

With this vegetable: Try one of these herbs or spices:

asparagus	mustard seed sesame seed tarragon
lima beans	marjoram, oregano, sage, savory, thyme
snap beans	basil, dill, marjoram, mint, mustard seed, oregano, savory, tarragon, thyme
beets	allspice, bay leaves, caraway seed, cloves, dill, ginger, mustard seed, savory, thyme
broccoli	caraway seed, dill, mustard seed, tarragon
brussels sprouts	basil, caraway seed, dill, mustard seed, sage, thyme
cabbage	caraway seed, dill, mustard seed, nutmeg, savory, tarragon
carrots	allspice, bay leaves, caraway seed, dill, fennel, ginger, mace, marjoram, mint, nutmeg, thyme
cauliflower	caraway seed, dill, mace, tarragon
cucumber	basil, dill, mint, tarragon
eggplant	marjoram, oregano
onion	caraway seed, mustard seed, nutmeg, oregano, sage, thyme
peas	basil, dill, marjoram, mint, oregano, poppy seed, rosemary, sage, thyme
potatoes	basil, bay leaves, caraway seed, celery seed, oregano, poppy seed, thyme
spinach	basil, mace, marjoram, nutmeg, oregano
squash	allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, nutmeg, rosemary
sweet potatoes	allspice, cardamon, cinnamon, cloves, nutmeg
tomatoes	basil, bay leaves, celery seed, oregano, sage, sesame seed, tarragon, thyme
green salads	basil, chives, dill, tarragon

Recipe Idea

Potato Chowder

1 pound (3 medium) potatoes, peeled and washed
1½ cups chicken broth
1 cup sliced carrots
1 8-ounce can whole kernel corn, drained
½ cup chopped onion
½ teaspoon thyme, dill weed, or curry powder
½ teaspoon salt (optional)
Dash pepper
2 tablespoons all-purpose flour
1 cup milk
¼ cup chopped parsley (optional)
1 cup grated cheese

Cook potatoes in broth until tender; mash in broth till mealy. Stir in carrots, corn, onion, thyme, salt, and pepper. Cover and cook till vegetables are tender, about 10 minutes. Stir a little milk into the flour to make a smooth paste. Add remaining milk and parsley. Add to chowder; cook and stir till slightly thickened. Sprinkle with cheese. Makes 4 to 6 servings, 235 to 320 calories each.

For further information ask your county extension office for these publications:

Pm-634 Canning, Freezing Green Beans
Pm-638 Canning, Freezing Tomatoes
Pm-664 Preserving and Using Zucchini Squash
Pm-1044 Canning Vegetables
Pm-1045 Freezing Fruits and Vegetables

Or call toll-free Answer Line 1-800-262-3804

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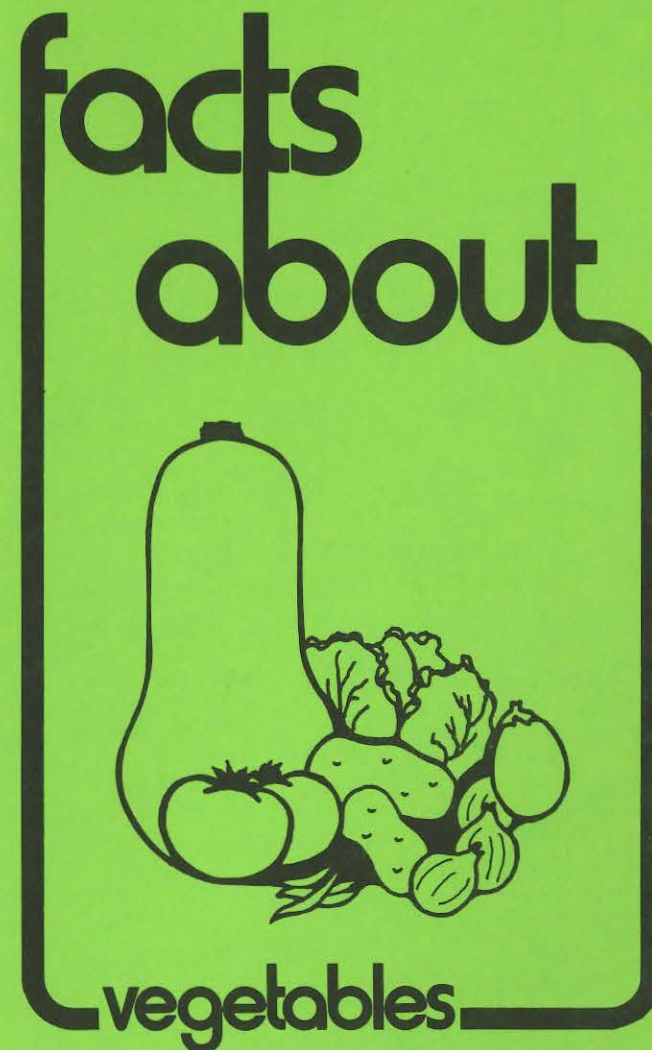
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Vegetables are important natural sources of vitamins. Dark green and deep yellow vegetables provide vitamin A. Most dark green vegetables, if not overcooked, are reliable sources of vitamin C. Nearly all vegetables are low in fat and none contain cholesterol. Besides providing vitamins, minerals, and fiber, vegetables help satisfy appetites, so there's less demand for extra servings of meat or dessert.

