



Favorite Family Food

Volume V, Issue III, Nov-Dec 2005



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Feliz y Saludable Año Nuevo.. and a hot breakfast for all...

La temporada más ocupado del año ha terminado. Compañías agrícolas se mudan a Arizona para el invierno. El tráfico es más ligero; hace más frío. Las familias se juntan para contar sus bendiciones y celebrar los días festivos del fin del año. Para la última edición de 2005, *Favorite Family Food* hizo una encuesta a la Alcaldesa de Salinas Anna Caballero sobre sus prioridades en el área de la salud.

Caballero ha trabajado como Alcaldesa por siete años, y sirvió por siete años más como Concejal. Por eso, ella tiene una perspectiva de experiencia sobre la comunidad.

Aunque la salud de los residentes del condado no estaba dentro del campo de trabajo del alcalde tradicionalmente, este tema está alto en la lista de prioridades personales de Alcaldesa Caballero.

“La obesidad, la diabetes, y la falta de servicios médicos” son los problemas más graves de la ciudad, según Caballero. Ella busca “La educación y la promoción de servicios de alcance de salud para la comunidad, clínicas asequibles, y entrenamiento sobre el comer saludablemente” como necesarios para ayudar a la comunidad”.

¿Qué es lo que le prohíbe a la comunidad de disfrutar de las soluciones propuestas por la Alcaldesa Caballero?

“La falta - de dinero, de promover servicios de salud, de fondos para clínicas - y la falta de servicios de apoyo competente a la cultura” ella respondió.

Ella es partidaria de las políticas de salud ahora en vías de desarrollo en las escuelas. La Alcaldesa Caballero también estaría ...



La Alcaldesa de Salinas, Anna Caballero

...muy contenta de ver las escuelas sin comidas chatarras, escuelas con programas fuertes de *Farm to School* ... y escuelas que sirven el desayuno a cada alumno.

¡Buenas ideas! Sugerimos un desayuno del otoño de Champurrado, una Naranja y un Panecito de Trigo Integral.

The peak season is over now. Ag companies are moving to Arizona for the winter. Traffic is lighter; the weather is colder. Families are gathering together to count their blessings and celebrate the year-end holidays.

For this last issue of 2005, *Favorite Family Food* surveyed Salinas Mayor Anna Caballero about her health priorities.

Caballero has been mayor for seven years, and served seven more years as a City Councilmember, giving her an experienced perspective on the community.

Although the health of county residents is not something that traditionally falls within the scope of work for a mayor, this issue is high on the list of Mayor Caballero’s personal priorities.

“Obesity, diabetes and lack of medical services” are the city’s

University of California and U.S. Department of Agriculture cooperating

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three gravest health problems, according to Caballero. She looks for “community education and outreach, affordable clinics and training for healthy eating” to meet the city’s needs. What is keeping our community from enjoying the solutions Mayor Caballero proposes?

“Lack - of money, of outreach, of funds for clinics and lack of culturally competent support services” she responded.

She’s a supporter of the wellness policies currently under development in our schools. Mayor Caballero would also be happy to see schools free from junk foods, with a strong farm-to-school program .. and serving breakfast to every student. That sounds great. We suggest a late fall school breakfast of Champurrado, an Orange, and a Whole Wheat Breakfast Roll.

UCCE's Favorite Family Food 2

¿Recuerde la **Pera Que Se Ruboriza**? En los días pasados, se encantan en muchas mesas durante la Navidad. La receta hecha en casa sigue. Después de tanto tiempo y cuidado en la preparación, esa pera merece el honor de ser el postre.

Una abuela que conocíamos hacía una ensalada rápida y fácil con peras enlatadas. Ella las ponía a desaguear y juntaba los dos lados con un poco de queso de crema. Entonces ella los ponía encima de una hoja de lechuga en un platito. Ella cuidadosamente embadurna un poquito de colorante rojo para comida en los lados. El colorante se esparceaba y la pera parecía que se ruborizaba.

En cualquier caso, los niños les encantan estas peras.

