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# Oregon Agricultural College Extension Service

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## BOYS' AND GIRLS' INDUSTRIAL CLUBS

Oregon Agricultural College, United States Department of Agriculture, and  
State Department of Education, cooperating

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### **CANNING CLUB LESSON NO. 2--Div. 1**

Circular No. 4

#### WAYS TO PREPARE VEGETABLES

Vegetables should be eaten every day in the winter as well as in the summer, because they contain many food elements that our bodies need.

If we think of our bodies as engines and the food we eat as fuel, we shall be able better to understand just what our food should do for us.

Sugar, starches, and fat help to keep our bodies warm and give us energy to do our work. Meat, milk, cheese, eggs, and nuts furnish material to build and repair our bodies. While we are growing we need a great deal of food that will build our bodies; so children need plenty of milk and eggs and meat.

When we grow old and are not doing a great deal of work, we do not need so much food of any kind, especially the building foods.

Our bodies differ from an engine in that they can repair themselves, while if anything happens to an engine, it must be taken to a machine shop to be repaired and sometimes new pieces have to be made in the foundry.

#### *Creamed Vegetables.*

Cauliflower, cabbage, carrots, celery, turnips, peas, string beans, asparagus, salsify, corn, potatoes, and brussels sprouts may be creamed for serving.

To cream vegetables—

Wash, pare, or scrape the vegetable.

Separate the flowers of cauliflower or cut up any of the other vegetables in uniform-sized pieces.

Put on to cook in boiling water.

Cook until tender.

For each cup of the cooked vegetable, prepare  $\frac{1}{2}$  c of "2 to 1" white sauce. Combine the two, reheat, and serve immediately.

"2 to 1" *White Sauce*.

1 c milk

1 to 2 T butter

2 T flour

$\frac{1}{2}$  t salt

Pepper to taste

Combine in same manner as "1 to 1" white sauce, directions for which were given in Lesson No. 1.

You can vary this method of preparing vegetables by escalloping them instead of serving them creamed.

To prepare an escalloped dish—

Put the creamed vegetable into a baking dish.

Cover the top with buttered crumbs and sprinkle pepper and salt over all.

Bake in a moderately hot oven until the crumbs are brown.

To prepare buttered crumbs—

Use all left-over slices of bread and crusts. Dry them thoroughly, and then put them through a meat grinder. Put into a glass jar that has a screw top.

Screw on the lid and keep in a convenient place.

When buttered crumbs are desired, take some of these dry crumbs and to each 4 T use 1 t of butter. Melt the butter and stir in the crumbs.

If you are fond of cheese, you can grate a little of it over the top of escalloped potatoes, onions, cabbage, cauliflower, turnips, or celery and have another variation. Some of the cheese should be mixed in with the vegetables. There should be 3 or 4 T of cheese to each cup of vegetables.

Sometimes a variation can be made by combining two vegetables. Peas and carrots are delicious served together; so are lima beans and sweet corn.

