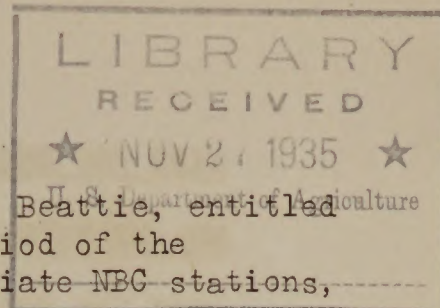


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THE GARDEN - HOUSEHOLD CALENDAR



A radio talk by Kenneth Gapen, Ruth Van Deman, and W. R. Beattie, entitled "The Apple Year" delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 50 associate NBC stations, Wednesday, October 30, 1935

MR. GAPEN: With me at the microphone today are two old-timers on the Farm and Home Hour. They are Ruth Van Deman and W. R. Beattie. Whenever these two appear together on a program there is always something doing and the discussion today centers on that popular fruit, the apple. Ever since Adam ate that apple in the Garden of Eden ---

MR. BEATTIE: Wait a minute, wait a minute, Mr. Gapen, according to the best of authority it was not an apple that caused the downfall of man in the Garden of Eden. It was a banana; and the serpent was hidden in that bunch of bananas. Apples did not grow in that part of the world which is supposed to be the cradle or birthplace of the human race, but bananas were abundant.

MR. GAPEN: Well, Mr. Beattie, I am not going to argue with you on that point. But isn't it true that wherever apples grow they are one of the most popular fruits?

MR. BEATTIE: Yes, that's true. And America has become the biggest apple-growing, apple-eating country in the world.

MISS VAN DEMAN: Come to think of it, I've never heard a groceryman say - Yes, we have no apples today. Every month is an apple month with us, isn't it?

MR. BEATTIE: Yes, since we developed our present storage methods. And by the way, according to reports this is a big apple year. There will be more than a bushel of apples for every man, woman, and child in the U. S. A.

MR. GAPEN: For my bushel give me McIntosh.

MISS VAN DEMAN: Might know a Wisconsin man would choose a McIntosh.

MR. GAPEN: Sure. But really though, there's nothing finer than those tart, juicy McIntosh with their white flesh and red skin.

MISS VAN DEMAN: I take issue with you, Mr. Gapen. I put Grimes Golden at the top of the list, if its quality you're talking about.

MR. BEATTIE: Well, Miss Van Deman, you have the backing of the American Pomological Society on that. Grimes Golden is their standard for quality. Years ago the pomologists chose the Grimes for its crisp, tender flesh and sub-acid, aromatic flavor as the standard by which to judge the quality of other apples. As a commercial variety the Grimes has its shortcomings; it doesn't rate as one of the first ten commercial varieties.

MR. GAPEN: What does head that list, Mr. Beattie?

MR. BEATTIE: Winesap - sometimes called old-fashioned Winesap.

(over)

MISS VAN DEMAN: And what's second?

MR. BEATTIE: Jonathan.

MISS VAN DEMAN: Good. That's really my next choice after Grimes Golden. Where does the Baldwin place?

MR. BEATTIE: Well, Miss Van Deman, you do know your apples. Baldwin comes third. Then come Rome Beauty, Delicious, Yellow Newtown, Rhode Island Greening, Stayman Winesap (close kin to the old-fashioned Winesap), Spitzenburg, and for number 10, York Imperial. This list was the result of a survey made a few years ago in 41 cities representing all parts of the United States. These ten varieties I've named were in the million-bushel class. That is, anywhere from one to over 5 million bushels of them went to market during the year the survey was made. They represented nearly half of the apples marketed then. In all there were figures for 43 varieties. Of course even those 43 are only a few of the thousands of named varieties of apples.

MISS VAN DEMAN: But most apples are sold by variety, aren't they?

MR. BEATTIE: Yes, any consumer who wants to buy apples by variety can do so. All boxed apples are plainly marked and so are those packed in bushel baskets. The variety name is printed or stamped somewhere on the package.

MISS VAN DEMAN: Well, wouldn't it benefit us as consumers to learn the varieties and buy Baldwins, or Jonathans, or Winesaps, not just apples?

MR. BEATTIE: It certainly would. Because no two varieties are exactly alike in flavor, color, and texture. And besides, some apples are especially adapted for eating raw - dessert apples the pomologists call them - and others with firmer flesh and more tart flavor are better for cooking. Another point consumers would do well to learn is what varieties are in season at different times in the year. As you probably know, Miss Van Deman, your favorite Grimes Golden are off the market by midwinter. But the Winesaps and Baldwins and Yellow Newtown and York Imperial will hold over until the next crop is ready.

MR. GAPEN: Aren't some of the dessert varieties, eating apples I call them, all right for cooking?

