



History from Home

# VICTORY GARDEN RECIPE ACTIVITY



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# Victory Gardens

During the Second World War, Victory Gardens were planted by families around the United States and Great Britain to help prevent food shortages and allow the necessary supplies for troops fighting overseas. Canned vegetables and meat were especially rationed, so Victory Gardens helped individuals and families stretch their meals with creative and filling recipes provided by the United States government. According to the University of California Master Gardener Program, more than twenty million Victory Gardens were planted across the United States and were responsible for forty percent of all vegetables grown in the United States.

## Materials:

- WWII-era Victory Garden recipes
- Victory Garden recipe and seed packet score sheet
- Pens, colored pencils, markers, or crayons

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## Directions:

1. Your Victory Garden is growing strong! Time to make some delicious recipes using your vegetables! Look at the recipe ingredients on the left on the following pages.
2. Draw a line from the vegetable in the recipe to the corresponding seed packet on the right.
3. Make your own seed packet designs to inspire you and your family to grow your own Victory Garden!
4. Full recipes are included in the back of the packet (pgs. 6-8). Which one of these recipes are you going to try?

# Victory Garden Recipe Ingredients

## Curried Carrots

- 1 lb. **Carrots**
- 1 oz. Margarine
- 1 Chopped **Onion**
- 1-2 tsp. Curry Powder
- 1 tbsp. Flour
- 1/2 pint Stock or Water
- Salt and Pepper
- 1 tsp. Sugar

## Victory Garden Soup

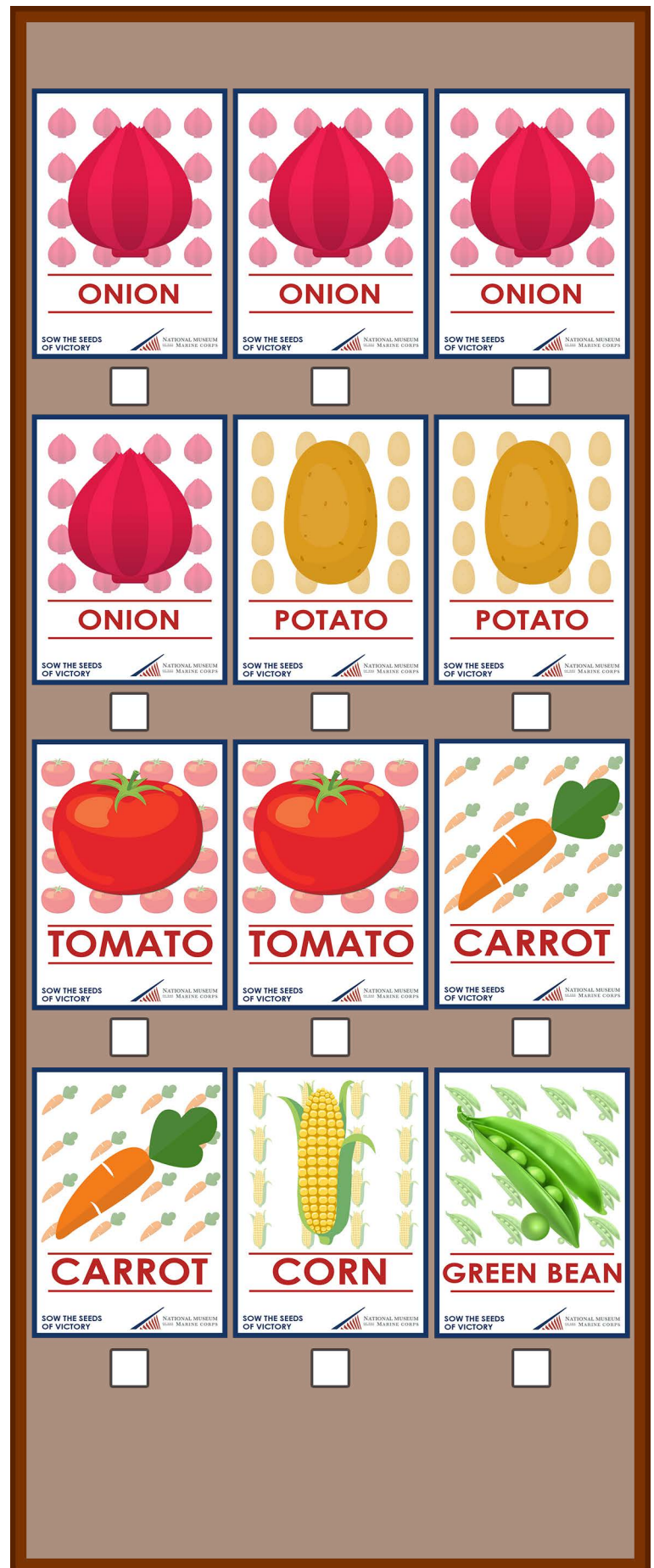
- 1 Chicken, Cut into 8 Pieces
- 8 cups Water
- 3/4 cup Dry White Wine
- 2 tsp. Salt
- 2 tsp. Olive Oil
- 1 **Onion**
- 1 lb. Red-Skinned **Potatoes**
- 1 lb. **Tomatoes**
- 3 Medium **Carrots**
- 4 oz. **Green Beans**
- 2 Medium Zucchini
- 1 cup **Corn**
- 2 cups Spinach Leaves
- 1/3 cup Fresh Basil

