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VITAMIN C
U.S. Department of Agriculture

During the summer it is surprisingly easy to get your daily supply of vitamin C, explains _____, _____, _____.
(Name) (Institution) (Place)

Most of the vegetables and many of the fruits now at the peak of their season are excellent sources of this vitamin.

Some of the vegetables that you might choose for their vitamin C content are now cabbage, green lima beans, green peas, corn, kohlrabi, summer squash, or any of the green leafy vegetables. And the plump red tomatoes that you serve so often during the summer are especially high in vitamin C.

Cantaloups or raspberries for breakfast will supply generous amounts of vitamin C. Watermelon is an American favorite for its taste alone, but it is also rich in vitamin C. Even lemonade, the popular hot weather beverage, adds to the vitamin C you're getting.

If you take the trouble to select fruits and vegetables rich in this vitamin, try to save as much of it as possible in cooking and serving these foods. Vitamin C is one of those will-o'-the-wisps that is easily lost or destroyed when foods are not handled carefully.

Use raw fruits and vegetables whenever possible, because you're bound to lose some vitamin C when foods are cooked. And when you must cook vegetables, cook them the right way to save all the vitamin C you possibly can.

The most important rule in cooking vegetables is to use as little water as possible and to serve this cooking water along with the vegetables. Many cooks throw away large amounts of vitamin C, because they do not realize that it dissolves in the cooking water. Even more vitamin C is lost when you cook vegetables too long, or when you add soda to the cooking water.

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