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# Used of Canned Fruits and Vegetables

M. Dolve

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USE OF CANNED FRUITS AND VEGETABLES

by

Mary A. Dolve,  
Extension Specialist in Foods.

EXTENSION SERVICE  
South Dakota State College  
W. F. Kumlien, Director.  
Brookings, S. Dak.

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

## Vegetables and Fruits

Vegetables and fruits are as a group one of the most necessary foods. They contain minerals like iron, lime, phosphorus, sulphur, vitamins, water, cellulose, carbohydrates, (starches and sugar), and some protein.

We do not know much about vitamins, but we do know that they are substances found in fresh fruits and vegetables, milk and egg yolks and that they are absolutely necessary to keep the body in a good healthy working order and enable it to grow.

Because of the regulatory substances found in fruits and vegetables, they are essential in our diet and especially during the winter months when we are inclined to eat so much meat. Club girls and boys can be a great help in making the health of the family better by canning the fruits and vegetables in summer for winter use and then learn to prepare them for the table.

It is important that every boy and girl should learn to like vegetables and eat lots of them. Vegetables are cooked to soften the cellulose or woody fiber and make starch more digestible and to develop flavors.

### Simple Classification of Vegetables

1. Leaves and stems, e. g., greens, lettuce, celery, greatest value because of mineral content and regulatory substances.
2. Rinds, e. g., squash - contain all five foodstuffs. Mineral chief value.
3. Roots and tubers and bulb, e. g., potatoes, onions, carrots, contain all food stuffs. Low in protein and fat. Generally high in carbohydrates.
4. Seeds, e. g., peas, beans, contain all the food stuffs, generally high in protein.

### General Rules To Follow

1. Select medium sized vegetables rather than large ones as they generally are better in flavor and more tender.
2. Wash vegetables well. A small scrubbing brush is good in cleaning most vegetables.
3. If to be eaten raw like cabbage, lettuce, etc., they should be well drained and crisp.
4. Soak dry vegetables such as beans or peas overnight before cooking.
5. The water for boiling vegetables should be boiling and a ts. of salt added to each quart of water when vegetables are put in, with exception of peas and beans which should have salt added last half hour of cooking.
  - a. Strong juiced vegetables like cabbage, onions, cauliflower and turnips should be cooked in a large amount of water and uncovered. The color and flavor are better.

b. Sweet juiced vegetables as corn, peas and beets should be cooked in a small amount of water as possible. Leave on roots and much of the stem of beets.

6. Canned vegetables should be emptied as soon as opened and allowed to stand in air for about half an hour or so before preparing or serving.

7. Vegetables are best either steamed or baked as the minerals and flavors are retained.

8. Cook until tender. Time for cooking the same vegetables varies according to age, size and freshness, so that time tables for cooking are only guides.

Time Table for Cooking Vegetables  
(For Stewing and Boiling unless Otherwise Stated)

Vegetable	Time	Vegetable	Time
Tender cabbage	15-25 min.	Young beets	35-45 min.
Sweet corn	15 min.	Carrots	25-45 min.
Asparagus	30-60 min.	Sweet potatoes	45 min.
Squash, summer	30 min.	Cauliflower	60 min.
Squash, winter	60 min.	Young turnips	60 min.
steamed or baked	30 min.	Old carrots	2 hr.
ed Tomatoes	20-45 min.	Old beets	2 hr.
Potatoes (baked medium size)		#Dried beans,	6-8 hr.

#Baked in oven with water added.

Use of Canned Vegetables and Fruits

Canned vegetables may be prepared in a number of ways such as cream soups, creamed, escalloped and salads.

Buttered Carrots

2 C. diced carrots                      1 tb. butter

Wash and scrape carrots. Cook until tender in boiling salted water. Dice carrots, add butter and reheat.

Buttered Peas

2 C. shelled peas                      1 tb. butter

Creamed Vegetables

Proportions for White Sauce:

White Sauce	Fat	Flour	Milk	Salt
Thin, cream soups, milk toast, etc.	1 tb.	1 tb.	1 C.	$\frac{1}{2}$ ts.
Medium, for vegetables, gravies, sauces	1 tb.	2 tb.	1 C.	$\frac{1}{2}$ ts.
Thick, for vegetables, meat, fish	1 tb.	3 tb.	1 C.	$\frac{1}{2}$ ts.
Very thick, croquettes, mixtures	1 tb.	4 tb.	1 C.	$\frac{1}{2}$ ts.



### Creamed Potatoes

3 C. diced potatoes

1½ C. medium thick white sauce

Wash and peel potatoes. Cook until tender in boiling salted water. Dice the potatoes and add them to the white sauce. Reheat and serve them. (Boiled potatoes left from preceeding meal may be used). Grated cheese may be added just before serving.

