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Fall - Winter Menus



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To all Monterey County families, we send good wishes and our hope for lots of Peas on Earth. Peas are a good source of protein and calcium, nearly fat-free, and high in fiber and Vitamin C: a healthful food for the holidays.

Bring this dish to a potluck:

Guacamole? Not! but good...

Puree in a blender: ¼ bunch cilantro leaves, 1 clove of garlic, 1 jalapeño pepper.

Add and puree: 1-lb defrosted green peas, 1-2 TBS olive oil, 2-TBS fresh lime or lemon juice, ½ tsp ground cumin, salt to taste (as little as possible).

Put into a bowl, **let set** an hour or so to blend flavors and top with minced green onions and chopped tomatoes.

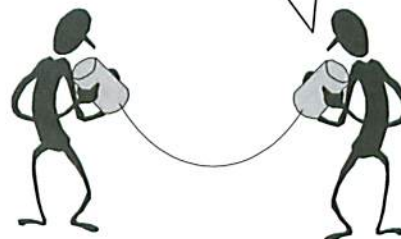
Serve with baked tortilla chips for dipping. Yum! guilt-free.

Kids - you can make this!

Peas on Earth

That is as old as the hills and as corny as it gets...

It's good, though - nutritious, too!



¿Guacamole? ¡No! Pero, si, sabroso...

En la mezclador, **puré** ¼ bonche de cilantro, 1 diente de ajo, 1 chile jalapeño.

Agregue y puré: 1-lb chícharos descongelados, 1-2 cucharadas de aceite de olivo, 2 cucharadas de jugo de limoncito, ½ cucharadita cominos molinos, a sal al gusto si se necesita.

Ponga encima de esta platillo: cebolla y jitomate picados. Sirva con totopos horneados. ¡Sabrosa sin culpa!

Niños - si, se pueden preparar este platillo.

¿Saben que los virus les gusta un clima seco? Tome mucha agua para asistir en prevenir estas enfermedades.

Did you know that viruses like a 'dry climate'? Drink lots of water and keep them away!



HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

Invite a sus invitados que "se refresquen"

- una idea que está nueva otra vez.

¿Recuerda las películas de los vaqueros? Invitados recién llegados de una jornada polvorienta en una diligencia siempre se les invitaba de lavarse y refrescarse por la anfitriona .

O, ¿cómo en los días de las comedia en la televisión (acerca de las situaciones de la vida diaria - como "Leave it to Beaver")? La madre siempre le recordaba a todos de se lavar las manos antes de cenar.

Con la estación de los días festivos acercandonos - y con todos preocupados con la influenza - estas ideas antiguas parecen nuevas otra vez. En su baño limpio, asegúrese ue hay jabón fresco, y toallas de papel para el uso de sus invitados. Ponga una botella de desinfectante (basado en alcohol) convenientement al lado.

Cuando llegan su familia y sus amigos, deles una invitación de lavarse y refrescarse antes de compartir una comida. Ellos apreciarán su consideración. Ellos se sentarán seguros. Ellos pensarán que usted es "la anfitriona con todo".

Invite your guests to "freshen up"...

- an idea whose time has come again.

Remember those old Western movies? Guests newly arrived from a dusty stagecoach journey were always invited by the hostess to "freshen up".

Or, how about in the "Leave it to Beaver" television sit-com days? The mom always reminded everyone to "wash up before dinner".

With holiday season approaching - and everyone worried about the flu- these old ideas seem new again. Make sure your clean bathroom has fresh soap, an inviting roll of paper towels for guest use, and a handy container of alcohol-based hand sanitizer. When your family and friends arrive, invite them to freshen up, and to wash up before sharing a meal. They will appreciate your thoughtfulness. They will feel secure. They will think you are "the hostess with the mostest".

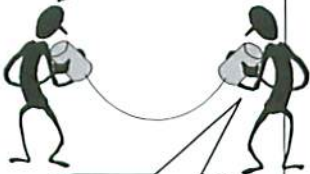
THE GRANDMOTHERS SPEAK... and what they say
has value today.



COOKING with YOUR CHILD



Handwashing is the
FIRST cooking step
in **ANY** recipe!



I know -
I know!

Want an alternative for the cookie gifts that are everywhere this time of year? Here's something even a small child can easily help to prepare. This is such a tasty recipe and everyone enjoys it! Plus- it features 4 different kinds of grains and is great for snacking on an Sunday afternoon hike.



This recipe makes about 6 quarts.

