



Favorite Family Food

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Eating with the Seasons- Fall Equinox



Night as long as day- the Equinox falls on September 23rd. It marks the finale of summer's juicy fruits and the reappearance of denser foods like root vegetables & squashes.



Photo of Camphora-Gloria Road © Don Roberson

A tasty harvest supper can be made from the end of your garden crops (see pg 3). There's still time to can or jam, and Elderberries are abundant on Monterey County roadsides.

It's cooler, so we bake. Soup comes to mind, and if you have lots of tomatoes left in the garden, a rich tomato soup with basil would be good. Plan to use yams, nuts and pumpkins in your meals during this harvest season. These foods are rich vitamins and minerals and very satisfying.

This changing season is a perfect time to make changes in your family for better health. Enjoy it!



Una noche tan larga como el día - el equinoccio del otoño ocurre en el 23 del septiembre. Se marca la última cosecha de las frutas jugosas del verano y la reaparición de los alimentos más espesos como raíces vegetales y calabazas.

Puede preparar una buena cena de la cosecha del final de sus cultivos del jardín (receta en página 3).

Todavía hay tiempo para preparar conservas, y los bayas del saúcos son abundantes en las bordes del condado de Monterey. Hace más frío, por eso preparamos comidas al horno.

Pensamos también del caldo, y tiene muchos jitomates sobrantes en su jardín, un caldo rico de jitomates con albahaca es muy sabroso. Planea usar camotes, nueces y calabazas en sus comidas esta estación de cosechas. Estos alimentos son ricos en vitaminas y minerales y son muy agradables.

Una de nuestras metas es de dejar el hábito de comer mucha azúcar. Mire la página 2 para ideas por celebrar Halloween sin muchos dulces. En página 5, hay sugerencias para usar el agua en vez de bebidas azucaradas.

Una estación de cambio es el momento perfecto para cambiar y mejorar cualquier cosa que quiera en la vida sana de su familia. ¡Disfruten esta estación!

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



La costumbre en la noche de Halloween cuando los niños pidan dulces disminuye más y más cada año.

Al corriente, fiestas de Halloween son el nuevo modo de celebrar en el siglo 21. Si usted planea de ofrecer confites, piensa de usar cosas que no son

dulces, como los que están en la lista al derecho.

Como me grito un niño el año pasado (mientras corría al bajar por la escalera) "Gracias, Señora. ¡Nos encantan las tatuajes!" Y- estaban más bajas en precio que las dulces.

El los Días Antiguos, las fiestas de Halloween ofrecían juegos como el tratar de atrapar con las dientes unas manzanas que flotaban en el agua (mire el foto de 1946 por A. Stewart). Esta es una actividad animadísima para ambos adultos y niños.

Usted puede planear una mesa con materiales para hacer máscaras, con tijeras y papel, goma de pegar y destello. ¡La creatividad reina!

Refrigerios- además de manzanas- puede servir una cena de caldo y sándwiches, molletes de calabaza, cidra caliente y pepitas de maíz.



Trick-or-Treaters seem to be fewer in number each year. These days, Halloween parties are becoming the 21st century way to celebrate. If you do expect to hand out treats, think about handing out non-food items, such as those listed to the right.

As one young boy shouted to me last year as he ran down the stairs "Thanks, lady. We LOVE tattoos!" And- they were much less expensive than candy!

In the Old Days, Halloween parties featured games like Bobbing for Apples (see the 1946 photograph here, by B. Anthony Stewart). It's a hilarious activity that your guests - both children and adults- are sure to enjoy. A mask-making table can be set up, with scissors and paper, glue and glitter - let creativity rule.

Refreshments - besides apples- can be a soup and sandwich supper, pumpkin muffins, hot cider, and popcorn made the old-fashioned way (on top of the stove, in a heavy covered pot - don't forget to shake it).



- Temporary tattoos
- Stickers
- Pencils
- Fancy erasers
- Pencil toppers
- Crayons
- Coins
- Small novelty toys
- Funny False teeth
- Superballs
- "Slime"
- Miniature magnifying glasses
- Plastic jewelry/ decoder rings
- Necklaces
- Glow-sticks
- Sugar-free candy
- Tiny decks of cards
- Plastic medals
- Fake money
- Origami paper & instructions
- Bubbles



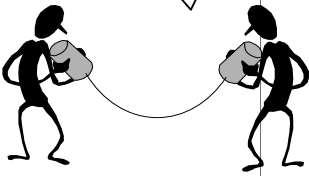
So, you're learning to cook...

Cook Street Garden Stew

1. Fry **1 piece thick bacon** slowly, till crisp & brown. Drain on paper towel.
2. Scrub **4 med potatoes**; cut in large dice (3/4"). Add to pan, stir; cook slowly.
3. Peel **6 cloves garlic** & mash with **a little salt**. Add to pan.
4. Clean & chop **1 handful green onions**; add to pan.
5. Scrub **1 handful carrots** well; slice 1/2"; add to pan. Stir stew well.
6. Top & clean **2 handfuls green beans**; snap in 3/4" pieces, add to pan.
7. Clean **1 red bell pepper** & cut in 3/4" dice; add to pan. Stir stew well.
8. Wash, core & coarsely chop **3 large tomatoes**; add to pan.
9. Cook the stew till all veggies beginning to soften. Add **kernels of 2 ears corn**, and up to 1/4 **cup chopped fresh herbs** (if desired).
10. Raise heat, cook 1 min. more. Stir stew well. Crumble & add bacon. Season with **salt & pepper**, sprinkle w 1/2 **cup shredded Monterey jack cheese** & serve.

