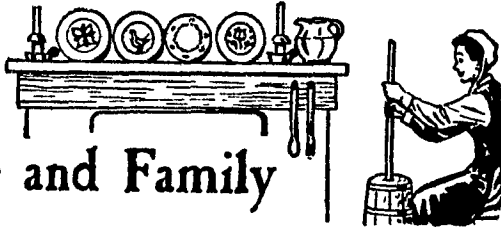


# For the Farm Wife and Family



## Fresh and Frozen Foods

By Mrs. Richard R. Spence

This is the time of year when every homemaker is busy trying to provide meals with attraction, despite the heat reduced appetites of her family. And at the same time, she is faced with storing food for the cold months from ample summer supplies.

Here are some helpful hints that have come my way and proven useful for my family meat planning and food storing. I hope they'll do as well for you, and maybe even stir new ideas of your own.

### Some Facts On Fresh Vegetables

You may feel that filling your family with lots of fresh fruits and vegetables this summer is giving them more nutritious meals than they have in winter months.

This may be true if they are eating larger amounts of fruits and vegetables than they usually do. But fresh fruits and vegetables don't necessarily give better food values than canned and frozen ones.

If you can gather garden vegetables just before cooking you're off to a good start to serving vitamin-rich foods. How fruits and vegetables are stored and how you cook them will determine what food value your family really gets.

Keeping vegetables in a cool place is important. Then when you prepare them cut them in large pieces so minerals and vitamins won't soak out in the cooking water.

That's also why you cook most vegetables in a small amount of water. Cook them only until they are tender. Over-cooking and holding food hot to serve later are two big cheaters of food value.

Unless you take this care fresh vegetables may not be giving the food nutrients you expect.

If you can or freeze foods, you will want to follow the same rules — fresh products, large pieces, proper blanching or heating time, quick freezing or correct processing.

The fresher the fruit and vegetables the more food value you will keep. That's why commercial canners and freezers often have an advantage over those who have to buy foods to preserve.

### Broccoli

You can cook broccoli to keep tips firm and have the stalk tender yet keep most of the food value.

Three cooking methods were tested that will keep most of the vitamin C in the broccoli. One is to boil for 10 to 12 minutes in a cup and a fourth water for each

means the tips will be mushy and overcooked.

If you pare the stalks to take off the tough outer layer and split them so they're no larger than a half inch you can shorten the cooking time.

It's in the first five minutes of overcooking that broccoli loses much vitamin C and it also loses color and flavor.

Both frozen and fresh broccoli seem to keep about the same original vitamin C when cooked by boiling or steaming.

### Freezing Blueberries

To add variety to your frozen food supply try freezing some fresh blueberries.

Recent tests by U. S. Department of Agriculture home economists show that whole berries frozen in a sugar syrup have a better flavor and are more tender than if they are frozen without sugar.

One good way to make use of fresh berries is to make a fruit spread to keep in the freezer.

For each pint of spread you'll need one cup blueberries that have been run thru a food mill or sieve. Do this

pound of vegetable.

Both steaming for 10 minutes and cooking in a pressure sauce pan for two minutes at 15 pounds pressure seem to hold the vitamin C.

The broccoli has good flavor and texture too. What vitamins are lost go into the cooking water and are not destroyed by heat.

Cooking the thick stalks until they are tender often

with the raw berries.

Mix four tablespoons pectin and two tablespoons sugar well. Then add the pureed berries, mix well for seven minutes using the lowest speed on your electric mixer.

Add three-fourth cups sugar, two tablespoons corn syrup and two tablespoons of lemon juice. Mix three minutes longer.

Pour into freezer containers and let stand for a day at room temperature. This lets the mixture jell thoroughly.

Store in the freezer. When you want to serve the spread let it thaw to room temperature, then keep in the refrigerator.

### Canning With Pressure Saucepan

Backyard gardens produce a few that you want to canter use. For fruits or

toes you might improve boiling-water-bath from a pail or tall pan. If you have a pressure saucepan you will be able to can low acid vegetables. The rule for canning pressure saucepan is to

20 minutes to the canning time.

This means that if you beans either raw or hot you'll process them 40

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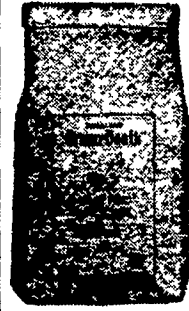
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