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Cooperative Extension • Monterey County

Favorite Family Food



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In March, Be Brave & Eat Something Green



People all over the world enjoy leafy green vegetables.

Sure and begorrah, these green veggies are full of vitamins and minerals! 'Twas me mum's Cabbage Soup that kept me healthy all winter long.

Personas en todas partes del mundo disfrutan de verduras de hoja verde. Estas verduras están entre las más nutritivas que son fáciles de conseguir. También, las verduras de hoja verde son beneficiosas para los ojos.

Escoga espinaca, col rizada, acelga, hojas de betabeles, repollo o las hojas de mostaza. Quintoniles, diente de león, acedera - hasta verdolagas- también son sabrosas y nutritivas.

Puede cocinar muchas de estas verduras saltándolas rápidamente en aceite de olivo o canola con un poquito de ajo y pimienta negra. Disfrútenlas con un pedazo de pan tostado y un blanquillo escalfado - o dóblelas en una tortilla con queso rallado para una quesadilla deliciosa.

Agregue verduras de hoja verde a las sopas o guisos. En cualquier modo que prefiera, coma algunas verduras de hoja verde por lo menos una vez por día - este hábito les ayudará en sentarse muy bien.

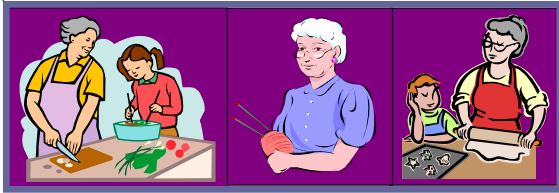
These vegetables are among the most nutritious available. Leafy greens are also good for the eyes. Choose spinach, kale, collard greens, chard, beet greens, cabbage or mustard greens. Broccoli raab, Amaranth, Dandelion, Sorrel and even Purslane are also tasty and nutritious.

Many greens can be quickly sautéed in olive or canola oil with a little garlic and black pepper. Enjoy with a piece of toast and a poached egg- or fold into a tortilla with grated cheese for a yummy quesadilla.

Add greens to soup or stews. Any way you like it, eat some green-leaf vegetable at least once a day- it'll help you feel great!

Solomon Katz, 2005; Rubatzky, Vincent E., and Mas Yamaguchi. *World Vegetables: Principles, Production, and Nutritive Values*. 2nd ed. New York: Chapman & Hall, 1997; Karen Hersch Graber, *Mexico's Leafy Green*, 2006





HABLAN LAS ABUELITAS

UCCE's
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2

"Este dicho es de mucho valor..."

Sopa de Fideos con Acelga - 6

1. Calienté **3½ tazas del caldo de pollo** hasta que esté casi hirviendo. Mientras, en un licuadora puré **2 jitomates** (asados y peleados), **½ cebolla picada** y **2 dientes del ajo** con **½ taza del caldo de pollo**
2. Saltée **1 paquete de fideos (200 gramos)** en **2 cucharadas de aceite de maíz** hasta que estén dorados.
3. Agregue la mezcla de jitomates y muévela.
4. Agregue el caldo de pollo caliente y cocine hasta que los fideo estén bien cocidos.
5. Agregue **1 bonche de acelga (limpiada; rebanada)**. Cocine 5 minutos más. Agregue sal al gusto, si necesita.

Sirvalo inmediatamente.

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

Tasty Noodle Soup with Chard:

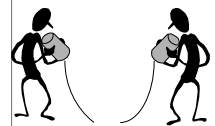
1. Heat **1- qt chicken broth** to a simmer.
2. Meanwhile, puree **2 peeled roma tomatoes**, **½ onion** (peeled and chopped) and **2 peeled cloves garlic** in a blender with just enough of the stock to allow the blades to move.
3. Heat **2-TBS corn oil** in a large saucepan, add **8-oz angel hair pasta** and sauté it, stirring constantly to prevent scorching, until just golden in color.
4. Add the tomato mix and stir to coat the noodles. Add the hot broth and continue cooking until the noodles are nearly done.
5. Add **1 bunch chard (washed; sliced)** and continue cooking until the chard is wilted. Add a little salt if you must.

