



Ladies, Have You Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

WHERE VEGETABLES COME FROM

You and most of the vegetables you eat have more in common than satisfying your body's need for food. Most of your ancestors, and those of vegetables, were foreigners to this land.

The list of vegetables that North Americans have adopted is long—numbering at least 38. But their everyday names conceal the faraway places of their origin. The egg plant and cucumber come from India; spinach and muskmelons from Persia; watermelon from Africa, which also sent okra. And radishes originally came from China. Asparagus, kale, and collard come from the Mediterranean which also produced cabbage. Chinese cabbage originated in China; garden peas in Asia and kohlrabi and Brussels sprouts in Northern Europe.

Other "foreigners" now in our diets include broccoli, cauliflower, endive, artichokes, beets, rhubarb, soybeans, parsnips, salsify, celery, parsley, leek, Swiss chard, turnips, rutabagas, cowpeas, Indian mustard, Chinese mustard, lettuce, carrots, onions, garlic, and chives.

For many centuries archeologists, historians, geographers, botanists and others have tried to find out where our vegetables come from. If the origin of a plant is known,

that location could reveal cultivated or wild forms, of closely related species which could help improve crops today.

You and the vegetables you eat have come a long way since your introduction to this new land

BROCCOLI IS POPULAR

Broccoli's popularity was not immediate with Americans. In fact, it remained practically unknown until the early part of the 20th century. Before 1920, only a few Italian families around Boston and New York grew broccoli because they remembered having it in their homeland.

Broccoli is an excellent source of vitamins C and A. And it fulfills the requirement for dark green leafy vegetables that you need to eat every day. As with most vegetables, the food value for fresh and frozen broccoli are similar. Fresh broccoli is perishable, so use it as soon as possible after you buy it. Store it in the refrigerator in a moisture-proof container.

You can prepare broccoli many ways. It's most often steamed and served with butter or margarine. Or dress it up with a sprinkling of grated cheese or buttered bread crumbs. For a real treat, serve with hollandaise sauce, sour cream, cheese sauce or lemon butter. And it can make a fine addition to casseroles and vegetable salads.

When you cook fresh broccoli, remove the coarse leaves and the

tough part of the stalk. Soak in cold salted water for about 20 minutes if there is a possibility of insects. Wash thoroughly. Cook only until fork tender. Overcooking impairs color, flavor, and texture.

To prevent discoloration and the development of strong odors, leave the pan uncovered during the first part of the cooking period. Broccoli contains mild acids which cause a color change if not allowed to escape in the steam. If covered, broccoli will also develop a strong odor. But if cooked without a lid for the entire cooking period, vitamin C is lost. For an interesting change in your vegetable menu, why not serve broccoli?

Ladies Day Out

Region 1 Ladies Day Out will be held July 25 at the Pottstown Holiday Inn. The bus departure schedule is as follows:

Johnson Bus Depot
8:00 a.m.

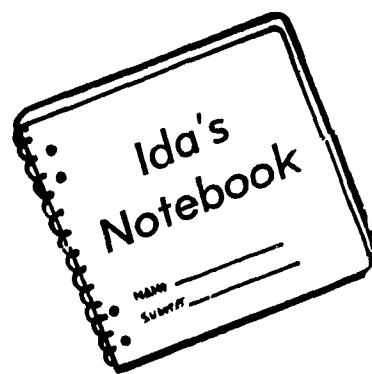
Lancaster Shopping Center
8:30 a.m.

Brownstown Bowling Alley
9:00 a.m.

Reservations can be obtained from any member of the Women's Committee by July 22. The price is \$3.90 for a full course ham dinner. The bus will return by 4:00 p.m.

Painting Tips

If you're painting a room, remember that paint generally dries to a slightly different color or shade. For a fast preview of the final color, Extension home management specialists at The Pennsylvania State University, suggest you brush a sample swatch of the paint on a piece of clean, white blotting paper. The paper will immediately absorb the wet gloss and the color on the paper will be about the color of the paint when it dries on the wall.



Ida Risser

Summer is the time for vacations. Farmers take one if and when they can find the time. As we have a 4-H'er visiting us from Michigan, we decided to take a day off and spend it at a State Park.

We planned to try a new one. After quite a bit of hunting we found Little Buffalo State Park. Actually the driving in circles through mountainous areas turned out to be one of the nicest parts of the trip.

We've been to half a dozen State Parks in recent years and we were surprised with the wonderful facilities at this one. There was a huge pool and a large lake. There were rowboats, canoes, sail boats and a paddle-type boat for rent. Many folks were picnicking, fishing or hiking. Even the green and yellow frogs along the shore seemed tame.

Halfway to Newport I realized that I'd forgotten a tablecloth. But the food tasted just as good eaten off clean newspapers. Sparring red beet eggs from the bottom of a two quart jar also proved to be a challenge as we had no long fork. So Cindy's small hand was a big help. We hope to

go back someday and hopefully be better prepared.

xxxx

Our children are thinking of showing their Holstein animals at the 4-H show later this month. And we've got the water puddles to prove it as they are washed and brushed frequently. Some corn was trampled too when the calf got away from Cindy. She hollered and Daddy came to the rescue just as she grabbed the end of its rope.

It certainly is something to watch (from a distance) when they attempt to trim the hoofs. At first they are patient with the animal but after they "step around" too much Philip gets disgusted and gives up for that day. Maybe tomorrow someone will help him.

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