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"Promotores de Salud

...es un programa de información y educación para la comunidad". Este programa puede ser una solución para algunos de los problemas de salud más serios en nuestro condado, según Simón Salinas, Miembro de la Asamblea Legislativa de California. En su respuesta a las preguntas de *Favorite Family Food* recientemente, el Señor Salinas se presentó como una persona que ha trabajado por los últimos 5 años entender lo que se necesita hacer para mejorar la vida aquí en el condado de Monterey.

La salud de los residentes locales es muy importante para el Señor Salinas. Él habla de "las viviendas inadecuadas (atestadas, inseguras, insanas), el diabetes y la falta de acceso a asistencia médica o seguros de enfermedad" como tres de los problemas más críticos enfrentándonos aquí.

Problemas serios como estos requieren soluciones serias. El Señor Salinas propuso varias ideas. "Las políticas que permiten más viviendas para obreros, el reestructurar el sistema de la asistencia médica actual, y programas de información y educación para la comunidad como 'Promotores de Salud'" mejorarán dramáticamente la calidad de la vida.

En su opinión, "una falta de fondos y una incapacidad de llegar a un consenso" pueden ser obstáculos de resolver estos problemas. Oímos esto como una alerta a los que están encargados de formular las políticas - deben trabajar en un espíritu generoso y colaborativo que producirá resultados reales. Por supuesto un esfuerzo cooperativo será necesario para tratar algunos temas de las comidas en las escuelas locales.

El Señor Salinas es muy entusiasta y sin reservas en su apoyo de: sacar la chaltarra de las escuelas; la promoción del desayuno escolar universal; alentar la participación de distritos escolares en el "Superintendent's Challenge" y apoyo en el uso de vegetales y frutas producidos localmente en las comidas escolares.



California State Assemblymember **Simón Salinas,**

featured in this 2005 series on local leaders who "grow health" in our county

"Promotores de Salud ... is an outreach education and information program" that may be a solution to some of our county's worst health problems, according to California Assemblymember Simón Salinas. Responding to *Favorite Family Food's* questions recently, Mr. Salinas clearly presented himself as someone who has spent the past 5 years getting to know what needs to be done to make life better in Monterey County.

The health of local residents ranks high for the Member. He lists "inadequate housing (overcrowded, unsafe, unsanitary), diabetes and lack of access to healthcare/ lack of health insurance" as the 3 of the most pressing health problems faced here.



...Simón Salinas, continued from page 1

...Serious problems like these require serious solutions. Mr. Salinas proposed several. "Policies to allow more workforce housing, restructuring of the present healthcare system and outreach education and information via programs like Promotores de Salud" would dramatically improve the quality of life.

He feels that "Lack of funding [and] an inability to reach consensus on solutions" could be obstacles to solving these problems. We hear this as a "heads up!" to policy makers to work in a generous collaborative spirit that will produce real results. Certainly a cooperative effort will be necessary to address some local school food topics.

Assemblymember Salinas was wholehearted in his support for: removing "junk food" from schools; working toward universal school breakfast; encouraging districts to participate in the CA State Superintendent's Challenge, and helping schools to purchase and serve locally grown vegetables and fruit.

UCCE's
Favorite
Family
Food
2

At Harvard
they found that

Lycopene can:

- Reduce the
risk of heart
disease in
women

- help protect
men from
prostate cancer
and
atherosclerosis.

- help suppress
the growth
of tumors.

Lycopene is
found in:

-tomatoes

-apricots

-guava

-watermelon

-papaya

-pink grapefruit

In the old days, we did it this way...

