Belle Lowe Goes to Market

Joan Redman

Iowa State College

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

Part of the Home Economics Commons

Recommended Citation

Available at: http://lib.dr.iastate.edu/homemaker/vol34/iss5/3

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.
Belle Lowe goes to market

by Jean Redman
Science Sophomore

WHEN Belle Lowe, Department of Foods and Nutrition, visited Europe last summer, she was primarily interested in the background and source of European food. Her tour included a study of food markets in each country.

In England and on the continent, she found few frozen foods other than those imported from the United States. The Europeans eat fruits and vegetables in season. While in England, Miss Lowe ate fresh green peas and beans often. For variety, she said that the English raise tomatoes in hot houses.

Miss Lowe noted that Norway and the coastal countries take advantage of their fish supply. Exotic types of ocean life are often included in the daily diet, she explained. One of her most interesting meals featured squid. She only wishes she might have tasted snail, too.

Danish food

"Several countries, especially Denmark, raise most of their grain for bread," she added. "Because of large populations, there is little left for stock." Much of this bread is made into open-faced sandwiches.

Miss Lowe visited one store in Copenhagen which sold 240 varieties. They were spread with meat, vegetables, cheese or butter. Some European food stores are like ours and others are not. In many, she saw large varieties and displays of food under one roof. But in Italy, Germany and Sweden, the streets were lined with tiny specialized shops: shops where you might buy fruits and vegetables, meat, cheese and canned foods.

Open air markets are found throughout Europe and especially in Paris. They are located anywhere in the streets, even next to the great cathedrals. All consisted of stalls with specialized merchandise. There were stalls for poultry and eggs, milk and butter, fruits, vegetables and flowers.

"One of the most interesting sights we saw," Miss Lowe said, "was the arrangement of foods in the market. There were huge pyramids of cauliflower on the floor and great baskets filled with water cress and mushrooms. What a colorful sight to see people as they mingled together, buying and selling."

During most of her 3-month visit abroad, Miss Lowe ate in restaurants and hotels. "The food seemed to be prepared especially for American tastes, and sometimes it was hard to order food that was typical of each country," she discovered. She also noticed that Europeans served ice cream often because American tourists liked it.

British economy

Miss Lowe observed that the English boiled or fried much of their food because they didn't have ovens. England's economy, too, was responsible for many of the eating habits of the people. For instance, butter was served only at breakfast, veal was more common than beef, and potatoes were the most staple of all foods, because they were planted to utilize as much land as possible. Fish was cheap; the English love fish and chips (french fried potatoes).

The English eat five meals a day: breakfast, mid-morning coffee, lunch, tea and a late dinner. The last meal of the day is considered recreation so the family enjoys a long, leisurely feast. Such a dinner consists of a fish starter, meat, boiled potatoes, vegetables, and cheese and English crackers for dessert. Some families eat meat only once or twice a week.

Italian dishes

Those of us who have tasted pizza and Italian spaghetti would order the same thing in an Italian restaurant, according to Miss Lowe. The cooks serve sauces with most of their foods, but on the whole the dishes are no more highly seasoned than Italian food in America.

At home, the Italian people eat much fruit. Peaches, pears and grapes are the most popular. Another specialty is hard rolls made in the shape of those eaten at the Lord's Supper. They seldom are brought to the table on a plate and never eaten with butter.

The Scandinavian countries lavishly served smorgasbord to tourists. They did not prepare salads, but ate fresh apples and stewed dried fruit for dessert.

Miss Lowe was right at home with European food. "I like everything but coffee," she said in regard to her favorite foods, "and in Europe that has to be ordered as an extra anyway."

DECEMBER, 1954