½ -cup canola margarine ½ - cup honey 1 ½-tsp cinnamon
½ large box, old-fashioned oats 1-cup coarsely chopped nuts
½ large box EACH wheat, rice and corn chex cereal
1-cup raisins 1-cup chopped dried fruit (your choice:
cherries, pears, apples, apricots, cranberries or any mix that you find tasty)

Other Easy
Gifts in A
Jar:



Mixed Nuts

Mixed Dried
Fruits

Soup or Chili Mix
in a Jar (3 kinds of
beans, seasoning mix)

The trick is to
carefully layer
the ingredients
so it looks great!



1. **Mom:** Heat margarine, honey and cinnamon till margarine melts. stir to blend thoroughly.
2. **Child:** Put oats and nuts into a very large bowl. **Mom:** Pour the honey-margarine mix slowly over oats while **child** stirs with large wooden spoon to mix well.
3. **Child:** spread this mix in an even layer on a lightly oiled large cookie sheet and place into a 350F oven to toast. Check after 10-15 minutes to see if oats are beginning to brown (once they start to brown, **Mom:** stir often so that oats toast evenly to a golden brown and do not burn).
4. Meanwhile, **Child:** put chex cereals, raisins and other dried fruit in the large bowl and mix.
5. When oat-nut mix is a toasty golden color, add to fruit-cereal mix and toss with wooden spoons to mix thoroughly (**Mom:** pour to add; **child:** toss to mix). Let cool.
6. Pack in airtight containers. Pint-sized canning jars are a good choice. The top can be wrapped with a decorative ribbon and a fancy label applied: "**From the kitchen of:....**"

These make excellent gifts for teachers, neighbors and other community friends. Just be careful if you start to sample the mix- you won't want to stop!

"In California, it's always about water..." T.J.N.



People all over California are seeing the need to conserve water. Residents on the Monterey Peninsula are already learning to make every drop count...and count again!

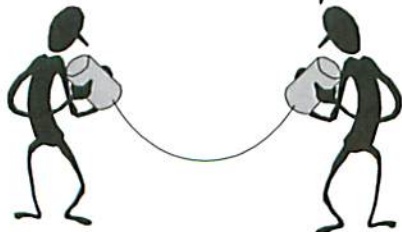
Locals are saving the water they use to wash vegetables and using it to water house plants. This is great! But at the same time, health officials tell us all that the best way to prevent the spread of H1N1 and other illnesses is to **wash hands frequently.**

Hmmmm - Save water! Wash hands frequently! What to do? Can we do both? According to Stephanie Pintar, Water Demand Manager for the Monterey Peninsula Water Management District, the answer is **"YES!"**

She sent along this great poster. We checked it out here at the office, and this technique **only uses 1 1/2 cups of water** - amazing!
Thanks, Stephanie.

Grandpa always says that back in the '70s they had to take showers this waywet down, soap up and rinse quickly off. Called 'em 'Army showers'

Brrr.. sounds chilly to me!



Water **LESS** Hand Washing



WATER ON
Wet hands
quickly



WATER OFF!
Wash hands for
20 Seconds

WATER ON
Fast rinse



Monterey Peninsula
Water Management District
www.monwater.org
831-438-5401



Food Safety



Turkey Basics: Safe Cooking Roasting Instructions

Set oven at 325 °F. Do not preheat the oven. Put turkey on a rack in a roasting pan.

It is **much** safer to cook stuffing separately in a baking pan. Check to see that the inside of the stuffing is at least 165 °F (use a food thermometer).

If you **do** stuff the turkey, you **must** check the inside of the turkey **and** the stuffing. The inside of the turkey thigh must be at least 165 °F.

The middle of the stuffing must be 165 °F. If the stuffing is not 165 °F, keep cooking the turkey until the stuffing is 165 °F.

Do these checks with a thermometer, **even if the turkey has a pop-up temperature button**. Cooking only a turkey breast? The inside should be 160 °F.

Many things can change the roasting time of a whole turkey. See sidebar on left of page for some of these factors.



APPROXIMATE COOKING TIMES

These charts are for fresh or thawed turkeys right out of the refrigerator. It is better not to try to cook a frozen turkey. It will take nearly twice as long to cook. These cooking times are just guides. You should always use a food thermometer to make sure the turkey is safely cooked and done.