It's that picnic time of year. Back in the day, the family looked forward to tasting the delicious vegetables from the garden - sometimes making a summer supper just from salads and corn-on-the-cob, with maybe a hot biscuit to complete the meal. This cool mix of ripe tomatoes and crisp cucumbers is from Grandma's recipe box:

Ensalada de Jitomates Y Pepinos Del Jardín de Dorotea

1. Pele completamente:
5 pepinos grandes.
2. *Rebane los pepinos 1/4"* y revuélvelos
con **un poquito de sal.**
3. Limpie bien **8-10 jitomates** recién
del jardín. Rebánelos 1/4".
4. *Después de 10 minutos, quite el agua
de los pepinos y póngalos con los
jitomates en un plato de vidrio,
alterno los dos.*
5. Agregue el pimiento negro al gusto,
y un poquito de
jugo de limón fresco.
(*algunas personas les gustan esta
ensalada si está nadando en crema
o jocoque*) -Hace 10 porciones

Cucumber & Tomato Salad from Dorothy's Garden

1. Completely peel:
5 large cucumbers.
2. Slice cukes 1/4 " and toss with
a bit of salt.
3. Wash **8-10 just-picked tomatoes.**
Slice 1/4 ".
4. After 10 minutes, drain liquid
from cucumbers. Layer cucumbers
and tomato slices alternately in a
glass dish.
5. Season with a **little pepper and
fresh lemon juice.** (*Some folks
love this if it's swimming in buttermilk
-or light sour cream*) - Makes 10
servings



I never saw a
tomato dance!
What's up?



I'm full of lycopene,
that's why I dance.
I'm so good for you
it makes me happy!



So you're Learning to Cook...

**Grandma said:
Better Safe...
Than Sorry!**

Keep drinks in a separate cooler, since it will be opened more often.

Don't partially precook meat or chicken & then pack it to go! (if it must be precooked, cook until **done**, then **chill** before packing it in the cooler)

Use small jars of mayo, ketchup, etc. for picnics.

Put the cooler inside the car rather than in the hot trunk, & keep it in the shade at your picnic area. Add ice often.

Eat take-out foods like fried chicken or barbecue within 2 hours of purchase or completely chill them before packing in cooler.



This is my summer specialty.
I call it **"Sienna's Picnic Pasta Salad"** ... try it!
You'll like it!



In the heat of summer you may be carrying food to the ball game, the beach or a family picnic. This salad is perfect for the season because it is very tasty as well as easy to make and pack. The recipe combines the best of summer veggies with whole-grain pasta and since it is dressed without mayonaise it's very food-safe- 2 good reasons to pat yourself on the back for your choice.

Here's the recipe- enough for 8-10 people:

(If you prefer it "Estilo Mexicano", substitute the ingredient in parentheses)

1. Cook ½ -lb of whole wheat rotini in plenty of boiling, lightly salted water for 10 minutes. Drain and rinse.
2. While pasta cooks, blanch* until cooked-but-still-crunchy : 2-cups broccoli florets; 1½-cups sliced zuchini. Put into large bowl to cool.
3. Add : 1-cup diced celery (or thinly sliced radishes), 1½-cups diced red bell peppers, ½-cup minced sweet onion (or thinly sliced green onions) and 1½-cups well washed cherry tomatoes.
4. Prepare ½ -cup simple viniagrette (¼ -cup olive oil, juice from 1 lemon, salt and pepper), or measure your favorite oil & vinegar dressing.
5. Add to the dressing : 1 large clove garlic, mashed or finely minced, 2-3 TBS spicy mustard (Dijon style is fine), 1-tsp sugar, ½ cup minced fresh parsley (or 1-TBS orégano and ½ cup minced cilantro). Dressing will be strongly flavored- that's good! The flavor has to stand up to all that plain pasta.
6. Gently mix dressing with veggies. Add pasta, stir to blend and set aside for at least ½ hour so that flavors can "marry".
7. Then taste your salad and correct seasonings if need be. You can add some pitted olives if you like. Pack salad in covered container & chill until you go.

* **"Blanch"** ... What's this mean? It means to slightly pre-cook the food item. You can quickly - 1 minute or less - blanch in boiling water, but steam-blanching is much better because it doesn't destroy the vitamins & minerals.



