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Leaflet No. 7 Food for Victory

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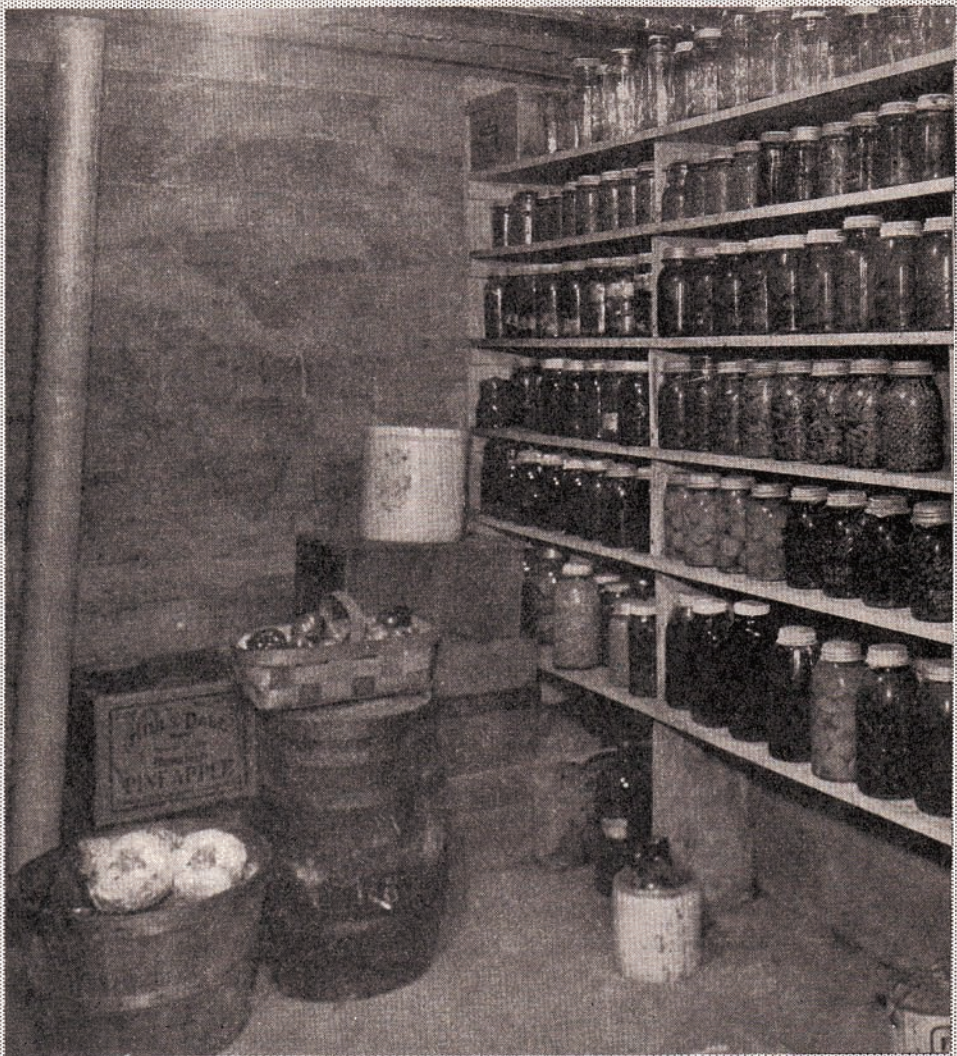
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FOOD FOR VICTORY

