

CHAPTER IX

Buying and Use of Vegetables

VEGETABLES, together with fruits, form a part of the "protective" foods which must be in each day's diet if adequate vitamins and minerals are to be used. Vegetables also add bulk and roughage to the diet, qualities which give a certain satisfaction to a meal. Vegetables also contribute to the food nutrients as well as minerals and vitamins, for some, such as potatoes, are rich in starch, and others, such as legumes, are rich in protein. The use of fresh vegetables is recommended at all times of the year, relying on those that store well for winter use, as cabbage, turnips, carrots and parsnips.

Vegetables are a valuable source of minerals, which counteract the acids formed in the body by cereals, meats and eggs in the diet. The highly colored vegetables are better sources of vitamins than the white.

THE COOKING OF VEGETABLES

The best methods of cooking vegetables to retain food value and mineral matter are suggested in the following tabulation (from Hygeia):

Bake	Steam	Boil
Irish potatoes	Sweet potatoes	(In open kettle)
Sweet potatoes	Carrots	Spinach
Squash	Squash	Green peas
	Parsnips	Green beans
	Yellow wax beans	Cabbage
	Beets	Brussel sprouts
	Spinach*	Cauliflower
	Green peas*	White turnips
	Green beans*	Yellow turnips
		(Rutabagas)
		Onions
		Red cabbage**

* May be steamed. They will retain more food value, but will lose a little color.

** Add 1 tablespoon vinegar to each cup of cooking water.

Vegetables may be cooked in either cold or hot water, provided only a small quantity is used. This water should be boiled down as much as possible to save the minerals and vitamins it contains. It is best to cook vegetables in as little water as possible at first.

Green color: Acids and heat destroy green color in vegetables, but alkalis, such as soda, help to keep the color. However, the use of soda is not recommended, as soda helps to destroy the vitamins. Ordinary hard water will retain green color in vegetables if they are cooked uncovered.

Red color: Red color in vegetables is destroyed by cooking in hard water or alkali. If a little vinegar is added to hard water the color may be preserved. Soft water is best for cooking red vegetables. White vegetables become yellow on long boiling in hard water.

Over cooking: If vegetables are cooked a long time or cut into small pieces and covered a great deal of their delicate flavor is lost. By such cooking some of the vitamins are also destroyed. Strong juiced vegetables should be cooked in an uncovered kettle. All vegetables are better boiled uncovered, as some of the odors developed by the process escape with the steam. There is danger of over-cooking cabbage, spinach and asparagus.

SERVING VEGETABLES

The most desirable method of serving all fresh green vegetables is with a seasoning with butter or some other fat, as the drippings from roast beef.

Vegetables may be served with different sauces for variety. Sauces increase the number of servings one may obtain from a given quantity of vegetables. Tougher and older vegetables may be made more appetizing if served with sauce. Sauce increases the food value of vegetables.

Water in which vegetables have been cooked may be used in soups, gravies and sauces, thus saving valuable substances dissolved in the water thru the cooking of the vegetables.

GENERAL DIRECTIONS

Raw—It is important that the homemaker realize the value of raw vegetables, since we have learned the difference in the mineral and vitamin content of raw and

cooked foods. Vitamin C, or antiscorbutic vitamin, is destroyed by heat and vitamin B is more or less impaired in its potency by cooking. Such raw vegetables as lettuce, tomatoes, onions, radishes and carrots are of special value in the diet.

Scalloped dishes may be made from vegetables by combining the cooked ones with cream sauce, covering with dried bread crumbs moistened with fat.

Souffles or Puffs—To 1 c. thick white sauce add left-over drained chopped vegetables (about a cup). Beat in yolks of 3 eggs, and fold in the stiffly beaten whites. Bake in buttered baking dish 20 minutes in moderate oven. These may be used as main dish for supper or lunch.

Soups—Use equal amounts of thin sauce with stock and pulp of cooked vegetables which is obtained by pressing thru a sieve. Combine and reheat. Scalding a slice of onion with the milk improves the flavor.

Stuffed—A part of large vegetables may be removed, mixed with bread crumbs, green peppers and onions and the shells refilled and baked in the oven.

Salads—Salad herbs and plants should be clean, cold and crisp. They should be cut in neat, symmetrical shapes. The ingredients composing salad should not be combined until just before serving.

Mashed vegetables—After thoroly draining off the water, allow to dry off over the fire before mashing. Butter alone or with hot milk, as for potatoes, may be added with salt and pepper to season. All mashed vegetables need to be beaten fluffy and light. Cover with a clean cloth to absorb steam, if serving must be delayed.

Use left-over vegetables in:

Souffles

Salads

Soups

Loaf

Combine with left-over cereals. Mold, slice and brown in fat.