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



Do you remember the **Blushing Pear**? In the old days it was on many holiday tables. The made-from-scratch recipe is below, and after such time and care in preparation that pear deserves to be dessert. A Grandma we knew made a quick and easy salad with **canned pear halves**. She drained them, stuck them together with a bit of **cream cheese (softened with milk)** in the center. Then she placed them on **lettuce leaves** on salad plates, and carefully smeared a bit of **red food coloring** on the sides, where it spread out and made the pear look like it was ‘blushing’. Either way, children love these pears.

La Pera Que Se Ruboriza

2/3 cups cranberry juice
1 ¼ cups white grape juice
4 whole cloves
5 TBS sugar
½ cup orange juice
1-tsp cinnamon
6 green pears



Photo by Katie Cozby

2/3 tazas de jugo de arándano
1 ¼ tazas de jugo de uvas blancas
4 clavos enteros
5 cucharadas de azúcar
½ taza de jugo de naranja
1-cucharadita de canela molida
6 peras verdes

1. Put all ingredients except pears into a heavy saucepan. Gently heat the mixture until all of the sugar has dissolved, stirring now and then.
 2. Add the pears to liquid. If liquid does not cover the pears, add enough cold water to just cover them.
 3. Cook the pears gently for about 30 minutes or until slightly tender. Baste & turn them now and then. Turn off heat let pears cool in the juice.
 4. Serve each cold pear in a dessert dish with a little of its rosy juice. Top with a spoon of custard sauce or whipped topping.
1. Ponga todos los ingredientes en una cacerola, a menos que las peras. Caliente la mezcla, revolviendo a veces, hasta que el azúcar se desuelva.
 2. Agregue las pera al liquide. Si se necesita, agregue suficiente agua fría para cubrir las peras.
 3. Cocine las peras sobre fuego bajo por casi 30 minutos, hasta que estén tiernas. Enfríe las peras en sus propias jugo.
 4. Sirva cada pera con un poco de su jugo. Agregue una cucharada de crema.



So you're Learning to Cook...

What to give
the friend who
lives alone?
Your own Snackin'
Gift Baskets:

*Peanut Butter,
Almond Butter
Strawberry and
Plum Preserves,
ThinWheat
Crackers.
Tangerines*

*Dry Monterey
Jack,
Dry Salami,
Assorted Whole-
Grain Crackers,
Assorted Olives
Dried Apricots*

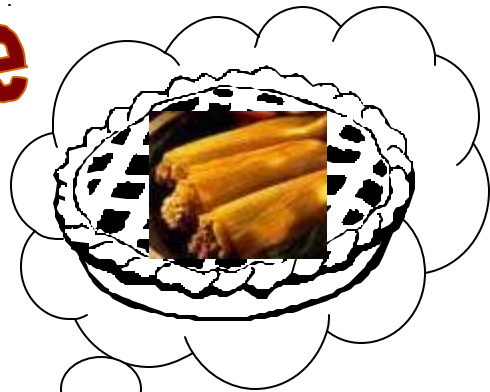
*Sun-dried Tomatoes,
pouch-pack Salmon
Dill-flavored
hard cheese
Rye Crackers
Navel Oranges*

*Sharp Cheddar
Ham Spread
Baby Dill Pickles
Woven Wheat
Crackers
Danjou Pears*

*Fresh Salsa
Bean Dip
Part-skim
String Cheese
Baked Tortilla Chips
Dried Pineapple
and Papaya*



Tamale Pie



FILLING

- 1-lb lean ground beef
- 1 onion; 1 lg. bell pepper (diced)
- 1 lg can tomato sauce
- 1 lg can diced tomatoes
- 1 (16 oz) can whole corn, drained
- 1 small can sliced ripe olives
- 3 cloves garlic, minced
- ½ tsp salt
- 2-tsp chili powder
- dash black pepper
- 1 cup grated cheese

CRUST

- ¾ -cup cornmeals
- ½ tsp salt
- 2 cups cold water
- 3-TBS olive oil



Historical
note, dear -
this is what
used to be call
a "man -
pleasing meal"

1. Brown ground beef with veggies; drain well and blot with paper towels to remove all possible fat
2. Put meat back in pan; add all other filling ingredients except cheese and simmer (uncovered about 20 minutes until thick).
3. Add cheese, stir to melt, set filling aside.
4. Mix cornmeal, salt, water & chili powder in a heavy saucepan.
5. Cook over medium heat, stirring constantly, till mix boils up and thickens.
6. Stir in olive oil.
7. Spread half the mix in a 8" x 12" baking dish.
8. Put meat filling on top, then top with remaining cornmeal mix.
9. Bake at 375F for 45 minutes. Sprinkle with a little grated cheese before serving. Serves 6.

