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FAMILY FOOD

Fruits and
Vegetables

DISCARD



Fruits And Vegetables

Fruits and vegetables are foods that give you pep. Eating them will help you stay healthy. They:

- are rich in vitamin A.
- are rich in vitamin C.
- add color to your meals.
- are crisp.

Vitamin A is a special “something” that:

- helps keep your skin clear and soft.
- helps keep your eyes healthy.

Vitamin A is in all deep-green and deep-yellow vegetables and some fruits. You'll find it in:

Apricots — Broccoli
Cantaloupe — Carrots
Greens — Pumpkin
Spinach — Squash
Sweet Potatoes

Vitamin C:

- helps cuts heal quickly.
- helps keep your skin and gums firm.

You'll find **MUCH** vitamin C in:

Grapefruit and Grapefruit Juice
Oranges and Orange Juice
Cantaloupe — Broccoli
Green Pepper
Fresh Strawberries

You'll find **some** vitamin C in:

Lemons — Tangerines
Watermelon — Greens
Spinach — Fresh Cabbage
Tomatoes and Tomato Juice
Potatoes and Sweet Potatoes
cooked in their skins

Remember

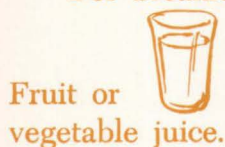
- Every day: Eat a fruit or vegetable with **much** vitamin C or eat two with **some** vitamin C.
- Every other day: Eat a dark-green or deep-yellow vegetable or fruit rich in vitamin A.

How many fruits and vegetables should you eat?

- Eat at least four servings each day.
Each serving should be at least $\frac{1}{2}$ cup or 1 medium-size fruit or vegetable.

Try

For breakfast:



Fresh melon or fruit.



Cereal with fresh fruit.

For lunch or supper:



Fruit or vegetable salad.



Celery or carrot sticks.

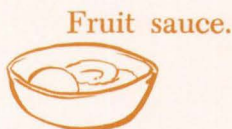


Vegetable soup.

For dinner:



Fruit or vegetable salad.



Fruit sauce.

For snacks:



Fruit juice.



Lemonade.



Dried or fresh fruits.



- Color adds joy to your eating.
- Chewing crisp, fresh fruits and vegetables helps digestion.

How To Buy Fruits And Vegetables For Your Family



Buy fruits when they are ripe on trees and vegetables when they are growing in gardens. They:

- taste better.
- usually cost less.

- Handle fruits and vegetables gently. Pinching leaves bruises and causes food to spoil.



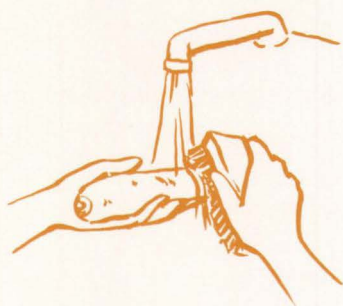
- Check the grocery ads in the paper. Specials listed there usually are good buys.

Also

- Think of what your family likes. Don't be afraid to try new fruits and vegetables.
- Think of your cupboard and refrigerator space. You must store food your family doesn't eat.

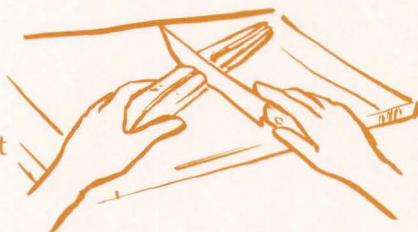
How To Serve Fruits And Vegetables

To serve fruits and vegetables raw:



- Wash them well under running water or in a pan.
- Scrub them with a brush.
- Cut out any bad spots.

- Peel fruits and vegetables only if you need to.
- Cut them into easy-to-eat pieces.



- Store raw fruits and vegetables in a plastic bag or bread wrapper in the refrigerator until you use them.

- Put raw fruits or vegetables in lunch boxes.
- Serve them at meal time.
- Serve them as a snack between meals.



If you are watching your weight

Remember that raw vegetables and fruits are your **BEST** snacks.

To serve fruits and vegetables cooked:

- Cook only enough vegetable for one or two meals.
- Break off tough leaves and stems.
- Wash off dirt and sand.
- Scrub fruits and vegetables with a brush and cook them in their skins. Or, peel them very thin or scrape off their skins.
- Use a small amount of water.
- Cook them only until they are tender, not mushy.

To boil and mash vegetables:



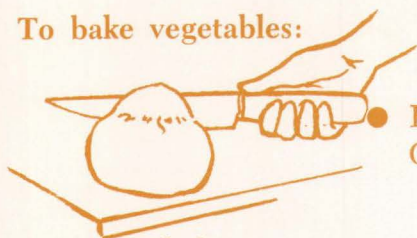
- Put scrubbed or peeled vegetables in a little boiling, salted water. Cover the pan. Bring to a boil. Lower heat and simmer.
- Cook only until vegetables are just fork tender, not soft and mushy.
- Drain. Pull off skin while vegetables are warm.

For mashed potatoes:

- Mash cooked potatoes.
- Add:
 - 1 tablespoon butter.
 - 3 tablespoons milk for each cup of cooked vegetable.
- Beat well.
- Serve hot.

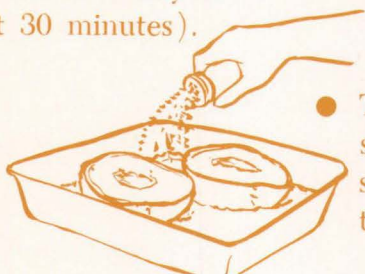


To bake vegetables:



- For baked squash: Scrub squash. Cut squash in half or in pieces.

- Put in baking pan, cut side down. Add a little water. Bake at 350° until nearly done (about 30 minutes).



- Turn squash over. Add salt, butter, and brown sugar. Continue baking until fork tender.



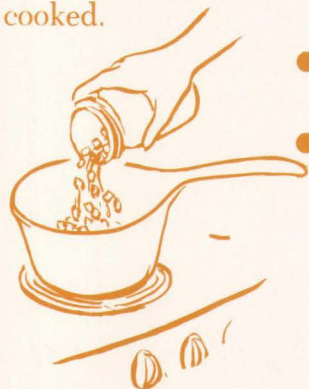
Cooking frozen vegetables:

Frozen vegetables are partly cooked. Finish cooking them on top of your range.

- Add frozen vegetables to a little bit of boiling, salted water. Cover the pan. Cook them only until they are done (about half as long as fresh vegetables).

Cooking canned vegetables:

Canned vegetables are completely cooked.

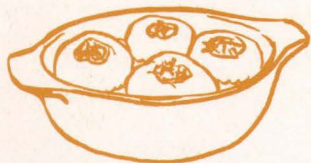


- Open can. Empty vegetable into pan. Heat. Add salt, pepper, and butter.
- If you have home-canned vegetables: Open jar. Empty vegetable into pan. **BOIL** 10 to 15 minutes. (Boiling makes vegetables safer to eat.) Add salt, pepper, and butter.

Cooking fruits:

Cooked fruits are best when stewed or baked.

- To stew fruit: Cook fruit in a small amount of water. Add sugar if needed.



- To bake fruit: Place fruit in a baking dish. Add a small amount of water and sugar. Cover and bake in a moderate oven (350°) until fruit is fork tender.

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