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Foodways A 4-H Folkpatterns Project – Traditional Tricks for Picking Produce/Napkin Folding

Michigan State University Cooperative Extension Service

4-H Club Bulletin

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Food Marketing

Traditional Tricks for Picking Produce

PURPOSE: To become aware of how to choose the best produce at a market. Many people learn from others how to select produce. Much of this traditional information used to be passed from mother to daughter, since women in the family bought most of the groceries. However, now it is becoming important for everyone to know how to select the best produce for his/her own use.

YOU'LL NEED: Pen or pencil

TIME: 10-15 minutes

HOW TO DO IT: Read the following two lists. On one side is a list of produce. On the other side is a traditional way of telling whether or not each item is ready to purchase. Draw a line between the ones you think match.

Produce

1. Watermelon
2. Cantaloupe or muskmelon
3. Pineapple
4. Banana
5. Head lettuce
6. Corn
7. Green beans

Method for Choosing

- a. Look at it to make sure it is not too brown.
- b. Smell it and push it slightly on the spot where the vine was connected.
- c. Break one in half to hear it snap.
- d. Squeeze it gently to see how firm it is.
- e. Knock on it and listen for a hollow sound.
- f. Pull the husk back.
- g. See how easily one of its leaves pulls out.

NOW WHAT?

1. Ask your friends or family if they have any tricks they use when choosing food in a store. Write down their hints and share them at your next meeting.
2. Visit a market that sells many different kinds of produce. Ask the people who work there to share their methods for choosing good produce.
3. Make a poster display of your collected methods for the display at the fair.

Napkin Folding



Food Presentation

PURPOSE:

To become aware of napkin folding as a method used for decorating a table. Napkin and paper folding is a very popular form of art in some countries. In the United States, many restaurants use specially-folded napkins to decorate their tables. In some homes, folded cloth napkins are used only on special occasions.

YOU'LL NEED:

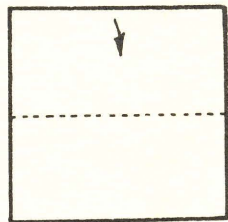
A square, cloth, table napkin

TIME:

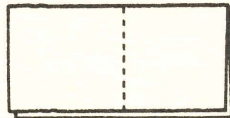
One or more meetings

HOW TO DO IT:

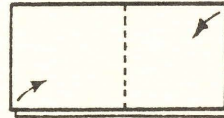
Use the following instructions for one basic napkin design:



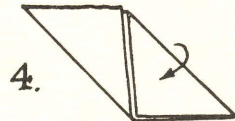
1.



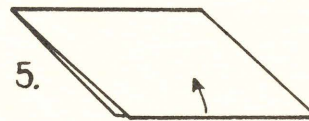
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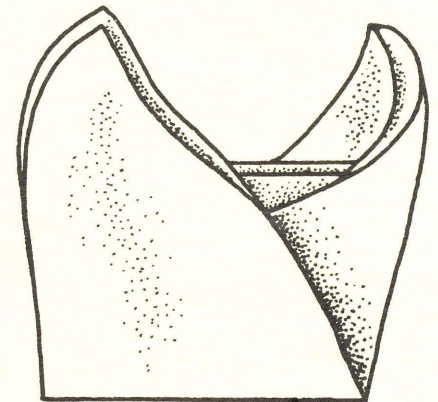
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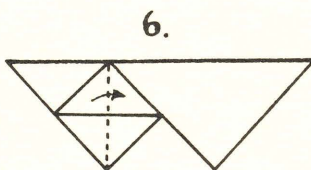
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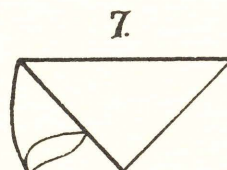
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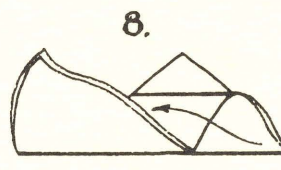
CARDINAL'S HAT



6.



7.



8.

NOW WHAT?

1. See if your library has books on napkin folding. Try doing some other designs.
2. Invite someone from a local restaurant to give your group a demonstration of napkin folding.
3. Create a display of different designs for a project.
4. Do a demonstration of napkin folding at a local event or county fair.