Seeds of Change

Whole grain foods have all three parts of a grain - the bran, the germ, and the starchy endosperm. These three parts together give you a special combination of vitamins, minerals, fiber, and plant nutrients that help you keep your good health.

Experts recommend eating 3 servings of whole grain foods each day. Check the ingredient list at the bottom of the nutrition label to make sure you are getting **whole grains**.

If a whole grain ingredient is listed first - like "whole grain wheat" or "whole wheat" you'll know you are getting the real thing.



- **Bran** – The outer shell of the grain seed. It has fiber, B vitamins and minerals.
- **Endosperm** – This gives energy from carbohydrates and protein
- **Germ** – It gives you antioxidants, vitamin E and B vitamins.

Nutrition Facts	
Serving Size 3/4 cup (1 NLEA serving) (30g)	
Amount Per Serving	
Calories 112	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 204mg	8%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	2%
Sugars 12g	
Protein 2g	
INGREDIENTS: Whole Wheat, Sugar, Salt, Corn Syrup, Partially Hydrogenated Soybean Oil, ...	
NutritionData.com	

Searching for WHOLE GRAINS

Don't you want to hear the whole grain news?



SEMILLAS DE CAMBIO

Todos los granos integrales tienen tres partes - el salvado, el germen, y el albumen. Estas tres partes juntas le dan a usted una combinación especial de vitaminas, minerales, fibra y nutrientes de plantas que le ayuda a mantener su buena salud.

Los expertos recomiendan el comer 3 porciones de alimentos hechas de granos integrales - diariamente. Mire la lista de ingredientes debajo de la etiqueta de nutrición para asegurarse que el producto contiene granos integrales.

Si un ingrediente de granos integrales está primero en la lista - cómo "trigo integral" - sabrá que tienen "lo mero mero".

El Salvado -La capa de afuera del grano. Contiene fibra, las "B" vitaminas, y minerales.

El Albumen -Esto da energía de los carbohidratos y la proteína.

El Germen -Esto da los "antioxidantes", la Vitamina E, y las "B" Vitaminas.

UCCE's Favorite Family Food 4

WHOLE GRAIN

On the packaging, these terms mean the foods are partly or entirely whole grain:

- Whole grain
- Whole wheat (or rye, corn, oats)
- Stoneground whole wheat (or other grain)
- 100% whole grain or whole wheat

NOTWHOLE GRAIN

These commonly used terms are not whole grain:

- Unbleached flour
- Wheat flour (or other grain)
- Enriched flour
- Semolina
- 100% pure durum semolina
- Organic unbleached flour
- Multigrain (although this could be whole grain; read the ingredients label)
- Degerminated (on corn meal)
- Stoned wheat

Sources: USDA, San Francisco Chronicle, Nutrition Action Healthletter May 2005, Gen. Mills





Mejor de la
Estación,
Ahora Mismo:

Aguacates
Chabacanos
Duraznos
Habichuelas
Melones
Eelotes
Calabacitas
Ciruelas
Higos
Moras
Peras
Sandías
Pepinos
Chiles
Brócoli
Zanahorias
Lechugas

Summer's
Best:
Avocados
Apricots
Peaches
Green Beans
Melons
Corn
Zucchini
Figs
Berries
Pears
Watermelon
Cucumbers
Bell Peppers
Broccoli
Carrots
Lettuce



Berry Delicious!

¡Muy deliciosas! Son las moras – o “ollalie berrie” –o cual quierres que crecen silvestres y dulces en las zarzas en su área.

Sin estas, no es el verano, sí usted las recoge por sí mismo o las compra del rancho. Tiene nomás 60 calorías cada taza, con 6 gramas de fibra y una tercera de la Vitamina C que se necesita cada día.

Mermelada de moras es un regalo bueno – ese es el sabor de julio en diciembre- y los pasteles de moras son las favoritas de muchas personas.

