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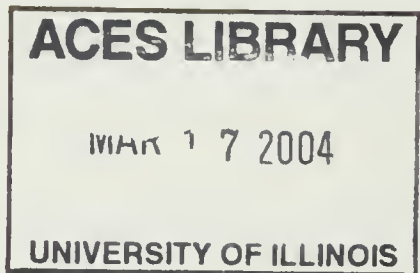
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Illinois Vegetable Farmer's Letter

AG Librarian

If fall is here, we know that winter is close behind. It is time to wind up our harvest year and begin to look to next season. Final tillage operations may be taking place, but we are moving toward that all too brief time when we can stand back, take a deep breath, and reflect on the season past.

The weather proved that it can be as bizarre as it chooses. After several unusual seasons, this one was the topper in most areas of the state. We had so many different strong weather patterns that it was hard to know what might happen next. My favorite was last year's mild winter; it may not be in the long-term best interest of the planet, but it sure feels nice when we do not have to shiver for months on end.

For those of you reaching for your checkbooks to subscribe to the *Illinois Vegetable Farmer's Letter* for next year—not so fast. We have been canceled, so the December issue will be our swan song. Like so many other things, we are a victim of a combination of the flood of information on the electronic highway and the continuing funding problems of CES. Our last issue will be devoted to alerting you one last time to what will be happening in January at the Illinois Specialty Growers Convention and Trade Show, and to tying things together before we go. Thanks for your support.

Pesticide-Use Losses May Top \$400 Million

If many pesticide uses are canceled under the Delaney Clause, agriculture—mostly produce—would be down about \$400 million in lost sales and increased costs. A new study released in Washington June 13 by the National Center for Food and Agricultural Policy says the biggest losses will be in potatoes, apples, and sugar cane.

The courts have upheld the Delaney Clause of the Food, Drug, and Cosmetic Act, which says that cancer-causing substances cannot be in the food supply at any

level. The Environmental Protection Agency has targeted 85 pesticide uses for possible cancellation. Most of these are for fruits and vegetables.

The study authors, Leonard Gianessi and James Earl Anderson, point out that losses in produce would not be overwhelming but could cut production by several percentage points for some produce crops. For example, the study projects a loss of \$65 million in apples and a cut in production of 214 million pounds. "Some processors and retailers will miss 200 million pounds of apples," Gianessi said.

Potatoes would take the biggest hit—a loss of 2 percent of the total crop. The losses would cost \$91 million. Other crops experiencing crop losses and cost increases include citrus, \$20 million; grapes, \$22 million; tomatoes, \$17 million; plums and prunes, \$6 million.

The authors list some specific examples of losses and cost increases:

- Eastern apple growers treat 1 million acres using six fungicides on the Delaney hit list. Using an alternative would cost an extra \$21 million a year and double the number of applications.
- Loss of mite controls on apples would cut yields by 3 percent and add \$7 million to costs.
- Loss of the fungicide benomyl on citrus would cost Florida's citrus industry \$14 million a year in lost fruit.
- Loss of propargite to control mites on grapes would cost California grape growers \$11 million a year.

Gianessi, senior research associate at the National Center for Food and Agricultural Policy, believes that the risk to humans in continuing to use pesticides is negligible. He also believes that the loss of dozens of pesticides will mess up integrated pest management efforts, which rely on the use of pesticides when all other pest control efforts fail.

Juanita Duggan, lobbyist for the National Food Processors Association, says that the Environmental Protection Agency seems willing to lessen its regulation of the Delaney pesticides but that "this merely fools around at the margins." Her group, along with dozens of produce groups, is backing legislation now in Congress to overturn Delaney. That legislation is moving through committees of Congress.

Excerpted from The Packer, Shawnee Mission, Kansas, June 19, 1995.



