

ROOT VEGETABLES SUBSTANTIAL FOOD FOR WINTER DAYS

Bureau Home Economics
Gives Tips On Preparation
to Retain Maximum
Nutrition in Family Diet

For winter vegetables we draw largely upon the root crops, not only because they happen to be for the most part such substantial food for any time of year, but because they can be stored fresh in the fall and used as needed later on. So the bureau of home economics of the U. S. department of agriculture turns attention to the market prospects as to root vegetables for the coming winter months.

The term "root vegetables" should not be taken too literally. It includes potatoes, which, strictly speaking, are tubers rather than roots; sweet potatoes, carrots, turnips, parsnips, beets, and salsify or oyster plant, though the true roots; and onions, which are bulbs and belong to the lily family.

There is no question this year about the market supply of our two great staple vegetables—potatoes and sweet potatoes. The potato crop this year is a big one. The September estimates of the U. S. department of agriculture put the figure at 372 million bushels, which is more than the average of recent years, though last year's crop was bigger. Of sweet potatoes, always a staple in the south, and becoming more and more popular in the north, there are more than in any recent year.

Plenty of Carrots. The carrot crop, also bigger this year than usual, has increased almost steadily for 10 years past, until now the markets take five or six times the shipments of earlier years. Carrots rank much higher as a vegetable than they did when the principal way of using them was in vegetable soups and meat and vegetable stews. Now we use carrots in many other ways—raw in salads, creamed, baked, mashed, as well as steamed or boiled or fried in combination with apples, or stewed with celery or onions, or in souffles and custards.

This is largely because nutritionists have spread their knowledge of the food value of carrots, and this has given the vegetable a new status in the diet. At the same time gardeners, meeting the increased demand, have supplied the market with tender young carrots, which are more succulent and more delicate than the mature roots and are more attractive for some purposes. These young carrots are so tender they can be cooked in the skins, and are at their best when served simply with melted butter and a little lemon juice. Northern markets receive them in winter from California, Texas and Arizona by the hundreds of carloads.

"Winter carrots," or stored carrots, the older, often home-grown roots, are harvested in the fall for storage, and with tops cut off are shipped to market in bags to be sold to the consumer by the pound. These are of course cheaper than young carrots shipped with their tops on and so handled that they are fresh when they reach the consumer—for when you buy carrots with tops, the tops should be fresh. Older Carrots Good.

There is no point, however, in buying the tender young carrots for stews or for mashing or grating, or to cut in sticks as a relish. For these purposes the older carrots, without tops and cheaper, serve just as well.

The carrot is important in the diet because it is a rich source of vitamin A. Its yellow color is due to a substance chemists call carotene, and in recent years they have discovered that carotene becomes vitamin A, either in the vegetable or in the animal body that consumes it. This vitamin stimulates growth in children and is necessary for general well-being at all ages. Particularly it helps the human body to resist infections of eyes, sinuses, and glands of the mouth and throat. The yellow-fleshed vegetables—carrots, sweet potatoes, yellow turnips, yellow squash—contain it, and so do the green leafy ones.

Carrots have other vitamin values, and good mineral values, and as some of these are easily lost in cooking and serving any vegetable, the fact that carrots used raw are attractive, makes them additionally valuable to the family menu planner.

For this same reason, turnips also are more valuable than some vegetables that are always cooked. Raw turnips, either cut in sticks to be served celery-fashion, or diced for a salad, are an excellent source of vitamin C, and yellow turnips furnish also vitamin A. Turnips, too, are plentiful this year.

Parsnips, which are related to carrots botanically, are by no means so much in demand as a market vegetable, and their food value is much less. But they are widely grown in home gardens and they can be stored easily. Favorite ways of cooking parsnips are to parboil, scrape off the skin, slice lengthwise and bake; or dip the pieces in flour and fry them; or mash and make into cakes for frying; or scallop in milk. Beets are in greater demand than parsnips, and northern markets get their winter supplies of young beets chiefly from Texas. Baby beets, boiled and buttered, are a delicacy, and sweet-sour beets, so different in flavor and color from other vegetables, add variety to the vegetable plate at any time of year. The food value of beets is not great, however. One thing to remember in cooking beets is that they "bleed" when the skin is broken. Therefore the tops should not be cut too close, and the beets should be boiled in their skins. They may be peeled and diced and baked in a covered baking dish—but here the closed dish takes the place of the skin.

Oyster Plant Useful. Salsify, or oyster plant, or vegetable oyster, as you choose, is better

known as a home garden vegetable than as a market crop, but it is a root that can be stored like other root crops, or even left in the ground over the winter. It is a useful addition to the winter vegetable list because it is so different in flavor. Also, it is an excellent source of iron—richer than any other root vegetable in this important mineral. Salsify is usually cooked in small pieces, and either creamed, buttered, or mashed and baked. Or it may be mashed and mixed with mashed potatoes and made into small cakes and fried.

Of the onion crop in this country a very large part is used "rather than as a seasoning than as an edible," as one old-time writer puts it. But onions appear on many a table in their own right as an "edible"—baked, scalloped, stuffed, creamed, or fried, including French-fried. Their chief value is their appetizing flavor, though they have a little vitamin value also.

Onions can be stored so well that they are on the market at all seasons, not only from the market gardens of our warmer climates, but from every part of this country and as imports from several other countries besides. Over 30 thousand carloads, and nobody knows how many truck loads were shipped to city markets last year, besides the enormous quantities grown in home gardens for home use.

Gondar was Ethiopia's capital from the middle ages to the middle of the nineteenth century. The first colony in Central America was founded by Columbus in 1492 in Costa Rica, where he left his brother, Bartholomew.

SAFEWAY STORES

Store 41—113 No. Central
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SOAP

CRYSTAL WHITE. 8 Bars **23c**

Raisins

MARKET DAY Seedless. 4-lb. Pkg. **19c**

FLOUR

GOLD MEDAL or FISHER'S Blend. 24 1/2-lb. bag **98c**

CORN

Butter Kernel. Serve with butter. In the whole kernel. No. 2 cans. 2 for **29c**

Wheat Hearts

SPERRY'S. Serve a hot cereal for breakfast. (1 Story Book Glass Free). 28-oz. pkg. **19c**

Crackers

All Crisp Salted Sodas or Grahams. 2-lb. box **19c**

Formay Shortening

For Homes that want the Best. 3-lb. can **59c**

Catsup

Ruby Brand. From vine ripened Tomatoes. 12 oz. bottle **9c**

SAFEWAY QUALITY LOCAL MEATS

CHOICE BEEF

POT ROAST

lb. 12 1/2c

FRESH GROUND

HAMBURGER

lb. 10c

VEGETABLE

SHORTENING

FOR ALL PURPOSES
4 lbs. 49c

CHOICE MILK FED

VEAL STEAK

lb. 15c
SHOULDER CUTS

Kraut, fresh, qt. 10c

Fresh Fruits and Vegetables

SPINACH

Fresh Local. 4 lbs. **15c**

POTATOES

U. S. No. 2's 50 lbs. **39c**

ONIONS

U. S. No. 1's, Sweet Spanish. 10 lbs. **17c**

PEARS

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Sweet Potatoes

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AIRWAY COFFEE 1 lb. 18c 2 lbs. 35c 3 lbs. 50c

NOB HILL COFFEE 1 lb. 23c 2 lbs. 45c 3 lbs. 65c

EDWARDS' DEPENDABLE COFFEE 1 lb. 25c 2 lbs. 49c

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