RECIPES FOR VEGETABLES

BEANS

Selection—Choose string beans, wax or green, which are free from rust spots and blemishes. The bean should snap when broken. Stringless beans are to be preferred. The older, the tougher the pods and the larger the beans.

Sold—By the pound, which serves four.

Storage—Use as fresh as possible because of better flavor.

Preparation—Take off ends and strings after washing. Mature string beans may be cut in pieces.

Serving—Buttered, creamed, cooked with pork, ham or bacon, pickled, salad.

LIMA BEANS

Selection—Choose the greenish colored beans if fresh; if dry, choose the beans that are not so dry that skin is cracked, as they take too long to soak and cook.

Sold—By the pound, which is a pint by measure. Serves 6.

Storage—Fresh lima beans are very perishable and should be kept on ice.

Preparation—If fresh, wash and pick over. If dried, soak for 12 hours before cooking after washing them thoroly.

Serving—Buttered, cooked with meat either boiled or roasted, salad, soup, loaf.

DRIED BEANS—NAVY, RED KIDNEY BEAN AND FRIJOLI

Selection—Choose beans of current crop free from wrinkles, graded for size, clean and unbroken.

Sold—By the pound, which serves six to eight.

Storage—Store in covered dry receptacle.

Preparation—Wash and pick over.

NAVY BEANS

BOSTON BAKED BEANS

Wash and pick over one pound of beans. Soak over night. In the morning parboil until skin just begins to break. If water is very hard, $\frac{1}{2}$ teaspoon of soda may be added. Drain and rinse, put one-half of the beans into a bean pot. Add to beans, 2 tbsp. of dark molasses or brown sugar, 1 tsp. of salt and 1 tsp. of mustard, then enough hot water to cover and mix thoroly. Scald $\frac{1}{2}$ pound of salt pork, or bacon if preferred, and score it so it will not curl in baking. Add to the beans and fill pot with beans, adding enough hot water to cover them. Cover bean pot and bake 8 hours in a slow oven, adding water if needed. Toward the last, draw meat to the top and brown for serving.

BAKED BEAN SOUP

Rub 2 c. of baked beans thru a sieve after cooking with 4 c. of tomato and 1 slice of onion. Melt 2 tbsp. of butter and stir into it 2 tbsp. of flour. Pour hot bean puree over this and boil 1 minute. Season with salt and pepper. Garnish with slices of lemon and hard cooked egg in each serving.

RED KIDNEY BEANS

BEAN CHOWDER

Parboil 1 c. of red kidney beans 5 min. Drain and rinse. Put on again in plenty of water and simmer until very tender. Add

an equal quantity of canned corn, half the quantity of tomato puree and 4 slices of bacon cut in tiny squares and browned in skillet. Season with a few drops of onion juice, pepper and salt. Serve very hot.

BEETS

Selection—Choose red beets of medium size. If tops are on, select those having fresh leaves.

Sold—By the bunch if young; by pound if old. Serves 6.

Storage—Store in cool place if old. It is better to use at once if young.

Preparation—Wash and boil either in soft water or water to which a tablespoon of vinegar is added. Let cool in water before peeling. May be sliced, cubed or diced.

Serving—Buttered, pickled, salad.

HARVARD BEETS

Wash 6 small beets, cook in boiling water until soft. Remove skins and cut beets in thin slices, small cubes or fancy shapes, using French vegetable cutter.

Mix $\frac{3}{4}$ c. sugar and $\frac{1}{2}$ tbsp. corn starch. Add $\frac{1}{2}$ c. vinegar and let boil 5 minutes. Pour over beets and let stand on back of range $\frac{1}{2}$ hour. Just before serving add 2 tbsp. butter.

BRUSSELS SPROUTS

Selection—Select the fresh, firm head with outside leaves of good color. Heads should be about 1-1 $\frac{1}{2}$ in. in diameter.

Sold—By measure; 1 qt. serves 6 people.

Storage—If kept for considerable time the whole plant is taken up and placed in a cellar, cold frame or pit. To keep temporarily put in temperature near freezing.

Preparation—Pick over, remove wilted leaves and soak in cold salted water for a half hour. Rinse before cooking.

Serving—Boiled and served with butter, creamed, scalloped, au gratin.

CABBAGE

Selection—Choose only those that are crisp, free from rust and spots and have bright color. Select heavy cabbage.

Sold—By the head or pound; 1 pound serves 4.

Storage—If kept for considerable length of time they require a temperature near freezing. If stored in barrels the roots should be placed uppermost.

Preparation—Remove outside leaves. For some dishes, as salads, the cabbage should be finely shredded, but for others it may be cut in thick slices and the core removed.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; boiled in milk; creamed; scalloped; soufflé; combined with carrots or potatoes, pimento, tomatoes, cheese, etc.; salad, alone or combined with nuts, pimentos, fruits, gelatin, etc.

