

*Vegetables*



# BUYING GUIDE

## Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

**ASPARAGUS**—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

**BEANS, SNAP**—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**BERRIES**—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

**BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER**—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

**CABBAGE AND HEAD LETTUCE**—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

**CUCUMBERS**—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

**MELONS**—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**ORANGES, GRAPEFRUIT, AND LEMONS**—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

**PEAS AND LIMA BEANS**—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

**ROOT VEGETABLES**—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

**SWEET POTATOES**—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

## VEGETABLES

### CREAM OF PEAS

MARY COOPER

- |                     |                 |
|---------------------|-----------------|
| 1 can peas, drained | 2 c. milk       |
| 4 Tbsp. butter      | salt and pepper |
| 4 Tbsp. flour       |                 |

Melt butter in saucepan. Add flour, mix well. Add milk. Stir until thick, over medium heat. Add drained peas. Salt and pepper to taste. Serves 6-8.  
Hint: Small peas are better than large ones.

### FRENCH FRIED CAULIFLOWER

CAROL RICHARDSON

- |                       |                          |
|-----------------------|--------------------------|
| 1 head of cauliflower | 1 Tbsp. oil              |
| 1 egg                 | 1/2 c. or more of milk   |
| 1 c. pancake mix      | Crisco or oil for frying |

Wash and break up head of cauliflower. Boil in salted water until done. Drain. Mix up pancake batter, making it thick enough to cling well. Heat Crisco in skillet. Fry until pancake batter is cooked.

### CHEESE CAULIFLOWER

JUDITH ANN LEU

1 medium head of cauliflower, cut up and cooked.

#### SAUCE

- |                         |                      |
|-------------------------|----------------------|
| 2 Tbsp. butter          | 1 c. milk            |
| 2 Tbsp. (heaping) flour | 5 drops Tabasco      |
| 1 tsp. dry mustard      | 1 c. American cheese |
| 1/4 tsp. salt           | (in small pieces)    |
| 1/4 tsp. pepper         |                      |

Shake milk and flour together until well mixed, pour in saucepan and add all other sauce ingredients. Cook over low heat stirring constantly until bubbly and thickened. Pour sauce over hot cauliflower and serve.

### HOLIDAY CAULIFLOWER

YVONNE TRAUTMAN

- |                           |                            |
|---------------------------|----------------------------|
| 1 lg. head cauliflower    | 2 c. milk                  |
| 1 (4 oz.) can mushrooms   | 1 tsp. salt                |
| 1/4 c. diced green pepper | 1 c. shredded Swiss cheese |
| 1/3 c. flour              | 2 Tbsp. chopped pimento    |
| 1/4 c. butter             |                            |

(Cont.)

Break cauliflower into medium size flowerettes. Cook in boiling water until crisp-tender, about 10 minutes. Drain well, set aside. In a 2-quart sauce pan, saute mushrooms and green peppers in butter until tender. Blend in flour. Gradually stir in milk. Cook, stirring constantly over medium heat until mixture is thick. Stir in salt, cheese and pimento. Place half the cauliflower in a buttered 2 quart casserole. Cover with 1/2 the sauce. Add remaining cauliflower. Top with sauce. Bake at 350 degrees for 15 minutes. Serves 8.

#### BROCCOLI AND RICE

YVONNE TRAUTMAN

1 sm. box rice	1/4 lb. margarine, melted
1 pkg. frozen, chopped broccoli	1 (8 oz.) jar Cheese Whiz
1/2 c. onion, chopped	1 can cream of mushroom soup
1/2 c. celery	

Prepare rice and the broccoli according to package directions. Saute onions and celery in small amount of fat in skillet. Combine sauted vegetables, rice, broccoli and butter. Melt Cheese Whiz in soup with 1/2 cup water in large sauce pan. Stir in broccoli mixture. Place in casserole. Bake at 350 degrees for 30 minutes.

#### THICKENED SPINACH

JUDITH ANN LEU

1 (27 oz.) can spinach	1/2 tsp. salt
2 Tbsp. (heaping) flour	2 Tbsp. bacon grease

Drain spinach saving juice. Mix juice and flour in shaker until well mixed. Put spinach, juice with flour, salt and bacon grease in a sauce pan and cook over medium heat stirring constantly until thickened.

#### ASPARAGUS CASSEROLE

JUDITH ANN LEU

1 (10 oz.) pkg. frozen asparagus	1 tsp. salt
3 Tbsp. (heaping) flour	1/8 tsp. pepper
2 Tbsp. butter or oleo	2 c. milk
	6 hard-cooked eggs, chopped

Cook asparagus until barely tender; drain. Melt butter in sauce pan; stir in flour, salt and pepper blending until smooth. Add milk and cook over medium heat, stirring constantly until thickened. Put half of asparagus in 1 quart casserole, top with half the hard-cooked eggs and pour half the sauce on top. Repeat with remaining asparagus, eggs and sauce. Sprinkle parmesan cheese on top and

bake at 325 degrees for 25 minutes.

