



# Favorite Family Food

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## Joys of Eating Seasonal Foods



Loire Valley Asparagus Plot

# Espárragos

Junio es la estación de celebrar los espárragos. “¿Celebrar una legumbre?” usted pregunta. ¿Por qué no? Hace algunos años, cerca del valle Loire, mis amigos y yo caminábamos al jardín grande detrás de la propiedad por cavar en la tierra y cosechar los tallos blancos de espárragos.

Cuidadosamente, los cocinaron al vapor y los comieron con varias salsas. No comieron más de los espárragos nuevos en una cena anual festiva. Esa es la costumbre de esa cultura allá. Y, ¡qué deliciosa!

El comer los espárragos ofrecen muchas vitaminas C, A y K, y también de folate y una cosa que se llama “glutathione”. Glutathione es la Reina de los Antioxidantes y es un protector muy bueno para la vista.

¿Quiere usted probar los espárragos blancos? Cultive sus propias plantas y apile la tierra arriba alrededor los tallos para blanquearlos. ¿Le gustan los espárragos verdes? Cómprelos lo más fresco que sea posible. Cocínelos al vapor hasta que estén tierno-crujientes. Actualmente, hay una abundancia de este vegetal, por eso, disfrútelos a menudo.

# Asparagus

June is the time to celebrate asparagus. “Celebrate?” you ask. Be joyful over a vegetable in season? Why not? Some years ago in June during a visit to a friend who lived in the Loire Valley, a group of us hiked out to the large garden at the rear of the property where we dug fat white stalks of asparagus from the long covered furrows there. We piled them high in flat baskets and carried them back to the farmhouse, where they were carefully steamed and served with several sauces for a late dinner. That’s all we ate- the new asparagus- in an annual meal celebrating the season of this delicate vegetable. Mmm! Great custom!

Eating asparagus will give you plenty of Vitamins A, C and K. Folate too- and something called “glutathione”. Glutathione is the queen of antioxidants and is a very good protector for your eyesight .

Want to try white asparagus? Grow your own, and pile the earth up around the stalks to “blanch” them. Green asparagus just fine with you? Buy it as fresh as you can find it. Just steam it to the point of being tender-crisp. Right now there’s plenty, so enjoy it often.

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

UCCE's  
Favorite  
Family  
Food  
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## Pues, ¿estás estudiando el cocinar?

¿Celebra usted la batalla de Puebla este año con un desfile o una fiesta?  
¿Quizás irá al parque más tarde para una barbacoa?

Aprenda como preparar este platillo delicioso y tradicional. Por supuesto, será un éxito con las personas que asistirán a su picnic.

### Elotes Asados con Chile, sirve 6

1. Antes de salir, prepare la **mayonesa con chile**. Puré de **1 diente de ajo** con un poquito de sal hasta que esté una pasta.

Agregue  $\frac{1}{2}$  **jalapeño chico**, cortado muy, muy fino.

Agregue **el jugo de un limoncito** y mézclelos bien.

Incorpore estas sazones con  $\frac{3}{4}$ -taza de **mayonesa bajo en grasa**.

Ponga esta “crema” en un recipiente cubierto completamente, y enfríalo antes del usar.

2. Cuidadosamente, jale atrás las hojas de **6 mazorcas de maíz** y quite el pelo del elote. Cubra las mazorcas otra vez con las hojas y déjelas remojando en agua.
3. Ralle  $\frac{1}{2}$  **taza de queso Parmesano**.
4. También lleve **una botella de chile en polvo** (como la que se use para pico de gallo)
5. En el picnic, ponga el maíz en la parilla y cocínelo a su gusto. Jale atrás las hojas y retócelas para formar un asa.
6. Unte cada elote con 1 cucharada de la “crema”. Espolvórealos primeramente con queso, y entonces con chile en polvo.
7. ¡Disfrútenlos!

## En el Cinco de Mayo, reina el Maiz!



Este está un bocadillo de sustancia- como una comida. Contiene 760 calorías, 1/3 cantidad diario de proteína, pero nomás de 26% de grasa.



