

Fill the **PANTRY SHELVES**

CIRCULAR 428



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Fill the PANTRY SHELVES WITH HOME PRESERVED FOODS

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Full participation by all families, rural and urban, in a widespread food preservation program is still an urgent state and nation-wide need.

Specifically, this means:

1. That all rural farm families should produce and preserve an adequate Home Food Supply.
2. That all rural non-farm and all other families should preserve as much of their food supply as facilities and availability of food will permit.
3. That surpluses should be preserved to be used for school lunch or relief purposes, locally or for foreign relief.

Some Benefits and Satisfactions to be Enjoyed Are:

An adequate food supply on the pantry shelves.

Better health for the family.

Money in the family purse.

A thrift practice adopted.

The satisfaction of participation in a nation-wide effort to aid foreign relief.

Improved Quality, A Goal

Now that the war emergency is over we may have more time for improving the **quality** of our home preserved foods.

"Goodness" is an important essential of any food product from an eating standpoint. "Goodness" definitely adds to the pleasure of eating and many times is an influencing factor in a more adequate consumption of certain essential foods.

Our slogan for 1947 might well be **KEEP THE PANTRY FILLED WITH QUALITY HOME CANNED FOODS.**

Remember that the quality of the finished preserved product **cannot** be any better than the quality of the food used for preservation.

To obtain a high quality in canned or frozen fruits and vegetables it is necessary to:

1. Harvest fruits and vegetables at prime maturity.
2. Have freshness—Can and freeze "freshness" for best flavor and texture, highest nutritive value and prevention of spoilage.
3. Wash thoroughly and prepare as for table use.
4. Blanch or pre-cook vegetables for the recommended time. Very important for freezing.
5. Cool vegetable quickly and thoroughly for freezing by dipping into cold water as removed from the blanch.
6. Package carefully—Have air tight seals, in moisture, vapor proof containers for freezing. Also air tight seals for canned foods.
7. Immediate and proper storage at correct temperatures for freezing.
8. Immediate and correct processing at proper temperature for canning.

Guide for Filling the Pantry Shelves

Goal 100 quarts per person
 quarts per family

Children under 10 years of age need one-fourth to one-half the amount of the average person.

Kind of Food	Per Person	Our Family	Methods Used		
			Can	Freeze	Other
Tomatoes and tomato juice	30 quarts				
Other Vegetables	40 quarts				
snap beans					
English peas					
green shelled beans					
limas and field peas					
corn					
Soup Mixture					
Others					
Kraut					
Fruit and Fruit juice	30 quarts				
TOTAL	100 quarts				
Preserves, Marmalade	6+ quarts				
Pickles and Relishes	2+ quarts				

Store 10 to 15 pounds of dried beans and peas per person.

Store 2 to 3 bushels of potatoes (white and sweet) per person.

Store by some method other vegetables and fruits such as carrots, onions, pumpkin, turnips and apples in adequate family amounts.

Provide about 75 pounds of meat per person for freezing or canning and curing.

Provide, when possible, one gallon of molasses or honey per person.

If you need help with your Food Preservation Problems and Methods, call on your Home Demonstration Agent.

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