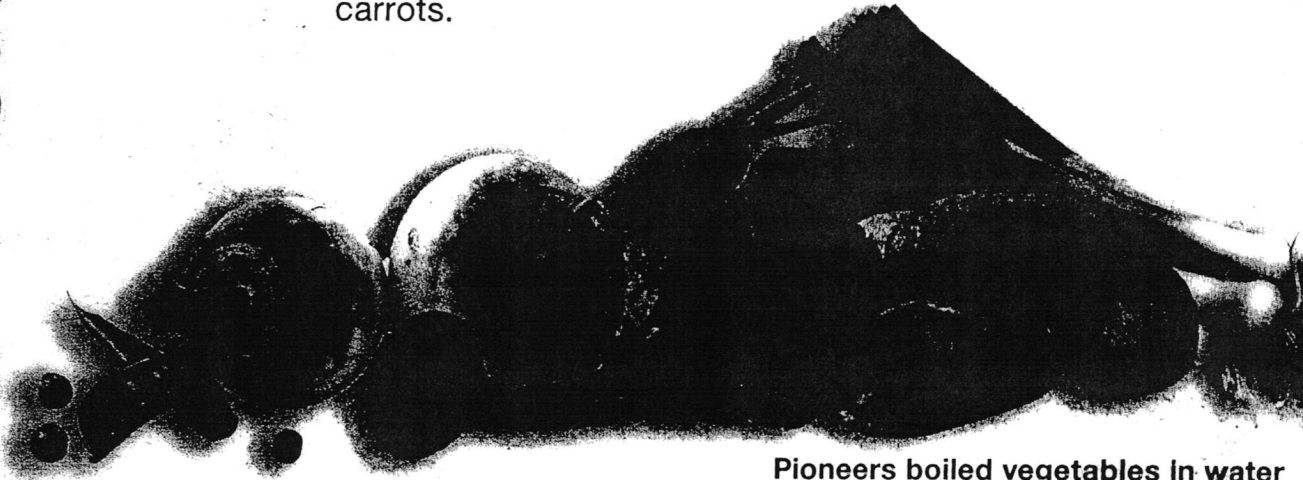


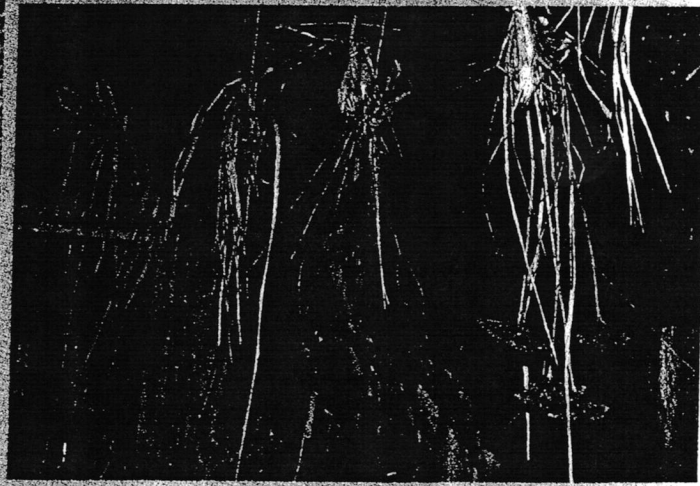
Family Dinner

In the summer, you eat fresh vegetables from your garden. You might enjoy corn, squash, pumpkins, turnips, beets, peas, onions, and carrots.



Pioneers boiled vegetables in water to remove dirt and insects.

You don't have a lot of fresh food to eat in the winter. You might eat only salted pork, boiled potatoes, stew, and oatmeal.



Did you know?

Pioneers hung vegetables and herbs from the ceiling to dry. They added them to soups and stews during the winter.