pineapple juice during the whipping. Season with salt and a dash of curry powder when it is to be served with vegetable salads. Use only the fruit flavoring for fruit salad.

Suggestion: Sour whipped cream can be substituted for sweet cream in any boiled salad dressing recipes.

French Dressing.

2 ts. salt  ½ c. vinegar
1 c. olive oil 2 ts. pepper

Mix ingredients and stir until well blended. Used with crisp greens and vegetables and for marinating cooked salad material.

Cooked Salad Dressing.

Yolks of 3 eggs 1 c. weak vinegar
3 tbs. sugar 1 tb. salt
1 tbs. flour dash cayenne
1 tbs. mustard 3 tbs. butter

Mix dry ingredients. Heat vinegar in double boiler and add
butter. Beat yolk of egg, add dry ingredients to egg and then slowly add hot vinegar. Cook all together stirring constantly until mixture thickens. Use with any kind of salad. Whipped cream may be added before serving to make the mixture richer.

Mayonnaise Dressing.

1 ts. mustard  
1 ts. salt  
1 ts. powdered sugar  
Few grains cayenne  
yolks of 2 eggs  
2 tbs. lemon juice  
2 tbs. vinegar  
1½ c. olive oil.

Mix dry ingredients, add egg yolks and when well mixed add one-half teaspoon of vinegar. Add oil gradually, at first drop by drop and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil and vinegar, or lemon juice alternately until all is used, stirring or beating constantly. If oil is added too rapidly dressing will have a curdled appearance. A smooth consistency may be restored by taking yolk of another egg and adding curdled mixture slowly to it. It is desirable to have bowl containing mixture placed in a large bowl of crushed ice, to which a small quantity of water has been added. Olive oil for making mayonnaise, should always be thoroughly chilled. A silver fork, wire whisk, small wooden spoon, or egg-beater may be used as preferred. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or vegetables; therefore it should be added just before serving time.

Thousand Island Dressing.

1 c. mayonnaise dressing  
1 tbs. tarragon vinegar  
½ ts. paprika  
1 tb. chopped chives  
1/3 c. chili sauce  
1 tb. chopped pimentos  
1 tb. chopped green peppers  
1 cooked egg yolk grated  
1 tbs. catsup

To the mayonnaise add the chopped pimento, green peppers, egg yolk, chopped chives, chili sauce, catsup, and paprika. Mix thoroughly then add the vinegar. If the dressing is too thick, add some olive oil and stir vigorously.

Fruit Salad Dressing.

2 eggs  
3 tbs. melted butter  
3 tbs. lemon juice  
½ ts. salt  
1 c. heavy cream  
½ c. powdered sugar  
½ ts. celery salt  
½ ts. vanilla  
½ ts. paprika  
3 drops onion juice

Beat eggs until very light, and add gradually while beating constantly, melted butter, lemon juice and salt. Cook over hot water, stirring constantly until mixture thickens. Cool and add cream beaten until stiff, and remaining ingredients.
Pineapple Salad Dressing.

\[
\begin{align*}
\frac{1}{4} \text{ c. lemon juice} & \quad \frac{1}{2} \text{ c. sugar} \\
\frac{1}{4} \text{ c. pineapple juice} & \quad 2 \text{ eggs.}
\end{align*}
\]

Add beaten eggs to the fruit juice and sugar. Cook in a double boiler stirring constantly. Add a pinch of salt just before removing from the stove. This is especially good served with fruit.

SUGGESTIONS AS TO USE OF DIFFERENT SALAD DRESSINGS.

I. Fruit Salads.

For dinner, lunches or parties, -- Fruit Dressing.
For lunch and parties, -- Mayonnaise Dressing.

II. Vegetable Salads.

For dinner, -- French Dressing
For lunch or parties, -- Mayonnaise Dressing.

III. Egg or Meat, Vegetables

Boiled or Mayonnaise dressing.

IV. Potato Salad, -- (generally), Boiled Dressing.

V. Cabbage Salads

Boiled Dressing.
Sour Cream Dressing.

Potato, vegetable and meat salads are generally improved in flavor if mixed with dressing and allowed to stand some time before serving. They should be kept as cold as possible, to avoid becoming soaked or soggy.

Chrysanthemum Salad.

Cut the peel of each orange in quarters from top to bottom without entirely removing. Then with sharp scissors cut each quarter peel into as fine strips as possible, leaving all the peeling attached to the fruit at the bottom. Divide the orange meat into quarters, cut off the fibrous part and press each section apart. This forms the orange into a perfect double chrysanthemum. Fill the center with chicken salad or fruit salad. Garnish heavily with lettuce.
Tomato Aspic and Shrimp.

1 qt. can tomatoes  ½ tbs. sugar
1 small slice onion  ½ box gelatine
½ ts. salt

Boil 1 qt. can of tomatoes with onion, salt, and sugar. Strain and to the hot liquid add the gelatin. Allow to cool and harden. Cut in cubes, serve on lettuce with shrimps and with boiled or mayonnaise dressing.