## Sausage Roll

- 8 oz. Sausage
- 2 tablespoon Chopped **Onion**
- 1 tbsp. Chopped Pickle
- 3 oz. Breadcrumbs
- Pinch of Herbs
- Pinch of Pepper
- 1 1/2 tsp. Salt
- 2 tbsp. Stock or Milk

## Cheese, Tomato, and Potato Loaf

- 1 lb. **Cooked Potatoes**
- 12 oz. **Tomatoes**
- **Onion** Slices
- Dried Herbs
- Cheese Sauce
- Grated Cheese



# Victory Garden Recipe Ingredients

## Wartime Vegetable Turnover

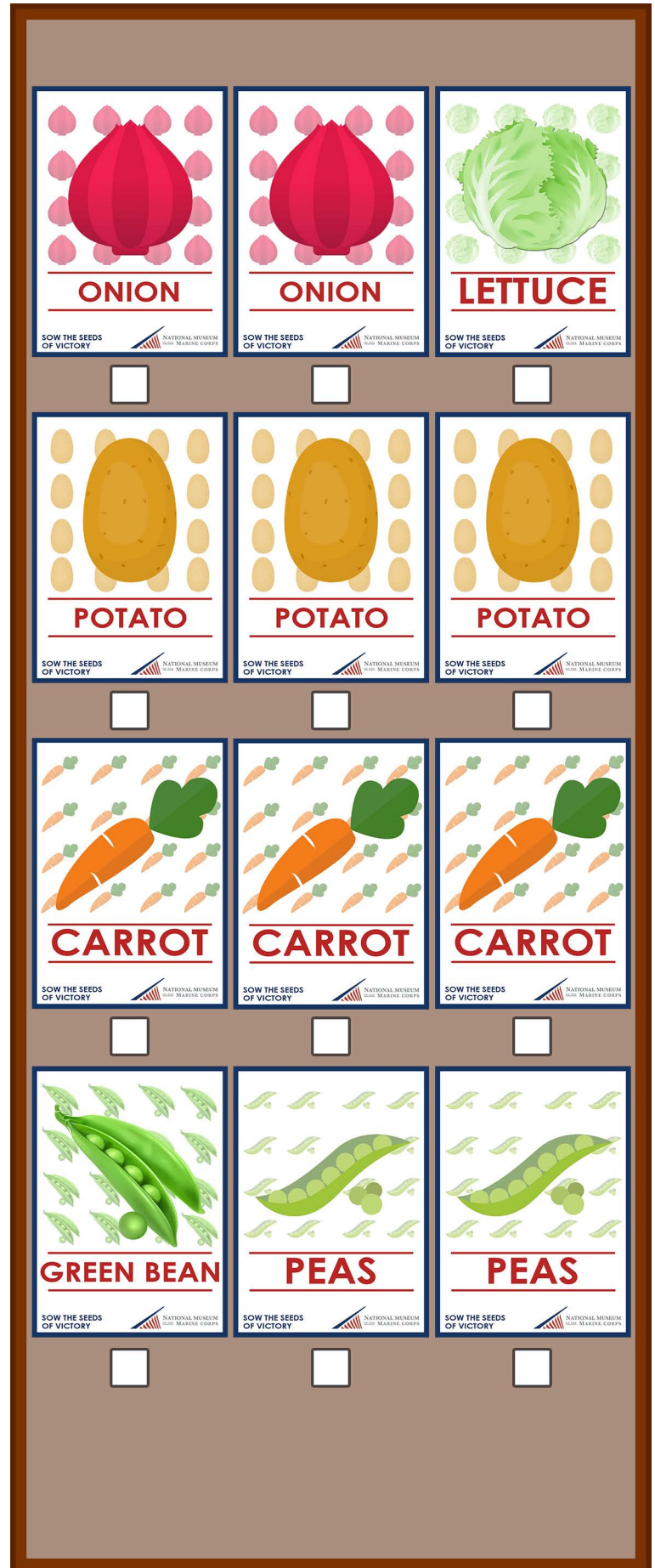
- 10 oz. Scrubbed Diced Cooked **Potatoes**
- 4 Medium **Carrots**, Diced
- 1 Large **Onion**
- Herbs, Salt, and Pepper
- 12 oz. Plain (Wholewheat) Flour with 3 tsp. Baking Powder
- 3 oz. Margarine
- Water