Un modo de preparálas que es muy fácil y rápido es de:

1. Mezcle **6 tazas de moras** con $\frac{1}{2}$ **taza de azúcar** y ponga la mezcla al lado por 15-20 minutos para quitar los jugos de las moras.
2. Ponga **2 cartones de yogur helado de vainilla** a la temperatura ambiente para descongelarse un poquito.
3. Delicadamente mezcle las moras y el yogur, y ponga la mezcla en el congelador por lo menos 30 minutos antes de servirlo.



¡Disfrútelo!



Berry delicious! That's black berries – ollalie berries - or whatever grows wild and sweet in the brambles in your area. It wouldn't be summer without them, whether you pick them yourself or buy them from the farmer.

Only 60 calories a cup, with a healthy 6 grams of and about a third of the vitamin C you need for a day.

Berry jam makes a wonderful gift – it's a taste of July, in December- and berry pie tops the list of favorites for many folks.

A very quick and easy way to enjoy summer berries is to

1. Mix **6 cups rinsed berries** with $\frac{1}{2}$ **cup sugar or sugar-based sweetener** and set aside for 15-20 minutes so that the sugar draws the juice out of the berries.

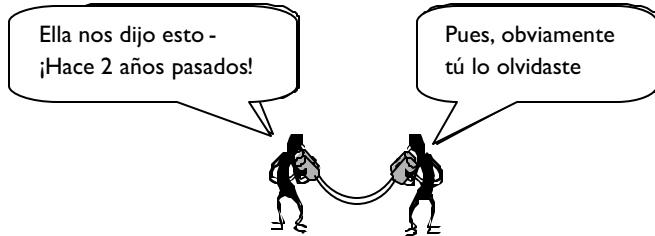
Meanwhile,

2. Soften **2 pints frozen vanilla yogurt** slightly at room temperature
3. Fold the berries with the frozen yogurt to blend in a swirly way, and put back in the freezer at least a half hour before serving.

Enjoy!

Free Sponge Bob - from your kitchen!

El usar esponja para lavar la cocina quizás no sea el mejor modo, según David Schardt en un artículo en "Nutrition Action Healthletter". Él habló con Bessie Berry del USDA, y ella dijo " Hay una razón porque el "CODEL FOB Codee" (las reglas de la seguridad de los alimentos) no permite el uso de las esponjas en la preparación de la comida en restaurantes".



Ella continuó: "Las reglas recomiendan el uso de trapos para limpiar, porque son más fáciles de mantener limpios que las esponjas. Es más probable que los trapos sean usados con agua caliente jabonosa, y se sequen en el aire – esto previene el crecimiento de microbios peligrosos."

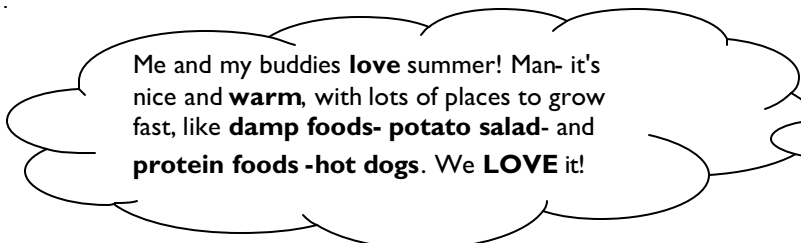
Si usted puede cambiar el hábito de usar esponjas, su cocina será más limpia si usa un trapo fresco cada día. Si lo usa para limpiar después de tocar carne o aves crudas, ponga el trapo en la lavadora inmediatamente.



The use of sponges to clean the kitchen may not be the best method, according to Bessie Berry of the USDA. David Schardt of Nutrition Action Healthletter spoke with Ms. Berry and reported that she said "There's a reason that the CODEL FOB Code (USDA Food Safety Regulations) doesn't allow the use of sponges in restaurants!"