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Vitamin Food Stamp Debate Continues

The House Agriculture Committee is debating whether or not to allow millions of food stamp recipients to buy vitamins and supplements with the stamps. Representative Bill Emerson, R-Missouri, sponsor of a bill to allow vitamin pills to be bought with food stamps, said at the July 25 hearing that less than 10 percent of Americans are meeting the "Five a Day" goal for fruit and vegetable consumption. "We cannot force people to eat the right foods all the time," Emerson said, "But we *can* give them the option of improving their diet through vitamins if they choose. The issue is both about good nutrition and personal choice."

In July, the House Agriculture Subcommittee on Department Operations and Nutrition, chaired by Emerson, included a provision in the food stamp title of the 1995 Farm Bill that would allow vitamin purchases with food stamps. The subcommittee conducted the hearing after some members voiced concern that Congress needed to hear more debate.

Testifying on behalf of the produce industry, the United Fresh Fruit and Vegetable Association said it is opposed to the change. The United States Department of Agriculture, which administers the \$27 billion food stamp program, also is in opposition. "Vitamins and mineral pills are no substitute for food," said John Aguirre, the association's vice president of government affairs. "We know of no convincing body of evidence to indicate that the effects of dietary choices or habits deleterious to good health, such as smoking and excessive consumption of alcohol, can be remedied through the use of vitamin and mineral supplements."

He added that some studies link produce consumption to better health and protection against heart disease and cancer. He cited studies that show that poor people are more likely than others to mistakenly believe they are already eating a healthy diet and are less likely to change their diets. Aguirre voiced concern that vitamin and supplement companies will advertise heavily to try to capture part of the \$27 billion food stamp market, and that consumers will substitute pills for produce.

Yvette Jackson, deputy administrator of the food stamp program in USDA, said the passage of the legislation on vitamins and food stamps, HR 236, "might not be in the best interest of food stamp recipients or the program." She claimed the best way to foster better health is "to help Americans develop lifetime good eating habits." Jackson fears recipients will spend money on pills that might be spent on food.

Some in Congress think any effort to restrict food stamp purchases is elitist because people with money are free to buy what they want. "I can see no reason why we

would allow food stamp recipients to purchase Hostess Twinkies or a bag of Doritos, but at the same time prohibit these individuals from buying a healthy vitamin and mineral supplement," said Representative Bill Martini, R-New Jersey, a sponsor of the bill. He said it is "ridiculous" to believe people will stop buying produce or other foods and buy only pills and supplements.

The proposed legislation has upset a lot of lawmakers who represent produce-growing regions. They argue that the stamps ought to buy food and that the pill makers do not have to conform to food labeling laws. "There's no quick fix on nutritional matters," said Representative Gary Condit, D-California. "Vitamins are not a replacement for fruits and vegetables."

The vitamin and supplements industry is lobbying hard for passage of the legislation. The Council for Responsible Nutrition, which represents about 80 vitamin companies, claims that poor people can get nutrients more cheaply by buying vitamins rather than food. Annette Dickinson, scientist for the vitamin industry, said a serving of potatoes costs 7 cents, while a one-a-day vitamin tablet costs 2 cents a day. She claims that a woman would need to consume 2,200 calories a day of meats, produce, and other foods to get 0.4 mg. of folic acid a day. The council estimated that supermarket sales of vitamins total \$600 million a year, compared to \$215 billion worth of food and drink.

The measure must pass the full House Agriculture Committee, then the full House, and a similar measure will have to pass in the Senate before any change in current policy could occur.

Excerpted from The Packer, Shawnee Mission, Kansas, July 31, 1995.

Are We Eating Enough Fruits and Vegetables?

In this century, synthetic pesticides have markedly decreased the cost of food and ensured that most of the food planted is eaten by people instead of insects. Daily intake of at least two fruit and three vegetable servings is recommended by the National Cancer Institute and the National Academy of Sciences. Only 9 percent of the American population, however, eats the recommended five fruit and vegetable servings per day. Consumption is even less elsewhere, especially among the economically disadvantaged of the world. Poorer people spend a bigger fraction of their resources on food than do wealthier people, and they eat fewer fruits and vegetables, and thus, have a shorter life expectancy.