# So, you're learning to cook...

Celebrating the battle of Puebla this year? Going to a parade or street festival? Maybe later to the park to BBQ?

Learn to make this delicious dish that's sure to become an instant tradition with the folks at your picnic.

## Roasted Corn with Chile ....for 6 ears

1. Before you go, make the **Chile-mayonnaise**.

Mash **1 small clove of garlic** with a little **salt** till it is a paste.

Add  $\frac{1}{2}$  **small jalapeño pepper**, minced very very small.

Add **juice of a key lime** and mix well.

Fold this seasoning into  $\frac{3}{4}$  -cup **lowered fat mayonnaise**.

Put this "cream" into a tightly covered container and store in the refrigerator, then well-chilled in a cooler till ready to use.

2. Carefully pull back the husks of **6 ears of corn** and remove the silks. Pull the husks back over the ears and soak the corn in water.
3. Grate  $\frac{1}{2}$  cup of **Parmesan cheese**.
4. Also take along a jar of **powdered Chile** (such as that used for pico de gallo)
5. At the picnic, grill corn until it is done to your taste. Strip back the husks and twist them together to form a kind of handle.
6. Spread a spoonful of the "cream" all over the ear. Sprinkle the ear with grated cheese and then with Chile powder to your taste.
7. Enjoy!



# On Cinco de Mayo, Corn is Queen!

# The New American Plate

UCCE's  
Favorite  
Family  
Food  
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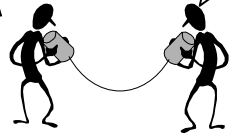
**The New American Plate-** Two thirds of this plate is full of foods from plants. The rest of the plate has a small portion of a protein-rich food of animal origin.

If we practice this way of eating, we're able to prevent a lot of illness and live a healthy life.

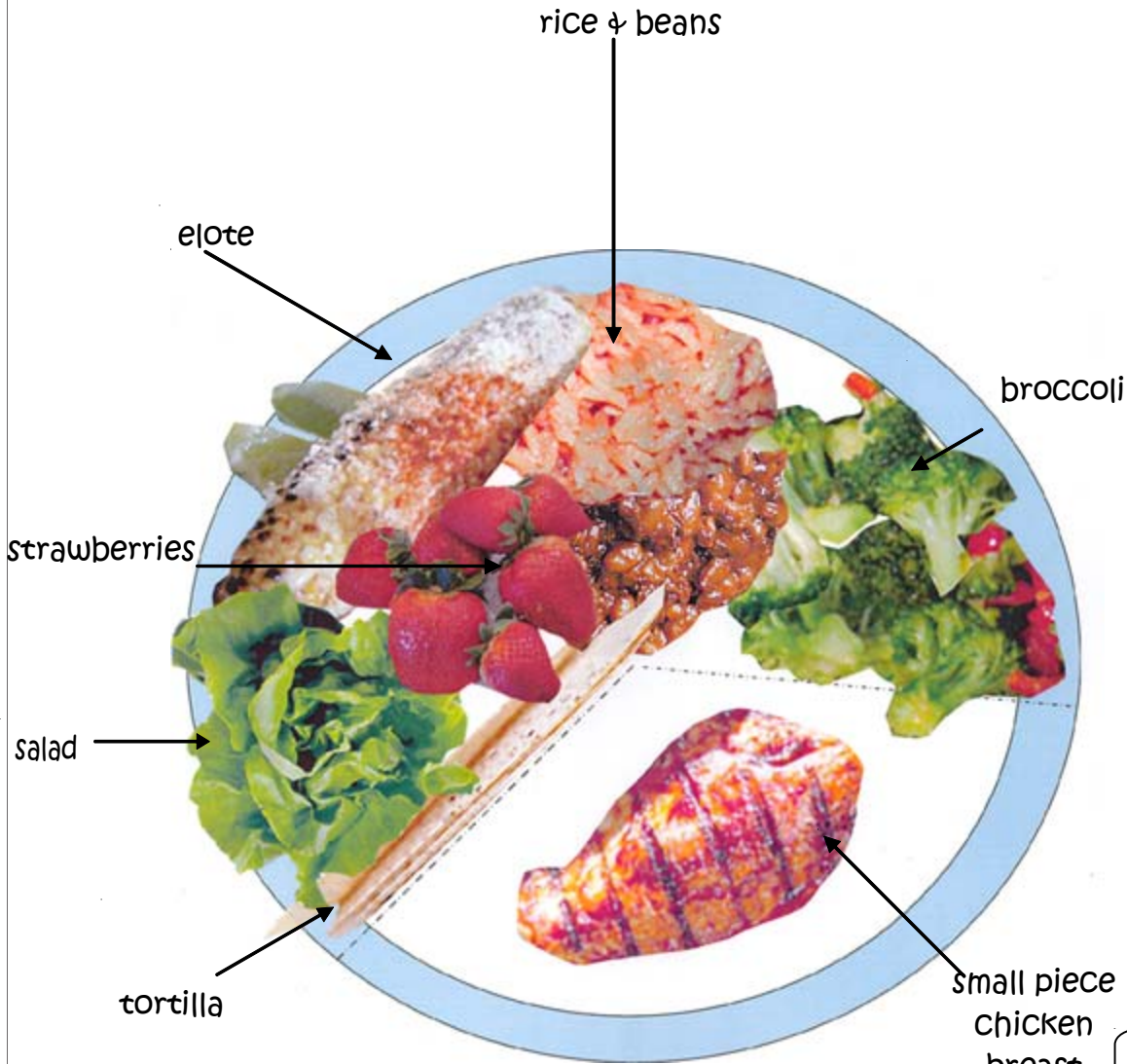
What's on **your** plate?