Use fresh-ground meat if you possibly can. It's REALLY important to have TOTALLY clean hands (including under fingernails), work surfaces, utensils etc. when working with ground meat. Take the meat from the frig & work quickly while it's still very cold. Thanks!



Seeds of Change



Some mothers think, How can I help my family eat more vegetables? One very successful way to do this is to use junior chefs - your children or grandchildren.

The child prepares the salad and serves it with pride. It's certain that the chef will eat his lettuce and tomatoes. The others in the family will also eat them, to encourage their brother.

Here's Thomas. He told us "I don't like salad". Still, washing lettuce and arranging all the ingredients in a bowl so it looks appetizing is fun for him. Thomas enthusiastically ate a big helping of his salad.

These tips will help Young Cooks:

- Remember, before anyone works with food, hand washing is a must. Hot water, soap well for 20 seconds (count "1 potato, 2 potato"), rinse, and dry on paper towel.
- Have the chef make the same salad (or other dish) several days in a row. This will help her get really good at it. She will be able to do it all by herself.
- Use food tasks that have few steps. This will help the child manage by himself.



Is there a Junior Chef at your house?

SEMI LLAS

DE

CAMBIO

Algunas madres piensan, ¿Cómo puedo animar a mi familia a comer más legumbres? Un modo que tiene buenos resultados es el uso de cocineros menores - sus hijos o nietos. El niño prepara la ensalada, y la sirve con orgullo.

Por cierto el cocinero comerá su lechuga y jitomate. Los otros en la familia también los comerán, para alentar a su hermano.

Aquí tiene a Tomás. Él nos dijo "No me gusta la ensalada". Aun así, el limpiar las hojas y el poner todos los ingredientes en una tazon para que tengan un apariencia apetitosa es divertido para él. Tomás comió una porción grande de su ensalada con entusiasmo.

Estos consejos ayudarán a los Cocineros Menores:

- Recuerde, antes de tocar los alimentos, el lavar las manos es necesario. Agua caliente, bastante jabón, restriéguelos bien por 20 segundos (cuente "1 tomate, 2 tomates"...), enjuáguelos y sécalos con una toalla de papel
- Dígame al cocinero que prepare la misma ensalada (u otro platillo) por 3 o 4 días. Esta repetición le ayudará en mejorar sus habilidades. El niño podrá hacerlo por sí mismo.
- Usa tareas que tienen pocos pasos. Este ayudan al niño en poder hacerlo a sí mismo.

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Noche Buena Salad

Your Junior Chef can help to make this colorful holiday salad to serve on Christmas Eve:

Gently combine:

2 diced apples,
1 (16 oz, drained) can mandarin oranges,
1 (16 oz, drained) can pineapple chunks,
½ cup peanuts,
2 bananas sliced across

Toss:

1 head romaine (cleaned & cut into large pieces) w/the dressing
(¼ cup olive oil, 3-TBS orange juice, 2-TBS red wine vinegar, ½ tsp salt & 1-TBS chopped cilantro).

Gently mix fruits & greens. Put into a salad bowl & garnish with 1 (16 oz, drained) can julienne beets & ½ cup pomegranate seeds (½ cup shaved coconut optional).

Serves 8.



**UCCE's
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**Alimentos para
emergencia para
una familia para
3 días incluye:**

12 galones de agua
Desayunos

Granola, fruta seca, leche enlatada, pan y tortillas, avena al instante (agregue un poco de crema de cacahuete y de azúcar moreno)

Lunches:

Pan, chorizo seco, queso y frijoles enlatados, jugos de frutas y legumbres

Cenas:

Platillos de pasta, guisas, pescados, pollo y varias legumbres (todos enlatados) Galletas pueden servir en vez de pan.

