Eat the Right Food: Vegetables and Fruits in Your Meals

Maud E. Stitt
Vegetables and Fruits
In Your Meals

By MAUD STITT, Extension Nutritionist

Include in Your Meals Every Day

VEGETABLES AND FRUITS

Oranges, tomatoes, grapefruit or other raw high Vitamin C vegetable or fruit: At least one daily.

Green or yellow vegetable, some raw, some cooked: one or more daily.

Other vegetables and fruit: twice or more daily.

EVERY DAY, EAT THIS WAY

Milk and Milk Products ... Oranges, Tomatoes, Grapefruit ...
Green or Yellow Vegetables ... Other Vegetables, Fruit ... Bread and Cereal ... Meat, Poultry or Fish ... Eggs ... Butter and Other Spreads.

ACKNOWLEDGMENT: The author acknowledges the assistance of Dr. Minerva Kellogg, State college associate professor of home economics, in preparing this leaflet.

ACKNOWLEDGMENT: The author acknowledges the assistance of Dr. Minerva Kellogg, State college associate professor of home economics, in preparing this leaflet.
Food Value

Root vegetables and fruits, which can be stored, are valuable for minerals, vitamins, starches, sugars and bulk which they contribute to the diet. Instead of the yearly spring dosage of tonic or sassafras tea, we now use a variety of vegetables and fruit the year around to keep in a state of good health. Because of their similarity of preparation, root, tuber and bulb vegetables are all included. These vegetables are most widely used because they are in season the entire year.

The effect of cooking is of great importance because color, flavor, texture and food value may be greatly changed, resulting in an unpalatable product. The wise homemaker, desiring the family to obtain all possible nutriment from vegetables and fruits served, will use the newer methods of cookery for conserving food value and flavor.

Care and Preparation Before Cooking

1. Store in cool place if they are to be kept for a time.
2. Just before using, wash them thoroughly.
3. If product is peeled, cook at once without soaking in water.
4. If necessary to peel product, scrape or peel thin. Much food value lies next to the skin.

Methods of Vegetable Cookery

1. Baking is the best method for preserving food value.
2. Baking in casserole is a good method for retaining food value. (Prepare vegetable as for boiling, season, add small amount of liquid and bake in covered dish.)
3. Steaming is the second best method of vegetable cooking for conserving food value since little water is used.
4. Boiling vegetables whole in the skins saves most of the minerals and vitamins if small amounts of water are used.
5. Buttered vegetables: Vegetables may be buttered by using 1 to 1½ T. butter for 2 cups cooked vegetable.
6. Creamed vegetables: ¼ cup to ½ cup medium white sauce may be used to 1 cup cooked vegetables.
7. Escalloped vegetables: Prepare as for creamed, alternating layers of vegetable and white sauce. Cover with buttered crumbs.
8. Au Gratin vegetables: Prepare as for escalloped with the addition of cheese.
9. Glazed vegetables: Add cooked vegetables to a mixture of sugar and butter and cook until sirup is partially absorbed and vegetables glazed.
10. Mashed vegetables: Mash and whip product, adding 1 T. butter to each cup of vegetable. Hot milk is added to mashed potatoes.
11. Salad vegetables: Either raw or cooked vegetables may be used and marinated if desired.

Time Table for Boiling Vegetables

<table>
<thead>
<tr>
<th>Root Vegetable</th>
<th>Boiling Salted Water</th>
<th>Approximate Boiling Time</th>
<th>Kettle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets (young)</td>
<td>Small amount</td>
<td>30-45 min.</td>
<td>Covered</td>
</tr>
<tr>
<td>Beets (older)</td>
<td>Small amount</td>
<td>60-90 min.</td>
<td>Covered</td>
</tr>
<tr>
<td>Onions</td>
<td>Barely Covered</td>
<td>25-35 min.</td>
<td>Uncovered</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Small amount</td>
<td>20-30 min.</td>
<td>Covered</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Small amount</td>
<td>25-40 min.</td>
<td>Covered</td>
</tr>
<tr>
<td>Rutabagas</td>
<td>Barely Covered</td>
<td>20-30 min.</td>
<td>Uncovered</td>
</tr>
<tr>
<td>Turnips</td>
<td>Barely Covered</td>
<td>15-20 min.</td>
<td>Uncovered</td>
</tr>
</tbody>
</table>
General Rules for Root Vegetable Cookery