She continued "The rules recommend the use of cloths for cleaning, because it's easier to keep cloths than it is to keep sponges clean. It's more likely that cloths are used with **hot** soapy water, and air-dried - this way of doing it prevents the growth of harmful bacteria."

If you'd like to kick the sponge habit, use a fresh cloth each day and your kitchen will be the cleanest! If you use it to clean up after handling raw poultry or meat, wash the cloth immediately and start using a fresh one right away.



Clean! Separate! Cook! Chill!

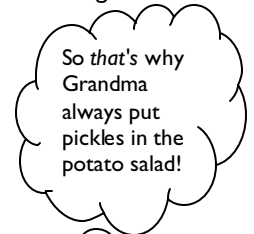


UCCE's
Favorite
Family
Food
6

Fat Tom-Bacteria
Need any of 6
conditions in
order to grow.
These conditions
are called by the
acronym:

F.A.T.T.O.M.
F =Food

A =Acidity Harmful
bacteria do not grow
well in high acid foods



T= Temperature.

Most bacteria grow
the very best at about
body temperature, or
100°F.

T= Time. Bacteria
need time to grow

O= Oxygen.
Some bacteria need
oxygen to grow

M= Moisture.
Bacteria need at
least a little moisture
to grow.



Exercise After an Injury

After an injury, many folks are afraid to exercise. And if it's a knee injury it can be accompanied by a fateful feeling that one might never walk without pain again.

Instead of trying to exercise again, it's easier and safer just to rest on the sofa watching soap operas on TV. Even though we know that exercise helps to reduce stress and improve bone health... Even though we know that exercise helps create peace of mind and a good sleep ... Even though without exercise we grow fatter and fatter...

Stop it! This is a toxic way of thinking! It's better to think about the thousands of smart people who have "bad knees"- including our president. They've discovered they can ride bikes for their exercise.*

Some of these folks ride up to 50 miles each weekend! And they know that the most important thing is "Don't quit exercising!" (with the doctor's permission). So get up on your bike and ride!

* According to Mark of Pacific Physical Therapy, bike riding is great therapy for knees - it helps them move more easily.

Ejercicio Después De Una Lesión



Después de lastimarse muchas personas tienen miedo tratar de hacer ejercicio otra vez. Y si la lesión es de la rodilla, hay una posibilidad de un sentimiento funesto como si jamás se podrá andar sin dolor.

En vez de tratar de hacer ejercicio otras vez, es más fácil - y más seguro - solamente descansar en el sofá, mirando las novelas en el TV. Aun cuando sabemos que el ejercicio es bueno para bajar el estrés y mejorar la salud de nuestros huesos... Aun cuando sabemos que el ejercicio aumentar la tranquilidad de la vida y el sueño pacífico... Aun cuando que, sin ejercicio, nos ponemos más y más gordos..

¡Déjelo! ¡Este modo de pensar es tóxico! Es mejor pensar de nuestro presidente - y las millones de otras personas que tienen "rodillas malas". Han descubierto que pueden manejar bicicletas para su ejercicio.* ¡Algunos de ellos van 50 millas o más por bici cada fin de semana!

Y todos ellos saben que la cosa más importante es que ¡no deje de hacer ejercicio (con permiso del doctor). Así - móntese en su bicicleta y camine.

*Según Mark del "Bay Physical Therapy", manejar la bicicleta es una terapia muy buena para la rodilla - hace más fácil moverla.

This time you will succeed!



The Last Word

FSNE Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!



The USDA Food Stamp Program

helps participants to purchase healthful foods for better diet and funds this newsletter.

What'll We Have For Dinner?

