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Even “the Beaver” didn’t want to eat his brussel sprouts.

Monday, January 06, 2014

I like to watch the “classic” TV shows and “Leave it to Beaver” certainly qualifies. VA is entering the same deep freeze covering a lot of the country and I’m only going outside if absolutely necessary. Lots of computer and TV time today along with catching up on laundry and paperwork.

“Is it wrong to insist that Beaver eat what’s good for him?” says his mother. As punishment he will not accompany the family to the PRO football game that they’ve been planning to attend. Now THAT’s punishment!

In exchange for a “deal” that he would eat brussel sprouts in the future, he gets to go to the game, but first they go out to dinner and guess what – the vegetable is brussel sprouts.

Now the home scenario is being played out in the restaurant with input from waiter, manager and an old lady at a nearby table. The offer to swap the sprouts for peas or carrots is declined by the parents and SURPRISE when Beaver tries the sprouts, he finds he actually likes them.

Oh, the good old days of 50s TV when everything always works out fine and people went to dinner and football games in suits and dresses.

I never saw a brussel sprout until I was a teenager. They were a favorite of my future mother-in-law. It seemed like I was eating tasteless little shrunken heads. My declining her veggie of choice or only taking 2 didn’t go over well. I got many lectures about eating what was put in front of me and eating what was good for me.

I heard that lecture at home too, but it was usually about spinach or broccoli or on really bad day KALE. Being an obedient kid I choked it all down for my parents, but I was a more resistant teenager in a situation where compromise wasn’t an option.

As an adult, I discovered RAW vegetables. Who knew I liked spinach and BROCCOLI before it was cooked. Likely Mom just cooked it too long. I like things steamed just fine.

I no longer have to worry about kids eating properly, but it seems to me that meals shouldn’t be a battleground. There should be some room for compromise to insure kids try new foods, get their nutrients from a variety of sources and still remember mealtimes pleasantly.

I hope all you young mothers have worked things out in your homes and that you’re all staying warm this morning.

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**CD13758606**

We could NEVER leave the table unless our plates were clean, including vegetables. I was never a picky eater, but there were my favorites! I don't sweat the small stuff at the table, but I do try to cook vegetables I know both kids will eat.

But I have to share a story. I love my asparagus, so when in season, I eat it endlessly. At my previous home, I grew it in the garden. I looked forward to it every year for the first cutting, and cut only what I and family will eat for the meal.

Sidebar: My daughter comes home from China at 3 and a half in 2008. I bribe, beg and practically torture her to try this funny looking vegetable;) She ate like crazy, and everything while in China, but peanut butter and jelly on bread was not happening. So we ate a lot of broth and noodles, etc.

When I cut my fresh asparagus one evening, prepared it and finally got her to try it, she gobbled it up. I am doing something in the kitchen before I sat down at my plate, and when I did, MY asparagus was gone! She loved it so much, she reached for my portion! She was so pleased with herself, she was grinning ear to ear (at a time when we still had a language barrier). Precious!

She eats my roasted brussel sprouts too! Lucky me, we fight over those too;)

Sorry, had to share.
2707 days ago

**LINDAKAY228**

I'm way behind answering e-mails. I loved that show and watched it a lot. Brussels sprouts were a favorite of my mom's but not of mine although I forced them down. I thought I was eating shrunken cabbage. I do love a lot of veggies now raw or cooked lightly, but Brussels sprouts still aren't my favorite. As a kid I really hated asparagus, which my mom also loved but couldn't afford often. It wasn't till I was grown I found I really liked frozen or fresh asparagus but my mom was buying canned which didn't taste good!
2711 days ago

**MNNICE**

A fun blog! I've learned to love so many veggies I didn't like as a kid. The one I still won't eat is canned peas. And back in the days, I thought sweet potatoes came in a can and had to have marshmallows on them. Never ate a "real" sweet potato until a few years ago, and now hubby and I both eat them baked on a regular basis! As to dress code, hubby and I just last night were commenting on how Aunt Bea sat on her porch knitting with her dress and pearls on, and Andy (although he had removed the tie) still had his suit on. (Must've been a Sunday or he'd've had his Sheriff's uniform on.) Love those old shows!
2714 days ago

**MERRYMARY42**

I always insisted that my son taste everything, and usually he did not like it, oh well but to hear him tell the story to his wife, I made him sit until his plate was clean, and so today he will not eat any vegetable except corn, green beans all kinds of beans really, raw vegies and that is about it,
I never made him eat anything, and let him have peanut butter and jelly on toast for breakfast most days, just to get him to eat something,
my Father did make me clean up my plate, and eat FAT, I remember many evenings I would stubbornly sit there almost until bedtime, and of course he would give up and send me to bed, I still



do not like nor will I eat FAT of any kind,
2714 days ago

**DOVESEYES**

You must be a great MUM!!!
2714 days ago

**ONEKIDSMOM**

Ah, yes... I feel the same way about asparagus... but I love broccoli and Brussels sprouts...

