

When growing your own Victory Garden at home, tell us about it!  
Share your gardening tips, tricks, photos,  
and tell us how you used your vegetables!

**#VictoryGardenBSM**



@BrickStoreMus



Brick Store Museum Victory Garden

The Victory Garden is open for exploration anytime  
the Museum is open!

(Closed only Mondays)



Thank you to the Kennebunk Community Garden Committee and the UMaine Extension School Master Gardener Program for their leadership, advice, and volunteerism!



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The Brick Store Museum is proud to announce the opening of our very own Victory Garden as an extension of the online exhibit *Vitamin V How Food Fought the Second World War*.

All food grown in our Victory Garden is donated to local food pantries during the growing season. The garden exhibit focuses on proper nutrition and fitness in our state today by discussing health standards set for both soldiers and those on the home front during World War II.



## History of Victory Gardens

Although Victory Gardens are usually associated with World War II, Victory Gardens actually started during World War I when farmers were drafted into war. However, it was not until the 1940s that they became immensely popular. In fact, at their peak there were more than 20,000,000 Victory Gardens planted across the United States.

By 1944, more than 40% of vegetables grown in the United States were grown in a Victory Garden. Even those who did not have back yard space would plant window-box Victory Gardens. Why so many? There was a growing concern about food shortage. A lot of the food grown commercially was being sent overseas for the war effort, leaving those on the home front with less. Victory gardeners also sent produce overseas to support their soldiers.

Schools around the country grew Victory Gardens to use the produce in their school lunches. Growing your own vegetables at home also helped in ensuring that there were enough trucks and trains to assist in transporting soldiers, vehicles, and weapons. Because food was rationed, many of those who maintained Victory Gardens began canning their own vegetables so they would last through the winter. By canning, their ration coupons stretched farther. Victory Gardens played a large part in the success of the home front in World War II, ensuring both food for the home front and for our soldiers. It was important that everyone stayed healthy and fit.



Want to know more?

Visit the Museum's online Victory Garden site!

[www.brickstoremuseum.org/education](http://www.brickstoremuseum.org/education)

## Try It!

### Regrowing Your Food From Kitchen Scraps

While many vegetables produce easy to harvest seeds that can be planted and grown (peas, beans, pumpkins, and peppers to name a few) many do not. Fortunately, some vegetables can be regrown from the kitchen scraps that are normally thrown away. Vegetables such as leeks, spring onions, scallions, and fennel have a white root end that is often left over after cooking. Place this end of the plant in a jar of water and then leave the jar in a sunny location. The plant will begin to regrow green shoots that you can use.

Members of the lettuce family (lettuce, bok choy, cabbage, and celery) will also regrow from their white root end. These vegetables however, require a shallow bowl of water in a sunny location instead of a jar. Spray the top of the cuttings now and then to keep the top moist. As new leaves and roots begin to grow, this should take about a week, you may plant the vegetable in soil and within a few more weeks a whole new head should emerge.

Potatoes can also easily be regrown from kitchen scraps. Pick a piece of potato that has "eyes" (the dark spots where the roots grow) and cut the piece into 2 inch squares, each piece should have one to two eyes. Once the pieces are cut, leave them to dry at room temperature for one to two days. This allows the cutting to callous over and prevents the potato from rotting. After the cutting has calloused over, plant about 8 inches deep with the eyes facing upward and cover it with about 4 inches of soil. Add more soil as roots and growth appear.

Onions happen to be one of the easiest vegetables to regrow. All you need to do is the cut the root end off of the onion leave about 1/2 inch of onion attached. Place the root end in soil and leave in a sunny location ensuring that the soil is moist.

## Planting Your Own Victory Garden

Even in the 21st Century, there are still growing concerns about food shortages and steadily rising food costs. A great way to save money and ensure that you and your family are getting the best produce possible is to grow your own vegetables. Starting a modern day Victory Garden can be fun and rewarding for all ages.