### Creamed Peas

2 C. cooked and diced carrots

1 C. medium white sauce

Prepare as creamed peas

### Escalloped Vegetables

#### Scalloped Corn

1 can corn

1 cup bread crumbs

2 eggs ( well beaten

2 ts. salt

1 cup milk

Mix thoroughly. Put into baking dish. Cover with buttered crumbs and bake in hot oven 45 minutes.

### Scalloped Potatoes

Slice raw potatoes very thin and put a layer of the potatoes in a baking dish, season well with salt, pepper and butter; sprinkle a thin layer of flour or bread crumbs over them, then another layer of potatoes, and so on, until the dish is filled. Just before putting in the oven, pour over milk enough to come up even with the potatoes. Bake till well done (about one hour)

### Cream Soups

#### Cream of Potato Soup

3 potatoes

1 ts salt

2½ C. milk

pepper

2 eggs yolks or 1 egg

1/8 ts celery salt

Cook the potatoes until soft, drain and mash. Scald the milk, add it to the potatoes, then strain the mixture. Beat the egg, add seasoning, combine with the potato mixture and cook in top of the double boiler, stirring constantly until the egg thickens. Serve immediately.

#### Cream of Tomato Soup

1 can tomatoes

1/3 C. flour

¼ ts baking soda

¼ C. butter

1 qt. milk

¼ ts wht pepper

3 ts. salt

Turn the tomatoes into a saucepan, cover, cook at simmering temperature for about 15 or 20 minutes. Press thru a strainer and add the baking soda. Make a white sauce of the remaining ingredients and remove from fire. Add the hot tomatoes slowly to the white sauce, stirring constantly. Serve at once.

### Cream of Lima Bean Soup

- |                          |              |
|--------------------------|--------------|
| 1 C. dried lima beans    | 1 C. milk    |
| 3 qts. cold water        | 4 tb. butter |
| 2 slices onion           | 2 tb. flour  |
| 4 slices carrot          | 1 ts. salt   |
| $\frac{1}{2}$ ts. pepper |              |

Soak beans over night. In the morning drain and add cold water. Cook until soft and rub thru a sieve. Cut vegetables in small cubes and cook five minutes in half the butter, remove the vegetables, add flour, salt and pepper and stir into boiling soup. Add milk, repeat, strain and add remaining butter.

### Baked Potatoes

Select potatoes of uniform size. Wash them thoroughly using a vegetable brush. Bake in a hot oven for about 45 minutes, or until they are soft to the touch. If potatoes cannot be served at once, partially cut open so that the steam may escape and not leave a soggy potato.

### Baked Squash

Wash the squash and cut it into small pieces. Remove the seeds and the stringy parts. Put into a baking tin, and sprinkle it with salt and pepper. Cover and bake in a moderate oven until the squash is tender. Butter and serve it in the shell, or remove the pulp and mash it. Season with butter and serve.

### Boston Baked Beans

- |                               |                           |
|-------------------------------|---------------------------|
| 1 C. navy beans               | 1 ts. salt                |
| 1 tb. molasses or brown sugar | 2 oz. salt pork           |
|                               | $\frac{1}{4}$ ts. mustard |

Wash and soak the beans over night, add a little baking soda and gradually heat to boiling point. Then add the seasoning to the beans, place half of them in a bean crock and add the pork which has been scraped and scored. (To score salt pork cut gashes in it nearly to the rind.) Add the remainder of the beans and enough water to cover them slightly. Bake in a slow oven 6 to 12 hours. Keep the beans below the boiling point and see that they are covered with liquid.

### Use of Canned Fruits

Some ways of using canned fruits:

1. As sauce
2. As salads
3. Combined with, rice, tapioca or gelatine for delicious desserts.
4. May be used with biscuit dough as short cakes.
5. Fruit juices may be used as liquids in cornstarch moulds, gelatine dishes and sauces for puddings.

### Fruit Sponge

1 C. fruit juice	2 tb. lemon juice
1 C. water	3 tb. cornstarch
2 or 3 egg whites	

Cook cornstarch and water until mixture is clear. Add sugar and fruit juice, and remove from fire to cool. Beat whites of eggs very stiff and when mixture has cooled slightly fold in the beaten whites of the eggs. Pour mixture into either small cups or into one large dish or mold. The molds should have been rinsed in cold water just before mixture is turned in. This makes the mixture slip out easily when cool. Thoroughly chill and serve with soft custard made from egg yolks or cream

### Fruit Tapioca

1/2 C. granulated tapioca or  
2/3 C. pearl tapioca  
3 C. hot liquid (fruit juice and water)  
Sugar to taste  
Fruit

If pearl tapioca is used, soak in cold water for an hour or more. The minute tapioca does not need soaking. Boil for 5 minutes then cook in double boiler until tapioca is transparent. Remove from fire, add fruit and sugar to taste, serve cold with cream.

### References: -

Preparation of Vegetables for the Table	F. B. 256
Fresh Fruits and Vegetables as Conserves of Other Staple Foods	F. B. 871