Buying Fresh Vegetables

Fresh vegetables are usually highest in quality and lowest in price when they are in season. Avoid buying wilted vegetables. They are lower in nutritive value, flavor, and appearance.

Fresh vegetables may be priced by the pound or by the unit. They will yield from 2 to 6 servings per pound, depending on the amount of waste in trimming as well as on the density of the vegetable.

Leftover cooked vegetables can be added to soups, omelets or casseroles. If the price is right and you have the storage space, you may want to buy more than you would eat in one meal.

Most fresh vegetables will keep their top quality for only a few days. Always sort vegetables before storing. Discard or use at once any that are soft or bruised.

Buying Guide for Fresh Vegetables

Vegetable	Amount to buy for 6 servings
Asparagus	2½ pounds
Beans, snap (green or wax)	1 pound
Beets with tops	2½ pounds
Beets without tops	1½ pounds
Broccoli	2 pounds
Cabbage	1⅓ pounds
Carrots without tops	1½ pounds
Cauliflower	2 pounds
Kale	1¼ pounds
Peas in pods	3 pounds
Potatoes	1½ pounds
Squash (zucchini, yellow, crookneck or butternut)	1½ pounds
Sweet potatoes	2 pounds
Turnips without tops	1¾ pounds

Vegetables such as corn on the cob and tomatoes are usually purchased by the unit rather than by weight.

Buying Frozen Vegetables

Frozen vegetables resemble fresh vegetables in color, flavor, and texture. They may cost less than fresh ones that are not in season. They usually cost more than canned vegetables.

Select clean, firm packages. The thermometer in the freezer should register 0°F, or below. The packages should be stacked no higher than the fill line. If you change your mind about a package, be sure to return it to the freezer compartment.

Frozen vegetables in bags may be a better buy than those in boxes. They also make it easy to use only part of a package at a time.

Many vegetables are also available frozen in a special sauce or in a flavored butter. These products are usually more expensive than if you bought plain frozen vegetables and prepared your own sauce or flavored butter.

Buying Canned Vegetables

Canned vegetables are probably the most convenient purchase for many people. They can be stored on a shelf and just need to be reheated to eat. They are usually less expensive than their fresh or frozen counterparts. Canned vegetables usually have a softer texture and duller color. However, these two disadvantages are not as evident when the vegetables are used in a soup or casserole.

Yield of Common Can Sizes

Ounces	Cups	½-cup servings
8 or 8½	1	2
12	1½	3
16	2	4
27 or 29	3½	7

Institution-size cans are usually about 6½ pounds and contain 12 to 13 cups, or 24 to 26 servings.

Buying Dehydrated Vegetables

Products like instant mashed potatoes and minced dried onions take up less storage space and can be

prepared quickly, but you will probably pay extra for this convenience. However, the extra cost may not be any more than you "spend" on fresh vegetables that spoil before you use them.

Counting Calories With Vegetables

Vegetables are naturally low in fat and calories. A one-half cup serving of most vegetables contains less than 50 calories. Starchy vegetables such as potatoes, corn and peas supply 50 to 100 calories per serving.

How vegetables are prepared makes a big difference in how many calories they have.

For example, here are different ways that a potato can be prepared and served.

1 boiled potato = 90 calories
(2½-inch diameter)

with 1 teaspoon
butter = 124 calories

1 baked potato
(4¾ inches by
2½ inches) = 145 calories

with 1 tablespoon
butter = 245 calories

10 French fries
(3½ to 4 inch
strips) = 215 calories

1 cup hash browns = 345 calories

Other popular ways of "dressing up" vegetables, such as adding cheese sauce or sour cream, or making a casserole with canned soup, also add calories.

Herb-Vegetable Cookery

No matter what form of vegetables you buy, you can complement their flavors by using herbs or spices. Herbs also help disguise the lack of salt if you're on a low-sodium diet, or the absence of a sauce if you're trying to cut calories.

For suggestions on seasoning vegetables, see the chart on the next page.