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HOMEMAKERS' CHAT

Tuesday, October 25, 1938

(FOR BROADCAST USE ONLY)

Subject: "QUESTIONS AND ANSWERS." Information from the Office of Experiment Stations, United States Department of Agriculture. Publications offered: "The Nutritive Value of Apples" and "Using Apples."

--ooOoo--

Apple catsup--or apple ketchup, if you like to spell it with a K--brings up the first question from the mailbag. Writes a listener:

"Did I hear you say something about catsup made with apple? I'm sure I did. Please send me that recipe in a hurry."

I've sent it--in a hurry. Along with it I've sent a recipe for apple chutney, and apple cider butter, and crabapple pickles to say nothing of apple ice-box dessert, and applesauce cake and apple upside-down cake. All these and a lot more apple recipes are in the new bulletin I told you about last week. The Minnesota Experiment Station published this bulletin, but just for the sake of you radio listeners, they were good enough to send a supply of bulletins to the Radio Service of the Department of Agriculture in Washington, D. C. So here's your chance--here's your chance before the supply runs out to get a copy of the bulletin which contains the latest and best ways of cooking and using apples. In this new bulletin you will find best recipes for your old favorites like apple pie, apple sauce, baked apple and apple jelly as well as some new dishes made from apples.

So once more, let me say that as long as the new apple bulletins last, you are welcome to a copy free. But to get that free copy, be sure to write direct to the Radio Service of the Department of Agriculture, Washington, D. C. You don't have to bother with a title or a number. Just send a postcard saying that you want the new apple bulletin. And address that postcard to the Radio Service of the Department of Agriculture, Washington, D. C.

Speaking of apple pie reminds me of another letter. Says a listener: "I wonder if the new bulletin you told us about tells how to keep juicy apple pie from boiling over in the oven. That's my big pie-making problem."

The new bulletin certainly does give advice on this problem. The authors say they tried various methods to keep the juice in apple pie from boiling over. They tried folding the upper crust over the lower before sealing. They tried placing a strip of cloth around the rim of the pie plate. And they tried putting a little funnel down through the hole in the top so the extra juice would bubble up in the funnel and not go over the edge of the pie. All these methods sometimes worked, but none were entirely successful when the apples were very juicy. The method that worked best was to shrink the apples before putting them into the pie. To do this, mix the apples and sugar and let them stand covered for about 5 minutes. This draws out the juice.

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Drain the juice from the apple slices and save it. Let the apples cook in the pie. When the pie is baked, pour the extra juice back in through the hole in the top crust. This makes a juicy pie with no boiling over.

Another apple question, this one about saving vitamins in apples. Says a housewife: "Will you tell me how to cook apples to save as much vitamin C as possible?"

Answer: The less you cook them, the better for saving vitamin C. If you eat them raw, you get the most vitamin. Cooking destroys considerable C but short cooking naturally does less damage than long cooking. So applesauce contains more of the vitamin than baked apples or apple pie because applesauce cooks in a shorter time.

Another rule for saving vitamin C is to keep apples stored in a cold place--as cold as they can stand without freezing. How much of the vitamin apples lose in storage depends on temperature and also on how long they are stored. The colder you can keep them and the sooner you can eat them, the more vitamin you get.

Another way to get the most vitamin C from apples is to eat those varieties that are especially rich in C. Some kinds of apples contain several times as much C as others. For example, when Miss Todhunter of the Washington Experiment Station tested western apples of commercial importance, she found that Winesaps, Spitzenbergs, and Rome Beauties were 3 times as rich in vitamin C as Jonathans, Delicious, or Richared. In other words, you have to eat 6 Jonathans or Delicious or Richared to get the same amount of vitamin C that you can get from 2 Winesaps, Spitzenbergs and Rome Beauties. Of course, all these apples have valuable qualities. I am just comparing vitamin values here. Miss Todhunter also found that the skin of the apple--the peeling is richer in C than the flesh inside. So if you want to get all the vitamin, you'll eat the apple peel.

By the way, if you are interested in knowing exactly what value apples have, if you want to get what you might call the "low down" on the apple, Miss Todhunter's new bulletin will give it to you in words and pictures. And this bulletin, like the one on apple cooking, is free while the supply lasts. Write for it to the Radio Service, Department of Agriculture, Washington, D. C.

Wait a minute. I forgot one last apple question. A listener asks about making apple custard pie such as the Pennsylvania Dutch make it. Have I ever heard of it? Do I know how to make it? Certainly. The recipe is in that apple cookery bulletin along with all the others I told you about.

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