I heard it's not 5aday anymore!

Too true-you gotta eat more!

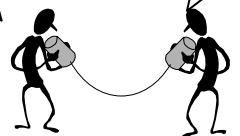


SEEDS  
OF  
CHANGE



Mo' bettah! Well - is 9 enough?

Sure- 9 is FINE!



**El Nuevo Plato Americano-** Dos terceros de este plato están lleno de alimentos de plantas. El resto del plato tiene una porción chica de un alimento de carne, rico en proteína.

Si nosotros practicamos este modo de comer, podemos prevenir muchas enfermedades y viveremos saludables.

¿Que está en **su** plato?



# The parents' page

## Your Green Home



You probably know that many commercial cleaners contain toxic substances that can be dangerous to your family's health if they are used improperly.

Do you ever wonder if one of your usual laundry products might be what is causing your child's allergy symptoms? Do you think about toxic liquids flowing down into the Monterey Bay?

Do you want to provide a fresh and healthful home for your family - and at the same time save your money *and* the environment?

Living a "Green Life" in your home is simpler than you might think! Give these old-fashioned ideas a try in your house. They are not only effective and easy to use, but also safer *and* less expensive. Mix up a few of these recipes today:

**All-purpose cleanser:** 1-qt warm water, 1 TBS liquid soap, 1-tsp borax and ¼ -cup distilled white vinegar. Mix well and keep in a spray bottle. Use to clean floors, carpets, counter tops, walls and upholstery.

**Laundry helper:** Add ½ -cup washing soda to your detergent. This makes colors rich and white clothes very white, without using bleach.

**Drain maintainer:** For free-flowing drains, add this to your weekly cleaning routine. Put ¼ -cup baking soda in the drain, followed by ¼ -cup of distilled white vinegar. Cover the drain, wait 15 minutes, then rinse with 2-quarts of boiling water.

**Toilet cleaning::** Scrub with baking soda. To remove stains, pour ¼ -cup borax in the bowl, wait 30 minutes, and scrub with the toilet brush.

**Sinks & Bathrooms:** Scrub with baking soda.

**Glass cleaning::** Mix 1 quart warm water and ¼ -cup distilled white vinegar. Store in a spray bottle; use as needed. And-using newspaper to polish glass after cleaning really works!

**Disinfecting:** Use ½ -cup borax in 1-gallon hot water.

**Mildew removal:** Use borax solution described above. Don't rinse it off if you want to prevent the growth of more mildew.