Excerpted from Growing Trends, Springfield, July 1995.

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EPA Approves Beetle-Resistant Potato Plant

Potato varieties are turning over a "new leaf," and because of that, the Colorado potato beetle may be looking for another one. Touted as a major advance for sustainable agriculture and biotech plant breeding, Monsanto's beetle-resistant NewLeaf potato plant won government approval May 5. "This is the first plant protected against an insect pest through biotechnology to be approved for commercial use," said Geoff Keyes, vice president and general manager of NatureMark, a unit of Monsanto based in Boise, Idaho.

The Environmental Protection Agency approved the registration of the NewLeaf potato plant's protective characteristic in a Russet Burbank potato developed by NatureMark. The Food and Drug Administration had earlier declared the potatoes safe for humans. No consumer labeling of the potatoes will be required, and voluntary labeling is unlikely.

Commercial availability of the product will be very limited this year. "There is some [seed] available this year, but the full launch will occur in 1996," said Alyssa Knorr, manager of marketing and communication for NatureMark. Seed potato production of the NewLeaf is underway in all the major U.S. producing regions, Knorr said. That seed will be planted in the spring of 1996 and harvested in the fall.

The biotech Russet Burbank seed potato will be aimed at growers who want built-in, all-season control for the Colorado potato beetle, considered the worst spud pest in the United States. "It is probably the wave of the future," said Kevin Maxwell of Maxwell Farms Inc., Lee, Maine.

Problems with Colorado potato beetle are more significant in southern than northern Maine, and conventional chemical control costs can average between \$50 to \$100 per acre. Nationwide, growers spend up to \$250 per acre to control the Colorado potato beetle, Knorr said. The beetle can destroy up to 85 percent of a potato crop if untreated. Maxwell said that building in resistance to the Colorado potato beetle is "a very strong feature" but just the beginning of possible plant improvements through biotechnology.

The protection in NewLeaf comes from a protein that is part of a family of proteins derived from *Bacillus thuringiensis*, a soil bacterium referred to as B.t. Other beetle-resistant seed potato varieties will be introduced in the future, Knorr said.

Organic growers and gardeners have applied B.t. on their crops for 30 years, but the NewLeaf potato is the first pesticide-producing plant approved by the government. Resistance to the PVY-N virus—damaging to Maine

potato fields in the past—would be highly valued by area farmers.

Knorr said NatureMark will not be involved in marketing the biotech potatoes to the consumer. NatureMark will produce seed potatoes that would be sold to the commercial potato growers, she said.

Another seed potato dealer in North Dakota said that the Colorado potato beetle was not a significant problem for growers there in the 1994 growing season. "It isn't something that I've spent a lot of time thinking about," said Ron Monson, owner/president of Big H Sales Inc., Grafton, North Dakota. He estimated he spent \$7 per acre spraying chemicals to control the Colorado potato beetle last year.

Seed potato prices generally run from \$6 to \$10 per 100-pound sack, Monson said. With about 21 sacks of seed potatoes required to plant an acre of ground, the cost per acre for seed potatoes can range between \$126 to \$210. Knorr said that the NewLeaf would be competitive with the cost of other seed potatoes, taking into account the money that growers would save on chemical control with the NewLeaf potatoes—up to \$250 per acre in some regions. Since Colorado Potato beetle infestations are generally a greater problem in the East and Midwest than they are in the West, the cost of NewLeaf potatoes may be greater in those states.

In addition to controlling the Colorado potato beetle without the need for chemical spray, Knorr said that the NewLeaf potato will work well with integrated pest management, since beneficial insects will be allowed to increase. In order to delay or prevent the Colorado potato beetle from developing a resistance to the NewLeaf, Knorr said NatureMark has already developed an effective resistance management strategy.

Not everyone is sold on the biotech potato plant. The Union of Concerned Scientists says that widespread use of a pest control favored by environmentally conscious growers may lead to development of resistant bugs and that the resistance management plan developed so far is inadequate.

Excerpted from The Packer, Shawnee Mission, Kansas, May 15, 1995.