**3 days emergency
food for a family
might include:**

12 gallons water

Breakfast:

Granola, dried fruit, canned milk, bread, instant oatmeal (good with a spoon of peanut butter & one of brown sugar)

Lunches:

Dry salami, canned bean salad, vegetables & fruit juices, canned cheese

Dinners:

Canned pasta meals, stews, chicken, fish; veggies. Crackers for bread.



Dinner floating by?

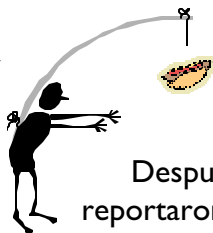
After Katrina and the Flood of New Orleans, some folks reported waiting on their roof to be rescued. The only food to eat was cold hot dogs grabbed out of the floodwaters as they floated past.

Eeyew! That is a scary idea. It makes us think about our own

readiness for disaster. It also makes us wonder about the food safety of groceries soaked in flood waters- and hot dogs eaten cold.

Fortunately the University of California has some answers. Christine Bruhn, PhD., a food safety expert, says "It's correct to be cautious regarding eating **cold hot dogs**. The dangerous bacteria *Listeria* can grow on the surface and is sensitive to heat. Unless it's possible to drop the cold dog in boiling water for 1 minute to destroy any *Listeria* on the surface, caution is advisable".

UCCE Monterey County had food safety advice after the '94 flood that is still valid. **Most important: Do not use fresh or canned foods that have come in contact with flood waters.** And, if in doubt about water safety, boil or purify before drinking.



Después de Katrina y la Inundación de New Orleans, algunas personas reportaron de haber esperado en su tejado para los socorristas. Sus únicas comidas fueron perras calientes que estaban flotando al pasar. Ellos agarraron de las aguas de la inundación. ¡liyuu! Es idea espantosa. Nos hace pensar de nuestras mismas preparaciones para los desastres. También nos hace preguntar de la seguridad de los alimentos mojados en las aguas de la inundación- y la de los perros calientes que se comen fríos.

Por suerte, la Universidad de California tiene algunas respuestas. Christine Bruhn, PhD, un experta en la seguridad de los alimentos, dice "Es correcto tener cuidado en lo que concierne el comer de los perros calientes cuando están fríos. El microbio *Listeria* puede crecer en la superficie y es sensible del calor. Si no es posible poner el perro caliente en agua hirviendo por un minuto para destruir alguna *Listeria* en la superficie, se avisa el cuidado".

El UCCE del Condado de Monterey tenía avisos de la seguridad de los alimentos después de la inundación de '94 - y estos avisos todavía sirven bien. Lo más importante: **No use alimentos frescos o enlatados que hayan estado en contacto con las aguas de la inundación.** Y, si hay duda sobre la pureza del agua potable, hiérbala o purifíquela antes de tomarla.



**3 cups of eggnog,
2 sweet potato pies
and a turkey in an oven, not a tree...**



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Do you like pumpkin pie?

You'll love this too-

from the North Carolina Sweet Potato Commission, we bring back this yummy

Old-Fashioned Sliced Sweet Potato Pie.

It's delicious, low in fat, and full of vitamins A and C.

1. Peel **3 medium yams**; slice 1/4" thick, cook 5 minutes in boiling, salted water.
2. Drain yam slices, pat dry and gently mix with :

1/2 c sugar	1/3 c. brown sugar	2-TBS flour
2-TBS lemon juice	1-TBS pumpkin pie spice.	
3. Put filling in a **9" uncooked pie shell**.
4. Cut **1-TBS butter** (no substitutes) into 6-8 pieces and dot it over the filling.
5. Top with a **second prepared crust**. Cut slits in top of pie to let steam escape. Bake in a 400 F oven for 50 minutes.
6. Chill 1 hour. Cut in 10 pieces and serve with low-fat whipped dessert topping. Each piece: 336 cal & only 28% fat.

