

## Historic, archived document

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



19  
13 H

# Homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT  
OF AGRICULTURE



SUBJECT: "THE THANKSGIVING FOOD BASKET." Information from marketing administrators of the U.S. Department of Agriculture.

---ooOoo---

LIBRARY  
CURRENT SERIAL RECORD

APR 26 1943

It's time to talk turkey...plump, well-finished turkey...1942 style, with plenty of meat on its frame...for your Thanksgiving dinner. This year as in 1621, the date of the first Thanksgiving dinner, turkey will make up a large share of the meat supply. At the time of the first Thanksgiving, wild turkeys were so abundant in this country that the early settlers found the neighboring forest almost as convenient as a poultry yard. Wild turkey then inhabited southern Canada, all parts of the United States, and most of Mexico. Not since that year perhaps has this noble bird so deserved its place of honor on the Thanksgiving dinner table. This year turkey is again one of the mainstays for fall and winter meals, and is helping stretch the meat supply around the calendar so that other meat can go to our service men and allies over seas.

Of course, chicken helps in the same way—so has an important place in the Thanksgiving food basket. Keep both chicken and turkey in mind when you do your marketing the rest of the year. Choose large birds this year...fat turkeys and chickens. Farmers are growing many chickens to a weight of at least 3 pounds before marketing them. This weight means more chicken meat for consumers this winter. A large turkey, too, has more meat in proportion to bone than several small turkeys that total the same weight. A large turkey is economical to cook and serve. After it comes to the table as roast turkey, it carries on in a variety of dishes...perhaps as cold sliced turkey, then as turkey croquettes, or scalloped turkey, or turkey sandwiches...last of all, turkey hash and turkey soup. So in many ways the same bird can give variety



to your meals.

Of course, if your family is very small, these large turkeys may not suit your needs. Instead, you may be able to get a more streamlined turkey. You probably know that Government poultry scientists have developed what is called an "apartment-size" or "kitchenette turkey." These turkeys have a large supply of breast and leg meat even though they are small in size and have a light frame.

Now a word about buying your turkey. More turkeys will carry Government grades this year than ever before. If your grocer carries Government-graded turkeys, you will know the quality of each bird. Government graders will have examined and classified them for you. The best turkeys get the label "US PRIME!" The second grade is "US CHOICE." The third grade is "US COMMERCIAL." When you buy turkey on your own without grade labels to help you, choose a bird with plump, broad, flat breasts and with thighs, back and bones covered with a thick layer of flesh.

You may load up your basket this year with many other foods that naturally belong with Thanksgiving... an old-fashioned Thanksgiving. Take cranberries, for example...and take them fresh in bulk. That's the way they are selling in the stores this year. Thanksgiving dinner would hardly be complete without cranberries. Colorful cranberry sauce is always a favorite with roast turkey or chicken or any other roast bird. You needn't worry about your sugar supply either, when you make cranberry sauce, for you can use corn sirup or honey for half the sugar the recipe calls for. For each cup of sirup you use, cut down the liquid in the recipe one-fourth cup.

Now about some other foods that deserve special attention not only for Thanksgiving but for all this fall and winter. Those foods are: sweetpotatoes, squash and pumpkin...sauerkraut...nuts...and apples. Like turkey and chicken they are helping keep the Nation's food supply well-balanced. By using more of





them here at home you spare other foods to go to the battlefronts. And using more of them you help your family keep well-nourished and you also help keep our fighting men and allies well-nourished.

Those yellow vegetables—sweetpotatoes, pumpkin and squash—are traditional Thanksgiving foods right along with turkey and cranberry sauce. They date way back to Indian days. Beside giving color and good flavor to fall and winter meals, they offer vitamin A to keep you fit in wintertime. So your Government urges you to use them in your fall and winter menus—to heap your food basket full of them and go on doing so all during the winter. They are as important in American meals just as they were in the meals of the early settlers.

Sauerkraut is another food to consider for your market basket. Of course, it wasn't present at the first Thanksgiving, but it has long been a favorite fall and winter food in many parts of the country. Today you can buy sauerkraut in bulk from the old kraut barrel just as your Grandmother did. Serve it hot and cold. You'll find plenty of it for sale.

As for apples and nuts, together they make a favorite Thanksgiving salad. Apples and nuts are homegrown. There's a good supply of them. America now grows about a third of the world's apple crop. And they also help balance the food supply both here and at the fighting front.

There's a Thanksgiving menu built up before our eyes—roast turkey or chicken, cranberry sauce, sweetpotatoes or squash, sauerkraut, salad of apple and nuts, and, of course, pumpkin pie for dessert. These are the foods to help hold the fort this fall and winter on the home front.