CARROTS

Selection—Select those that are firm to the touch, crisp when broken and of medium size.

Sold—When fresh, in bunches; cold storage or old carrots are sold by the pound. 1 pound serves 4.

Storage—Keep well in cold storage. May be stored on flat platform and covered lightly with sand. Good ventilation is absolutely necessary.

Preparation—Wash and scrape carrots. Young carrots may be used whole. Old ones may be sliced across, cut in slices lengthwise or diced. For salads, carrots may be shredded or diced.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; creamed; scalloped; soufflé; soup; combined with peas, potatoes, etc. Grated raw carrots are mixed with Malaga raisins and French dressing for salad. May also be mixed with pickles and a cooked dressing.

CAULIFLOWER

Selection—Choose white, full, compact heads that are free from mildew and dirt. Outside leaves should be crisp and fresh.

Sold—By the head or pound; 1 pound serves 4.

Storage—Does not store well, but if necessary, keep in cool place a little above freezing temperature.

Preparation—Remove green and wilted leaves. Turn head down into cold salted water to remove dust, etc. Break into flower-lets or cook whole as desired.

Serving—Boiled and served with butter; boiled and served with Hollandaise sauce; creamed; scalloped; salad; pickled.

CELERY

Selection—Select firm, compact bunches with white, crisp stalks and fresh leaves. Celery hearts may be purchased separately, known as Pascal Celery.

Sold—By bunch; a medium bunch serves 6.

Storage—Can be kept in refrigerator rooms from one to two months if wrapped in paper and given proper ventilation. Can be kept thru the winter if stored in trenches filled with moist sand and given proper ventilation. Must not be allowed to freeze.

Preparation—Cut off roots and leaves. Wash and scrape stalks and place in ice water. For cooked dishes and salads, celery is diced.

Serving—Relish; boiled and served with butter; boiled and served with Hollandaise sauce; creamed; scalloped; soup; salad alone or with other vegetables; chicken or other meat; apples, grapes or other fruit. Seasoning.

CELERIAC (Turnip Rooted Celery)

Selection—Firm, compact, fresh roots.

Sold—By the root or pound; 1 pound serves 6.

Storage—Keeps fairly well in cold storage. Cannot stand freezing.

Preparation—Trim off tops, wash and pare the roots. May be cooked whole or sliced.

Serving—Roots boiled and served with cream sauce or Hollandaise sauce; scalloped with cheese; boiled and served as salad.

CHARD

Selection—Swiss chard large leaf variety, but term “chard” applied to blanched stalks and mid-rib of artichoke. Select young, fresh leaves with crisp stalks.

Sold—By measure; 1 peck serves 6.

Storage—Should not be stored, but used immediately.

Preparation—Remove dry and wilted leaves. Cut off roots. Unless the stalk or mid-rib is used separately, cook leaves whole. Stalks may be removed and cooked separately.

Serving—Use leaves as greens; stalks as asparagus or celery.

CHIVES

Selection—Choose fresh, crisp leaves.

Sold—By the bunch.

Storage—Cannot be stored after harvesting. Can be planted in pots and kept in the kitchen.

Preparation—Wash leaves thoroly before using. Chop in small pieces.

Serving—Used as a substitute for onions for seasoning of sauce.

CORN

Selection—Choose those with bright, fresh husks and full milky kernels, which dent easily when pressed.

Sold—By the dozen; 1 or 2 ears to a person.

Preparation—Remove leaves and the silk just before cooking by means of a brush. Cook in boiling water, salted, 10 to 15 minutes. Corn may also be cut from the cob, using a sharp knife.

Serving—Corn on cob boiled and laid on platter covered with napkin; served with butter; “cut off”, boiled, buttered and seasoned; creamed; scalloped; souffle; soup; combined with peas, beans, peppers, onions, etc.

CORN CUSTARD

To 1 c. chopped corn add 1 egg slightly beaten, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, $1\frac{1}{2}$ tbsp. melted butter and 1 c. scalded milk; turn into a buttered pudding dish and bake in a slow oven until firm.

CORN CHOWDER

Cut 1 slice of fat salt pork in small pieces and fry out; add small onion, chopped, and cook 5 minutes, stirring often that onion may not burn; strain fat into a stewpan. Parboil 4 c. of cubed potatoes 5 minutes in boiling water to cover; drain and add potatoes to fat; then add 2 c. boiling water; cook until potatoes are soft, add 1 can of corn and 1 qt. of milk, then heat to boiling point. Season with salt and pepper; add 2 tbsp. butter. Turn chowder into a tureen and serve very hot with croutons or crackers.

