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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Friday, June 16, 1944

Subject: "PENTIFUL FOODS-----Potatoes, Onions, Eggs, Tomatoes, etc." Information from food distribution officials of the U. S. Department of Agriculture.

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Now that summer is here we can all count on good eating. When you go to the store you'll find the bins filled to overflowing with potatoes, onions, tomatoes, spinach, beans, and carrots. The expensive, hothouse vegetables have been displaced by the locally-grown, cheap, out-door vegetables.

The family victory garden, too, is beginning to furnish salad greens, and in some areas, even peas and carrots.

And just to add to this bountiful picture, the cows are now in pasture and we all benefit by more milk and butter.

This year, particularly, the coming of summer has meant an increase in the food supply. Production on farms has been of such record proportion that, despite a world at war, Americans are able to buy most foods without ration points.

All of us still remember, though, the winter months when "pickings" were lean for some foods. The homemaker remembers how she adjusted her buying and meal planning. If one kind of meat was missing from the market she was willing to take a different meat; if blue points had been expended or were too few to allow for a can of vegetable, she looked to the fresh food counter for a substitute. In general, the smart wartime homemaker experimented with new foods; did not seek out the scarce items; used the foods that were plentiful; balanced her ration points.

Now, however, we are in a period of general abundance. But the same willingness to cooperate with the war food program holds during times of big production as during periods of rationing and scarcity. Even now, of course, there are still some foods that Americans would like to eat but which are not readily avail-

able. Fortunatley, there are plenty of other foods, which Americans like ecually well that are available.

Take potatoes, for example. Here is an inexpensive food, beloved by all, that penny for penny has more energy-giving value than any other vegetable. And they're rolling into market by the bushels. Whether you serve them in their jackets, baked, scalloped, country style fried, or in potato salad for an afternoon picnic,---they'll add zest and nutrition to your meal. Just in case you need a little extra information on potatoes--how to buy, store, and prepare, the Department of Agriculture has published a pamphlet, called "Potatoes in Popular Ways", that should be a big help. If you want this folder write to the U. S. Department of Agriculture, Washington, 25, D.C.

Another vegetable long a familiar item on the American table is the early Bermuda yellow onion. And these, like potatoes, are arriving in carloads---from Texas, California, Georgia, and Louisiana. Your appetite for that onion flavor in salads and hamburgers, or for a bowl of onion soup should be whetted by the scarcity of onions that existed during the winter. But now you can buy just as many as you want. You needn't fear that you will be hoarding or denying others, if you buy several pounds. Use them in combination with other vegetables left over in quantities too small to serve alone. Or combine them with tomatoes for a flavorsome casserole. Add dry toast to the dish and season with small pieces of crisply fried salt pork or bacon. But we don't have to continue, for there is hardly a cook who doesn't know that "adding onions makes a good dish a better dish".

It would be difficult, indeed, to list all the variety of foods now plentiful. Instead of the homemaker testing her ingenuity to prepare a tasty, nutritious meal from limited variety and quantity, she will have to strain her wits to think of new ways to use all the many vegetables, fresh, canned, and frozen; the citrus fruits, particularly oranges; the cereal products, peanut butter, and eggs

that are now available in all the leading markets.

Take the current supply of eggs. Have you done your share of egg-eating? Have you tried the many suggestions that have been given homemakers for using eggs? Remember that civilians this year have $3\frac{1}{2}$ billion dozen eggs to consume. That means there is enough to supply each person with at least 350 eggs during the year. An egg a day should be your goal.

Fresh tomatoes are another food that we can all buy in just as big a quantity as we can handle. Occasionally, buy an extra bushel and can them at home. Several dozen quarts of canned tomatoes will come in mighty handy during the winter when the fresh are not available. During October, especially, when the citrus fruits are out of season, you'll be glad you put up a few quarts of tomato juice to serve as the Vitamin C punch to breakfast.

There is no need to go on. The smart shopper, in peace or war, has always sought out abundant foods and so saved many a penny in the grocery budget. Depending on the locality some markets will be heavy with one kind of food, other markets will have big supplies of yet another. But generally speaking, most markets during June have potatoes, onions, eggs, tomatoes, and canned beans and peas. Look for these in your local market. Buy 'em; use 'em.

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