LEAFLET NO. 7



EXTENSION SERVICE
THE UNIVERSITY OF NEBRASKA
COLLEGE OF AGRICULTURE
LINCOLN, NEBRASKA

YEARLY PLAN FOR HOME PRODUCTION AND PRESERVATION OF FOOD FOR ONE INDIVIDUAL

Food	Each person should have each day	Times served per week	Amount to be canned, dried, or frozen	Amount to be stored or cured	Average production amounts	
					Unit	Average amount for 10 months
DAIRY PRODUCTS						
Milk	1 qt. per child 1 pt. per adult	Daily			1 cow	2 gals. milk per day
Butter	3 or more servings a week	Daily			Cream from 2½ gals. milk	1 lb. butter
Cheese	At least one serving a week				1 gal. skim milk 1 gal. whole milk	1 lb. cottage cheese 1 lb. cheddar cheese
EGGS	1 daily or 3 or 4 a week	Daily or 3 or 4 a week			1 hen	9 doz. eggs per year
MEAT, POULTRY, OR FISH	1 serving (4 oz.) at least	3 times	75 lbs.	38 lbs.	700-lb. calf 225-lb. hog 90-lb. lamb	50% 385 lbs. dressed beef 75% 175 lbs. meat, 30 lbs. lard 50% 45 lbs. meat 65% to 75% live weight
FRUITS (3 to 9 mo. plan) ¹	2 servings—1 fresh; others may be canned or dried. At least 1 fresh fruit.	Daily 3 times Once Twice Twice every 2 weeks Once every 2 weeks	10 qts. 7 qts. 4 qts. 6 qts. 3 qts.	1 bu.		
Apples						
Berries						
Cherries						
Peaches						
Pears						
Plums						
Rhubarb						
Tomatoes ¹		4 times as desired	18 qts.			
VEGETABLES (3 to 9 mo. plan) ¹	2 servings—1 leafy, green, or yellow				Wt. per bu., lbs.	Measure— one lb. or Canned qts.
Beans		2 times	6 qts. dried		30	1 qt. or 5/8
Beets		Once	7 lbs. dried		60	2 cups 1½
Cabbage		2 times	4 qts. kraut	6 lbs.	52	6 small 1½
Carrots		2 times	4 qts. kraut	20 lbs.	17	1½ head Kraut
Corn		Once	5 qts.	12 lbs.	50	8 small 1/8
Greens		Twice (and for seasoning)	1 lb. dried		50	2 ears 1/4
Onions		Twice	7 qts.		18	1½ qt. 1/2
Parsnips, turnips		Once		10 lbs.	57	4 medium
Peas		Twice	6 qts.	14 lbs.	54	3-4
Potatoes	Once or more	10 times or more		120 lbs.	60	3 medium
Pumpkin				5 lbs.		
Squash				5 lbs.		
CEREALS, BREAD	2 servings			11 lbs. wheat (supply for 9 months)		
Whole grain, whole wheat, enriched flour, yellow cornmeal, grits, other cereals	1 whole grain			13 lbs. cornmeal (supply for 9 months)		

¹ These canning amounts could be increased during emergency if desired.

Food for Victory

ONE of the most important things families can do in the present emergency is to keep physically fit. Nutrition is a fundamental factor in physical fitness. Those families who are making a conscientious effort to improve their food habits are lining up for the nation's defense and ultimate victory.

Here are a few simple rules for good nutrition:

EVERY DAY EAT AT LEAST

MILK—3 or 4 cups

EGGS—1 daily or 3 or 4 a week

MEAT, FISH, or POULTRY—1 serving

POTATOES—1 serving

LEAFY, GREEN, or YELLOW VEGETABLES—such as cabbage, green beans, spinach, other greens, asparagus, carrots, squash, sweet potatoes—1 serving

OTHER VEGETABLE—such as peas, wax beans, beets, turnips, parsnips, onions—1 serving

TOMATOES, ORANGE, or GRAPEFRUIT—1 serving

OTHER FRUIT—such as apples (fruits in season are best but dried fruits may be used—1 serving

WHOLE GRAIN PRODUCT—such as oatmeal, cracked or ground whole wheat or sorghum—1 serving

BREAD AND BUTTER (some whole wheat or "enriched" bread)

DRIED PEAS, DRIED BEANS, or LENTILS—three times a week

If you are enrolled in the Victory Home and Garden program you are helping to insure yourself and others of an adequate supply of home produced foods through careful planning of production and preservation.

During this war time emergency, we are concerned about preserving enough food for good health. On account of priorities it is important for us to consider several ways of storing food such as canning, freezing, drying, brining and storing.

Extension circulars are available giving specific directions for the above methods for preserving food.

For Adequate Nutrition

Kind	Amount of seed	Suitable varieties	Average production ¹
Beans, bush	2 lbs.	Stringless Green Pod, Saddle Wax	40-70 lbs.
Beans, Lima	1 lb.	Baby Potato, Hopi	30-40 lbs.
Beet ⁴	1½ oz.	Detroit Dark Red, Early Wonder	75 lbs.
Cabbage ⁵	½ oz.	Marion Market, Copenhagen	300 heads
Carrots ⁴	1 oz.	Chantenay, Nantes, Danvers	4 bu.
Kohlrabi	½ oz.	White Vienna	3-4 bu.
Lettuce	1 oz.	Black-seeded Simpson	20 lbs.
Parsnips	½ oz.	Hollow Crown	2 bu.
Peas	3 lbs.	Progress, Little Marvel, Alaska	30 lbs.
Pumpkin	1 oz.	Connecticut Field, Sugar	50-75 fruits
Radish	½ oz.	Scarlet Globe, Icicle	50 bunches
Sweet Corn	1 lb.	Early Yellow Hybrids Golden Bantam (yellow) Stowell's Evergreen (white)	1200 ears
Swiss Chard	½ oz.		50 lbs.
Squash	½ oz.	Table Queen, Buttercup	100 lbs.
Tomato ⁵	¼ oz.	Victor, Bounty, Firesteel, Pritchard	30 bu.
Turnips ⁴	½ oz.	Purple Top White Globe, Milan	1 bu.
Onions	½ oz.	Yellow Globe Danvers, Riverside	2-3 bu.
Potatoes	2 bu.	Irish Cobbler, Warba	20-30 bu.