A great way to get started is to make your own seed starter pots from newspaper. Since newspaper is biodegradable, once the seedlings are large enough to transplant into the ground the newspaper cups can be planted directly with no harm done to the environment or your plants.

### Materials Needed:

- one sheet of newspaper (each roughly 22" x 12") for each pot you want to make
- one 10- to 15-oz. can
- moistened seed-starting medium
- waterproof tray

1. Fold the sheet of newspaper lengthwise (with the long edges together) to create a strip. Press along the folded edge.
2. Set the can on its side at one end of the strip, with the base about 2 inches up from the cut edge. Roll the newspaper around the can to create a cylinder.
3. Starting at the outer seam, fold the free end of the cylinder inward. Make three more folds inward to create the base of the pot, pressing firmly to make the folds as flat as possible.
4. Slip the pot off of the can or bottle. Starting at the outer seam, fold the top 1/2 to 1 inch of the pot inward to create a stable rim.
5. Hold the pot with one hand, with some of your fingers on the bottom to keep it closed. Fill the finished pot to the top with moistened seed-starting medium and set it in a waterproof tray.
6. Repeat steps 1 through 5 to make as many "pots" as desired.

## Vegetables Grown

Victory Gardens across the United States grew a large variety of vegetables including: tomatoes, carrots, lettuce, beats, peas, beans, and corn. Swiss chard and kohlrabi were also introduced into the country at this time because there were very easy to grow. With a large variety of vegetables being grown in abundance, Americans needed ways to use their produce. While canning was one option, many different cookbooks were produced during this time that presented many creative and delicious options.



## Cooking With Victory Garden Produce and Ration Coupon Restrictions

Many of the cookbooks written during WWII not only showed Americans how to stretch their ration coupons, but also presented them with a variety of nutritious and delicious ways to use their Victory Garden vegetables. Popular dishes included: meat and vegetable stews, vegetable dumplings, vegetable pancakes, vegetable soups, salads, and of course canned vegetables. Authors of these cookbooks also accounted for the many essential baking ingredients, such as eggs and sugar, that were rationed. Therefore, many recipes for eggless and sugarless desserts appeared.

# Wartime Vegetable Turnovers Recipe

## Pastry

- 12 oz of plain (wholewheat) flour with 3 teaspoons baking powder
- large pinch of salt
- 3 oz margarine (or dripping)
- water

## Filling

- 10 oz scrubbed diced cooked potatoes (never remove the skins!)
- 4 medium carrots diced
- 1 large onion or 1 leek finely chopped (saute)
- herbs, salt, pepper

## Method

Sift the flour, salt and rub in the margarine

Bind with water

Cook carrots and potatoes until medium soft and then mix gently together in bowl with a little margarine, salt, pepper and herbs

Mix in the onions or leeks

Divide the pastry into 4 pieces and roll out each one into a round

Put mixture into center of each round

Wet the edges of pastry with water

Pull over one side to the other and press down edges

Prick top of pastry

Brush with a little milk

Bake in hot oven (220 C) for 25-30 mins until crisp and brown

Serve hot or cold.

# Summertime Canned Jam Recipe

## Ingredients

- 2 lbs of mixed summer berries (I used equal amounts of strawberries, blackberries, red and black currants)
- 1 lb of sugar
- 2 tablespoons of lemon juice if available (if not two tablespoons of water)
- Blob of butter or vegetable oil (reduces foaming)

## Method

- Rinse fruit and drain
- Add to large pan and add sugar and lemon juice
- Slowly bring to a gentle simmer and slowly stir
- Cook for 20-30 minutes until a small blob of jam gels on a cold plate (I put a plate in the fridge and drop a smidgen on to it, wait a few minutes then test it for consistency)
- When it appears to be gelling it is time to pour into a clean jug and pour into hot sterilized jars (I rinsed clean jam jars and placed them in a medium oven throughout the jam making process to sterilize)
- Add hot clean lids and tighten up and set aside

Lids should depress as a vacuum forms in the first hour or so.