Green eggs and ham, before Dr. Seuss! Beaver liked it!
2714 days ago

**SCOOTER4263**

As I recall, dinner was put on the table and that was what we ate. We were only required to eat one bite of a novel or disliked food, but if we didn't eat the majority of our dinners, there were no snacks later to make up for it, and absolutely no deciding to make a sandwich for dinner instead.

I do recall the evening I discovered that you couldn't flush broccoli down the toilet - at least not successfully.

However, fifty some years later, I enjoy just about everything and don't dissect dishes to rout out the odd bit of cooked celery.

I think the way we're raised sticks with us forever. My children both have strong preferences for whole wheat bread and skim milk because that's what they were raised on - that's what tastes "normal" to them. I think what helped with Brussels sprouts was describing them as teeny baby



cabbages
2714 days ago



AMARILYNH

LOL I'm just now learning to like veggies and I still haven't tried brussels sprouts. Now you have me wanting to try them!!
2714 days ago



BOOKAPHILE

My Mom never cooked Brussels sprouts, and then I didn't either, not having any idea how. My daughter roasted them for a dinner in 2012, and they were delicious. I have to make her give me that recipe... Thanks for the reminder!
2714 days ago



MARYJEANSL

My youngest learned to like Brussels sprouts before he could even talk. His dad would cook them, butter them and - in his own words, "heavily" salt them. Danny will still eat Brussels sprouts, which is good, but he, like his dad, oversalts everything, which isn't so good. I like most veggies, and was lucky that my mother never overcooked them. But my kids are all over the map, unfortunately. One likes peas, but won't eat green beans. One likes the beans, but loathes peas. One will eat just about anything with cheese sauce, but not without. One loves beets, one loves carrots, but only raw, etc., etc. It makes it HARD to cook veggies that everyone will eat. And since I'm not a short order cook, at most meals, someone isn't eating any of the veggies. I refuse to let it bother me anymore.
2714 days ago



CD13202979

Well Said! I Agree THANK YOU!

2715 days ago



CD12146214

As the Mom of an 11 year old, I learned the hard way not to force food on our son. I once insisted he eat a vegetable he didn't really like (he was 5 at the time) and he jet barfed all over the table....Lesson learned by both myself and my husband.

My Mom used to kill vegetables as her method of cooking was to empty the can of veg into the pot, set it on boil and leave it there until the rest of the meal was done. Thank goodness my DH is a great cook, I have learned to love 10 vegetables whereas when we got married, I at 1 vegetable.

2715 days ago



WATERMELLEN

I LOATHED all cooked cruciferous veggies as prepared in my childhood home: boiled until they smelled terrible and were limp and grey.

Apparently little kids' taste buds tend to be particularly sensitive to these bitter flavours anyhow.

And now of course love raw Brussels sprouts, raw broccoli, roasted or steamed ditto, purple cabbage slaw . . . all of 'em!!

I do believe that people tend to be kinder to kids today than say in the 50s -- and that's a good thing.

2715 days ago



JEWELS571

Many a night I sat at the table staring at spinach or other over cooked things, I too love raw or rightly cooked veggies now.
2715 days ago



DR1939

I like almost every vegetable but brussels sprouts.
2715 days ago



CD13099273

The Ole Good Beaver , love it . I find this interesting cause first I love Brussels Sprouts and I am preparing Kale today - but your right this was not so back in the day and meal time should not be an struggle even for us adults . My granddaughters even at this young age are focused on body image to me that's sad , so I have I have more of issue with protein then veggies ? Thanks - Karen
2715 days ago





GINIEMIE

I've liked brussel sprouts my whole life, but I roasted them recently and found I like them even more. I like Kale, Mustard greens, broccoli, and belgian endives too.

One of my favorite stories about Erik was when he climbed over the high chair table and ate the brussel sprouts remaining in the serving dish. They were his fathers who was home late from work that day. Now he won't eat them. I thought I over cooked them once or twice and he got a bitter one.

We didn't watch much TV growing up, so although I saw a few episodes of Leave it to Beaver, I don't recall that one.

Have a great day, and try to stay warm,



2715 days ago



SUZYMOBILE

I'm with Celia re/ sauteed Brussels sprouts! They're fabulous.

2715 days ago

V



SYLPHINPROGRESS

As I child, I thought Beaver was an icky, goony kid, hence, I may have seen the show five times. I'd tell him, "Shut up and eat your vegetables."

2715 days ago

V

Comment edited on: 1/6/2014 9:20:47 AM



CELIAMINER

Boy, does your blog bring back memories. Although we routinely had a plate of "rabbit food" (raw carrots, celery, and radishes) on the table, the only way my mother knew how to cook veggies was to plunk the frozen block of whatever into water and boil it till it had to be dead. And that's how her cooked veggies tasted: dead...lifeless. Bless her heart, she knew how to bring out the worst in veggies, especially Brussels sprouts, which ended up mushy and sour. I didn't learn to appreciate Brussels sprouts till I was an adult, and a friend sauteed them in olive oil and garlic, leaving them crisp-tender and tasty. I also learned how to lightly steam veggies and now cannot boil any of them to death or drown them in butter or sauce.

2715 days ago

V

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