¹ Yields vary; irrigation will increase yields; if pulled when small, yields will be less.

² Rapid development and good quality are more certain where vegetables are thinned to the recommended distance as soon as plants are well established.

³ Dates vary with the season and the region. These dates are average for Lincoln and vicinity. In southern Nebraska, plant earlier; in northern and western Nebraska, plant later.

Raise and Use More Vegetables

Seed or plants per 100 ft. of row		Distance between rows		Depth to plant	Distance between plants ²	Dates of planting ³
Seed	Plants	Field tools	Hand			
		<i>in.</i>	<i>in.</i>	<i>in.</i>	<i>in.</i>	
1 lb.	600	30-36	24	1-1½	2-3	May 1-15
1 lb.	300-350	30-36	24	1-1½	6-12	May 1-15
2 oz.	600	24-36	12-18	1	2-3	Apr. 1-10
¼ oz.	75	24-36	18-24	½-¾	18	Apr. 1-10
½ oz.	600	24-28	12-18	½	2-3	Apr. 1-10
½ oz.	500-600	24-28	12-18	½-1	3-4	Apr. 1-15
½ oz.	200	24-28	12-15	½	4-8	Apr. 1-10
½ oz.	400	28-36	18-24	½-1	3	Apr. 1-10
1 lb.	600	30-36	24	1½	1-2	Mar. 15-30
½ oz.	10-15	96-144	96-144	1	84-108	May 10-20
1 oz.	1200	24-36	12	½-1	½-1	Apr. 1-10
½ pt.	35-65	36-42	30-36	1-2	12	May 1-15
1 oz.	200	24-30	15-18	1	6-8	Apr. 1-15
½ oz.	20-40	36-48	36-48	1	36	May 15
⅛ oz.	25-35	36-40	36-48	½-¾	36-48	May 15
½ oz.	400	24-36	18-24	½-¾	4	Aug. 1-10
½ oz.	500	24-28	12-15	½	3	Mar. 15-30
.....	80-100	36	28-36	3-4	12-16	Mar. 20-30

⁴Plantings of these should also be made about August 1, for fall use and winter storage.

⁵Usually grown by transplanting plants into garden but may also be grown by planting seeds directly where they are to grow. Use five or six seeds to the hill and thin out to one in a place. Tomato seed is planted April 10-20 at Lincoln; cabbage March 15-30.

GARDEN INSECT PEST CONTROL

Crop attacked	Insect	Time of damage	Part of plant attacked	Control
All crops	Aphids	April-Sept.	Leaves	1% rotenone dust
	Cutworms	April-June	Stems	Poisoned bran bait ¹ spread thinly
Beans	Grasshoppers			
	Mexican bean beetles	Late May to August	Leaves	1% rotenone dust
Cabbage	Leafhoppers			
	Aphids			
Cucumbers and melons	Cabbage maggot	May	Roots	Calomel applications ²
	Aphids	June-Sept.	Leaves	1% rotenone dust
	Worms and loopers	May-Sept.	Leaves	1% rotenone dust
	Flea beetles	June-Sept.	Leaves	1% rotenone dust
	Cucumber beetles	May-Sept.	Leaves and roots	1% rotenone dust applied every 5-7 days on and around plant. Begin when plants come up
	Melon aphid	June-Sept.	Leaves	
Squash and pumpkin	Cucumber beetles	May-Sept.	Leaves and roots	1% rotenone dust
	Melon aphid	June-Sept.	Leaves	1% rotenone dust
	Squash vine borer	July-Aug.	Stems	1% rotenone dust applied weekly from late June to August
	Squash bug	June-Sept.	Leaves and stems	Rotenone dust for young Handpick adults
Peas	Pea aphid	Late May and June	Leaves and stems	1% rotenone dust at weekly intervals
Potatoes	Colorado potato beetle	May-Sept.	Leaves and stems	1% rotenone dust
	Flea beetle	May-Sept.		
	Leaf hopper	May-Aug.		
	Blister beetles	June-Sept.	Leaves	Dust beetles with equal parts sodium fluosilicate and flour
Radishes	Root maggot	May	Roots	Calomel applications ²
Spinach	Flea beetles	April-June	Leaves	1% rotenone dust
	Flea beetles	April-June	Leaves	1% rotenone dust
Tomato	Tomato fruitworm	June-Sept.	Fruit	Dust with lead arsenate & flour(1:8)
	Hornworm	July-Sept.	Fruit—leaves	Hand picking

¹ Poisoned bran 3 quarts Mix bran and Paris green, stir molasses in water, add to poisoned bran, and mix thoroughly.
 Paris green 2 level tablespoons
 Molasses ½ teacup
 Water 1 quart

² Mix 1 ounce calomel with 24 ounces cornstarch or hydrated lime. Dust around plants at rate of ½ pound to square rod. Repeat 3 times at 7 to 10 day intervals. Use as soon as plants come through ground or are set out.