Serve immediately.

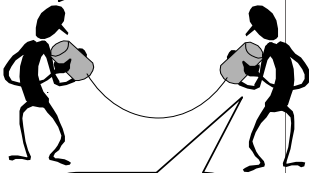


Purslane?
That's
**Pigweed-
Verdolaga**
- you can
find it
growing
wild.

Yup. Wash
it very well
and cook it
well too - it
is sooo good
for you. Try
**Verdolagas
en Mole**



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



I know -
I know!

COOKING with YOUR CHILD



Eat Something Green?

Peas are green. They're a good source of protein and calcium, nearly fat-free, and high in fiber and Vitamin C: a healthful food for any season.

**Guacamole? Not! It's
"Pea-camole" and it's good...**

Help your child as needed:

- **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).
- 3. **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....



Q. What's the best way to eat green vegetables?

A. Put them in soup, or in salad or in a yummy quesadilla.

Or, make RANCH DRESSING for a dip and eat them raw or lightly steamed:

1. Measure into a small bowl:

- 2** tablespoons mayonnaise
- 6** tablespoons buttermilk
- 1** teaspoon cider vinegar
- ½** teaspoon onion powder
- ¼** teaspoon garlic powder

2. Mix well. Put on vegetables and enjoy. (Makes ½ cup. From Molly Katzen's Honest Pretzels)



Ah ... the Season's First Asparagus

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Picked one day, shipped to the store the next ... on your dinner table that evening. Nothing can compare to the season's first asparagus, and here on the Central Coast we are fortunate to find many local folks that grow this vegetable.

That means it is readily available and fairly reasonable in price.

Delicious *and* nutritious - that's asparagus. 1 cup of cooked asparagus has **only 43 calories**, yet provides **115%** of your daily need for **Vitamin K**, which supports bone health. It also has nearly 66% of your RDA for folate- for heart health- and 35% of your RDA for Vitamin C.

Marge S; Editor; UC Berkeley Wellness Letter, 1992

Use asparagus quickly after picking or purchase (within 3 days). You can use asparagus in salads, sandwiches and many hot dishes - see the back page for 5 different ways to prepare and serve it. Now is the time to enjoy our delicious, local asparagus.

Well, gee- it's SPRING! Aren't we going to talk about asparagus?



Look behind you! Plus- we'll eat asparagus 5 days in the week - look at the back page!

Food Safety Alert



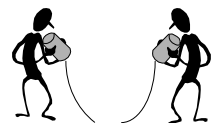
What a pretty image- right? Wrong!

It's Salmonella, and it's been found in far too many food products lately.

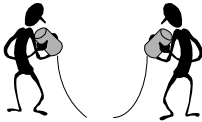
In early March, "**Hydrolyzed Vegetable Protein**" was recalled because it was contaminated with Salmonella, which causes a very unpleasant illness (it might be dangerous or even fatal to some very young, old or chronically ill people).

"**HVP**" is actually an *ingredient* found in *dozens* of prepared foods like soups, sauces, chilis, stews, hot dogs, nuggets, gravies, dips and dressings. What can you do to protect your family?

1. Prepare your own meals from whole ingredients, using good food safety practices
2. Check this site regularly for any new recalled foods: <http://www.foodsafety.gov/>



Se dice
que hay
una olla
de oro al
fin del
arco iris...



The Parents' Page



La página para los padres

¿La riqueza verdadera al fin del arco iris?
¡La buena salud de su familia!

Siéntanse juntos en familia y usen **NOMÁS DE 10 MINUTOS** para acordarse de estas metas - 7 modos en 10 minutos para encontrar el sendero a la buena salud. ¿Cómo pueden...