## Victory Salad

- 1 cup Cooked **Carrots**
- 1 cup Cooked **Potato**
- 1 cup Cooked **Peas**
- 1 cup Cooked **Green Beans**
- 4 **Lettuce** Leaves

## Split Pea Soup


- 8 oz. Split Green **Peas**
- 2 **Onions**
- 2 **Carrots**
- 1 Parsnip
- 1 **Potato**
- 1 pint Water
- 1 tsp. Sugar
- Salt and Pepper
- Sprig of Mint



# Design Your Own Seed Packet

Blank area for design with two horizontal red lines near the bottom.


**SOW THE SEEDS OF VICTORY**



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Blank area for design with two horizontal red lines near the bottom.


**SOW THE SEEDS OF VICTORY**



NATIONAL MUSEUM OF THE MARINE CORPS

Blank area for design with two horizontal red lines near the bottom.


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**SOW THE SEEDS OF VICTORY**



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# Victory Garden Recipes

## Wartime Vegetable Turnover

### Ingredients:

- 10 oz. Scrubbed Diced Cooked Potatoes
- 4 Medium Carrots, Diced
- 1 Large Onion
- Herbs, Salt, and Pepper
- 12 oz. Plain (Wholewheat) Flour with 3 tsp. Baking Powder
- 3 oz. Margarine
- Water

*Recipe from The1940sExperiment*

### Cooking Directions:

1. Sift the flour, salt and rub in the margarine.
2. Bind with water.
3. Cook carrots and potatoes until medium soft and then mix gently together in bowl with a little margarine, salt, pepper and herbs.
4. Mix in the onions or leeks.
5. Divide the pastry into four pieces and roll out each one into a round.
6. Put mixture into centre of each round.
7. Wet the edges of pastry with water.
8. Pull over one side to the other and press down edges.
9. Prick top of pastry and brush with a little milk.
10. Bake in hot oven over 425 degrees for 25-30 mins until crisp and brown.
11. Serve hot or cold.

## Victory Salad

### Ingredients:

- 1 cup Cooked Carrots
- 1 cup Cooked Potato
- 1 cup Cooked Peas
- 1 cup Cooked Green Beans
- 4 Lettuce Leaves

*Recipe from Wolff's Apple House*

### Cooking Directions:

1. Marinate ingredients in French dressing for 1 hr.
2. Place ingredients on lettuce and garnish as desired.

## Sausage Roll

### Ingredients:

- 8 oz. Sausage
- 2 tablespoon Chopped Onion
- 1 tbsp. Chopped Pickle
- 3 oz. Breadcrumbs
- Pinch of Herbs
- Pinch of Pepper
- 1 1/2 tsp. Salt
- 2 tbsp. Stock or Milk

