

Texas Agricultural Extension Service • The Texas A&M University System

SHOPPING CLUES ... Vegetables



Dear Homemaker,

Vegetables are an important food for you and your family. They also add variety and color to mealtime.

Vegetables that are in season may cost less than canned or frozen. Those packaged with sauces and seasonings cost more.

Select fresh vegetables that look good and are firm and free of spots and decay.

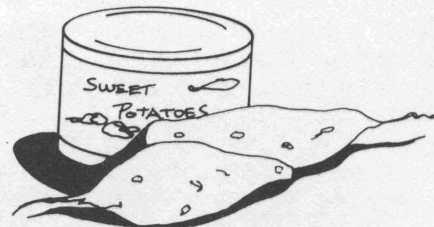
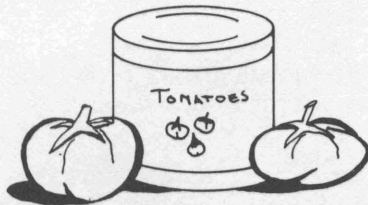
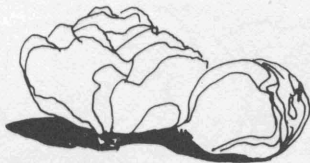
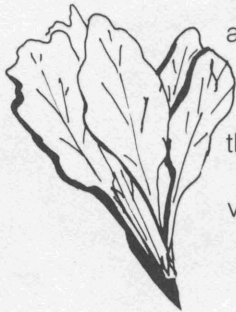
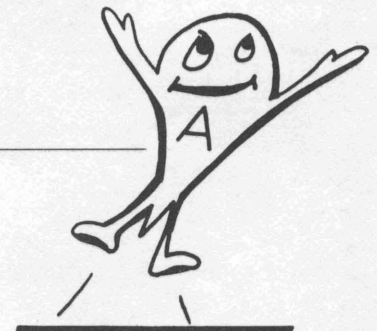
Frozen vegetables should be frozen solid.

Cans of vegetables should not be dented or swollen. This may mean the food is unsafe to eat.

You and your family need to eat vegetables every day. Be sure one vegetable is a dark green, leafy or deep yellow vegetable for vitamin A.

Sincerely,

Name and title



Fresh squash is in season most of the year. You will find several kinds of squash in the stores:

Summer squash — yellow with a straight neck or crookneck
white
green — zucchini or striped
light green

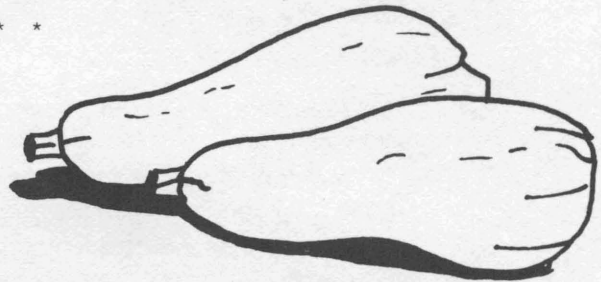
Select summer squash that is small, firm and heavy for its size.

Winter squash — Hubbard, acorn, butternut, banana or buttercup

Select heavy firm squash with a thick rind that is free of spots.

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Try this recipe for summer squash (zucchini) . . .



ZUCCHINI AND TOMATOES AU GRATIN

¼ cup chopped onion	Salt
1 tablespoon fat	1/8 teaspoon pepper
1 lb. zucchini, cut into ¼-inch pieces	⅓ cup grated cheese
1 1-lb. can stewed tomatoes	Bread crumbs

Cook onion in fat; add zucchini. Cook slowly for 5 minutes, stirring frequently. Add tomatoes, salt and pepper. Turn into a greased baking dish. Sprinkle cheese and crumbs over top. Bake in 375° F. oven about 20 minutes. Makes 4 servings.

or this recipe for acorn squash . . .



BAKED ACORN SQUASH

2 medium acorn squash	¼ cup honey, maple or corn syrup
1 teaspoon salt	3 tablespoons brown sugar
¼ cup melted margarine	

Wash squash; halve lengthwise. Remove seeds and stringy portion. Scrape cavities with teaspoon if very stringy. Sprinkle cut surfaces with salt. Place squash, cut side down, in greased baking dish. Bake at 400° F. for 25 minutes. Combine margarine, syrup and brown sugar. Turn squash cut side up; spoon margarine-syrup mixture into each cavity. Bake 30 to 35 minutes or until tender. Makes 4 servings.

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