MISS VAN DEMAN: Yes, they are. Take Winesap and Baldwins. They're both excellent for eating raw and cooking. So is Yellow Newtown. So is Jonathan. But York Imperial is better adapted to cooking if you like an apple that holds its shape.

MR. BEATTIE: Another point we mustn't overlook is that the same variety grown in different parts of the country may be a very different apple. A Jonathan from the Ozarks wouldn't recognize its brother Jonathan from New York State. Neither would a Massachusetts Baldwin recognize a Baldwin grown in Indiana.

MR. GAPEN: Going back to that matter of storage, haven't there been some remarkable developments in that field?

MR. BEATTIE: Yes, especially in the control of apple scald.

MISS VAN DEMAN: Do you mean those brown blotches that come on the skin of apples in winter time?

MR. BEATTIE: Yes, but you haven't seen many of them since apple growers began to pack their fruit in oil paper. The investigators found that by surrounding the apples with paper treated with a mineral oil this trouble could be prevented. It took years of careful research to find that out, but it has perfected and prolonged the storage of apples. Of course temperature control also plays its part. And temperature control doesn't end with cold storage. Folks who buy apples and take them into their homes, should keep them as cool as possible. A ripe apple loses its quality and crispness very quickly in a warm place.

Miss Van Deman, didn't I see a report recently about vitamins in apples?

MISS VAN DEMAN: You mean that work of Doctor Fellers of Massachusetts on vitamin C?

MR. BEATTIE: Yes, probably that was it. Tell us about it.

MISS VAN DEMAN: Well of the twenty or so American varieties of apples tested, the Baldwin seems to be the best source of vitamin C. Of course, no apples rate as a very rich source of any of the vitamins. But since we do eat a good many apples and we eat lots of them raw, the vitamin value of apples in the diet is greater than it might seem at first thought. The major part of the vitamin C in an apple is in or near the skin. Another point to remember is that the longer apples are stored, the more vitamin C they lose. Also cooking destroys their vitamin C. So there's a lot to be said for eating apples raw, skin and all.

MR. GAPEN: Miss Van Deman, are you blasting my dreams about apple pie?

MISS VAN DEMAN: Not at all, Mr. Gapen. Apple pie is one of the great American institutions. And so is the baked apple, all tender and sweet and juicy. In fact apples in any form are valuable in the diet as so-called base-forming foods. They help to offset the acid-forming foods we eat, and to keep the body alkaline.

MR. BEATTIE: Then that old saw about "An apple a day, keeps the doctor away", has some truth in it?

MISS VAN DEMAN: Yes, some. Just don't take it too literally. As I said we eat so many apples in the course of a year and we use them in so many ways, that the total effect is very beneficial.

MR. GAPEN: Well, Miss Van Deman, what is your favorite way of serving apples?

MISS VAN DEMAN: Are you trying to put me on the spot again about apple pie, Mr. Gapen?

MR. GAPEN: No, that wasn't a catch question, Miss Van Deman. I just thought you might have some tricky way of fixing apples.

MISS VAN DEMAN: Well, Scalloped Apples are very good, especially if they're served hot with the main course at dinner or lunch or supper.

MR. GAPEN: Could a mere man learn how to make scalloped apples?

MISS VAN DEMAN: He certainly could. For scalloped apples, choose a tart, firm-fleshed variety, like Winesap or York Imperial - any one that holds its shape well during cooking. Pare and slice the apples in the usual way. Then pack them into a baking dish along with plenty of butter and a generous sprinkling of sugar between the layers. Cover the dish and cook the apples slowly in a moderate oven for an hour or so. About 15 minutes before you are ready to serve them, take the lid off, sprinkle the top of the apples with buttered bread crumbs, and brown them in the oven. The apples will lie in perfect slices and be almost transparent. And some varieties will have a pretty pink color. Of course you serve scalloped apples right in the baking dish. Apples and sweet potatoes scalloped together are a good combination.

MR. BEATTIE: Aren't you going to say anything about fried apples and bacon?

MISS VAN DEMAN: I'd like to, but --

ANNOUNCER: And apple dumplings?

MR. BEATTIE: And brown betty?

MR. GAPEN: And good old apple sauce?

MISS VAN DEMAN: Far be it, gentlemen, for me to slight anybody's favorite apple dish. But I'm afraid of Everett Mitchell and the gang out in Chicago.

MR. BEATTIE: Well, I'm not afraid of them. I'm going to cast my vote for a good big jug of sweet apple cider and a plate of doughnuts.

MISS VAN DEMAN: Go right ahead. Today's Halloween, the perfect time for cider and doughnuts. If you like cider cold, you'll like it twice as well spiced and served hot.

MR. GAPEN: That's a good suggestion. Thank you, Miss Van Deman, and Mr. Beattie.