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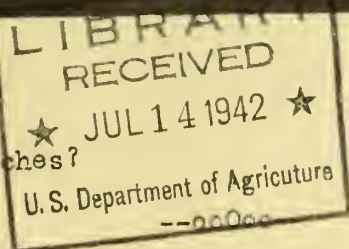
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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

1.9
In 3 Hh
QUESTION BOX
Vegetable soybeans?
Yellow or white-fleshed peaches?
What are "soldier acres?"



Tuesday, June 30, 1942.
ANSWERS FROM
Various scientists of the
U. S. Department of
Agriculture

Today's grist of questions includes soybeans, peaches, and "soldier acres". As usual, we've turned these questions over to the scientists of the U. S. Department of Agriculture to answer.

The vegetable soybean is a new crop for our gardeners, and our first inquiry is, "What is the difference between vegetable soybeans and any other kind of soybeans?"

Well, the plant scientists say vegetable soybeans have a number of advantages as a green vegetable, or as baked dry beans, or for canning. They have a better flavor than ordinary soybeans, to begin with. Then you can cook them in a short time,-- much shorter than the time for some of the other varieties of soybeans. Of course, like all soybeans, they have a high food value.

From the gardener's standpoint these vegetable soybeans have other advantages, too. Soybean varieties vary in the number of growing days from seeding to bearing. If you choose suitable varieties, you can plant two or more varieties of vegetable soybeans at one time, and have them bear one after the other. That makes the growing of vegetable soybeans much simpler than growing snap beans, for example. If you want snap beans on the table right through the season, you have to make plantings at two or three week intervals all summer.

State experiment stations are testing vegetable soys to find out the varieties best adapted to their states and the best local planting schedules. Your state extension workers can tell you more about the right ones for your region.

Meantime, if anyone has vegetable soybeans for sale, be sure to sample them.

They're good!

With the peach season just around the corner, here's a vitamin question on peaches. "Which kinds of peaches have the most vitamin A--yellow-fleshed or white-fleshed?"

And the scientists of the Department reply that the Department and the New York State Agricultural Experiment Station have found that the yellow-fleshed varieties are much better than white-fleshed peaches for supplying vitamin A. The scientists name particularly the Rochester, J.S.Hale, Crawford, South Haven and Elberta varieties as good sources of pro-vitamin A or carotene, when you eat them fresh. They call carotene "provitamin A" or the "precursor" of vitamin A because it is changed in the body to vitamin A.

But freezing destroys some of the vitamin values. Frozen sliced peaches and frozen pulp from most of the yellow peaches retain about 75 percent of the provitamin A of the whole fresh peaches for at least 6 months in frozen storage at 10° below zero. Peach juice loses about 50 percent of its provitamin A. While the investigators are looking for methods of handling frozen peaches and frozen peach juice to keep more of the provitamin A, we homemakers will be on the safe side if we serve all the fresh yellow-fleshed peaches we possibly can at the height of the season.

We have a war-time question next. "What is the origin of the slogan "an acre for a soldier?" Is it general, all over the United States?"

The slogan "an acre for a soldier" started in the South, because borrowers from the Farm Security Administration heard that each soldier in the Army needs for his outfit, among other things, the cotton from one-half to an acre of land, the hide of one steer and the wool of 20 sheep. The cotton, of course grows only

in the South, but farmers in other regions might adopt the slogan with a variation, by planting food or some other crop that will help win the war. Any planting that is part of the Food-for-Freedom program, such as a Victory garden, is "for a soldier".

Some of the folks that have planted "soldier acres" have dedicated them to particular soldiers, who may be kinsmen or neighbors. For example, one "soldier acre" had a sign that said: "I hereby dedicate one acre of my cropland to be planted in peanuts to James Wall, my soldier in the service of the United States. I pledge myself to treat this acre as his acre, to tend it with more than ordinary care, to make it produce to its fullest capacity, Food for Freedom."

Another way an Oklahoma farm family contributed indirectly to the equipment of a soldier in the Army was by pooling all the money the five children and the parents could get together to buy 35 calves. The original idea was to raise the calves in the Food-for-Freedom campaign. They did so, sold off 34 of the calves, paid off the FSA loan made to buy the calves, and put the remainder, or \$300.25 into war stamps and bonds.

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Lehman

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