UNSTUFFED

4 to 6 lbs. breast...1 1/2 to 2 1/4 hrs
6 to 8 lbs. breast...2 1/4 to 3 1/4 hrs.
8 to 12 lbs.....2 3/4 to 3 hrs.
12 to 14 lbs.....3 to 3 3/4 hrs.
14 to 18 lbs.....3 3/4 to 4 1/4 hrs.
18 to 20 lbs.....4 1/4 to 4 1/2 hrs.
20 to 24 lbs.....4 1/2 to 5 hrs

STUFFED

8 to 12 lbs.....3 to 3 1/2 hrs.
12 to 14 lbs.....3 1/2 to 4 hrs.
14 to 18 lbs.....4 to 4 1/4 hrs.
18 to 20 lbs.....4 1/4 to 4 3/4 hrs.
20 to 24 lbs.....4 3/4 to 5 1/4 hrs

For quality, you can set the turkey aside for 20 minutes. Then, take out the stuffing and slice the turkey.



- A frozen or partly frozen turkey takes longer to cook than a completely thawed turkey.
- A turkey will cook faster in a dark roasting pan.
- Putting foil on top of the turkey for the whole time will slow down cooking.
- Putting a lid on the roasting pan speeds up cooking.
- An oven-cooking bag will shorten cooking time.
- A stuffed turkey will take longer to cook than an unstuffed turkey.
- Ovens may heat unevenly.





Cada día es un buen día para dar gracias, pero hoy, damos gracias con el pavo asado ... ¡mmm!



**UCCE's
Favorite
Family
Food
6**

Muchas cosas pueden cambiar el tiempo de cocimiento de un pavo entero: Un pavo congelado necesita más tiempo para cocinar que un pavo completamente descongelado.

El pavo se cuece más rápido en una fuente de asar de color oscuro.

El uso de papel de aluminio encima del pavo durante todo el tiempo de cocimiento hace que el cocer demore más.

El mantener cubierta la fuente de hornear con una tapa, acelera la cocimiento.

Un pavo relleno toma más tiempo para cocinarse que un pavo sin relleno.

Los hornos pueden calentar en forma desigual.

Para lograr una mejor calidad, puede dejar reposar el pavo por unos 20 minutos antes de sacar el relleno de la cavidad y empezar a cortar.



Principios Básicos de la Preparación del Pavo:

Cocinar Correctamente

Instrucciones para Asar

Gradúe la temperatura del horno a 325 °F. No precalentar el horno. Coloque el pavo en la fuente de asar sobre una rejilla. Es **mu**y más seguro si cocine el relleno en un recipiente separado. Compruebe que la temperatura interna del relleno está por lo menos 165 °F. **Use un termómetro para alimentos.**

Si va a rellenar el pavo, **tiene que** comprobar la temperatura interna del pavo y del relleno. La interna del muslo tenga que alcanzar por lo menos 180 °. El centro del relleno debe alcanzar por lo menos 165 °F. Si el relleno no ha alcanzado los 165 °F, continúe asando el pavo.

Compruebe esto con un termómetro de alimentos, **aunque si el pavo venga con un indicador de temperatura "saltador"**. ¿Cocina la pechuga por separado? La temperatura interna de ésta debe de alcanzar 170°F.

Tiempos de Cocimiento, Aproximados

Las tablas de tiempo están basadas en pavos frescos o que se hayan descongelado completamente, recién del refrigerador. Es mejor que no trate de cocinar un pavo congelado. El tiempo de cocinar será casi doble. Estos tiempos de cocimiento son simplemente pautas. Siempre debe usar un termómetro para alimentos para determinar si el pavo está bien cocido.



8 a 12 lbs
12 a 14 lbs
14 a 18 lbs
18 a 20 lbs
20 a 24 lbs

Relleno

3 horas a 3 horas ½
3 horas ½ a 4 horas
4 horas a 4 horas ¼
4 horas ¼ a 4 horas ¾
4 horas ¾ a 5 horas ¼

Sin Rellenar

4 a 6 lbs de pechuga 1 hora ½ a 2 horas ¼
6 a 8 lbs de pechuga 2 horas ¼ a 3 horas ¼
8 a 12 lbs 2 horas ¾ a 3 horas
12 a 14 lbs 3 horas a 3 horas ¾
14 a 18 lbs 3 horas ¾ a 4 horas ¼
18 a 20 lbs 4 horas ¼ a 4 horas ½
20 a 24 lbs 4 horas ½ a 5 horas



Two Festive Desserts:



Pumpkin-Ginger Charlotte

- Spray a baking dish with **no-stick spray**
- Place small **gingersnaps** against the sides of the dish, pushing gently so they stick.
- Place dish in frig for up to 20 minute so that gingersnaps will stick.
- Prepare your **favorite pumpkin pie filling**, using **non-fat evaporated milk**.
- Pour filling into baking dish. Bake in a 325°F oven about 50-60 minutes.
- Test center of Charlotte with a clean table knife for doneness.
- Cool dessert and serve with **cinnamon-flavored whipped topping**.

