

homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Wednesday March 16, 1942

Subject: "AMERICANS EATING MORE VEGETABLES." Information from Agricultural Marketing Service and Bureau of Home Economics, U. S. Department of Agriculture.

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Remember that old saying,--"The proof of the pudding is in the eating?" Well, that's one answer to a question you often hear: Have American food habits changed for the better? Have the people in this country **learned** anything from the teachings of nutritionists?

A report recently published by the U. S. Department of Agriculture shows conclusively that Americans have learned a great deal about nutrition, and that they do have a better diet than they did 20 years ago. There's some distance to be covered before the whole country measures up to the ideal diet by the "Nutrition yardstick", but Americans are on their way to it and have been for some years past.

Fifteen or 20 years ago, when even the scientists didn't know as much about the human body needs as they do today, people didn't begin to eat the quantity of vegetables they do now. Lots of folks--men especially--considered lettuce a tea-room fad, and spinach a food you made the children eat. The man of the family often referred to vegetables as "rabbit food". To see how people have changed their opinions about vegetables, compare the figures on vegetables marketed in 1921 or 1927 with those marketed, both fresh and canned, in 1941. That gives you a clear picture of the difference in vegetable eating between those days and the present. And the Food-for-Freedom goal calls for a 10 percent further increase in commercial truck crops this year.

A total of 11 and a half million tons of vegetables is the quantity this country marketed in 1941, leaving out potatoes and sweetpotatoes. That is 7 percent more vegetables marketed than in any previous year. But go back 20 years and the

Introduction

The purpose of this document is to provide a comprehensive overview of the project's objectives, scope, and methodology. The project aims to develop a robust system that addresses the challenges faced by the organization in the current market environment. The scope of the project is defined by the following key areas: system architecture, data management, and user interface design. The methodology adopted for this project is a structured approach, involving the following steps: requirements gathering, analysis, design, implementation, and testing.

The project is organized into several phases, each with specific tasks and deliverables. The first phase, Requirements Gathering, involves identifying the needs and expectations of the stakeholders. This is followed by the Analysis phase, where the requirements are analyzed and broken down into smaller, manageable components. The Design phase involves creating a detailed blueprint for the system, including the architecture and user interface. The Implementation phase is the final stage, where the system is built and deployed. Finally, the Testing phase ensures that the system meets the required quality standards and is ready for use.

The project team consists of several members, each with specific responsibilities. The project manager is responsible for overall coordination and communication. The system architect is responsible for the high-level design of the system. The data manager is responsible for the design and implementation of the data management components. The user interface designer is responsible for creating a user-friendly and intuitive interface. The implementation team is responsible for the actual development and deployment of the system. The testing team is responsible for ensuring the system's quality and reliability.

1941 figure is 200 percent more for some vegetables, over 400 percent more for others. Let's take individual cases, however.

Well, in 1921, only about 7 and a quarter million crates of lettuce went to market; in 1927, over 18 million went; and in 1941, American salad bowls provided a market for considerably over 23 million crates of lettuce--about 3 times as much as the salad-eaters consumed back in 1921. Now, you may think a big increase in population accounted for this 300 percent increase in the use of lettuce but it did not. The population only increased 25 percent--or one-fourth, while lettuce-eating increased 300 percent.

You can see the same change with spinach and carrots. Twenty years ago, the spinach figure was under 77 thousand tons; for 1941 it was over 143 thousand tons--almost double. In 1921, carrots were not important enough to be reported at all. By 1928 Americans were using 6 million bushels. And by 1941 they used nearly 18 million bushels of commercially produced carrots, nearly tripling the amount marketed 15 years before. You understand that all these figures apply only to large commercial carlot shipments. A number of vegetables are produced and sold in smaller lots and are not reported, and, of course, many families raise vegetables for home use or sell them locally, and no reports include them.

Let's turn to such vegetables as cabbage, tomatoes, snap beans, green peas, cauliflower, and onions, as well as the leafy green vegetables and carrots. The best way to tell this story plainly is with figures, so here goes:

Snap beans,-81 thousand tons in 1921 increased to nearly 350 thousand tons in 1941, or more than 4 times as much. Green peas--128 thousand tons in 1921 to 467 thousand tons in 1941,- 3 and three-quarters times as much as 20 years earlier; Tomato production increased 4 and a half times in the same period. And about five-sixths of the 1941 crop of tomatoes went into cans whole or as juice. And cabbage doubled, in spite of the fact that many other vegetables are now shipped all over the country from the South to give a change from cabbage.

You could make similar comparisons with many other vegetables that supply the vitamins and minerals we need in a well-rounded diet. But the figures already quoted give proof that Americans today are eating from 2 to 5 times as many vegetables as they did 20 years ago. They are also eating more kinds of vegetables. The 1921 list named only 14 vegetables being shipped commercially, while the 1941 report includes 21.

These figures show a striking change for the better in our national diet-- a change in the direction of nutrition teaching. But there's still room for improvement. Many people still need to eat more vegetables and more kinds of vegetables. Let's keep up the good work with our 1942 food gardens,-- as Secretary of Agriculture Wickard has said, "Vegetables for Vitality for Victory" -- and for Vitamins!

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