### SUPREME GREEN BEANS

JUDITH ANN LEU

2 (9 oz.) cans French style green beans	1/3 c. milk
2 Tbsp. instant minced onion	1/2 tsp. salt
1 can cream of mushroom soup	1 c. grated cheddar cheese

Cook and drain green beans. Combine all remaining ingredients in sauce pan and heat until cheese is melted. Mix green beans and sauce and pour into 1 1/2 quart casserole. Sprinkle with parmesan cheese and bake at 350 degrees for 15 minutes.

### NO-FUSS BAKED NOODLES

SHIRLEY MOYERS

1 pkg. (8 oz.) egg noodles	1 c. dairy sour cream
1 pkg. (10 oz.) frozen cauliflower, partially thawed	1 med. size onion, chopped
1 pkg. (10 oz.) frozen chopped broccoli, partially thawed	1 tsp. salt
1 can cream of mushroom soup, undiluted	1/4 tsp. pepper
	1 1/2 c. shredded Swiss, Muenster or Cheddar cheese (6 oz.)

Cook noodles in a large kettle following label directions. Drain; return to pan. Add cauliflower, broccoli, soup, sour cream, onion, salt, pepper and cheese. Mix gently. Transfer to a 13x9x2 inch baking dish. Bake in oven at 350 degrees for 30 minutes. Serves 8.

### MASHED POTATO BAKE

SHERON MAUPIN

Instant mashed potatoes for 6 servings	1 Tbsp. finely chopped parsley
4 oz. carton of whipped cream cheese	1 Tbsp. butter
2 Tbsp. finely chopped green onion	1 beaten egg
	1 Tbsp. paprika

Prepare instant mashed potatoes for 6, according to package directions, omitting the butter. Add whipped cream cheese. Beat well, stir in one beaten egg, onion, parsley. Mix thoroughly. Transfer to well-greased one-quart baking dish. Dot with butter. Sprinkle lightly with paprika. Bake at 400 degrees for 30 minutes. Prepare this early in the afternoon. Keep in refrigerator until time to bake. Serves 6-8.

## CUCUMBERS

YVONNE YATES

1 large cucumber  
1 tsp. salt

3 Tbsp. sugar  
1/3 c. vinegar

Wash and slice cucumber in thin, thin, slices. (A tiresome job but worth the trouble.) Place in pie baking dish. Sprinkle with salt and sugar, and add vinegar. Then press slices with the back of a spoon until the cucumbers are quite juicy. Chill and eat.

## SCALLOPED EGGPLANT

YVONNE YATES

1 med. eggplant  
1 beaten egg  
1/2 c. milk  
2 Tbsp. melted oleo

1 sm. onion, chopped  
1/2 c. buttered bread or  
cracker crumbs  
1 c. dry bread crumbs

Peel eggplant; cut in 1 inch cubes. Cook in boiling salted water 8 minutes, drain. Add egg, milk, butter, onion, dry bread crumbs. Place in greased 1 quart baking dish. Top with buttered bread crumbs; bake at 350 degrees for 30 minutes. Serves 6. Hint: For Spanish eggplant substitute 1 1/2 cups canned tomatoes for milk. Sprinkle grated cheese over top.

## HARVARD BEETS

CARMEN BRACKEN

Drain one-1 pound can beets (or use fresh cooked beets,) reserving 1/3 cup liquid. In sauce pan, combine 4 Tablespoons, 1 Tablespoon cornstarch, and 1/4 teaspoon salt. Stir in reserved liquid, 1/4 cup vinegar, and 2 Tablespoons butter. Cook and stir until mixture thickens and bubbles. Add beets; heat through.

## GREENS

MASIE NAYLOR

Large amount of Cowweed  
Little amount of Carpenders Square  
Medium amount of Narrowdock  
Little amount of Polk  
Large amount of (baby) Lambs  
Quarter  
Little amount of Wild Lettuce  
Little amount of little milk  
weed  
Little amount of (baby) Thistle  
Little amount of wild Mustard

Little amount of Mouse Ear Tips  
Little amount of Crow Feet  
Medium amount of Deer Tongue  
Little amount of Wild Beet  
Teeny bit of Elder (Purgative)  
Little amount of Wild Peach  
(top end)  
Little amount of Dandelion  
(leaves not flowers)  
Seasoning Meat  
Salt and pepper (Cont.)

Go to creek or where ever you can find them and gather the ones you can find. Be careful to shake off insects and skip leaves with bug eggs on them. Wash carefully through three waters, then scald.

Place in large pot with an inch of water in bottom. Season well with meat drippings, ham hock or bacon and salt and pepper to taste. Cook gently 2 1/2 hours to 3 hours. Serve with or without vinegar.

Write your extra recipes here:

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