**Degreasing:** Use distilled white vinegar, or a mix of ½ -tsp sal soda, 2 TBS distilled white vinegar, ¼ -tsp liquid soap and 2 cups hot water.



# La página para los padres

## Su Hogar Verde

Probablemente, usted sabe que muchos productos de limpieza comerciales contienen sustancias tóxicas que son peligrosas para la salud de su familia, si no se usan correctamente.

¿Ha preguntado si uno de sus productos de limpieza regular quizás sea la causa de los síntomas alérgicos de su niño? ¿Piensa usted de líquidos tóxicos fluyendo por la bahía de Monterey?

¿Quiere proveer un hogar fresco y saludable para su familia - y a la vez, ahorrar su dinero y cuidar al medio ambiente?

¡El vivir una “vida verde” en su hogar es más fácil que quizás usted piense! En su casa, procure estas ideas pasadas de moda. Estas son no solo efectivas y fáciles de usar - pero más seguras y más baratas también. Mezcle algunos de estas recetas hoy:

**Producto de limpieza multiuso:** 1 cuarto de agua tibia, 1 cucharadita de jabón líquido, 1 cucharadita bórax y  $\frac{1}{4}$  -taza vinagre blanco. Mezcle todos y póngalos en una botella con atomizador. Use para limpiar los pisos, las encimeras, las alfombras, el tapicero y las paredes.

**La ropa:** agregue  $\frac{1}{2}$  -taza de carbonato sodio a la detergente. Este hace la ropa muy blanca o con colores ricos, sin el usar el cloro.

**El desagüe:** ponga  $\frac{1}{4}$  -taza de soda horneada adentro del desagüe; entonces ponga  $\frac{1}{4}$  -taza de vinagre blanco. Tape el desagüe y espere 15 minutos. Enjuague con 2 cuartos de agua hirviendo.

**El escusado:** friegue con soda horneada. Para sacar las manchas, ponga  $\frac{1}{4}$  -taza de bórax adentro, espere 30 minutos y friegue.

**La bañera:** friegue con soda horneada.

**El vidrio:** mezcle un cuarto de agua tibia y  $\frac{1}{4}$  -taza vinagre blanco y póngala en una botella con atomizador. Use cuando se necesita.

**Desinfectar:** Use  $\frac{1}{2}$  -taza de bórax con un galón de agua caliente.

**Quitar el mildew:** Use la solución de bórax descrita arriba. No enjuague si quiere prevenir el crecimiento de más mildew.

**Quitar la grasa:** Use vinagre blanco, o una mezcla de  $\frac{1}{2}$  -cucharadita de sal soda, 2-cucharadas de vinagre blanco,  $\frac{1}{4}$ -cucharadita de jabón líquido y 2 tazas del agua caliente.



# ¡Dé un paso gigante!



Los niños juegan “Simón dice”. Simón dice: “¡Da un paso gigante!”, y todos los niños dan un paso adelante, tambaleándose en el otro pie y riéndose. ¡Que divertido - y que buen ejercicio el balancear!



En el sendero para bicicletas, había un hombre dando saltitos por el camino. Parecía sudado, pero contento también. Otra vez- divertido y buen ejercicio el balancear.



En mi vecindad por la tarde, viene una ancianita cada día, haciendo su ejercicio. Ella da pasos muy chiquitos. No levanta sus pies de la tierra, pero solamente camina arrastrando los pies. Yo pienso que ella tiene miedo de caerse. Ella no tiene confianza en su sentido de equilibrio.



Quiero decirle a ella la misma cosa que mi terapeuta física me dijo: “¡Da pasos gigantes! Practica algunos ejercicios de equilibrio cada día.”



Con esta rutina puedes sentarte cómoda en tu cuerpo hasta que tengas una edad muy vieja, sin miedo de moverte fácilmente.”

## Take a giant step!



The kids are playing “Simon Says”. Simon says “take a giant step” and all the kids step forward, teetering on their other foot and giggling. How fun- and what good exercise for balance.



