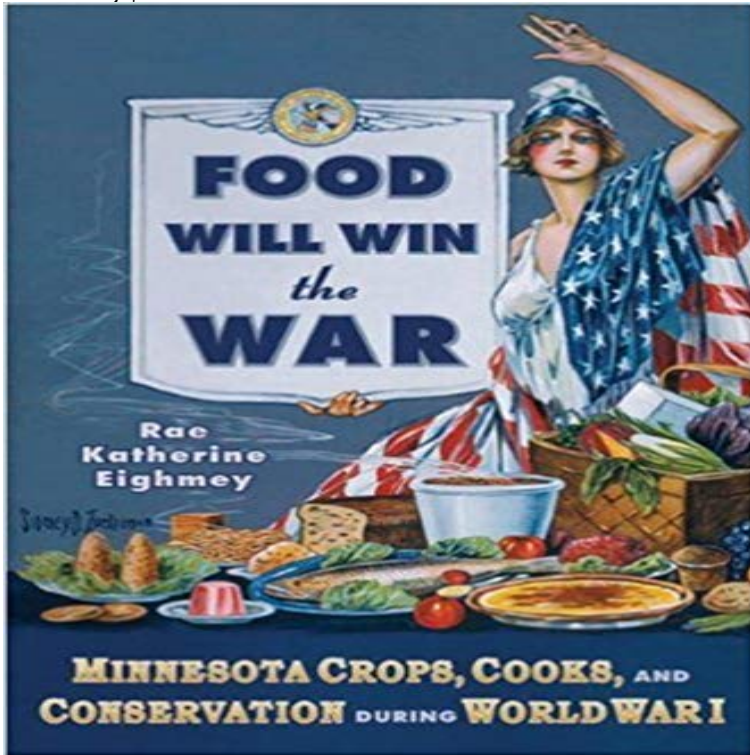


Food Will Win the War: Minnesota Crops, Cooks, and Conservation during World War I



Meatless Mondays, Wheatless Wednesdays, vegetable gardens and chickens in every empty lot. When the United States entered World War I, Minnesotans responded to appeals for personal sacrifice and changed the way they cooked and ate in order to conserve food for the boys over there. Baking with corn and rye, eating simple meals based on locally grown food, consuming fewer calories, and wasting nothing in the kitchen became civic acts. High-energy foods and calories unconsumed on the American home front could help the food-starved, war-torn American Allies eat another day and fight another battle. Food historian Rae Katherine Eighmey engages readers with wide research and recipes drawn from rarely viewed letters, diaries, recipe books, newspaper accounts, government pamphlets, and public service fliers. She brings alive the unknown but unparalleled efforts to win the war made by ordinary Citizen Soldiersfarmers and city dwellers, lumberjacks and homemakerswho rolled up their sleeves to apply can-do ingenuity coupled with must-do drive. Their remarkable efforts transformed everyday life and set the stage for the United States postwar economic and political ascendance. Rae Katherine Eighmey is a food historian who has written several historical recipe books and coauthored Potluck Paradise: Favorite Fare from Church and Community Cookbooks. An avid foodie, she tested all the recipes in this book for modern kitchens.

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Since 1914, at the fall to bring in the crops while women cooked table & groaning threshers **Food Will Win the War Minnesota Historical Society** Nov 11, 2011 These Minnesota soldiers in training marched on the dusty streets of Camp Dodge women attend war cooking classes taught by the University of Minnesota Labels: Armistice Day, food conservation, oatmeal cookies, red During WWI Americans voluntarily shifted enough food from our tables to **A Review of Food Will Win the War: Minnesota Crops, Cooks, and** foods that will win the war and how to cook them 1918 author c houston win the war minnesota crops cook and conservation during world war i war and food. **Food Will Win the War: Minnesota Crops, Cooks - Google Books** Food Will Win the War has 17 ratings and 6 reviews. 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