Jellied Tomato Salad.

¼ box gelatin

Celery
Peas
Stuffed Olives
Mayonnaise dressing

Soak gelatin in one cup cold water for ten minutes. Run tomatoes thru a fine strainer, using all but seeds. Heat the tomato liquid, adding gelatin, and season with salt, pepper and sugar. Place a layer of this in a mold allowing to congeal partly; add a layer of chopped celery, another of jelly, next a layer of peas, one more of jelly, another of stuffed olives and lastly the remaining jelly. Set away to harden. Serve with mayonnaise dressing on lettuce leaves and garnish with rings of yolks, and white of eggs chopped fine.

Cabbage Salad.

1 small onion
1 small head of cabbage

Boiled Dressing.

Chop onion and cabbage very fine, season with salt and pepper and add salad dressing. A few stalks of celery or half a cup of raisins or chopped apple will give variety to this salad.

Potato Salad.

3 c. cold cooked diced potatoes.
1 small onion.
Boiled dressing.

Chop onion fine and add to potatoes which have been seasoned and mixed with salad dressing. One cup of celery, hard-cooked eggs, cucumbers, peas or beets give a pleasing variety.

Carrot and Celery Salad.

1½ c. diced celery
1½ c. chopped young carrots
Boiled Dressing.

Mix carrots and celery with boiled dressing. Place on
lettuce leaf and garnish with small amount of dressing mixed with cream and a dash of paprika.

Combination Salad.

cucumbers  onion
tomatoes  radishes.

French Dressing.

Prepare and slice vegetables, arrange on lettuce leaf, season with salt and pepper, and serve with French dressing.

Waldorf Salad.

1 1/2 c. diced apple  1 1/2 c. dried celery
1/2 c. nut meats  boiled dressing.

Mix the apple, celery and nut meats with the boiled dressing which has been diluted with cream. Serve on lettuce leaves.

Kidney Bean Salad.

2 c. kidney beans  1 c. chopped celery.
1/2 c. dill pickles, (cubed)

Mix with cooked salad dressing or sour cream dressing and serve on lettuce.

Carrot Salad

Wash and scrape carrots. Grind and add to them chopped English walnuts. Serve with cooked salad dressing on lettuce leaf.

Spinach Salad.

1 c. cottage cheese  olive oil, (to moisten)
4 1/2 c. cooked spinach  1 ts. salt
4 hard cooked egg yolks few grains cayenne.

Rub egg yolks and spinach thru strainer separately. Add oil, salt and cayenne. Mix thoroughly and shape into balls. Serve on lettuce with mayonnaise dressing.

Asparagus Salad.

Arrange cooked asparagus on lettuce leaf. Chop finely one hard cooked egg, 2 tbs. each pimento and pickle and 1 tbs. parsley. Serve with French dressing.
Tomato and Egg Salad.

Four hard cooked eggs, cut in halves; mash and moisten with salad dressing. Add 1/4 c. finely chopped sweet pickles and 1/4 c. chopped nuts. Refill whites. Place on slices of tomatoes. Garnish with lettuce and parsley.

Butterfly Salad.

Arrange lettuce leaves on salad plates. Cut a slice of pineapple in halves and place on the lettuce with the rounded edges together. This will form the wings of the butterfly. Slice a very small banana, lengthwise and place between the rounded edges of the pineapple, this represents the body. For eyes put in tiny bits of raisins. Cut very narrow strips of pimento for the antenna. The decorations on the wings may be represented by finely chopped nuts and coconut sprinkled over them. Serve with cooked salad dressing which is placed on the lettuce leaf beside the butterfly.

Candle Stick Salad.

A whole slice of pineapple is placed on the salad plate. Cut a straight banana in halves crosswise. Place half of the banana in upright position in center of pineapple slice. Make a cut in tip of banana and insert a third of a bright red maraschino cherry or candied cherry for a flame. Drop heavy dressing along one side of banana and on pineapple.

White Cherry and Nut Salad.

1 can white cherries lettuce
4 lb. nut meats, (Pecans fruit or cream mayonnaise
filberts or peanuts) dressing.

Remove stones from cherries and place nut meats in each cherry. Arrange on lettuce and serve with salad dressing.

Cucumber and Radish Salad.

section of cucumber (3½-2½") radish tulip
sliced radishes french dressing.

Cut sections of cucumber in slices, not cutting to separate. Place then, slices of radish between and serve on lettuce with french dressing. Place one radish tulip on each plate.
Fruit Salad in Apple Cups.

apples cherries
grape fruit pineapple
powdered sugar.

Take good looking apples of medium size. Cut off a good piece of each and remove the meat of the apple leaving a shell. Chop together the apple hearts, pineapple, grape fruit and cherries, and add a little lemon juice. Sweeten all with powdered sugar and place in the apple shells. The same salad may be served in orange shells. Other fruits in season and a little grated coconut may be used.

