

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

JUN 15 1933
Department of Agriculture

HOUSEKEEPERS' CHAT

Monday, June 26, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Economy Garden Salads. "Information from the Bureau of Home Economics.
U.S.D.A.

One way to economize on fuel in summer, one way to keep yourself and your kitchen cool, one way to make your meals refreshing is to serve salads often. For low-cost summer meals, serve plenty of salads made with garden vegetables. Use more raw vegetables. That will save cooking and give you every bit of nourishment from the vegetable.

We've often mentioned salad bowls before. They're an especially nice way to serve summer vegetable salad. They're much easier to prepare than salads that must be arranged on individual salad plates. And they're often better in flavor because the salad dressing can reach all parts of the salad mixture evenly. I know of no easier or better summer salad than a big bowl, thoroughly chilled, and filled with a mixture of crisp cold salad greens and crisp, cold, colorful vegetables fresh from the garden all tossed and tumbled together with French dressing. Each person at the table serves himself from this big bowl. You can provide a different combination of vegetables each day in this simple style and the family will never tire of reaching for the salad bowl. This is an excellent way for the children to get their quota of the minerals and vitamins that vegetables supply.

What goes in the salad bowl? Any combination of vegetables that you like. You can have a bowl full of just greens dressed with French dressing--lettuce, endive, chard, cress from the garden or even some sprigs of wild sorrel from the fields. A bit of nasturtium leaf or stem adds a spicy flavor to a salad combination.

Or you can add to your greens some cold, crisp garden vegetables that will give the bowl both color and flavor.

Crisp, cold strips of green pepper or ground carrot, cucumber in cubes or thin slices, tomatoes in sections, new onions chopped or sliced, crisp red or white radishes, sliced--all these offer possibilities for your garden salad.

Most housewives who are experts at salad making think salad vegetables are best when gathered early in the morning before the sun is high. But whether you pick your salad makings or buy them at the market, be sure to wash and prepare them early in the day and then set them away to crisp in tightly covered refrigerator containers. Don't take them out of the refrigerator until just before mealtime so they'll appear on the table crisp and chilly. Better also set the bowl in the refrigerator awhile so it will be cold. You probably have a supply of French dressing all mixed and waiting in a bottle in your refrigerator. Well, just before the meal, take out the salad vegetables, the bowl and the dressing and combine your salad. You can add the dressing either just before serving or at the table. Toss and tumble the salad lightly with your salad fork and spoon until the dressing has reached all parts evenly.

As we've often mentioned before, successful salads are cold, crisp, colorful and carefully seasoned. They look refreshing and dainty. Both flavor and color combinations count. The greens make a nice background for such bright colors as the red in radishes and tomatoes, the yellow of the carrots, the white in onions and cucumbers.

And while we're mentioning inexpensive salads, of course, we mustn't forget the left-over cooked vegetables that often make such delicious combinations. Cooked green peas, snap beans, lima beans, carrots, potatoes--all of these are excellent for salads, provided they aren't cooked so soft that they are likely to make a mushy or wet salad. You can put the dressing on cooked vegetables an hour or so before serving and they will absorb the flavor. Of course, this won't do with fresh vegetables as it makes them wilt.

Still another way to make refreshing looking and inexpensive summer salads is to mold the vegetables in gelatin. Make a lemon jelly mixture without the sugar. Add diced or chopped vegetables such as celery, cabbage, green pepper, chopped raw carrot, cooked green peas. You can also make a nice gelatin salad with a tomato juice base. Serve the mold on a bed of greens, on a salad plate or platter. Mayonnaise is probably the best dressing for a jelly salad.

Here are a few hints passed on to me by good salad makers I have known. If you are to use garden peas for salad, let most of the liquid cook in. Then let the peas stand to cool and grow plump in the small amount of liquid left. To grind carrots, use the finest cutter of the food grinder. To prevent weeping when you are preparing onions, hold them under the running water while peeling and cut them on a wet cloth. Use shears for dicing fruit, shredding lettuce and cutting parsley. Marinate all cooked vegetables and meats for salads--that is, allow them to stand for some time in French dressing. Before serving them with a thick dressing, drain off any of the French dressing they have not absorbed.

Here's our economy menu featuring a June garden salad bowl. Broiled ham; Buttered summer squash; Creamed new lima beans; Salad bowl of leaf lettuce with sliced or chopped spring onion with French dressing, cooked dressing or mayonnaise; for dessert, Fruit punch and Crisp cookies.

Tuesday: "Care of Food for Health and Economy."