On the bike path, I saw a guy skipping along. He looked sweaty but happy. Again - fun and a good balancing exercise.



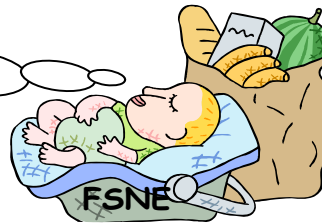
In my neighborhood in the afternoon, an old lady walks along every day - her exercise. She takes tiny steps. She doesn't lift her feet up off the ground, but shuffles along instead. I think she is afraid of falling. She doesn't have much confidence in her sense of balance.

I want to tell her what my physical therapist said to me: “Take giant steps! Do balance exercises every day. With this routine, you'll be comfortable in your body to a ripe old age, without any fear of moving easily”.



# 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 healthy foods for better diet and funds this newsletter.

## What'll We Have For Dinner?

## Spring Food Stamp Menus:

**Sunday:** For Mom- Ginger-peach glazed **Ham**, Roasted Red **Potatoes**, Mashed Green **Peas**, WW **Rolls**, Lettuce **Salad** with Fennel, **Angel Cake** with **Strawberries**

**Monday:** Soft-cooked **Rice** (spring vegetable risotto) with **Asparagus**, **Spinach** and **Peas**. (Sauté a little garlic and green onion in olive oil till soft; add raw washed brown rice, sauté till somewhat transparent, add chicken or other broth and cook very slowly. Continue to add broth, a little at a time, when rice begins to look dry. When rice is nearly cooked through, add thinly sliced asparagus, and clean chopped raw spinach. Cover pan and finish cooking about 8-10 minutes. Check seasoning for pepper, stir in some thawed green peas and serve, dusted with grated parmesan. You can add chopped leftover ham if you like.) Crusty **bread** and a salad of **Avocado** and **Grapefruit** would be nice - and Lemon Tapioca.

**Tuesday:** Going to cheer on your Little Leaguer? Serve a quick Warm **Roast Chicken** and **Egg Caesar Salad** with **Carrot Sticks**, **Whole Wheat Rolls** and Individual Shaker **Lemon Charlottes\***.

**Wednesday:** **Cuban-style Black Bean Soup** (black beans, onion, bay leaves, garlic, parsley, salt, pepper, ham leftover from Sunday). Serve with dollop of low-fat sour cream and lime wedges- or grated cheddar, low-fat sour cream and chopped raw onions. **Garlic bread** would be good with this, and a **dark green salad** with lots of vegetables. **Strawberry-rhubarb crisp** served warm and a **la mode** with low-fat vanilla? Excellent!

**Thursday:** Stir-fried **Asparagus Beef**, **Brown Rice**, **Broiled Peach Halves**, **Vanilla Panna Cotta** (milk gelatin)

**Friday:** **Baked Red Rockfish** with **Rice**, **Deep Green Salad**, **Crusty Bread**, **Brownie Pudding**

**Saturday:** - **Albondigas**; **Vegetable Garnishes:** sliced radishes, thinly sliced cabbage, chopped onion, chopped cilantro, lemon wedges; Corn **Tortillas**. Baked **custard**.

Good news! It's 2007 and you can still provide tasty and nutritious meals to your family on a food stamp budget. Plan your meals around the weekly store specials and seasonal foods. Avoid costly packaged items. EBT cards make shopping easier than ever before and let you buy fresh, local products at many farmers' markets as well.

You'll have a special bond with family members when you share everything from meal planning to shopping to food preparation. You'll be saving money, passing along life skills to growing children and making happy memories for everyone.

**Everyone help!** Make "shopping day" a "cooking day" & do basic prep for the week ahead. Broth, cooked rice, blanched veggies make work week dinners easy.

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

**Old-timey desserts** satisfy - try making Charlottes. Use saved bread scraps, buttered, pushed into muffin cups & baked into crisp shells. Fill with fruit fillings, bake. Tasty, portable individual desserts!

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

**Learn to use a chef's knife to cut poultry & meat into portions.** Buy whole chickens and larger pieces of pork or beef chuck. It will PAY YOU to cut your own!