SUCCOTASH

Combine equal proportions of corn and beans if left-overs are to be used. If fresh, cook beans first and add corn when beans are nearly tender. Season with salt, pepper and butter or a little cream. Either string beans or green lima beans may be used.

CORN FRITTERS

To a stiff batter made of 1 tbsp. of butter, 1 beaten egg, $\frac{1}{4}$ c. of flour, sifted with $\frac{1}{2}$ tsp. of baking powder, 1 tsp. of salt, add 2 c. of corn cut from the cob. A little sugar may also be added. The batter will be stiff. Drop tablespoons of it in hot skillet, well oiled with some fat. Brown rather slowly to allow corn to cook, turning often. Serve at once.

CRESS

Water cress, upland cress.

Selection—Leaves should be bright and fresh with stems not too coarse.

Sold—By the bunch; 1 bunch serves 4.

Storage—Should be kept in fresh water until needed.

Preparation—Remove bruised and wilted leaves and roots. Wash carefully thru several waters and allow to stand in ice water until ready to use. Dry in towels or lettuce dryer before use.

Break into two-inch lengths for salads.

Serving—Salad; garnish; sandwich filling.

CUCUMBERS

Selection—The small cucumber is to be preferred, for the larger ones have tougher seeds and are apt to be more pithy.

Sold—By individual or by dozen; 1 medium size serves 3.

Storage—May be kept in cold storage near freezing point, but are preferably eaten fresh.

Preparation—Wash thoroly and cut off a thick paring from sides and a thicker one from the end. Have cucumber cold and slice just before serving.

Serving—**Green:** pickled, sliced raw with vinegar; used alone or with tomatoes, onions, etc., in salad; **ripe:** creamed or scalloped with onions; dipped in batter and fried.

EGG PLANT

Selection—Choose heavy, solid fruit which has a glossy, unbroken skin.

Sold—By the fruit; 1 fruit serves 6.

Storage—Should not be stored for any length of time; keep in a cool, dry place.

Preparation—For frying, pare the egg plant and cut in slices.

For escalloped dish, cut in cubes and boil in salted water.

For stuffed, cut egg plant in two, take out the center pulp and chop fine. Proceed as under general directions.

Serving—Scalloped; baked; dipped in flour or batter and fried.

ENDIVE

Curly endive or chicory; broad leaved endive or escarole.

Selection—To use raw, select the white, crisp leaves, as they are not bitter. For greens it need not be blanched.

Sold—By the pound; 3 stalks per person.

Storage—If necessary to store for a short time, put in a cool place where it is moist.

Preparation—Wash the endive, discarding the green leaves. The green leaves may be cooked as greens, but the blanched leaves are usually served raw.

Serving—Boiled and served as greens; used for salad, alone or in combination with lettuce or celery.

GREENS

Selection—Wild: dandelion, dock, purslane, wild mustard, pokeberry, pigweed, wild lettuce, lamb's quarter, sorrel and water cress, also dry land cress; cultivated: spinach, beet tops, chard, kale, turnip tops, kohlrabi, mustard, horse radish, lettuce, collard. Select fresh, crisp leaves with tender stems, not too old.

Storage—Should be consumed as soon as possible after picking.

Preparation—Pick over to remove foreign matter and wilted leaves; wash in running water to remove dirt; allow to stand in cold water until ready to cook, then drain and cook in water that clings to the leaves.

Serving—Boiled and served with butter; steamed and served with butter; boiled with salt pork or bacon; boiled, chopped and added to white sauce; served with white sauce and hard boiled eggs.

KALE

Selection—A variety of vegetable belonging to the cabbage family. Choose those leaves which are young and tender.

Sold—By the measure; $\frac{1}{2}$ to 1 peck serves 6.

Storage—Should be used as soon after picking as possible.

Preparation—Wash thoroly and cook in boiling salted water.

Serving—Use for greens during the winter and as a substitute for cabbage; boiled and served with butter; boiled with salt pork or canned beef; salad with eggs.

KOHLRABI.

Selection—Select medium sized, firm tubers.

Sold—By the pound; 1 pound serves 4.

Storage—Store in a cool, well ventilated place and cover with moist sand to prevent shriveling.

Preparation—Wash and pare the kohlrabi; cut in cubes, drop in boiling water and cook until tender.

Serving—Boiled; creamed; scalloped; served with Hollandaise sauce; sliced raw and served as radishes.

LETTUCE

Selection—Cabbage or head lettuce; leaf lettuce, curly or straight leaves; head lettuce, select heads with crisp, fresh, bright colored outer leaves, with bleached heart leaves; for leaf lettuce, select crisp, fresh, bright colored leaves, either curly or straight; curly leaves are more attractive.