Organics Lead a Retail Revolution

Mainstream supermarket chains are leading an organic produce revolution, Jim Matiasevich of organic specialist JBJ Distributing Inc. says. No longer are organic sales limited to natural food stores and specialty retailers. Today, mainstream grocery chains are selling more organic produce because the products are grown and shipped with the same appearance and quality standards of the best conventionally grown items, he said. "Organic grower-shippers have

upgraded to commercial standards. That's why we can go across the country," said Matiasevich, who formed JBJ in 1980 and got into organics in 1985.

JBJ has blossomed into what he says is the nation's largest organic supplier to mainstream chains. The chains represent at least 90 percent of the shipper's business. It also sells conventionally grown produce, and organic produce accounts for about half of its total sales.

The Los Angeles location works to JBJ's advantage. California is a leading producer of organic produce, and Los Angeles is a major distribution hub for truck and air traffic. "I'm told California organic produce is now being sold in the former Soviet Union," salesman David Weinstein said. "We do business north to Alaska and across the country from Maine to Florida." JBJ buys organic produce wherever it's grown—be it the West Coast, Florida, Mexico, Colorado, or even Latin America.

Roughly 20 percent of the firm's sales goes to Los Angeles, with the rest spread throughout North America, and its distribution soon may expand beyond that. The company is in the early stage of discussions with customers in Japan and Europe about exporting organic produce there. "That's going to happen in the next two years," Matiasevich said.

What sets JBJ apart from other suppliers, he said, is the fact that the company handles more than 200 organic items and provides retailers with lots of packaging options, including bags, sleeves, and twist-tie labels. All packaging carries a consistent green and gold color scheme and the JBJ label.

Top-volume items include celery, potatoes, lettuce, broccoli, spinach, and onions. The shipper can also apply Price Look-Up numbers or Universal Product Codes on any pack. That helps retailers track accurate sales and shrink for each item. "I don't think anybody's done what we're doing," Matiasevich said. "There's really no product we can't identify as organic."

Labeling organic items enables retailers to display the products anywhere in the produce department, either next to conventional counterparts or in a separate organic section. Weinstein said mainstream retailers have mixed feelings about whether separate organic sections lead to higher sales.

"Some merchandisers I talk to want organic mixed in with conventional," he said. "They get more traffic and more sales, but they're after more than just organic sales. They want to educate consumers that organic is out there, and they're offering organic as a choice."

Those retailers committed to promoting organic produce are achieving positive results, Weinstein said. "Consumers today are more willing to pay a premium for high-quality, well-presented organic produce," he said. "The overall impact is that more organic produce is going toward high-quality mainstream retailers. That means some

of the traditional distributor channels are changing."

Small wholesalers continue to market organic items to small natural foods stores, but that business is not growing as fast as sales to mainstream retailers, Weinstein said.

Excerpted from The Packer, Shawnee Mission, Kansas, July 24, 1995.

Folic Acid Could Prevent Heart Disease

Apples, oranges, and greens may reduce risk of stroke. Now another good reason exists for taking the "Five a Day" message to heart. Recent studies show that deficiencies in folic acid may cause 30 to 40 percent of the heart attacks and strokes that American men suffer each year, according to a wire report.

Researcher Judith Hall, a geneticist at the University of British Columbia, reported July 24 that folic acid plays an important role in preventing heart disease. Folic acid is found in many fruits like apples and oranges and in leafy green vegetables such as lettuce and spinach. Hall's research follows recent discoveries that diets rich in folic acid can prevent up to 50 percent of all birth defects. "I'm a believer in folic acid. I guess you could say I'm religious," Hall said. Researcher Jacob Selhub also published a paper in the *New England Journal of Medicine* in February that documented the connection between folic acid deficiencies and strokes. Offering a more conservative estimate, Selhub said folic acid deficiencies may be responsible for 15 to 20 percent of heart attacks and strokes.

