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VICTORY BEGINS AT HOME
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VICTORY GARDEN AND FAMILY FOOD SUPPLY

Including Production and Conservation of Meat;

**A Wartime Emergency Handbook
for Community and Neighborhood Leaders**

TO MAKE SURE THAT OUR FAMILIES HAVE AN ADE-
QUATE DIET, WE MUST PRODUCE OUR OWN FOOD.

Our armed forces and our allies will need 25 per cent or more
of the total food produced in the United States in 1943.

Limited transportation facilities prevent many foods from being
widely distributed for civilian use.

Insufficient farm labor and other shortages will decrease com-
mercial production of many of the foods to which we are accustomed.

Certain foods will be rationed.

Shortages of metal and rubber for containers for freezing and
canning may necessitate preservation of food by other methods such
as drying, brining, and smoking.

The health of our families depends upon using foods of the
right kinds and in the right quantities.

Farm families in most sections of Oregon are fortunate because
a large portion of the year's food supply can be grown at home. We
must plan now to produce the foods that our families need.

DISCARD

Listen to the Neighborhood Leader Question Box Program
Radio Station KOAC (550 kilocycles) every Tuesday noon
12:45-1:15

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

Extension Bulletin 615

February 1943

VEGETABLES AND FRUITS

Situation

Transportation between producing and consuming centers will be limited.

Population increases in Oregon have resulted from the concentration of defense industries and the armed forces.

Labor is inadequate to produce and harvest needed quantities of fruits and vegetables. Commercial gardens will not be adequate to meet the demands.

The shortage of tin and other materials will curtail commercial packs of fruits and vegetables for civilians. One-half or more of many items will be required for the armed forces and overseas shipment.

Rationed foods will include canned or processed vegetables and fruits.

Most of the commercial pack of dried fruits has been reserved for our armed forces and our allies. There will be very little available for civilians.

What we can do

Grow a Victory Garden.* Plan to include all the vegetables and fruits we can use in the fresh state, and add ample quantities for freezing, canning, drying, and storing.

A family of five will need approximately 250 quarts of tomatoes or tomato juice and 280 pints of green, yellow, or leafy vegetables that are canned or frozen.

Store, in addition, approximately 1,200 pounds of vegetables such as cabbage, carrots, potatoes, and squash.

Enrich the family health by including generous amounts of fruits in the daily diet. Oregon farm families can have a large variety.

Care for our fruit plantings to improve yield and quality. Process enough for winter use. Assure our family's winter supply by preserving it this summer.

A family of five should plan for 250 quarts of canned or frozen fruits, 50 pounds of dried, and 250 pounds of stored fruits.

MILK

Situation

Milk is an essential in the diet of both children and adults.

The supply of dairy products is inadequate to meet the demand and they probably will be rationed.

* See Oregon Extension Bulletin 614, Farm and Home Vegetable Garden.

Labor on dairy farms is very limited, and transportation difficulties are acute.

Large supplies of dairy products must be sent abroad to our armed forces and our allies.

What we can do

Own a cow and produce our own milk supply. This will provide our families with milk, cream, butter, and cottage cheese. For a larger family, where feed is available, two cows may be profitable.

The average cow, if given proper care, will produce 575 gallons of milk per year.

EGGS

Situation

Eggs are essential to a good diet. The market supply for civilian use will be limited.

Dried eggs are needed for our armed forces and our allies.

What we can do

Keep a family-sized flock of chickens to insure an egg supply for family use. Twenty-five mature pullets housed each fall should supply the egg requirements of the average family. If 75 chicks are purchased or hatched for flock replacement, the surplus may be consumed, or preserved by canning or freezing.

MEAT

Situation

Meat production in the United States is the largest in history, but the needs exceed the supply.

A shortage of $3\frac{1}{2}$ billion pounds for civilian use is expected in 1943.

Meat will be rationed, to distribute civilian supplies fairly.

What we can do

1. Adjust meal plans to meet voluntary rationing.

Many families ordinarily buy no more meat than the voluntary wartime ration. For them the restrictions call for few, if any, diet changes. Families that have used meats more generously in the past need to adjust menus carefully.

Meat is an important source of six main food values: protein of good quality, iron, phosphorus, and three of the B Vitamins (niacin, thiamin, and riboflavin).

In adjusting meal plans to include less beef, veal, lamb, mutton, and pork, it is important that we use alternate foods that will supply ample amounts of similar food values.

