

Don't Forget to Eat your Veggies!

Victory Gardens became popular in Canada in 1917. Under the Ministry of Agriculture's campaign, "A Vegetable Garden for Every Home", residents of cities, towns and villages utilized backyard spaces to plant vegetables for personal use and for the war effort. The result was a large production of potatoes, beets, cabbage, and other useful vegetables, that could be stored for months at a time or canned for future use.



Image Credit: *Come into the Garden Dad!* [ca. 1918] J.E. Sampson, Canada Food Board. Archives of Ontario War Poster Collection. Reference Code: C 233-2-2-0-96.

Creamed Beets Recipe: *War Menu* Woodstock-Sentinel-Review, 17 November 1917.

Scalloped Onion Recipe: *War Menu* Woodstock-Sentinel-Review, 11 October 1917.

Baked Squash Recipe: *War Menu* Woodstock-Sentinel-Review, October 6, 1917.

Parsnips Recipe: *Moffats Cook Book for Moffats Rangers*, Moffats Limited, 1926.

Cabbage Salad Recipe: *Five Roses Cook Book*, Lake of the Woods Milling Company Limited, 1915.

Creamed Beets

Cook beets until tender. Skin and chop into quarter inch cubes. Make a white sauce*. Season. Add the beets and reheat.

Scalloped Onion

Into a greased baker put alternate layers of thinly sliced onions and White Sauce*. Cover over the top with buttered bread crumbs, and bake until the onions are tender.

Baked Squash

Cut squash into halves, remove seeds and stringy portion, place in a dripping pain, cover and bake until soft in a slow oven. Remove from shell, mash, add season with butter, salt and pepper.

Parsnips

Boil until tender. Slice them and dip them in a batter such as you would make for pancakes. Fry in hot lard until brown. Season.

Cabbage Salad

One quart cabbage cut finely, 1 1/4 cups vinegar, 1 teaspoon mustard, 1 egg, 1 teaspoon butter, 1/4 cup flour, 1/2 sugar. Boil all together until thick, then add cabbage.

*White sauce is a simple sauce made using flour, fat and milk. It was a popular addition to fish and veggie recipes at the time.