Both researchers agreed the connection between folic acid and heart disease was very strong. To date, studies linking folic acid deficiencies to heart disease have been done on men. Hall said the preliminary findings indicate men should immediately begin to increase their folic acid intake. Hall also said more has to be done to inform the public about the healthful benefits of increasing folic acid levels in the diet, for the prevention of both birth defects and heart disease.

Studies show that low folic acid intake is associated with elevated levels of homocysteine, a protein building block. When elevated, homocysteine can scar inner walls of blood vessels, perhaps causing damage that can lead to clot formation, artery narrowing, and subsequent heart attacks and strokes, researchers said.

Hall said a daily dose of about 400 micrograms of folic acid seems to be enough to lower homocysteine to a safe level. It takes about six cups of Brussels sprouts to supply that amount of folic acid, but other foods have higher concentrations. Hall has called for the addition of folic acid in wheat, rice, and corn to prevent birth defects,

but that opinion is not widely supported.

Most researchers agree it still will be important to control fat and cholesterol in the diet, and they warn that ensuring adequate folic acid intake is not a protection against cigarette smoking or an unhealthy diet.

Excerpted from The Packer, Shawnee Mission, Kansas, July 31, 1995.

Chayote—Pretty Much Like Zucchini

Tropical squash can be an affordable substitute. Just because a produce item grows in an exotic tropical locale, it does not follow that it has to be expensive. Chayote is a good example. The tropical squash with a green skin and mild flavor is an ideal candidate for the mainstream American kitchen, and from a retailers' perspective, it is easy to stock.

"Because we have consistent production, we're able to quote six-month prices on chayote," said Bill Schaefer, former vice president of sales for Brooks Tropicals, Homestead, Florida. "That's something that will definitely get a buyer's attention," he said. In recent years prices have always hovered around the \$6 a carton mark, Schaefer said, and it's not just price that makes chayote a viable consumer option.

"Just about anything you can do with a zucchini, you can do with a chayote," said Tony Merola, executive chef for Brooks. "The biggest difference is that you can't make an apple pie out of a zucchini." The chayote's bland white flesh lends itself to such culinary camouflage. "It's a staple item for us, but it doesn't have the recognition we'd like to see it have," said Schaefer.

For example, Schaefer was dismayed to see chayote selling for only 79 cents a pound on a recent trip to Boston, in a supermarket that was getting \$1.79 for zucchini. "The task at hand is to educate people that this is a wonderful substitute," Schaefer said. "There's all kinds of different possibilities there. What we have to do is to educate people to the advantages of it."

Chayote's keeping qualities are also likely to endear it to the produce manager—Brooks tells its customers to expect about 10 days shelf life. Although often prepared like yellow squash or zucchini, the chayote's firm flesh retains its consistency better when cooked. It's not likely to become mushy like squash. Raw, the chayote is crunchy.

Part of chayote's image problem may be the fact that nobody can agree on what to call it. Because of its shape and green skin, it is sometimes called a vegetable pear. In parts of Latin America, it goes by several names.

"There's one part of the United States where folks do not need to be educated about what to do with the tradi-

tional fall vegetable — southern Louisiana," explained Jimmy Boudreaux, secretary to the Louisiana Vegetable Growers' Association. Boudreaux noted that mirliton (Cajun for chayote) is unusual in that the vines are perennials, and sometimes the oldest vines produce a spring crop.

Cajun cooks prepare the mirliton in many ways, but stuffing it with meat or seafood may be the favorite. Although it is hard to imagine Cajun cooking without the mirliton, commercial production has never caught on in Louisiana. Boudreaux notes that according to official state figures, there are just 36 acres of commercial chayote production in the state.

Typically, the Cajuns get their mirlitons from their home gardens—one vine can produce more than 100 fruit. Brooks gets its chayote supplies from Costa Rica, where a 12-month season is achieved by planting at different elevations.