SOME COMMON DISEASES OF VEGETABLES AND THEIR CONTROL

Vegetable	Disease	Damage to plant	Treatment	Cultural practices
Beans	Bacterial blight	Brown water-soaked spots often with yellow halo on leaves. Water-soaked spots on pods.		Plant certified or disease-free seed
Cabbage	Yellows	Leaves yellow, brown ring in stem	Soak seed 25 min. in 1-1000 corrosive sublimate solution	Plant yellows-resistant varieties. Use 4-5-yr. rotation.
	Black-rot	Black veins on yellow leaves, black ring in stem		
Peas	Root-rot and wilt	Soft brown rot of roots and stem bases	Dust seed with red copper oxide or Spergon	Rotate and plant on well drained soil.
Potatoes	Ring-rot	Yellow cheesy rot	Treat seed with Semesan Bel.	Plant only certified seed
	Spindle tuber	Small spindly tubers		
	Mosaic	Mottled, wrinkled leaves		Use 4-6-yr. rotation with potatoes following alfalfa or sweet clover
	Rhizoctonia	Black dirt-like bodies on tubers		
	Scab	Scabby spots on tubers		
	Fusarium wilt	Brown ring or strands in tuber		
Tomatoes	Bacterial spot	Scabby fruit spot	Soak seed 5 min. in 1-1000 corrosive sublimate, wash 15 min., dry	Destroy tomato refuse. Rotate.
	Canker	Bird's-eye fruit spot		
	Early blight	"Target" leaf spot		
	Nailhead	Brown, sunken fruit spot		
	Wilt	Yellowing, wilting		

FRUITS AND VARIETIES FOR THE NEBRASKA HOME AND GARDEN
Adequate Nutrition Calls for Fruit in the Diet

Fruit	Variety list ¹	No. plants	Average production at bearing age	Distance between rows	Distance apart in rows
				ft.	ft.
Strawberry	Dunlap, Blakemore, Premier	100	40-50 qts.	4	1½
	<i>Everbearing</i> : Mastodon, Gem	50	30 qts.	4	1½
Black Raspberry	Cumberland	50	50-60 qts.	7-8	3-4
Purple Cane Raspberry	Cardinal, Sodus	25	25 qts.	7-8	3-4
Grape	Beta, ² Concord, Worden, Niagara (white), Brighton (red)	12	150 qts.	10	8-10
Currant	Red Lake	10	20 qts.	7-8	4-5
Gooseberry	Champion	10	30 qts.	7-8	4-5
Cherry	Early Richmond, Montmorency, Ostheim, English Morello	4-5	100 qts.	22-24	22-24
Plum	Omaha, Waneta, Ember, Superior	5-6	6 bu.	22	22
	Opata, Sapa (bush types)	4	2-3 bu.	10-12	10-12
Pear	Clapp's Favorite, Lincoln Flemish Beauty, Douglas	4	15-20 bu.	20-24	20-24
Peach³	Champion, Halehaven, Rochester	6	15-20 bu.	18-20	18-20
Apple	<i>Early</i> : Duchess, Beacon, Early McIntosh. <i>Fall</i> : Wealthy, ⁴ Joan, Utter. <i>Early winter</i> : Jonathan, ⁴ King David, Grimes Golden, Delicious, Turley, Golden Delicious <i>Late winter</i> : Cortland, Haralson	5-10	40-50 bu.	33-40	33-40

¹ Protection from hot winds is very important. Windbreak of apricot seedlings planted eight feet apart is effective and occasionally provides fruit too. North or northeast slopes are best. Plant on contour to conserve moisture. Protect young trees from mice and rabbits.

² Recommended for northern and western counties. Others are not hardy enough.

³ Not suited to low, rich soils nor to the northern and western counties.

⁴ Susceptible to cedar rust. If cedars are located within a half mile of the orchard, use only resistant varieties (without reference numbers).

EXTENSION LEAFLET 7

MARCH, 1942

Distributed in furtherance of Acts of May 8 and June 30, 1914. Extension Service of the University of Nebraska College of Agriculture, the U. S. Department of Agriculture cooperating.

W. H. BROKAW, Director

LINCOLN, NEBRASKA

3-42-150M