

1964

EC64-931 Fruit, Money and Minutes

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TO HELP YOU PLAN MEALS

Fruits add much to the appearance, flavor, and food value of any meal.

Vitamin A is abundant in the deep-yellow colored fruits. It is essential for good growth and vision and helps to build up resistance to infection.

Citrus fruits, tomatoes, strawberries and cantaloupe are good sources of Vitamin C. One of these should be included every day as this vitamin is not stored in the body and is necessary for good health.

Dried fruits contribute fair amounts of iron to the diet.

Remember, your family needs the nutrients supplied by the foods in these four groups each day:

MILK GROUP

Children. 3-4 cups
Teen-agers. 4 cups
Adults. 2 cups
or more daily

FRUIT-VEGETABLE GROUP

4 or more servings daily

MEAT GROUP

2 or more servings daily

BREAD-CEREAL GROUP

4 or more servings daily

HAVE YOU TRIED?

Bing cherries and pineapple chunks on lettuce with blue cheese dressing.

Thin apple slices dropped on pancake batter before turning.

Whole strawberries, with hulls on, dipped in powdered sugar.

This refreshing drink. A tall glass half filled with thawed frozen sliced strawberries. Fill remainder with buttermilk. Serve immediately.

Or use softened vanilla ice cream in place of buttermilk.

6 to 8 medium apples make a 9 inch pie.

A piece of fresh fruit is an excellent snack-time choice for any age.

Cantaloupe is high in nutritive value and low in calories.

Other fruits for weight watchers include:

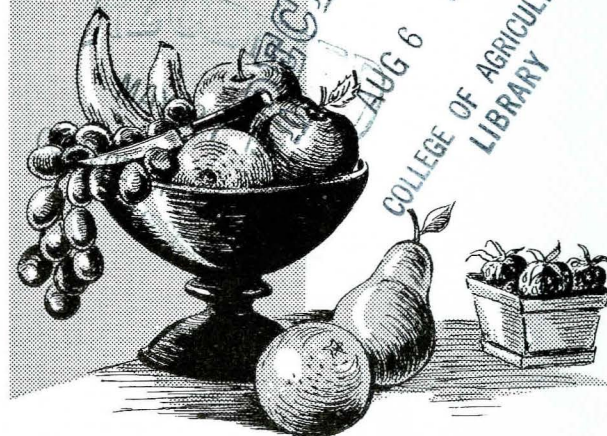
Berries
Peaches
Seedless grapes
Pineapple chunks,
fresh or frozen.

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FRUIT

MONEY and MINUTES



IT LOOKS SO GOOD
IT TASTES SO GOOD
IT IS SO GOOD FOR US
●THE PERFECT DESSERT

Ripe, colorful, fresh fruit plus your favorite cheese & crackers equals a taste treat

Watch for U.S.D.A. plentiful foods list in your paper. Check these for quality and cost at your market.

A BUYING GUIDE FOR FRUITS

When You Buy Fruit:

1. Select fresh fruits without spots or bruises to avoid waste.
2. Buy in season. Fruit will cost less, taste better and have high nutritive value.
3. Compare costs per serving of canned, frozen and fresh.
4. Buy for the use intended.

Fresh:

for salad, pie or eating fresh.

Canned:

whole fruits for salad or desserts.

broken pieces for pies or baked desserts.

puree for sauces or toppings.

Frozen:

for salads, desserts, pies or toppings.

Care At Home:

1. Handle fresh fruits as little as possible.
2. Remove bruised fruits before storing.
3. Berries are perishable. They need to be kept dry and cold until used. Wash just before stemming.
4. Ripen fruit in the open air, out of the refrigerator and out of the sun.
5. Store dried fruits in a tightly covered container at room temperature.

When You Prepare Fruit:

1. Eat and cook fruit with the skin on whenever possible.
2. Use citrus or pineapple juice to keep fresh fruit from turning brown.
3. Salvage ripe bananas by mashing and freezing. Pack in amount needed for your favorite cake or banana bread.
4. Freeze some of your peaches in orange juice. Serve while the fruit has a few icy crystals in it.
5. Select some of the most attractive berries or cherries. Freeze whole with hull or stem on.

Fruit	Market unit	Approximate measure as purchased	Approximate number of servings
Fresh:			
Apples	1 lb.	3 medium	3
Bananas	1 lb.	3 medium	3
Cranberries	1 lb.	1 quart	16
Cherries	1 qt.	2 cups, pitted	4
Grapes, Tokay	1 lb.	2 3/4 cups (seeded)	
Grapefruit		1	2
Lemons	1 doz. medium	3 lbs.	1 pt. juice
Oranges	1 doz. medium	6 lbs.	1 qt. juice
Peaches	1 lb.	4 medium	4
Pears	1 lb.	4 medium	4
Pineapple	2 lbs.	1 medium	6
Strawberries	1 qt.	1 quart	4
Watermelon	1 lb.		2 1/2
Canned:			
All kinds	#2 can	2 1/2 cups	5
(Read label for No. of halves etc.)	#2 1/2 #303	3 1/2 cups	7
	8 oz.	2 cups	4
		1 cup	2
Frozen:			
All kinds	10 oz. pkg.	1 1/4 cups	2 1/2
	16 oz. pkg.	2 cups	4
Dried:			
Apples	1 lb.	4 cups	18
Prunes	1 lb.	2 1/2 cups	8
Raisins	1 lb.	3 c. seedless	
		2 1/2 c. seeded	
Dates	1 lb.	2 1/2 cups (60 dates)	