

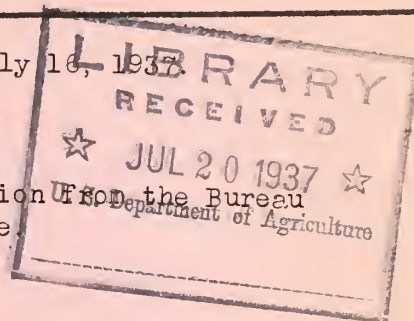
HOUSEKEEPERS' CHAT

In 3 Hh

Friday, July 16, 1937

(FOR BROADCAST USE ONLY)

SUBJECT: "ABRAHAM AND ISAAC HAD PEACHES, TOO!" Information from the Bureau of Home Economics, United States Department of Agriculture



--ooOoo--

We had peaches for supper last night. Peaches with cream - and chocolate cake!

Those peaches were ripe enough to have their delicious flavor fully developed, but were still firm enough that they had body to them - weren't mushy.

I'll have to confess to a great weakness for this fruit. Peaches are to me one of the most romantic of foods. Before the dawn of history man was enjoying this downy-skinned fruit. Wandering tribes must have refreshed themselves with it. Camel caravans undoubtedly carried it in dried form.

And an interesting fact about the peach is that with all these long centuries of cultivation there has been comparatively little change in it. What Abraham and Isaac ate wasn't so different from what we eat today! No man knows just where the peach originated, but it is thought to have come from China. And among the Chinese for many centuries it has had an important place in literature and art.

With them the peach is a symbol of long life. Our matter-of-fact nutritionists of today would pooch-pooch the idea of peaches increasing our life span, but they do point out the vitamins they have. The peach is a good source of vitamin C and a fair source of vitamin B. And the yellow fleshed peach is in addition an excellent source of vitamin A.

Canned peaches have lost a lot of their vitamins, as you probably know. All three vitamins -- A, B, and C -- can be destroyed by heat, though vitamin A can stand up under more heat than vitamins B and C. So the moral of this tale is to take as many of your peaches raw as you can. And there are lots of different ways of serving peaches raw. There's ice cream, and sherbet, raw peach pie or tarts. And in fritters peaches wouldn't get enough cooking to hurt the vitamins particularly.

Peaches make delicious salads. A friend of mine told me of an unusual one she ate the other day. The peaches had been peeled and cut into halves. And into the center was put a spoonful of cream cheese mixed with nuts. The dressing for this peach salad was a mayonnaise dressing into which had been mixed some sieved raspberries. The salad was a beautiful combination of colors and delicious to eat. You might try it out yourself. Just peaches cut in half, fill with a cream cheese and nut mixture, and top with a mayonnaise dressing flavored with sieved raspberries.

By the way - how do you shop for peaches? Not everyone knows the earmarks of a good peach. The peach is the gay deceiver of the fruit world. It may

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1900

The following table shows the number of persons who have been
 admitted to the office of Justice of the Peace since the
 year 1890. The number of persons who have been admitted
 in each year is given in the column headed "Number of
 persons admitted." The total number of persons who have
 been admitted since 1890 is given in the column headed
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 who have been admitted in each year is given in the
 column headed "Number of persons admitted." The total
 number of persons who have been admitted since 1890 is
 given in the column headed "Total number of persons
 admitted."

Year	Number of persons admitted	Total number of persons admitted
1890	10	10
1891	15	25
1892	20	45
1893	25	70
1894	30	100
1895	35	135
1896	40	175
1897	45	220
1898	50	270
1899	55	325
1900	60	385

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wear a charming red blush and yet be hard and tasteless - so immature that it never will ripen, no matter how long you let it lie on your window sill.

And on the other hand, a peach may seem pretty hard, yet be almost ready to eat. Some peaches ripen from the seed out.

Men whose business is growing peaches say that it is the ground color of the peach that shows whether or not it will be a good buy. Look at the part of the peach where there is no blush and see what color it has. If that ground color is a thorough-going, uncompromising green, you'd better not buy that peach. It may shrivel instead of ripening. But if the white or the yellow of the mature peach has begun to develop then it will ripen and you'll get your money's worth, even if it is yet too green to eat.

Fruit men put it this way: "If the green color has begun to break, it is all right." As you know, some peaches are white fleshed when they are ripe, and some are yellow fleshed. If the white or the yellow coloration has begun to show through the green, the peach should ripen nicely.

Good peaches should have a fresh appearance and should be practically free of blemishes. Underneath bruised spots of any extent you are sure to find soft discolored areas. Of course, if peaches have to be shipped, there is certain to be some bruising. But naturally the buyer wants as little as possible.

And let me put in a plea that you don't pinch peaches to see if they are ripe. Every place you press your thumb down hard on a peach you bruise it. And that's not fair either to the market man or to the housewife who may later find it in her sack of peaches. And anyhow, as I just told you, you can not be sure from hardness how ripe a peach is. The ground color is a much more reliable test. If the green has begun to change to white or to yellow you know it is getting ripe, and there's no need to pinch it.

Overripe, soft peaches won't be an economical buy as they bruise so easily and decay rapidly. Wormy peaches often appear prematurely ripe.

Another thing to look for in shopping for peaches is the Brown Rot. If it gets started it spreads like wildfire. You get a peach with a small spot infected with this Brown Rot, and if conditions are just right, inside a half day there won't be any of that peach fit to eat.

Well, our broadcast period is up - so we'll have to sign off - until the next broadcast.