Whew! I've got to do something to stay in shape during the Holiday Eating Season

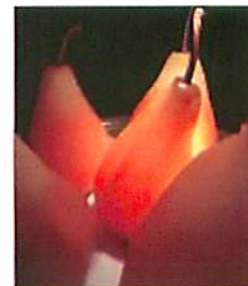


We find dancing is great for keeping fit, anytime!



Blushing Pears

- In large stainless steel pot, mix
1-gallon apple cider **1-cup brown sugar**
3-4 cinnamon sticks
1 sliced lemon **4-5 drops red food color.**
- Bring to a boil and reduce heat to simmer.
- Carefully peel **8 small winter pears (Bosc are good)**. Leave the stem on
- Place whole peeled pears into the simmering juice mix and cook very slowly about 20 minutes. They should be just cooked through, but not at all mushy.
- Cool pears in their juice.
- Carefully put pears and juice in a large glass container and put it on the table for people to help themselves.
- You can offer "Custard Sauce" with these beautiful pears.
(**vanilla pudding thinned with low-fat milk to a sauce consistency**)



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.



I just have to have a chocolate dessert at least once a week!

I noticed!



Family members love a choice at dinner. Here's an idea: a couple of times a week, have "Build Your Own Dinners". "Add-ons" can be assembled by the children while you cook the main dish. Supper can be on the table in half an hour! Try **Chili Beans** (salsa, grated cheese, chopped onion and tomatoes, light sour cream) - or **Baked Potato** (broccoli, salsa, sour cream, cheese sauce, green onions). Try **Burritos, Sopes or Tostadas** (beans, cheese, cabbage, tomato, onion, avocado, salsa, cooked chicken) - or **Hearty Soup** (cabbage, sliced radish, sour cream, crumbled veggie-bacon, lemon wedges). *Everyone* can customize their own meals just the way they like them. *Everyone* will feel pampered and special.

What'll We Have For Dinner?

Fall - to - Winter Food Stamp Menus:

Sunday: Slow-cooked Pork Butt, Roast Winter Vegetables (butternut squash, yams, fennel, garlic, onions), **Crusty Whole Wheat Bread, Spinach Salad, Pumpkin Charlotte** (recipe p. 7)(freeze extra meat for Wed. dinner)

Monday: Slow-Cooker Minestrone (Use lots of harvest vegetables - tomatoes, red bell peppers, squash and chard), **Garlic bread, Orange Wedges and Red Grapes**

Tuesday: Baked Potato with all the trimmings; **Winter Fruit Salad** (apples, winter pears and nuts) with **Ricotta Dressing, Oatmeal RaisinCookie**

Wednesday: Carnitas Burritos, Rice, Beans, Mexican-style Coleslaw (carrot, onion, lime juice, cilantro), **Baked Custard**

Thursday: Home-Style Noodle Dish (cook chunks of vegetables in low-salt chicken broth till just done. Use at least 5 different veggies- right now that might be carrot, winter squash, onion, mushroom, sweet red pepper with coarsely chopped beet greens, kale or chard thrown in at the end. Use whatever combination your family likes. Combine: half vegetables and broth with half well-cooked w.w. spaghetti and season with fresh pepper and the teensiest bit of salt if you must. You can add snips of fresh herbs if you like. Sprinkle with fresh grated parmesan or dry jack and enjoy this fabulous comfort food!) **Cheese toasts, Blushing Pear**

Friday: Roast Chicken, Flat- Roast Potatoes, Dark Green Salad w/lots of Veggies, Apple Crisp.

Saturday: Chili-Beans with all the trimmings; Cheesy Corn Bread, Dark Green Salad w/lots of Veggies; Brownie Pudding

She's always talking about "dark green salad with lots of veggies" - what do you suppose that means?

Probably something like Romaine, Spinach - maybe Arugula - with carrots, celery, radishes, defrosted green peas, cooked green beans, pumpkin seeds, mushrooms, raisins, pomegranate seeds, chunks of cooked squash - did I say sweet peppers yet? And you could...



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