Sold—By head or pound; 1 head serves 4 to 6; 1 pound leaf lettuce serves 12.

Storage—Keeps better when roots are left on plant; keep in a cool place away from the air; a tightly closed can serves the purpose; can be put in cold storage.

Preparation—Leaf lettuce needs to be washed thoroly and then either placed in cold water or on ice until needed for use; head lettuce needs to have outer leaves removed; the head may be cut in quarters and core removed or slices may be cut across it for serving.

Serving—With vinegar or any form of salad dressing; salad, with eggs, fruit or meat combinations; wilted, used as greens; cream soup.

MUSHROOMS

Selection—Select firm ones free from worms and of good color.

Sold—By the pound; 1 pound serves 4 to 6.

Storage—Cannot be stored; should be used when perfectly fresh.

Preparation—Wash carefully; the stems are removed and the caps peeled; the stems may also be used if they are tender; allow mushrooms to stand in cold water to which the juice of half a lemon or a tablespoon of vinegar is added to prevent darkening; drain thoroly and cook from 5 to 7 minutes if to be creamed; saute in fat if served with steak.

Serving—Stewed and buttered; creamed; broiled; baked in cream; served in cream sauce with chicken.

OKRA

Selection—Pods should be young and tender enough to be cut with a dull case knife. Should be fresh and of good color.

Sold—By the measure; 1 quart serves 6.

Storage—Must be used when fresh because they wither and become tough on standing.

Preparation—Wash pods carefully and remove the stems. Cook in boiling water until tender.

Serving—Soup; served with butter and vinegar, tomato sauce, corn or rice.

ONIONS

Selection—White, yellow, red; white preferable; choose firm, perfect bulbs with thin skin.

Sold—By pound or measure; 1 pound serves 6.

Storage—Onions require a dry, airy place and should be stored in wooden crates; if piled in heaps they are liable to sweat, grow and rot; a temperature of 30° to 40° F. best; keep better if tops are left on.

Preparation—Small, green onions should be washed thoroly and roots removed; keep in ice water until time for serving; dry onions should be peeled and cooked in boiling salted water until tender; very large onions may be sliced, especially for frying.

Serving—Relish; boiled and served with butter; creamed, scalloped; soup in combination with other vegetables; seasoning in meat loaf and other meat mixtures; stuffed and steamed or baked; served raw with salt; cut fine in salads and salad dressing.

OYSTER PLANT OR SALSIFY

Selection—White, black; roots should be firm, crisp and fresh.

Sold—By the bunch; 1 bunch serves 4.

Storage—Keep in cool, moist place; leave in ground as parsnips; roots used as vegetables; young flower stalks may be used like asparagus; leaves make excellent salad if they are well blanched.

Preparation—Wash and scrape roots; cut in slices or cubes. To keep from darkening place in water to which a small amount of vinegar has been added. Cook in boiling salted water until tender.

Serving—Boiled and served with butter; creamed; scalloped; soup.

PARSNIPS

Selection—Choose medium sized, tender roots which are not withered or shrivelled.

Sold—When first put on the market are sold by the bunch, later by weight; 1 pound serves 4.

Storage—Fresh parsnips should not be stored. Can be left in the ground all winter—freezing seems to improve the flavor—or they may be kept in a cool place protected from light and air currents; they may be buried in moss or sand.

Preparation—Wash and scrape the roots; parsnips are cut lengthwise in halves or quarters according to size; cook in boiling salted water until tender; parboil parsnips for 10 minutes and drain before putting in the oven with roast to complete the cooking.

Serving—Roasted with beef; boiled with fat meat, either pork or beef; creamed; scalloped; soup; combined with carrots, potatoes, etc.; boiled and browned, mashed and made into cakes.

PEAS

Selection—Pods should be fresh, crisp and of bright color; peas should fill pod, be of medium size and good color.

Sold—By weight; 1 pound serves 4.

Storage—Keep in dry, cool place; much better if used when fresh.

Preparation—Shell peas after washing pods in running water; peas should not be shelled until time to cook, but if it seems necessary they can be covered with water until then; cook in

small amount of boiling salted water until tender; dried peas need to be picked over and washed thoroly.

Serving—Boiled and served with butter; creamed; scalloped; souffles; soup; combined with carrots, potatoes, etc.; timbales, salad.

Peas, dried, 1 pound serves 6.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; creamed; scalloped; combined with beans, corn, onions, etc.

SPLIT-PEA SOUP

2 c. of yellow split peas	2 tbsp. flour
1 red pepper	1 tbsp. butter
1 onion	1½ tsp. salt
2 stalks of celery	Pepper
2 tbsp. fat	

Slice the vegetables and fry in the fat, in a covered saucepan. Add the peas, which have been soaked and parboiled as usual, with water—which should be replenished from time to time—to make two quarts. Simmer for 2 hours or more, then put thru a vegetable press and add the flour, which has been browned with the butter and seasonings; boil up well and serve with croutons. This soup may be thinned with hot milk, cream or meat stock if desired.

