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HOUSEKEEPERS' CHAT

WEDNESDAY, Sept. 6, 1933

(FOR BROADCAST USE ONLY)

SUBJECT: "Fish Facts." Information from the Bureau of Home Economics, U.S.D.A.
and the Bureau of Fisheries, U.S.D.C.

--ooOoo--

If you hail from New England, from Cape Cod, or from up along the Maine coast, in fact if you happen to come from any part of that land of the stern and rock-bound coast, you have probably heard that shrewd and homely old Yankee saying--"Fish and visitors spoil after the third day."

Well, I'll make no comments about keeping visitors. I'll reserve my opinion as to whether they stay in best condition if treated with care and kept in cold storage or not. But I can pass along to you some useful facts about keeping fish at home, facts given me by the foods specialists. They say that fish is one of the protein foods that spoil very easily. And when it is even slightly spoiled, it can cause serious illness. If fish is to be fresh and wholesome, you need to keep it clean and cold. And you need to use it as soon as you conveniently can. The foods specialists don't even promise a three-day margin of safety as the old New Englanders did. The speckled trout your best beau proudly brings you after a long day's fishing; that fillet you ordered from the market; those oysters clans, or crabs; or even the canned fish you opened for dinner--keep any and all of these varieties of fish at the low temperature of the refrigerator and use them as soon as possible. Salted and smoked fish are the exceptions to the rule.

Still another problem about keeping fish at home is preventing it from giving taste or odor to other foods. Of course, you know that foods like milk and butter quickly absorb foreign flavors in the refrigerator. They need protection against a strongly flavored food like fish. So wrap your fresh fish carefully and completely in thick waxed paper before you put it in the refrigerator. Cover any cooked or canned fish tightly. You can keep salmon or other canned fish in its own can in the refrigerator by covering the open end with several thicknesses of waxed paper held down by a rubber band.

So much for care of fish. Now a word or two about its value. Most of us need more fish in our diets. Fish is not only an excellent protein food. It is also often an economical protein food. Fish is rich in phosphorus. And all salt-water fish including shellfish are a rich source of iodine. In regions where the soil, and consequently the drinking water and the vegetables grown in that soil, are poor in iodine, saltwater fish are especially healthful.

According to experts at the U.S. Bureau of Fisheries, some kinds of fish-- notably cod, salmon, haddock and sea herring-- are excellent sources of vitamins A and D. So these fish are especially good foods for the whole family in winter. Don't discard the surplus oil in your can of salmon. It is rich in vitamin. If you are serving the salmon with a sauce, use that oil in making the sauce. Or, if you are using that salmon in salad, put the oil in the salad dressing.

Because of its high food value and comparatively little waste, fish is often a most economical food. Watch the market for bargains in fish if you are interested in getting the most for the family food dollar.

Fresh food bargains are likely to be a matter of locality and season. For example, shad come up the Atlantic coastal rivers in the spring. Atlantic salmon are caught in New England rivers in early spring and summer. At the same time the boats and nets are out for lake trout in the Great Lakes, for mackerel along the Middle Atlantic Coast, and for Pacific salmon on the West Coast. Other fish are most plentiful in the late fall or winter.

Some of the best fish bargains are among the all-year fish, both fresh and salt-water, that are shipped fresh or frozen to different parts of the country. Fresh haddock, mackerel, halibut, salmon, cod and various other fishes from the Atlantic and Pacific are frozen and shipped to many distant markets. The same is true of lake herring and blue and yellow lake pike. Of course, you know that frozen fish are fresh fish and need the same care in home.

Other fishery products that are good and nutritious and unusually low in price are canned pink salmon, keppered herring, salt cod, cod flakes, canned herring roe and other canned and cured fish.

The menu today is featuring fresh fish and the things that go along with it to make a complete fish dinner. Did you ever notice that certain foods just seem to fit into the picture with fish, to make the very best accompaniments. For example: cucumbers always seem to go especially well with fish. So does cornbread. And fish seems to need lemon or some tart sauce along with it. Well, here's the menu: Fresh broiled fish with tartar sauce; Baked stuffed cucumbers; Green beans, buttered; Crusty cornbread sticks; and for dessert, Baked apple or Apple sauce.

Thursday: "Fall Housecleaning Hints."