Excerpted from The Packer, Shawnee Mission, Kansas, May 22, 1995

Garlic—Popping Pills Can't Beat Mincing It Fresh

Garlic may be the wonder "drug" touted for lowering blood pressure, reducing cholesterol, and fighting infections, but a new study reveals it works best when eaten fresh and not in pill form. The Center for Science in the Public Interest—the consumer group that has examined the garlic "craze"—reports that fresh garlic is the choice for consumers. Some of the pills and powders are expensive and may not have an adequate amount of the active ingredient in garlic—allicin.

To get the most "bang" from the fresh garlic, the center says the garlic should be minced. Cooking may destroy some of the beneficial compounds, but many people need to lightly cook fresh garlic because raw garlic can upset stomachs.

The best pills and supplements are those that contain the same compounds found in fresh garlic, the center found. "We don't know exactly how much of which garlic compounds are able to do what," says John Erdman, director of nutritional sciences at the University of Illinois. "So it makes sense to choose products with the greatest variety of compounds that are found in whole, fresh garlic.

The center's researchers say the best garlic supplement is the cheapest—McCormick (Schilling) Garlic Powder, which costs about 6 cents a serving and contains the most allicin. By contrast, P. Leiner private label garlic tablets would cost \$1.99 to get the same amount of allicin. Kwai, Garlique, and other supplements fell somewhere between these two extremes.

Garlic pills or powders are now the No. 1 selling herb, based in large part on health claims, many of which are not fully substantiated. “Let the buyer beware,” says Eric Block, researcher at State University of New York in Buffalo. “There are people out there making lots of claims—and substantial amounts of money—with little to back them up.”

Still, researchers are finding that garlic and its active compounds show real promise in protecting against major diseases, including colon cancer, high cholesterol, high blood pressure, heart attack, and stroke. Studies indicate that garlic can lower blood pressure and cholesterol. It can also prevent or reduce cancer in test rats, which means the same protection might be found in humans. However, researchers say that the blood pressure and cholesterol studies are flawed and that more research work needs to be done.

Excerpted from The Packer, Shawnee Mission, Kansas, August 7, 1995.

Full of Beans? Full of Health!

Eating these humble legumes can help control cholesterol, weight, and cancer. Here are four reasons to eat beans:

Cholesterol Drops. Eating beans strikes down cholesterol, says University of Kentucky researcher James W. Anderson. He finds that eating 1-1/2 cups of legumes daily lowers cholesterol an average 19 percent after three weeks. (So a count of 250 drops, on average, to 203.) In one test, 1 cup of canned baked beans in tomato sauce depressed cholesterol 10 percent in middle-aged men with high cholesterol who ate a typical high-fat diet. For the best results, Anderson says, do not eat one large serving daily; instead eat half-cup servings two or three times a day. Beans contain fiber and at least five other cholesterol cutters.

Cancer May Be Blocked. Beans contain anti-cancer compounds called phytates and protease inhibitors. There is some evidence, reports a study by Leonard A. Cohen of the American Health Foundation, that women who eat 3/4 cup of beans almost every day tend to have less breast cancer than women who eat beans two or three times a week.

Blood Sugar Stabilizes. Eating beans produces slow rises in blood sugar; thus, you need less of the hormone insulin to control blood sugar. That is good for everyone (excessive insulin promotes artery damage and clogging, leading to heart disease). It's also great for diabetics: A diet rich in beans has enabled some diabetics to reduce or discontinue hypoglycemic drugs. (Do not do that without

consulting a doctor, of course.)

Folic Acid Content Is High. Beans are rich in folic acid, a B vitamin. New research shows folic acid depresses homocysteine, an amino acid that promotes artery clogging, strokes, and heart disease. Folic acid also deflects cancer. Smokers deficient in folic acid are at greater risk for lung cancer; high-risk women low in folic acid have greater odds of cervical cancer. Deficiencies are tied to psychiatric problems, including depression. So beans may be good for your mood.

To get the most benefit from your beans:

At the Market. If you have time to cook them, buy dried beans. Among canned beans, the best choice is vegetarian low-fat style. Canned baked beans in tomato sauce have about 4 percent of calories from fat, compared with 20 to 30 percent fat calories in canned pork and beans and 40 percent in canned franks and beans or refried beans. Canned beans pack excess sodium—typically 400 to 600 milligrams in a half-cup. Drain and rinse canned beans to wash away the sodium.