PEA SOUFFLE

4 tbsp. butter	½ tsp. salt
4 tbsp. flour	⅓ tsp. pepper
1 c. milk	1 c. split green peas, cooked
A few drops of onion juice	2 tbsp. grated cheese
3 eggs	

Make a white sauce of the butter, flour and milk; add the peas, rubbed thru a sieve, beaten yolks and seasonings. Fold in the beaten whites, heap in a glass baking dish, sprinkle the cheese over it, and bake until firm in a medium oven (375° F.) for 25 minutes.

Cowpeas (dried); 1 pound serves 6.

Serving—Boiled with fat, either pork or beef; baked; soup; cowpea loaf.

Cowpeas require a longer time for cooking than ordinary peas.

HOPPING JOHN

Boil half a pound of red cowpeas, well washed, one-quarter pound of bacon and one pod of hot red pepper in two quarts of water until the peas are tender. Then add salt, the exact amount of which will depend on the saltiness of the bacon, and 2 c. of whole rice, which has been carefully washed. It may be necessary to add another cupful or so of water. Boil about 20 minutes longer, then set at the back of the stove. Let this steam a while longer, when each grain of rice should stand apart firmly but be perfectly done.

Lentils (dried); 1 pound serves 6.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; soup and stew; lentil loaf with catsup or tomato sauce.

LENTIL SAVORY

1 c. lentils	2 tbsp. flour
$\frac{1}{4}$ lb fat ham	1 tsp. salt
1 onion	$\frac{1}{8}$ tsp. pepper
2 tbsp. vinegar or lemon juice	

After parboiling the lentils, continue cooking for two hours or more, until perfectly tender. Fry the ham with the onion, then put thru the food chopper, and add this, with the seasonings. When the lentils are done, the liquid should be reduced to about one cupful. Thicken with the flour, just moistened with a little cold water, simmer for 10 minutes and serve.

PEPPERS

Selection—Choose perfect, crisp, shiny pods.

Sold—By the dozen; 1 medium sized pod to a person.

Storage—Soon wither and become tough and spoiled; keep in cool place.

Preparation—Wash and cut a slice from the stem end of each to remove seeds. For stuffing, peppers are better parboiled 10 minutes in salted water. For salads and seasonings, they are chopped in small pieces or cut in rings for garnishings.

Serving—Seasoning; salad; cases for holding baked mixture.

POTATOES—IRISH OR WHITE

Selection—Choose potatoes of medium size, having a smooth skin with eyes which are not too deeply imbedded, as this causes waste in peeling. Very large potatoes usually have hollow places inside.

Sold—By the pound; 3 to 4 in a pound; 60 pounds in a bushel; a sack usually holds two bushels.

Preparation—Wash and boil with the jackets on, as there is less loss of food value if potatoes are cooked in this way. If potatoes are peeled, make a thin paring, as the greater part of the food value lies near the skin.

Serving—Boiled; mashed; scalloped; soup; fried; creamed.

BAKED POTATOES

Usually a criss-cross cut is made on the top of each potato, and the triangles of skin, thus formed, are lifted with the knife, and a ball of butter inserted in such a way that it will not run over when it melts. Or merely a pinch of paprika may be sprinkled in the same place, for garnish.

STUFFED BAKED POTATOES

Cut a slice off the top of a baked potato. Scoop out the inside. Mash, seasoning with butter and hot milk. Refill shells,

small amount of boiling salted water until tender; dried peas need to be picked over and washed thoroly.

Serving—Boiled and served with butter; creamed; scalloped; souffles; soup; combined with carrots, potatoes, etc.; timbales, salad.

Peas, dried, 1 pound serves 6.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; creamed; scalloped; combined with beans, corn, onions, etc.

SPLIT-PEA SOUP

2 c. of yellow split peas	2 tbsp. flour
1 red pepper	1 tbsp. butter
1 onion	1½ tsp. salt
2 stalks of celery	Pepper
2 tbsp. fat	

Slice the vegetables and fry in the fat, in a covered saucepan. Add the peas, which have been soaked and parboiled as usual, with water—which should be replenished from time to time—to make two quarts. Simmer for 2 hours or more, then put thru a vegetable press and add the flour, which has been browned with the butter and seasonings; boil up well and serve with croutons. This soup may be thinned with hot milk, cream or meat stock if desired.