- Corte **3 camotes pelados medianos** en 1/4" rebanadas y cocínelas en agua hirviendo para 5 minutos.
- Desagüe los camotes y mézclelos con:

1/2 taza de azúcar,	1/3 taza de azúcar moreno,
2 cucharadas harina de trigo	2 cucharadas jugo de limón
1 cucharada especia para 'pumpkin pie'.	
- Mezcle todos, delicadamente, y póngalos en **una masa preparada**.
- Corte **1 cucharada mantequilla** en 6-8 piezas, y póngalas encima de los camotes.
- Ponga **otra masa** sobre todos, y corte una cruz en la tapa para que el vapor pueda escapar. Hornéelo en un horno precalentado a 400 F por 50 minutos.
- Enfríelo por 1 hora. Córtele en 10 piezas y sívalos con crema baja en grasa. Cada porción contiene 336 calorías y nomás 28% de grasa

Safe Eggnog

1. Cook
6 lg egg yolks
1/2 c. sugar
2 c. milk
1 tsp vanilla
in double boiler till thick & light lemon colored.
2. Remove from heat; place in an ice bath, stir until cold.
3. Add **1c. (2%) evap. milk,**
1 c. (fat free) evap. milk.
4. Heat the **egg whites,**
1/4 tsp. salt
4 TBS sugar
over boiling water, stirring constantly, till mix is 140F.
5. Remove & beat until stiff peaks form
6. Fold meringue into the egg/milk mix.
7. Chill for 1 hour.
8. Sprinkle w/ **nutmeg** Serve. Makes 6 cups



¡NO SE OLVIDE! Saque el pavo del congelador y póngalo en el refrigerador para descongelarlo el domingo antes del Día de Gracias. Si rellena el pavo, saque el relleno del ave en la mesa. Corte el pavo en piezas inmediatamente después de la cena, para enfriarlo más rápidamente, y dígame a los invitados que deben comer sus sandwiches tradicionales antes de refrigerar el pavo cocido - no más de un hora después.



Más Vale Prevenir Que Lamentar

DON'T FORGET! Take the turkey out of the freezer and put it in the frig to thaw on the Sunday before Thanksgiving. If you stuff the turkey, remove the stuffing from the bird at the table. Cut the turkey in pieces right after dinner so that it cools more quickly, and tell folks to have their traditional turkey sandwich before you refrigerate the cooked turkey, no more than an hour later.

It's better to be safe than sorry

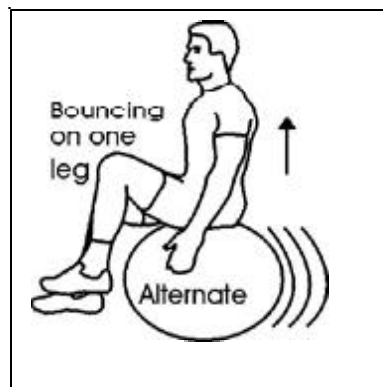
This fall, have a ball!



It's hard to make the time in your day to exercise, but especially now. The skies are gray, the air is chilly and by the time you are home from work it is already dark. Here's a tip: have a ball!

An exercise ball - they are inexpensive and easy to use. You can use your evening free time and your exercise ball to improve your balance, flexibility and overall fitness level. While you listen to music, watch TV or talk with your family, try this simple exercise:

Sit on ball with legs bent at 90 degrees. Lift your left leg off the floor and place all your body weight on your right leg. Bounce up and down on the ball. Hold for 30 seconds; then change legs and repeat.



Several excellent exercises are described in the information that is packed with the ball - or ask your physician or physical therapist to give you some ideas that are just right for you. Of course, if you haven't exercised in awhile, check with your doctor before doing this, or any exercise.

Es difícil hacer el tiempo en su rutina ocupada para hacer ejercicios, especialmente en estos días. El cielo está gris; el aire está frío, y cuando regresa del trabajo ya está oscuro. Aquí hay un consejo: trata una pelota de ejercicios.

No son caros - también son fáciles de usar. Usted puede usar sus horas libres en las noches y su pelota de ejercicio para mejorar su balanza, su flexibilidad, su fuerza y su nivel de buen estado físico. Mientras usted escucha la música, mira la TV o habla con su familia, trata este ejercicio fácil:

Siéntese en la pelota con sus piernas dobladas de 90 grados.

