1929

What We Eat

Thelma Lowenberg

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Lowenberg, Thelma (1929) "What We Eat," The Iowa Homemaker: Vol. 9 : No. 4 , Article 3.
Available at: http://lib.dr.iastate.edu/homemaker/vol9/iss4/3

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
EVERYONE is eating vegetables! Doctors, dentists and dietitians are advising, warning, even ordering us to eat them. So today vegetables are being "done!"

With the housewife's new realization of the importance of vegetables in the diet comes the ever more distressing and pressing problem of how to make them more appetizing and palatable. She must please a discriminating modern family. It is a known fact that vegetables are an excellent source of vitamins, which protect against disease, and that they contain a valuable store of minerals, essential for body tissue and the regulation of body processes. Nutritionists now are emphasizing the fact that vegetables, when utilized in the body, leave an alkaline residue that serves to counteract the acid residue left by meats and cereals. This balance is necessary for the maintenance of good health. It is a current theory that resistance to the common cold may be largely affected by this alkaline reserve.

The span between the knowledge of vegetables' importance and the arousing of the family's interest in these vegetables is a long and difficult one. It is a struggle, the outcome of which is decided largely by the vegetables' appearance when they reach the table as well as their palatability. Success or failure depend upon general attractiveness of appearance, texture and flavor.

There are several general rules to follow to secure the best product. First, use vegetables as fresh from the garden as possible. But if the vegetables are somewhat wilted, those such as celery cabbage, turnips and carrots may be partially restored to their original crispness by soaking an hour in ice water. (Crispness of celery and lettuce is best retained by sprinkling with water and placing in a cool place under an inverted earthenware crock.)

The second problem is that of proper cooking. Green vegetables, as spinach, peas and green snap beans, are best cooked uncovered and in hard water. The minerals of the hard water neutralize the acids in the vegetables and, when heated, tend to decompose the green color, and cooking uncovered allows volatile acids to escape. When the flavor of the vegetable is not too strong, use as little water as possible.

White vegetables, as onions, turnips and cauliflower, should be cooked in soft water and covered. Hard water causes the vegetable sugar to carbonize more readily, which gives the vegetables an undesirable brown color. Those vegetables belonging to the cabbage family, especially, should be cooked uncovered, in order to allow the escape of the sulphur compounds.

Red vegetables retain their color best when cooked covered in soft water, to which a small amount of vinegar or lemon has been added. The color of yellow vegetables is a more stable one. The main consideration is to prevent the carbonizing of the sugar.

The length of cooking for all vegetables should be as short as possible. Over-cooking destroys minerals and vitamins and gives a very undesirable mushiness of texture. Salt should be added just before removing from the fire, because salt causes the iron in the vegetables to be soluble.

If a vegetable is not liked by the family, it is better to make some allowances. It may be served in small portions and in combination with other vegetables that are in better repute. Palatability should always be emphasized, should never be sacrificed. It is even better to lose some of the nutrients through using a larger quantity of water than not to eat the vegetable at all.

Perhaps the following suggestions for new and unusual preparations of familiar vegetables will encourage their visits at the family table to be more frequent.

Cauliflower and cabbage may be served with a butter mayonnaise, which is made by substituting melted butter for the oil. The butter should always be melted over boiling water to prevent flavor deterioration, which is caused by too high a temperature.

Candied sweet potatoes is a different and palatable dish prepared by adding butter and brown sugar to raw sweet potatoes, covering with water and simmering. The simmering should be continued from two to two and one-half hours, keeping the temperature below the boiling point until the moisture is boiled away.

Sweet potatoes baked in alternate layers with Jonathan apples make an appetizing dish.

To prepare a dish of scalloped onions, alternate layers of boiled onions and buttered cracker crumbs and cover with medium-thick white sauce. On top place a surface covering of buttered cracker crumbs. This needs to be baked only about fifteen minutes.

Brown small cubes of liver in bacon fat. Add this to diced carrots, celery and onions, and bake slowly in a covered casserole until the vegetables are tender. This will take from one and one-half to two hours.

Cut medium-sized carrots lengthwise, scoop out the centers and cook until tender. Fill these shells with buttered peas.

Parsley, newly found to be very rich in iron content, may be chopped finely, added to a butter sauce and served over mild vegetables. This is pleasing in flavor and appearance.

New Cover

Miriam Griffith, senior student in home economics, who designed one cover for the IOWA HOMEMAKER, is now working on a new one. We hope she has it finished by next month, don't we?

The twelfth annual Country Life Conference was held at Iowa State College, Oct. 17-20.

Aspire, break bounds, I say
Endeavor to be good, and better still,
And best.
—Robert Browning.