PEA SOUFFLE

4 tbsp. butter	½ tsp. salt
4 tbsp. flour	⅓ tsp. pepper
1 c. milk	1 c. split green peas, cooked
A few drops of onion juice	2 tbsp. grated cheese
3 eggs	

Make a white sauce of the butter, flour and milk; add the peas, rubbed thru a sieve, beaten yolks and seasonings. Fold in the beaten whites, heap in a glass baking dish, sprinkle the cheese over it, and bake until firm in a medium oven (375° F.) for 25 minutes.

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Lentils (dried); 1 pound serves 6.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; soup and stew; lentil loaf with catsup or tomato sauce.

LENTIL SAVORY

1 c. lentils	2 tbsp. flour
$\frac{1}{4}$ lb fat ham	1 tsp. salt
1 onion	$\frac{1}{8}$ tsp. pepper
2 tbsp. vinegar or lemon juice	

After parboiling the lentils, continue cooking for two hours or more, until perfectly tender. Fry the ham with the onion, then put thru the food chopper, and add this, with the seasonings. When the lentils are done, the liquid should be reduced to about one cupful. Thicken with the flour, just moistened with a little cold water, simmer for 10 minutes and serve.

PEPPERS

Selection—Choose perfect, crisp, shiny pods.

Sold—By the dozen; 1 medium sized pod to a person.

Storage—Soon wither and become tough and spoiled; keep in cool place.

Preparation—Wash and cut a slice from the stem end of each to remove seeds. For stuffing, peppers are better parboiled 10 minutes in salted water. For salads and seasonings, they are chopped in small pieces or cut in rings for garnishings.

Serving—Seasoning; salad; cases for holding baked mixture.

POTATOES—IRISH OR WHITE

Selection—Choose potatoes of medium size, having a smooth skin with eyes which are not too deeply imbedded, as this causes waste in peeling. Very large potatoes usually have hollow places inside.

Sold—By the pound; 3 to 4 in a pound; 60 pounds in a bushel; a sack usually holds two bushels.

Preparation—Wash and boil with the jackets on, as there is less loss of food value if potatoes are cooked in this way. If potatoes are peeled, make a thin paring, as the greater part of the food value lies near the skin.

Serving—Boiled; mashed; scalloped; soup; fried; creamed.

BAKED POTATOES

Usually a criss-cross cut is made on the top of each potato, and the triangles of skin, thus formed, are lifted with the knife, and a ball of butter inserted in such a way that it will not run over when it melts. Or merely a pinch of paprika may be sprinkled in the same place, for garnish.

STUFFED BAKED POTATOES

Cut a slice off the top of a baked potato. Scoop out the inside. Mash, seasoning with butter and hot milk. Refill shells,

leaving a fluffy appearance at the top. Brown in the oven. Care must be taken not to let the mashed potato get cold, as it is hard to reheat them without drying them out. Grated cheese may also be sprinkled over the top.

POTATO CHIPS

Pare and cut potato in very thin slices. Allow to crisp in ice water. Dry a few at a time. Have a kettle of hot fat (350° F.), which will brown a cube of bread in 60 seconds, and put in a few slices at a time. Fry to a delicate brown and drain on soft paper. Sprinkle with salt.

FRENCH FRIED POTATOES

Cut potatoes into strips $\frac{1}{2}$ in. thick and soak in ice water. Dry and cook in same way as potato chips.

LYONNAISE POTATOES

Use left-over potatoes for this dish. Allow 1 tbsp. of butter and one of minced onion to each large potato. Cook these together for five minutes, but do not allow them to fry. Slice the potatoes thin, season with salt and pepper, and put in the pan with the butter and onion. Cover tightly and cook very slowly until potato is brown underneath, then fold and turn onto a hot platter. Garnish with chopped parsley.

SWEET POTATOES

There are two types of sweet potato, the moist, deep yellow or yam, and the ordinary light colored, mealy variety. Nancy Hall is a good variety for baking.

Sold—By the pound; 3 medium sized in a pound; serves 3 or 4, according to method of preparation.

Storage—Must be stored in a warm, dry place. Cover with dry sand if to be kept some time.

Preparation—Wash and cook unpeeled; pare after first boiling. Serving—Boiled; baked.

GLAZED SWEET POTATOES

Boil the potatoes until done, but not soft. Remove skins and cut potatoes into strips; moisten with cream, sprinkle with sugar, dot over with butter and bake in a shallow pan.

CANDIED SWEET POTATOES

Select medium sized sweet potatoes and cook until just tender; cool and peel; slice and put in layers in a baking dish, not packing too closely. Make a thin syrup of 1 c. of brown sugar, 1 c. of hot water, 1 tbsp. of lemon juice or vinegar, 1 tsp. each of cinnamon and salt, and 3 tbsp. of butter. Pour over the potatoes, put in a moderate oven and bake until the potatoes are clear and somewhat gummy. Raisins may be added while baking, or marshmallows just a few minutes before taking from the oven.

