



Have You Heard?

By Doris Thomas
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Home Economist

Which Is Best?

Fresh, Frozen, or Canned
Many people prefer fresh produce because it tastes better. They also believe that nutritionally, fresh is better. This is true in theory, but not invariable. In an ideal world you would pick fruit off the tree, harvest vegetables from your backyard, and eat them the same afternoon. Since very few of us live near the Garden of Eden, or any other garden, we have to rely

on the market. But even though produce may have been transported a thousand miles and have sat in the bin for a day or two, it is still full of nutrients.

To get the most from fresh produce, shop frequently and always use fruits and vegetables as quickly as you can. Do not peel, slice, or chop anything until just before you are ready to cook and/or serve it. If you do not have to cut, don't. String beans, for example, retain

more flavor and vitamins if cooked whole, with only the stem ends removed. Avoid buying pre-cut produce such as cateloupe or fruit salad. Ask the manager how long cut fruit has been sitting around. Never soak fruits and vegetables, and wash them as little as is consistent with cleanliness. Choose a quick-cooking method (microwaving or steaming, for example) over a long, slow boil, which destroys certain vitamins and allows minerals to leach out. To keep cooking time to a minimum, cook with as little water as possible and cover the pan. No matter how careful you are, processing of any kind destroys some nutrients.

If produce looks or feels wilted and pallid, or if you have inadvertently allowed the broccoli to sit in the crisper for a week, you would be better off with a frozen or even a canned vegetable for dinner.

Frozen food that has been scrupulously handled can actually be more nutritious than fresh food

that has sat in the grocery for days. Frozen fruits, in particular, may retain more Vitamin C than fresh fruit that has been abused in transport or storage. Do not buy packages with ice crystals on the outside; this indicates that the food has thawed and been refrozen. When buying frozen fruits and vegetables, pack them in a double bag and get them home as fast as possible. Your home freezer should stay at 0 degrees F (that is 32 degrees below freezing).

The extended heating process of commercial canning partially destroys some vitamins, especially Vitamin C and some of the B vitamins, as well as Vitamin A. Minerals survive heating. Storing canned vegetables for more than a year can increase nutrient loss unless room temperature is kept below 65 degrees F. Though most canned produce lacks the flavor and texture of fresh or frozen, from a nutritional standpoint it is certainly worth eating.

Lebanon Society 20

Farm Women Society 20 held a family picnic at Levitz Park.

bake things and work at the stand at the Lebanon Area Fairgrounds for the District Show.

Plans were finalized for the food stand at the District FFA Show on July 23. Members volunteered to

The next meeting will be held on August 13 at Carol Hershey's home.

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