Orange Baskets.

Fruit salad may be served in orange baskets, made by cutting away portions of the orange, leaving a handle and scooping out the pulp of the orange.

Perfection Salad.

\[
\begin{align*}
\frac{1}{2} \text{ package Knox gelatin} & \quad 2 \text{ c. chopped celery} \\
\frac{1}{4} \text{ c. vinegar} & \quad 1 \text{ c. cabbage} \\
\text{juice of lemon} & \quad \frac{1}{4} \text{ c. sweet red pepper, (pimentos)} \\
\frac{1}{2} \text{ c. sugar} & \quad \text{Mayonnaise dressing} \\
1 \text{ ts. salt} & \quad \text{water}
\end{align*}
\]

Soak gelatin in cold water ten minutes, add 1 pint boiling water, \(\frac{1}{4}\) c. vinegar, juice of 1 lemon, sugar and salt, strain and let cool until it starts to set. Then add celery, cabbage and red peppers, cut fine. Turn into border mold to harden. Make a cup in center with lettuce leaves and fill with mayonnaise dressing or turn in a dish or enamel pan about 1 inch deep, allow to set, cut in squares. Serve on lettuce leaf. This salad is a delightful accompaniment to any meat course. It is practical for it can be kept for days before serving if kept in a cool place. This recipe will serve about 20 people.

Celery Sticks.

Clean nice tender stalks of celery, not too large. Fill the cavity in stalks with cheese mixed with a little butter and sprinkled with paprika.

Aderondack Salad

1 c. cooked peas 3 tb. grated cheese
2 tb. chopped onion \(\frac{1}{4}\) ts. salt
3 tb. chopped sweet pickle 1/8 ts. pepper

Mix with cooked dressing, serve on lettuce with grated cheese, sprinkled over the top.
GARNISH FOR SALADS.

A garnish is something added to make the appearance of the salad more attractive. Too much garnish spoils the effect.

I. With vegetables, meat or fish

1. Beets, finely chopped
2. Cabbage, shredded, or heart leaves used in place of lettuce.
3. Carrots, chopped fine for border
4. Eggs, slices, grated yolk, chopped, etc.
5. Parsley
6. Radishes

II. With all salads.

1. Carrot tops
2. Celery
3. Celery tops, must be crisp in place of lettuce
4. Cucumbers
5. Lemons
6. Lettuce
7. Olives
8. Pimento
9. Nuts

SUGGESTIONS HOW SPINACH AND OTHER GREENS MAY BE USED.

1. Tender leaves as salad.
2. Plain with butter
3. With oil and vinegar
4. After cooking, chop, rub thru sieve, reheat, add a little cream or white sauce.
5. Mold in cups, garnish with egg rubbed thru strainer, serve with salad dressing or as number 2 and 3.
6. Cream of spinach soup.
7. Combined with other material as a soft cheese for salads.
8. Creamed spinach on toast.
9. Combine chopped spinach with eggs, in scrambled eggs or omelet.
10. Spinach loaf:

   1 can chopped spinach  2 c. white sauce
   4 c. boiled rice        1 red pepper

   Make a thick white sauce of 2 c. milk, four tbsp flour, four tbs. butter and 1 ts. salt. Mix with the rice, chopped spinach and pepper, form into loaf, bake 20 to 30 minutes.

Good suggestions for preparation of vegetables can be found in the Farmers Bulletin 256, "Preparation of Vegetables for the Table".
**WILD PLANTS OF SOUTH DAKOTA USED FOR GREENS.**

(List submitted by Prof. E.J. Petry, Botany, State College.)

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Botanical Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Narrow-leaved or curly dock.</td>
<td>Rumex Crispus.</td>
</tr>
<tr>
<td>2. Lambs' quarters or goosefoot</td>
<td>Chenopodium Album</td>
</tr>
<tr>
<td>3. Common Orach</td>
<td>Atriplex Hortensis</td>
</tr>
<tr>
<td>4. Pepper grass</td>
<td>Lepidium Virgatum</td>
</tr>
<tr>
<td>5. White mustard</td>
<td>Brassica Alba</td>
</tr>
<tr>
<td>6. Common Mustard</td>
<td>Brassica Sativa</td>
</tr>
<tr>
<td>7. Common Cheeses</td>
<td>Malva Rotundifolia</td>
</tr>
<tr>
<td>9. Dandelion</td>
<td>Taraxacum Officinale and Taraxacum Erythro sperma</td>
</tr>
<tr>
<td>10. Common Sow Thistle</td>
<td>Sonchus Aleraceus</td>
</tr>
</tbody>
</table>

This does not include beet tops, swiss chard, spinach and other cultivated greens, nor does it include some wild plants, with which poisonous kinds are apt to be confused.

E.J. Petry.