FOR

Good proteins	} use these foods	Poultry	Cheese	Dried peas
B Vitamins		Rabbits	Milk	Lentils
and		Game	Eggs	Soy beans
Phosphorus		Fish	Liver	Dried beans
		Chevon (goat meat)	Kidney	Nuts

FOR

B Vitamins	} use these foods	Whole grain cereals and bread
and		Enriched cereals and bread
Iron		Dark green leafy vegetables
		Potatoes

2. Plan the meat supply for the year to meet the needs of the family on the basis of ration allowances.
3. Produce the meat supply in accordance with this plan.
See Extension Bulletin 616 for estimating the pounds of meat for the live and carcass weights of cattle, hogs, lambs, and veal.
4. Conserve the meat supply—avoid waste.
 - a. Preserve the meat supply by canning, curing, or freezing.
 - b. Limit consumption, including home dressed supplies, to the ration amounts.
 - c. Serve meatless meals or serve reduced portions of meat or use meat extenders.

WARTIME MEAT REGULATIONS AND THE FAMILY'S MEAT SUPPLY

A home-raised meat supply should be preserved this year by farm families. Processing such meat locally relieves pressure on central plants and need not violate any wartime regulation.

The need for meat by our boys and allies overseas has caused the OPA to issue several orders restricting meat consumption by civilians. Some of the orders affect farm butchering.

Many rumors have appeared regarding these regulations that injure both the war and the food programs. Most of these rumors are wrong, including the one that farmers will have to pay a special

tax on animals dressed at home. The purpose of this publication is to summarize the facts in order that farm families may be encouraged to put down their supply without fear of damaging our war effort or of criticism from others.

The restriction program

The current restrictions on meat are an emergency effort to conserve supplies until formal rationing can be put into operation. Under these restrictions farmers are asked to:

1. Budget their yearly meat needs on the basis of $2\frac{1}{2}$ pounds of meat a person per week and to limit their consumption, including home-dressed supplies, to this amount.
2. Sell no more home-dressed meat in any quarter this year than they sold in the corresponding quarter of 1941.

The use of local meat-handling facilities for preparing, processing, and storing home meat supplies is possible and should be encouraged.

Commercial slaughterers have been given quotas by OPA to divert meat to war use. The larger operators, "quota slaughterers," are limited to a percentage of their civilian sales in 1941. Those percentages for the first 3 months of 1943 are: beef, 70 per cent; pork, 70 per cent; lamb, 75 per cent; veal, 70 per cent. Sales to government agencies do not count on these quotas.

Smaller "nonquota" slaughterers include all others who do custom killing or who dress meat for sale. These are the companies or individuals who handled less than $1\frac{1}{2}$ million pounds of meat in the first 9 months of 1942. Most farmers who dressed and sold meat, local butchers, and locker plants are "nonquota" slaughterers. This group may not slaughter more than 100 per cent of the tonnage handled in 1941. This is the regulation that restricts farmers from slaughtering *for sale* any more meat than they slaughtered and sold in the corresponding quarter of 1941. It is also the rule that limits the amount of meat a butcher or locker plant can kill for local patrons.

Meat rationing

The official announcement that meat would be rationed this spring by the stamp or point system has given rise to numerous questions. To date the facts appear to be:

1. Inventories of stored meat may be requested as was the case with sugar.
2. Budgeting and preserving meat supplies on a yearly basis will be possible.
3. Full, practical use of home canning and curing, locker plants, curing houses, and other local facilities will be encouraged.

4. "Hoarding" is the accumulation of excessive inventories beyond the budgeted yearly needs of the family.

Under these conditions farm families should continue to dress and preserve their fair share of meat, using the facilities available in their community. The wise use of this opportunity will provide maximum war service with a minimum of regulations.

No sugar granted for home meat curing

Sugar will not be allocated to families for curing meat as it was for canning, according to the recent decision of OPA. Inasmuch as the amounts needed are small the OPA officials decided to ask farmers to substitute sirup or save sugar from the table supply. This will relieve the overburdened ration boards of an added task.

Families that cure their own meat can choose any one of the following courses: give meat the plain salt cure; reserve some of the family's table sugar for curing; or substitute some other sweetening, such as honey, sorghum sirup, or corn sirup.

For further information see Extension Bulletin 600, "Curing Meats and Fish."

WHAT THE NEIGHBORHOOD LEADER CAN DO

1. Study and become familiar with the material in the Neighborhood Leader Handbook and leaflets for distribution to rural families.
2. Start at home to produce your own family food supply.
3. Make contact with every family in the neighborhood and explain the need for a home food production program and the use of Extension Bulletin 616, "Planning Your Family's Food Supply," Extension Bulletin 614, "Farm and Home Vegetable Garden," and the leaflet "Share the Meat."
5. Explain the post card, bulletin check list and how to obtain bulletins on specific problems.
6. Enlist the cooperation of your neighbors in the Oregon Victory Garden and Family Food Supply program.

PRODUCE YOUR OWN
VEGETABLES — FRUIT — MILK — EGGS — MEAT
for
HEALTH, CONVENIENCE, PATRIOTISM,
CONSERVATION