Do not forget soybeans; they have uniquely high concentrations of anti-cancer chemicals, namely genistein. Soybeans also might help relieve symptoms of menopause such as hot flashes, experts say. Tofu, soy milk, soy flour, and the bean itself have the protective agents. Soy sauce and soybean oil do not.

In the Kitchen. Dried beans can be stored in a cool place in well-sealed containers for as long as a year. Cooked, they keep in the refrigerator a few days. Legumes double or triple in size during cooking. So 1/2 cup dry (about 3 1/2 ounces) becomes 1-1/2 cups cooked.

In Restaurants. Refried beans often contain lard; skip unless they are vegetarian. Best bet: Italian bean salads or soups, with a light touch on the olive oil.

Three Ways to Avoid Gas:

- Soak and rinse beans several times to remove gas-producing sugars, USDA researchers advise. Always change the water before cooking.
- Add garlic and ginger, dried or fresh, to the cooking pot to reduce beans' gas-producing properties, according to research in India.
- Use supermarket anti-gas products such as Beano and BeSure, in pill or powder forms.

Cooking Basics: Soak, Then Cook

Slow soak: Soaking dried beans in water overnight is not really necessary—except for soybeans.

Fast soak: Boil dried beans for a couple of minutes and let them soak for 1 hour before cooking.

Faster soak: Boil beans over medium heat for 10 minutes. Soak, covered, for 30 minutes. Cook.

Cook: Drain well. Add 2 cups water per 1/2 cup presoaked beans. Cook for about 1 hour. If the beans are not presoaked, extend cooking time by 1 hour. Skim off the scum that surfaces during cooking.

Exceptions: Lentils and split peas do not need presoaking; they take only 1-1/2 cups water per 1/2 cup beans and cook in 20 to 35 minutes. Soybeans do best if soaked overnight; they need 2-1/2 hours to cook.

Excerpted from USA Weekend, May 5-7, 1995.

Recipes for Your Customers

Curried Chickpeas and Potatoes

1 tablespoon canola oil
2 garlic cloves, minced
1 medium onion, chopped
6-8 green onions (with 3 inches green),
in 1-inch cuts
1-1/2 tablespoons curry powder
1-1/4 cup tomato juice
3/4 cup vegetable or chicken broth
3 medium potatoes, in 1-inch chunks
1 19-ounce can chickpeas, drained and rinsed
Optional: 1/2 teaspoon minced jalapeno pepper

In a medium saucepan, heat oil. Add garlic and onions; sauté until vegetables are soft. Stir in curry powder and sauté for 30 seconds. Add remaining ingredients, cover and simmer for about 40 minutes, or until potatoes are tender. Serves 4.

Per serving: 273 calories, 9.3 g protein, 47.5 g carbohydrates, 8 g fiber, 6.3 g fat (0.4 g saturated), 625 mg sodium. (*Reprinted from USA Weekend, May 5-7, 1995.*)

Four-Bean Southwestern Stew

1-1/2 tablespoons canola oil
1 medium onion, diced
1 garlic clove, minced
1 large green or red bell pepper, diced
1 15-ounce can each: black beans, white beans,
chickpeas (garbanzos), red kidney beans,
drained and rinsed
10-ounce package frozen whole-kernel corn or
1 15-ounce can corn, drained
2 teaspoons chili powder
2 teaspoons cumin
1 cup vegetable or chicken broth
1 28-ounce can tomatoes, chopped
Optional: 1 jalapeno pepper, minced;
1/4 cup sliced black olives

Heat oil in a skillet and sauté onion, garlic, and bell pepper till soft. Transfer to a large casserole dish. Add the remaining ingredients. Stir to combine. Bake covered at 350 degrees for 1 hour. Serves 6.