1. Comer más frutas y verduras cada día
2. Comer comidas más nutritivas
3. Escoger bocadillos más nutritivos
4. Dar más tiempo para hacer ejercicios en su vida
5. Cambiar un "Hábito envenenado" por un "Hábito para la Salud"

"Hábito envenenado"

**Ej: Mirar al televisor por
4 horas cada día**

"Hábito para la Salud"

**Andar juntos en bicicleta
por 1 hora cada día -
ENTONCES mirar al televisor**

6. Hacerse personas más saludables
7. Sentirse mejor acerca de ustedes si-mismos.

Sit down together as a family and spend **JUST 10 MINUTES** to agree on these goals - 7 ways in 10 minutes to find the way to good health. How can you all:

1. Eat more fruits and vegetables each day
2. Eat more nutritious meals
3. Choose more nutritious snacks
4. Get more exercise in your lives?
5. Change a "Hooked-on Habit to "Habit for health"

"Hooked-on Habit"

EX: Watching TV for 4 hours a day

"Habit for Health"

**Ride our bikes together for
1 hour a day and then watch T.V.**

6. Become a healthier person
7. Feel better about yourselves





Irish Cabbage Soup- for 4

Irish bacon is *somewhat* like Canadian bacon.... so here we're using the Canadian version.

1. In a heavy pot, sauté **6-ounces diced Canadian bacon** until browned. Remove and reserve.
2. Put into the same pot:
 - **2 peeled, sliced onions**
 - **1 peeled, sliced turnip**
 - **2 peeled, diced carrots**
 - **2 peeled, large-diced potatoes**
 - **1 head green cabbage, shredded**
 - **6-cups chicken broth**
 - **6-sprigs parsley, 1 bay leaf**
3. Bring to a boil; then reduce heat to simmer. Cook for an hour.
4. Season with black pepper, and a little salt if need be.
5. Serve, garnished with the reserved bacon. Serves 4.

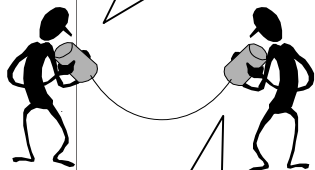
This can be prepared in a slow cooker- 3 hours on high or 6 on low.



Quintoniles con Rajas - para 6

1. En un sartén grande, caliente **1/3-taza de aceite de olivo**, agregue **1 cebolla rebanada** y saltéela hasta que esté blando.
2. Agregue **3 chiles poblanos preparadas en rajas** y cocine por 5 minutos más.
3. Agregue **3-libras quintoniles** cocidos y cocine hasta que la mezcla esté caliente.
4. Agregue **1/2 taza queso fresco, pimienta al gusto y un poquito de sal** si necesita.

Sírvala.

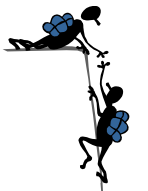


Some of their nutrients are lost during cooking...

But they are STILL rich in Vitamins A & C & many minerals.



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Do you think that
"get up and move"
looks like this?



Nah... even these ladies look like they feel pretty silly, and their results were surely doubtful. We certainly do need plenty of physical activity to stay healthy and prevent chronic disease.

We'll need to be even more active if we're trying to achieve a better body weight - BUT - this does NOT mean we should jump right into really strenuous exertion after being a couch potato all winter. That *could* set the scene for a painful injury.

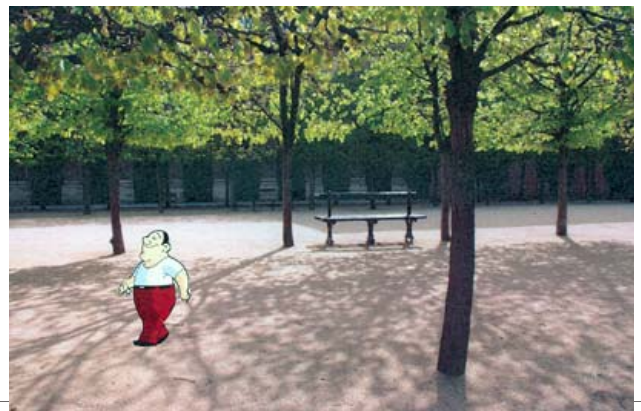
At any rate, check with your doctor before starting an exercise program that is new to you. The young lady who lives across the street is very large...and was recently seen hiking down the street using two trekking poles, wearing a sun hat and a big grin.

She'd finally gotten her doc's approval and was starting her new walking regime. She was sweating- she was gasping- but she was so happy - said even just the 2 blocks she was allowed, for starters, made her feel energized, relaxed and happy- back in control of her life.