Levante su pierna izquierda y ponga todo su peso en su pierna derecha.

Bote en la pelota.

Manténgase por 30 segundos, entonces cambie sus piernas y repite.

Algunos ejercicios excelentes están descritos en la información con la pelota. También usted puede preguntar al doctor o terapeuta para otras ideas perfectas para usted. De veras, si no ha hecho ejercicios por un rato, por favor hable con su doctor antes de empezar un programa.

This time you will succeed!

The Last Word



You can say
"Good Will" in
many
languages:

Happy Holidays to All
Our FSNE Friends...
and Everyone Else,
Everywhere, Too.....



The USDA Food Stamp Program

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

What'll We Have For Dinner?

Fall Food Stamp Menus:

Sunday: Roast Pork Loin (freeze leftover pork in 2 pkgs for dinners later in the week) with Roast Potatoes; Mixed Greens Salad (spinach, red lettuce, romaine) with sliced cucumber and avocado in citrus vinaigrette), W.W. Roll or Tortilla, Apple Crisp.

Monday: Slow-cooked Italian Chicken & Pasta (slow-cook browned chicken legs, sliced zucchini, chopped onions and garlic in a little chicken broth. Before serving, season with salt and pepper and stir in cooked rotini or other pasta. *Many tasty whole-wheat types of pasta are now available.* Top with a sprinkle of grated Parmesan); Marinated sliced Beets and Green Onions over Shredded Romaine; Garlic Bread. Baked Lemon Pudding.

Tuesday: Hamburgers on W.W. buns with the Works; Baked Garlic Potato Wedges; Carrot Sticks. Lemon Trifle (leftover lemon pudding over squares of angel food cake with a dab of low-fat whipped topping).

Wednesday: Pork-fried Rice w/ Spinach and Green Onions (use 1 pkg of frozen pork from Sunday); Fruit Cup w/ Grapes and Apples. Butterscotch Sundae w/low-fat Ice Cream.

Thursday: "Joe's Special" (ground beef, onions, & garlic browned together, add spinach and cook 1 minute, add beaten eggs and cook till eggs are thoroughly done. Season w/salt & pepper - use a *light touch!*); Home Fries w/Scallions; Sliced Tomatoes & cucumbers; W.W. Toast w/Apple Butter. Oatmeal-Raisin Cookie.

Friday: "Paella" (brown rice, onions & garlic in a little olive oil. Add a little zaferina if you have it. Stir in diced or whole canned tomatoes; chunks of cooked pork and chicken - from your freezer, remember?- a few chunks of cooked turkey chorizo and several pieces of raw fish. Pour broth over all (chicken or fish or a combination of both) and cook uncovered in a 350F oven till fish is cooked through and rice is tender); Garlic Bread. A salad is always nice. Lemon Tapioca Pudding

Saturday: Senate Bean Soup; Mixed Greens Salad; Cheese Toasts; Brownie Pudding.

New Food Stamp amounts make it easier than ever to feed your family well. This menu is based on real Oct '05 prices from a Salinas market, with \$601 to spend for a family of 5. Even with milk, lunches - the works- we had 49-cents left over. ☺

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?

African:
Rehus-Beal-
Ledeats,
Brazilian:
Boas Festas,
Chinese:
Gun Tso Sun Tan'
Gung Haw Sun,
Danish:
Glaedelig Jul,
English:
Merry Christmas,
French:
Joyeux Noël,
German:
Froehliche
Weihnachten,
Hawaiian:
Mele Kalikimaka,
Italian:
Buon Natale,
Japanese:
Shinnen omedeto,
Korean:
Sung Tan Chuk
Ha,
Lithuanian:
Linksmu Kaledu,
Maori:
Meri Kirihimete,
Norwegian:
God Jul,
Philippines:
Maligayang Pasco,
Rumanian:
Sarbatori vesele,
Spanish:
Feliz Navidad,
Thai:
Suksan Wan
Christmas,
Urdu: Naya Saal
Mubarak Ho,
Vietnamese:
Chuc Mung Giang
Sinh,
Welsh:

Nadolig LLawen

