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# Vegetables *and* Fruits

In war  
time



# VEGETABLES AND FRUITS

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“What am I doing to feed the world?” This question is being asked and answered by every true American. Some have the privilege and responsibility of producing food from the fields or the home garden, while others have the less picturesque but no less responsible part of standing guard over this food supply, to see that every ounce possible of the wheat, meat, fats, and sugar needed by our soldiers and Allies is saved for their use. There are many substitutes for these things, but “there is no substitute for freedom.”

## HELP THE FIGHTERS FIGHT

One way to save important staple foods is to use fresh fruits and vegetables in as large quantities as possible while they are abundant. Potatoes may be used to save cereals, and shelled green beans and peas to save meat. All ripe fruits contain sugar, so that melons and other fruits may be used for “desserts” or a fruit salad may replace this course entirely. This information, with much else of great interest, including recipes for the best use of vegetables, may be found in “Fresh Fruits and Vegetables as Conservers of Other Staple Foods” (Farmers’ Bulletin 871), published by the U. S. Department of Agriculture.

## VEGETABLES

Vegetables are savers or conservers of other staple foods, and also have their own particular part to play in the diet which neither meats nor cereals nor sweets can play. Besides being appetizers and furnishing fuel, protein, and mineral matter to the body, they supply other important substances of which we know but little as yet, but which play an important part in promoting growth in the young and bodily well-being for everyone. All kinds of vegetables should be used. They are at their best when fresh, and may be prepared in a variety of ways.

“Fresh Vegetables. Good to Eat and Good for Your Health” (U. S. Food Leaflet No. 16) gives the points to remember in cooking fresh vegetables, and other interesting bits of information about them. Another Food Leaflet (No. 9), called “Vegetables for Winter,” tells how to use “fresh winter vegetables” such as carrots, potatoes, onions, turnips, and cabbage, as well as those which are canned and dried. The impor-

**CHILDREN** tance of green vegetables and fruits in the child’s diet is explained along with much else in Farmers’ Bulletin 712, entitled “School Lunches,” and in Farmers’ Bulletin 717, entitled “Food for Young Children.”

An article in the Yearbook of the U. S. Department of Agriculture for 1911 is entitled "Green Vegetables and Their Uses in the Diet." This is no longer available for distribution but can no doubt be consulted in your Public Library.

## Recipes

There are many delicious ways in which all sorts of vegetables can be prepared for the table. Recipes for them are given in "Preparation of Vegetables for the Table" (Farmers' Bulletin 256). These include directions for the cooking of practically all the vegetables, recipes for vegetable soups, seasonings and sauces for vegetables, and salads and salad dressings. Salads are not as much used in some homes as they should be. Nearly all vegetables may be served in the form of salad. Raw vegetables used this way are more refreshing and perhaps more generally relished than those made with cooked vegetables. Many raw fruits also make delicious salads. There are a number of Creole recipes for cooking okra in Farmers' Bulletin 232, entitled "Okra: Its Culture and Uses." Recipes for using green peppers may also be found in a publication of the States Relations Service, called "Peppers" (S. R. S. Document 39).

## FRUITS

Although fruits and vegetables differ very much in appearance and flavor, and are introduced into our meals in very different ways, they resemble each other in the manner in which they serve the body. Farmers' Bulletin 293, entitled "Use of Fruit as Food," treats this subject very fully.

Dried fruits, such as raisins, figs, etc., are sugar conservers and have many valuable uses in the diet which are discussed in an article entitled "Raisins, Figs, and Other Dried Fruits and Their Uses" in the Yearbook of the U. S. Department of Agriculture, 1912. This article, also, is no longer available for free distribution but the Yearbook may be consulted in your Public Library.

Muscadine grapes are one of the fruits which can be prepared in many attractive and appetizing ways without the use of much sugar. Directions for preparing a large number of muscadine grape products are given in "Home Uses for Muscadine Grapes" (Farmers' Bulletin 859). Directions for making sirup from muscadine grapes are given in "Muscadine Grape Sirup" (Farmers' Bulletin 758).

SUGAR

MUSCADINE  
GRAPES

## HOW TO GET INFORMATION

All the Farmers' Bulletins and Food Leaflets mentioned in this text, unless otherwise noted, are available for free distribution as long as the supply lasts and may be obtained by writing to the U. S. Department of Agriculture, Washington, D. C., or they may be borrowed from your Public Library. Many excellent publications on the use of vegetables and fruits as food have been issued by the States for distribution to their own citizens. An inquiry addressed to your State agricultural college will bring you information as to what has been issued by your own State. There are several good books on food which have chapters or sections devoted to the use of fruits and vegetables in the diet. Great care, however, should be exercised in the choice of books, as they vary greatly in value. Your Home Economics Demonstrator or the reference librarian of your Public Library should be consulted as to what books are authoritative. A careful reading of them will be profitable. Ask for them at your Public Library.

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Serve Humanity”*