Summer Food Stamp Menus:

Sunday Grill: Chicken Fajitas on WholeWheat Tortillas, Avocado-Orange Salsa, "Spanish Rice", Dark Green Salad w/ tomato, carrots & radishes. Lemon Pudding

Monday: Crockpot Texas Beef (on-sale beef roast in slow cooker - Marinate in Texas **Brisket Rub:** ¼ cup paprika, 1/3 cup salt, 2 tbs sugar, 2 tbs brown sugar, 3 tbs cumin, 2 tbs chili powder, 2 tbs freshly ground pepper, 1 tbs cayenne, 1 tbs onion powder, 1 tbs garlic powder; cook a double amount and thoroughly chill half for Wed dinner), **Garlic Bread**, Coleslaw, **BBQ Beans** (cooked red or pinto beans- add BBQ sauce, diced onion & bell pepper and minced garlic. Cook to blend flavors) **Vanilla Frozen Yogurt w/Sliced Peaches**

Tuesday: Baseball practice bleacher picnic -Pack in cooler: Cold Oven-Fried Chicken (Cook chicken the night before). Sienna's Picnic Pasta Salad (page 3), Cucumber & Tomato Salad, Baked Chips, Cold Watermelon Don't forget napkins!

Wednesday: BBQ Beef Sandwich on Bolillos or French Rolls, Corn on the Cob (spritz w/lime juice & sprinkle with powdered chile instead of using butter), big helping Dark Green Salad w/ tomato, carrots & radishes, Plum Crisp.

Thursday: Fresh Tomato Soup w/Basil, Potato Salad with Shredded Ham & Sliced Hard-cooked Egg, W. W. Parkerhouse Rolls, Cantaloupe with Vanilla Frozen Yogurt.

Friday: Old-fashioned Tuna -Noodle Casserole (Use Whole Wheat Noodles). Carrot Slaw Estilo Mexicano (with cilantro, slivers of chiles, green onions and vinegar or lime juice dressing), 2-Berry Parfait (fold strawberries & blue or black berries with a combo of light whipped dessert topping and low-fat vanilla yogurt. Heap in dessert glasses & chill)

Saturday: Pizza-Bean Stew (What's this? An extra quick dish using ripe garden tomatoes- Combine 4 cups ripe tomatoes cut in bite size chunks, 3-cloves garlic, mashed w/salt, 1-tsp crumbled dry oregano or 2-Tbs chopped fresh, 1-TBS olive oil, black pepper to taste. Let sit for 15 minutes to draw juice from tomatoes. Add 4 cups cooked white beans (and 1/2 cup chopped fresh basil if you have it). Simmer 3-5 minutes. Correct seasoning for salt, serve in 4 soup plates and offer each person 1/2 cup shredded mozzarella to stir into the hot stew. When the cheese is melted- eat! You may want to add a few red pepper flakes). Serve with Garlic Bread, big helping Dark Green Salad w/ tomato, carrots & radishes, Brownie Pudding.

Note- when measured shredded cheese, lightly mound in measuring cup. It should be somewhat 'fluffily' measured or you'll quickly exceed your daily saturated fat allowance!

Surprise! It's possible to feed your family tasty and nutritious meals on a food stamp budget, even now in 2005. It takes a smart and resourceful person to obtain food stamps in the first place. You are that smart person, so you may know the best ways to use this nutrition benefit. Careful menu planning helps a lot. So does careful shopping. Sharing out the tasks of meal preparation so that you aren't tempted by costly packaged foods makes the big difference. You know the food you prepare at home is more nutritious and tastier. It spells L-O-V-E- to your family. Did you know you're also saving money when you cook at home?

Everyone help. Kids can make the desserts - they love to get a chance to cook.

Use "planned-overs" This way you're ready for even a quick picnic supper during the week!

Grow a Garden! Nothing beats the taste of home-grown tomatoes.

Plan on soup once a week. Also sandwiches, eggs and that great old stand-by, beans. **Once a week!**

Don't have a back yard orange tree? Trade yard- work or baby sitting for a bag of sweet citrus.

Plan, plan, plan! Get the habit of planning - you'll be surprised at how much time and money you save!

Learn how to cut up a whole chicken- Get ready -to -cook parts without paying a premium price!

