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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

THURSDAY, July 3, 1941

## QUESTION BOX

:  
:How to make peach-buttermilk shake:  
:Electric roaster for picnic meals :  
:Does milk absorb flavors from air :  
:Any nutritive value in salted corn:  
:

Answers from scientists  
at various State Agri-  
cultural Experiment Sta-  
tions

Once again the question-box is open. And once again scientists at various State experiment stations give the answers to questions from homemakers.

The first letter up for answer today asks for a recipe for a milk-shake made from peaches and buttermilk. The letter says: "I tasted this peach buttermilk drink last summer and have been trying to get a recipe for it ever since."

Food scientists at the Michigan Station suggest this recipe for peach buttermilk. This recipe will serve 4 to 6 people. It calls for: 1 quart of fresh buttermilk....one-half cup of cream....1 to 2 teaspoons of powdered sugar....3 large ripe peaches....and one-fourth teaspoon almond extract.

Here's how you mix this drink: First mix the cream and the buttermilk. Then beat in the sugar. Now press the ripe peaches through a sieve and add the almond extract to them. Finally, beat the peach pulp into the buttermilk. Chill and serve cold in tall glasses.

Please notice a couple of special points about this recipe. Notice first that you use powdered sugar instead of granulated sugar. It dissolves faster, especially in a cold liquid. Here's another point--the almond extract to add flavor to the peaches. Peach and almond trees are related, you know. Maybe that's why the flavor of peach and almond blend so well together.

Some good cooks would suggest one more ingredient to that Michigan recipe. They would suggest adding a few grains of salt, just a tiny bit of salt -- too



before time to get dinner. To get full value in vitamins, gather vegetables the last minute before cooking and serving. And gather only enough for one meal.

Now if you buy your vegetables, be smart and get your money's worth in vitamins by marketing early in the morning while vegetables are fresh. Limp, flabby, wilted vegetables that have lain around in the heat of the market all day have lost vitamins and flavor and appetizing texture as well.

The same thing happens to vegetables at home, of course. Vegetables lie around the hot kitchen in baskets or vegetable bins and lose much of the vitamins they originally had. The place for vegetables to wait--if they must wait--is in the refrigerator where they can stay crisp and fresh.

Here's a tip on buying green peas and fresh lima beans. Buy them in the shell, and shell them at home. It may take more **time** than buying them ready-shelled at the market, but it saves the vitamin C. New York State scientists have found that peas and beans out of their shells lose vitamin C rapidly.

Here's another buying tip to help you get vitamin-value. If you have a choice between a white variety of vegetable and a yellow or green variety, choose the yellow or green to get the most vitamin A. Dr. Fellers of the Massachusetts Station adds a point here. He says: "There is ample testimony that bleached asparagus, celery and endive contain far less carotene (or vitamin A) than the green or unbleached."

Now here are a few secrets of cooking to save vitamins. One important secret is: Never use soda in the cooking water. It may keep vegetables green, but it destroys vitamin C. You can keep vegetables green without soda by cooking in the shortest possible time in boiling water, leaving the lid off the kettle. Short cooking helps save vitamins, too.

A small amount of cooking water is another important secret of saving





vitamins. Vitamin C is soluble in water. Very often more of the vitamin C goes into the cooking water than is left in the vegetable. Recent studies at the Texas Station showed that more of the vitamin C in turnip greens went into the cooking water than was in the greens when they came to the table. That's why nutrition advisors are always urging housewives to serve the cooking liquid with the vegetable, or to use it in soup, or gravy. The water new green peas cook in, or cabbage, or lima beans, for example, is too valuable to be thrown away. Save it, but use it as soon as possible. The fresher it is, the more value it has.

But you can get around the problem of cooking water in a couple of ways. One is to cook tender vegetables in milk instead of water, and then serve the milk with the vegetables. You can add a little flour to thicken the milk just before you serve, and then you'll have creamed vegetables with no vitamins drained off. Or you can cook tender vegetables as the Chinese do--put a little fat in the pan and then put the vegetables in with no water. Just cook for a few minutes and serve "as is." A Chinese nutrition scientist working at the Oregon Station recently showed that this old Chinese way of cooking vegetables was one of the best methods for saving vitamins.

Here's one last tip on saving vitamins: Cook only enough vegetables for one meal. Don't cook a big batch, and then reheat them meal after meal. New York State scientists report that cooked vegetables, even when kept in the refrigerator, lose vitamin C very rapidly.

That's all the tips for vitamin saving today. More another day.

