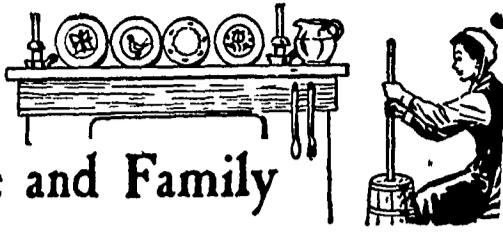


For the Farm Wife and Family



Vegetables—A Nutrition Bonus

By Mrs. Richard C. Spence



SPENCE

Whether you conserve or lose vitamins as you trim, scrape and peel vegetables depends a lot on knowing where the highest concentrations of vitamins are in the various vegetables. The leafy parts of collard greens, turnip greens, and kale, for example, have much more vitamin A value than the stems or midribs do. So, if you remove the fibrous stems and midribs to make the vegetables more acceptable to the family, the loss in nutrients is not serious.

The coarse outer leaves of head lettuce contain higher concentrations of vitamins than the inner, tender leaves so it is good to use the outer leaves whenever possible. The core of cabbage is as high in vitamin C as the leaves. Broccoli leaves have much more

vitamin A than the stalks or ones. Even so, young carrots flower buds; if the leaves are a good source of vitamin tender when you get them. A. Choose deep-orange varieties, plan to eat them. Keep ties of sweet potatoes for them cool and moist until highest vitamin A value they're ready for use.

You get several times as much vitamin A value from bright-orange, mature carrots as from pale-colored, young

Peppers are high in vitamins A and C.

If the tops of beets are attached and still tender when you buy them, cook them. They are rich in vitamin A. Turnip greens, kale, and col-

lards are good sources of riboflavin as well as vitamins A and C. Lima beans, peas, and young cow-peas (including black-eye peas) contribute appreciable amounts of thiamine and protein.

Make full use of vine-ripened tomatoes in summer when they are plentiful and inexpensive. Tomatoes that ripen on the vine out-of-doors in summer sunlight are twice as rich in vitamin C as those grown in green houses in winter.

We need vitamin A and C regularly for growth and healthy body tissues. Vegetables are a primary source of these nutrients.

Here are two ways, impressive to say the least, to serve asparagus.

ASPARAGUS SOUFFLE

- 1 10 ounce package frozen chopped asparagus
- 1 cup Bleu Cheese cracker crumbs, finely rolled
- 1 10 1/2 ounce can condensed cream of asparagus soup
- 1 tablespoon lemon juice
- 4 eggs, separated
- 1/4 teaspoon cream of tartar

Combine chopped asparagus, cracker crumbs, asparagus soup and lemon juice. Beat egg yolks. Stir into asparagus mixture. Beat egg whites until frothy. Add cream of tartar and beat until stiff, but not dry. Fold into asparagus mix-

ture. Pour into a greased 1 1/2 quart casserole. Bake in a slow oven (325 degrees) 1 1/4 hours or until knife inserted in center comes out clean. Makes 6 servings.

ASPARAGUS ON CHEESE WAFFLES

- 6 Cooked asparagus spears
- 2 WAFFLES:

- 1 cup sifted flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 eggs
- 2 cups buttermilk
- 1 cup finely rolled cheese cracker crumbs
- 6 tablespoons melted butter or margarine
- SAUCE:
- 2 cans cream of chicken

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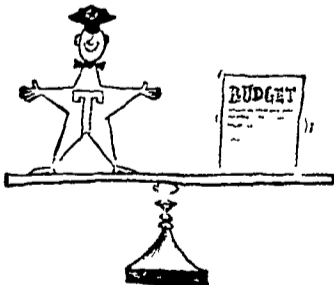
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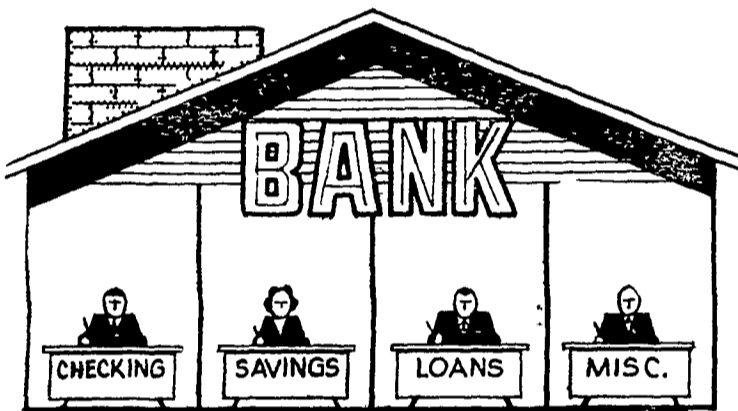
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