Per serving: 299 calories, 14.7 g protein, 48 g carbohydrates, 11.6 g fiber, 6.7 g fat (0.5 g saturated), 789 mg sodium. (*Reprinted from USA Weekend, May 5-7, 1995.*)

Spiced Tomato Jam

6 large firm-ripe tomatoes
1-1/2 teaspoons grated lemon rind
2 teaspoons lemon juice
1/4 teaspoon ground allspice
1/4 teaspoon ground nutmeg
1 package (about 2 ounces) powdered fruit pectin
4 cups sugar

Scald tomatoes in boiling water for 30 seconds; dip in cold water and peel; cut in small pieces into large kettle; stir in lemon rind and juice, allspice and nutmeg; bring to boiling.

Add powdered fruit pectin, stirring constantly; stir in sugar; bring to full, rolling boil; boil hard 1 minute; remove from heat.

Stir and skim top for 5 minutes; ladle into 5 hot, sterilized, 8-ounce glasses. Seal, following manufacturer's directions. Label; date; store in cool, dry place. Makes five 8-ounce glasses. (*Reprinted from Illinois Agri-News, LaSalle, August 19, 1994.*)

Dilled Zucchini

12 large zucchini, trimmed and
thinly sliced (about 16 cups)
2 cups thinly sliced celery
2 large onions, chopped (2 cups)
1/3 cup salt
Ice cubes
2 cups sugar
2 tablespoons dill seeds
2 cups white vinegar
12 cloves garlic, peeled

Mix zucchini, celery, onion and salt in bowl; layer with ice cubes; cover. Let stand 3 hours; drain.

Combine sugar, dill seeds and vinegar in a kettle; bring to a boil, stirring; stir in vegetables. Heat, stirring often, just to full boil.

Ladle into 12 hot sterilized half-pint jars to within 1/4 inch of rim. Place 1 garlic clove in each. Seal as manufacturer directs; process in hot-water bath 15 minutes. Cool; label; date; store in cool, dry place. Makes 12 half-pint jars. (*Reprinted from Illinois Agri-News, LaSalle, August 19, 1994.*)

Pickled Beans

1-1/2 teaspoons salt
4 cups white wine vinegar
1/2 cup sugar
3 cloves garlic, peeled



2 bay leaves
 2 medium onions, sliced
 10 black peppercorns
 2 teaspoons dill seeds
 2 pounds fresh green beans

Mix together one teaspoon salt, the vinegar, sugar, garlic, bay leaves, onions, peppercorns and dill seeds in a saucepan. Bring to a boil. Reduce heat and simmer for 1/2 hour over a low heat.

Put the beans in a saucepan of boiling water with the remaining 1/2 teaspoons salt and cook for 5 minutes.

Drain the beans and put them upright into warm sterilized jars.

Strain the liquid and pour over the beans up to the tops of the jars. Seal and store in a cool dark place. (*Reprinted from Illinois Agri-News, LaSalle, August 19, 1994.*)

1 medium leek, white end only, chopped
 1 teaspoon salt
 1/2 teaspoon curry powder
 1/4 teaspoons each ground nutmeg,
 white pepper and ginger
 1 bay leaf
 1 cup half and half or evaporated milk

Choose a 3-pound eating pumpkin such as Sugar Pie. Remove the peel and cube the flesh, then cook it with the bay leaf in the stock until tender. Drain well and remove bay leaf. Sauté onion and leek in butter. Add pumpkin and spices, then whirl all together in a food processor or blender. Heat gently, then stir in cream and serve hot in hollowed-out mini pumpkins or bowls. (*Reprinted from Silver Bay Herb Farm [Newsletter], Bremerton, Washington, Fall 1994*)

Spicy Pumpkin Soup

This soup, which won a special award at the Kitsap Party for the Silverdale on the Bay Resort, utilizes ground nutmeg and other spices along with fresh pumpkin. Delicious!

1 pound fresh pumpkin
 4 cups chicken or vegetable broth
 4 tablespoons (1/2 stick) butter
 1 large onion, chopped fine

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