That's a lot of benefits for just a walk in the park. Be like our Happy Walking Man here, and give it a try. Swing your arms, enjoy the spring air and walk briskly. After 10 minutes or so, you'll notice you're naturally increasing your pace - that's good.

Breathe deeply. When you begin to sweat, walk another 20 minutes, then slow down as you head for home.

Ah ... invigoration - and, easy does it.

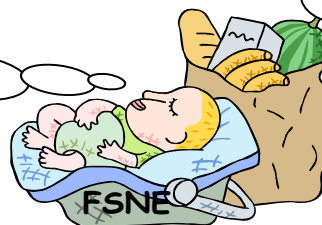


The Last Word

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

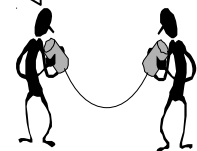
I just have to have a chocolate dessert at least once a week!

I noticed!



The USDA Food Stamp Program

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



Everyone help!

Make "shopping day" a "cooking day" -do prep for the week ahead.

What'll We Have For Dinner?

Swing into Spring Menus:

Sunday: Shishkebab (grill: lamb chunks, asparagus pieces, bell pepper and mushroom on skewers)

Yellow Rice (cook long-grain brown rice "Pilaf" style, and stir in a little saffron - *zaferina* - while you are browning the onions, garlic and rice) **Spinach Salad w/ Sliced Strawberries**

Monday: Open-faced Asparagus Melt (well-toasted whole wheat bread w/slice of white cheese), **Zakopane Sausages** (chunks of any turkey sausages: sauteed, with a dab of grainy mustard stirred into the pan), **(peeled) Orange Slices**

Tuesday: Oven-fried Chicken (dip skinless chicken pieces in plain yogurt; wipe off excess, coat w/ bread crumbs - you can usually buy breadcumbs by the lb. very inexpensively at any bread bakery- store in freezer- chicken pieces on baking sheet; cook in 400F oven about 40 minutes to 160F.) **Mix & Mash** (Steam white potatoes, yams and turnips- mash together***), **plenty of Steamed Asparagus**

Wednesday: Irish Boiled Dinner (put chunks of carrots and onion in slow cooker; then beef brisket, corned or plain. Cover w/water, add bay leaf; black pepper. Cook 12 hours on low or 6 on high. Add small red potatoes and cabbage wedges halfway through cooking. Remove food to a warm plate, boil down the juice to reduce, then pour it over servings. Serve with good mustard and soda bread)

Thursday: Enchilada Verde (cooked zucchini, onion, corn, poblano chile, mushrooms, asparagus in flour tortilla w/grated cheese; baked green mole sauce with more cheese on top). **Rice, Green Salad**

Friday: Salmon Burgers, Bold Romaine Salad with avocado, asparagus, red onion, orange slices, home-made croutons and vinaigrette)

Saturday: Red Beans & Rice, (low-fat) Corn Muffins, Green Salad, Peach Crisp (Other tasty desserts for this week might include Bread Pudding; Big Oatmeal Cookie; Baked Custard; Panna Cotta (milk gelatin); Brownie Pudding; Tapioca

Cook veggies ahead -

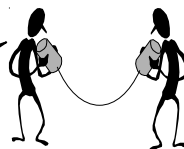
Twice a week, steam green vegetables, clean salad greens, etc. Store in frig for quick meals during the work week.

PLEASE learn the skills you need to cook at home. Fresh, tasty, inexpensive and SAFER family meals will reward your effort!

Try a Frittata:

In a bowl, toss 2 cups cooked rice, 2 cups cooked vegetable, 2-TBS flour, half a tsp pepper (less salt), 1 finely minced garlic clove, 1-cup grated sharp cheese. Put into a greased casserole, mix 2 eggs & 2 cups milk, pour over & cook at 350F about 1 hour.

Hah! Your mom is going to LOVE to see that recipe for 'Mix 'n Mash'



*** You're right - when we were kids she always used to mash up rutabagas and try to pretend they were potatoes. Ha ha! Never worked! But THIS dish is delish!

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