PUMPKIN

Selection—Sugar pumpkin best for cooking. Medium sized, firm, fine grained, heavy fruits.

Sold—By the fruit; 1 medium pumpkin will make 4 or 5 pies.

Storage—Stand in dark, dry place about 45° F. Best to keep them in tiers of one layer each.

Preparation—Wash, cut in two and bake in shell. Then remove pulp with a spoon. It may also be peeled and cut in pieces for cooking.

Serving—Cut in pieces, steamed, mashed and buttered; baked in shell, mashed and buttered; fried; pie or pudding.

SQUASH

Selection—Summer: Crooked Necks, Scallop, Pineapple; Winter: Crook Necks, Hubbard, Marrow. Select fine grained, firm, heavy fruits. A dry squash is best.

Sold—Summer ones sold by the fruit; winter ones sold by the pound; 1 pound serves 3 to 5.

Storage—Summer ones may be kept for a short time in a cool, dry place. Winter ones stored in a warm, dry place, well separated.

Preparation—Wash and peel and cut in small pieces for cooking. Steaming is a good method for squash. Hubbard squash may be washed and cooked in the shell or cut into convenient pieces for serving before cooking.

Serving—Cut in pieces and steamed; mashed, buttered and seasoned, or baked in shell. Used for pie or pudding; croquettes. Fried, especially summer squash.

RADISHES

Selection—Round, olive shaped and long; red, white, yellow, purplish and black colors; select small, crisp ones with fresh leaves.

Sold—By the bunch.

Storage—The summer radishes keep for a short time in a cool, moist place; the winter radishes are pulled late in the fall and kept thru the winter by storing in dry cellars.

Preparation—Wash and cut the tops off, leaving about an inch; cut off the root and chill in ice water before serving.

Serving—Cooked; creamed; chopped and cooked with vinegar and sugar; fresh: with salt; in salads with other vegetables; relish.

ROMAINE

Selection—The leaves should be long, upright, with thick, crisp mid-ribs.

Sold—By the head; 1 head serves 4 to 5.

Storage—Keep in a cool place away from the air; can be put in tightly closed cans like lettuce.

Preparation—Wash and remove outer coarse leaves. Roll in cloth, then lay on ice until time for serving.

Serving—Salads.

RUTABAGA OR SWEDISH TURNIP

Selection—Variety, yellow fleshed turnip. Select firm, fine grained roots which are not pithy or wilted.

Sold—By the pound; 1 pound serves 6.

Storage—Are easily kept if put in a cool, dark place and covered with a little sand or dry dirt.

Preparation—Wash and peel; cut in cubes or slices; cook in boiling salted water until tender.

Serving—Boiled; mashed and buttered; creamed; cooked, combined with sweet potatoes and baked.

SPINACH

Selection—Only young, fresh leaves should be used.

Sold—By the measure; $\frac{1}{2}$ to 1 peck to 6 people.

Storage—Should be used as soon after gathering as possible; keep in cool, damp place.

Preparation—Pick over carefully to remove foreign matter and wilted leaves; wash in running water; place in cold water until ready to cook; drain and put on to cook as enough water will cling to leaves to afford sufficient moisture; cook from 10 to 15 minutes in covered kettle or bake in closed dish in oven 20 minutes.

Serving—Boiled and served with butter; boiled and served with eggs; served on toast; salad.

TOMATOES

Selection—The round, medium sized ones are best; should be firm, not too ripe, and feel heavy for the size; seed space small and flesh thick.

Sold—By the pound or measure; 1 pound serves 3 to 5.

Storage—The ripe ones do not store well; keep in a cool, dark, dry place. Well grown, firm green ones can be ripened in a dry cellar for winter use. They should be wiped dry and placed on a straw covered rack.

Preparation—Wash and pour boiling water over them. Quickly remove to cold water and peel. If for stuffed, remove centers with a spoon. Chill if to be used for salad.

Serving—Boiled and seasoned with butter; stuffed and baked; creamed; scalloped; soup; combined with rice or macaroni, beans, fresh cucumbers, meats, etc.; salad; broiled.

TURNIPS

Selection—Roots should be firm, fine grained and fresh; should not be pithy; medium sized best.

Sold—Young turnips sold by the bunch; winter ones by the pound; 1 pound serves 4 to 6.

Storage—Young turnips soon wither if stored; winter turnips will keep well in any ordinary cellar. Cover with a little sand or dirt to prevent shrivelling.

Preparation—Wash and peel. Turnips may either be sliced or cubed for cooking in boiling salted water until tender.

Serving—Boiled, mashed and buttered; creamed; stews and soup; cooked with potatoes; croquettes.