1. Boil root vegetables whole in their skins unless too strong in flavor or tough. The skin is nature's protection for holding food value and flavor.
2. If vegetable is peeled, cook whole or in large pieces; cut lengthwise, not crosswise. Vegetables cut in small pieces require shorter cooking time, but lose more food value.
3. Bake vegetables whenever possible to prevent loss of food value.
4. Start vegetables in boiling salted water, about 1 teaspoon salt to 1 quart water.
5. Mild flavored vegetables should be cooked in very little water with kettle covered. Cook water down to just enough to serve over vegetable in order that all food value be retained.
6. Whenever possible, steam vegetables containing sugar to help retain sweet flavor.
7. Cook young beets with an inch or two of stem and tap root left on. Cook in covered kettle. Quick dip in cold water to remove skin. Older beets with tough skins may be peeled, cooked in a small amount of water and acid added after vegetable is cooked to retain and restore color.
8. Strong flavored vegetables should be cooked in an uncovered kettle in larger amounts of water, as some of the strong flavors are volatile.
9. Avoid overcooking strong flavored vegetables containing sulphur compounds which break down with long cooking, developing strong disagreeable flavors.
10. Avoid overcooking strong flavored vegetables as they often turn dark due to the caramelization of sugars.
11. Vegetables should be cooked until just tender. They should be firm. There is greater loss of minerals and solids in overcooked vegetables as well as loss of flavor, texture and color.
12. Vegetables should not be stirred while cooking to incorporate air. Avoid putting them through a sieve while hot. Much Vitamin C is lost due to oxidation taking place when air comes in contact with hot food.
13. Prepare chopped vegetables for salads just before serving as Vitamin C loss is greater after cutting.
14. Use vegetables raw, whenever possible to obtain all of food value and as a tooth exerciser.
15. Serve hot vegetables hot and vary the flavor with various kinds of seasoning.

General Rules for Fruit Cookery

Fruits generally stored are apples and pears which are best served raw. Best methods of cookery are baking, baking in casserole, steaming and boiling. Since these fruits naturally contain large amounts of water, use just enough water to keep fruit from sticking and cook in a covered kettle. Long cooking tends to caramelize the sugar, causing fruits to discolor. Cook only until tender. Add sugar to taste just before the fruit is done. Use sugar sparingly as too much covers up the natural fruit flavor. Avoid stirring fruit while hot. Prepare for salads just before serving.

"Try These"

**Quick Potato or Turnip Soup (2 servings)**
- 1 small potato or large turnip
- 1 small onion
- Salt and pepper

Method: Scald milk, grate vegetable, combine and cook 8-10 minutes. Season. If turnips are used, a small amount of thickening may be desired.

**Pork and Apple Casserole (6 servings)**
- 6 medium sized apples
- ½ cup water
- 2 c. diced, cooked pork
- ½ tsp. salt
- 3/4 c. brown sugar or honey
- ¼ c. moist bread crumbs

Method: Peel, core and slice apples, add water and cook covered until tender. Place half of pork in bottom of casserole, sprinkle with 1/4 tsp. salt and add half of apple sauce and brown sugar. Repeat, using remainder of ingredients. Top with bread crumbs and bake 30 minutes at 375 degrees F.

**Escalloped Parsnips or Rutabagas**

Arrange cooked parsnips or rutabagas in a shallow baking dish, pour over them a thin white sauce, sprinkle with buttered bread crumbs and bake until sauce bubbles and crumbs are brown.

**Beets in Orange Sauce (6 servings)**
- 3 c. sliced cooked beets
- ½ c. orange juice
- 1 T. lemon juice
- 1/8 tsp. grated orange rind
- Salt
- 1 T. butter
- 1 T. flour
- 1/4 c. water
- 1 T. corn syrup

Method: Combine butter, flour and water, making a sauce. Add seasonings, fruit juices and grated rind. Heat beets thoroughly in sauce and serve hot.

**Salad Combinations**

**Parsnip and Apple Salad**
- Wash, core and dice unpeeled apple. Peel and dice young parsnips. Combine ½ c. parsnips and 1 c. apple with lemon dressing. Serve on salad greens.

**Turnip Carrot Salad**
- Equal parts shredded turnips and carrots may be combined. Add salad dressing to turnips. Toss carrots lightly into mixture using a fork, as they are most attractive uncoated with dressing. Sour cream dressing is tasty for this salad. Serve on salad greens.

**Raw Vegetable Salad**
- Use equal amounts shredded beets, turnips and unpeeled, sliced cucumber. Marinate beets in French dressing. Arrange in small lettuce cups arranged three on each salad plate. Serve with French dressing.

**Lemon Dressing (3/4 cup)**
- 2 egg yolks well beaten
- 1/2 c. syrup or 1/4 c. sugar
- 1 T. butter
- 2 T. lemon juice
- 2 T. pineapple or other fruit juice
- 1/4 tsp. salt

Method: Place sirup in double boiler to heat. Add beaten egg yolks and cook until mixture begins to thicken. Add butter and fruit juice, stirring until mixture thickens. Add salt. Use plain or combined with cream and serve on fruit salads.

**Apple Custard (6 servings)**
- 1 c. apple sauce (thick sweet)
- 1/4 c. milk
- 2 eggs
- 6 T. corn sirup
- Nutmeg or cinnamon