*Recipe from Laverder and Lovage*

### Cooking Directions:

1. Mix all ingredients together thoroughly.
2. Turn into a greased tin.
3. Cover with lid and steam 1 1/2 - 2 hrs.

# Victory Garden Recipes

## Split Pea Soup

### Ingredients:

- 8 oz. Split Green Peas
- 2 Onions
- 2 Carrots
- 1 Parsnip
- 1 Potato
- 1 pint Water
- 1 tsp. Sugar
- Salt and Pepper
- Sprig of Mint

*Recipe from The1940sExperiment*

## Curried Carrots

### Ingredients:

- 1 lb. carrots
- 1 oz. Margarine
- 1 Chopped Onion
- 1-2 tsp. Curry Powder
- 1 tbsp. Flour
- 1/2 pint Stock or Water
- Salt and Pepper
- 1 tsp. Sugar

*Recipe from The1940sExperiment*

## Victory Garden Soup

### Ingredients:

- 1 Chicken, Cut into 8 Pieces
- 8 cups Water
- 3/4 cup Dry White Wine
- 2 tsp. Salt
- 2 tsp. Olive Oil
- 1 Onion
- 1 lb. Red-Skinned Potatoes
- 1 lb. Tomatoes
- 3 Medium Carrots
- 4 oz. Green Beans
- 2 Medium Zucchini
- 1 cup Corn
- 2 cups Spinach Leaves
- 1/3 cup Fresh Basil

*Recipe from Epicurious*

### Cooking Directions:

1. Wash the split peas in cold water.
2. Cover with cold water and soak overnight or you can use straight away (they'll just take longer to cook).
3. Chop up the onions, parsnip, carrots finely and potato into 1/2-in. chunks and add to a pint of boiling water in a saucepan with the drained split peas.
4. Cook until the split peas are cooked (about 40 mins. over medium) in a covered saucepan, stirring now and again.
5. Serve as is with a sprig of mint or liquidize for a smooth soup.

### Cooking Directions:

1. Chop and boil/steam carrots.
2. Meanwhile, melt margarine in pan and add the chopped onion and fry for a few minutes.
3. Add the curry powder and flour and fry for a few more minutes while stirring a little.
4. Stir in the stock or water, bring to the boil and season.
5. Simmer gently for about 20 mins. then add in the cooked carrots.
6. Cook for a further 10 mins. or so.
7. Garnish with parsley and serve with a little rice.

### Cooking Directions:

1. Bring chicken, water, wine, and 1 tsp. salt to boil in large pot, skimming surface.
2. Cover; simmer until chicken is cooked through, about 25 mins.
3. Transfer chicken breast and thigh pieces to platter.
4. Remove meat from bones; cut into 1/2-in. pieces.
5. Cover and chill meat - return scraps and bones to pot.
6. Cover stock and simmer 1 hr.
7. Strain; cool stock slightly and chill overnight (Spoon fat off top and discard).
8. Heat 2 tsp. oil in large pot over medium heat.
9. Add onion; saute until golden, about six mins.
10. Add stock and bring to boil, then add potatoes, tomatoes, carrots, green beans, and 1 tsp. salt.
11. Simmer 10 mins. then add zucchini and corn; simmer until vegetables are tender, 15 mins.
12. Stir in spinach and chicken meat until heated through (Stir in basil, season with salt and pepper).

# Victory Garden Recipes

## Cheese, Tomato, and Potato Loaf

### *Ingredients:*

- 1 lb. Cooked Potatoes
- 12 oz. Tomatoes
- Onion Slices
- Dried Herbs
- Cheese Sauce
- Grated Cheese

*Recipe from The1940sExperiment*

### *Cooking Directions:*

1. Cut potatoes into slices about 1/4-in. thick.
2. Cut the tomatoes into slightly thicker slices.
3. Grease a 2 lb. loaf tin or a deep pie dish and pre-heat oven to 350 degrees.
4. Arrange a third of the potatoes in a neat layer in the dish and cover with some of the cheese sauce and then half the tomatoes.
5. Put in half the remaining potatoes with the rest of the sauce and tomatoes and finally cover with the rest of the potato slices.
6. Season, add onion slices, dried herbs and a little grated cheese
7. Cover and cook for 45 mins.
8. Uncover and cook for 15 mins. until browned.