Bacon? You're eating **bacon?**

Get over it!
There's just enough for the flavor!
The dish is **low-fat!**



Good with
whole wheat
garlic bread
4-6 serving.

Each serving has:
407 Calories
16 gms Protein
4.4 gms Fat
72 grms Carbs
10377 IU Vita A
123 mg. Vita C

Low in fat,
rich in vitamins
and minerals!



Platillo de Vegetales Mezclados con Tocino

estilo Cook Street

1. Saltee **1 tajada de tocino**, hasta que esté dorado. Quite el exceso de grasa en una toalla de papel.
2. Agregue uno por uno, revolviendo la mezcla con cada adición: **4 papas medianas** en cubos, **6 dientes de ajo** peleados y amasados con **poquito de sal**; **un puñado de cebollitas**; **un puñado de zanahorias** rebanadas 1/2", **2 puñados de ejotes**; **1 chile campaña roja** en cubos, **3 jitomates grandes**.
3. Cocine todo hasta que los vegetales estén casi blandos. Agregue **los granos de 2 elotes**, y casi 1/4 **taza de hierbas, picadas** (si quiere).
4. Levante el fuego, cocine 1 minuto más. Agregue **sal y pimienta negra**.
5. Agregue el tocino. Ponga 1/2 **taza de queso Monterey rallado** encima de todo y sírvelo.

The New American Plate

UCCE's
Favorite
Family
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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? *from the American Institute for Cancer Research

I heard it's not 5aday anymore!

Too true- you gotta eat more!

A small amount of your favorite protein-rich food goes here.



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Baked Potato Wedges
Green Salad Tomatoes
WW Roll
Turkey Sausage & Sauerkraut
Pumpkin Custard with Walnuts
All good for Fall

Your favorite fruits, vegetables, beans and whole grains go here.

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? *Del Instituto Americano para Investigaciones sobre el Cáncer



La página para los padres

Agua - fría, clara agua



Todos sabemos que es importante evitar bebidas azucaradas para nosotros y nuestras familias.

¿Sabe usted que el americano ordinario ya toma 50 galones de soda por año? ¡Esto puede hacer hasta 22-libras de peso agregado cada año, también!

Pero, ¿que podemos hacer cuando nuestros hijos lloriquean y nos fastidian por sodas y bebidas deportivas azucaradas?

¿Que podemos decirle al niño que no le gusta el agua?

¿Como podemos persuadirlos de tomar el agua que necesitan?

- Si sus hijos están jugando activamente, sus cuerpos activarán “centros de sed” en el cerebro y tomarán suficiente agua para las necesidades del cuerpo.
- Explique a su niño que el tomar el agua no es para el sabor, pero porque se quita la sed mejor que otro líquido.
- Hable con otros padres y maestros y entrenadores en la escuela. Se ponen de acuerdo en animar todos alumnos de tomar agua u otras bebidas bajas en azúcar, y evitar sodas y bebidas deportivas azucaradas.
- Prepare licuados, aguas frescas y tés fríos de hierbas en casa. Pruebe té de canela o de hojas de limón para un deleite tradicional.

We all know that it's important to avoid sugary drinks for ourselves and our families. Did you know that the average American now drinks 50 gallons of soda a year? That could add up to nearly 22-lbs of added body weight each year, too

But- what can we do when our children whine and nag for sodas and sugary sports drinks? What can we say to a child who doesn't like water? How can we get them to drink the water they need?

- If your children are playing actively, their bodies will activate thirst centers in the brain and they will drink enough water for their body's needs.
- Explain to your child that drinking water is not for the taste, but because it quenches thirst like no other liquid.
- Talk to other parents and the teachers and coaches at your child's school. Agree to encourage all students to drink water or low-sugar beverages and avoid sodas and sugary sports drinks.
- Prepare fruit shakes, fruit-ades and tasty cold herb teas at home. Try cinnamon or lemon leaf teas for a traditional treat.



With some information from Learning for Better Living, Myriam Grajales-Hall, Coordinator, UC Spanish Broadcast & Media Services, and researchers from the Center for Weight & Health, U.C. Berkeley.



The parents' page

Safe Foods for Older Folks?

My kids laughed at me when I said I can't eat sushi or baloney anymore - at my age!

Wait till they get past 50! They'll see that older folks just can't eat those risky foods anymore. Eating smoked salmon and spending a week in bed being deathly ill? Been there- done that - no more for me!



Personas recibiendo le terapia química, los con enfermedades del hígado, los que están HIV+ y los niños pequeños deben tener más cuidado también.

Foods That Older People Should Avoid

To reduce risks of illness from bacteria in food, older people* should not eat:

- Sushi or other forms of raw fish; raw meat or poultry.
- Hot dogs or cold cuts, unless they are reheated until steaming hot.
- Soft cheeses (such as Feta, Brie, Camembert, blue-veined, and Mexican-style cheese) unless they are labeled "made with pasteurized milk".
- Refrigerated meat spreads. You may eat canned meat spreads.
- Smoked fish - unless it's cooked or canned.
- Raw or lightly cooked eggs in salad dressings, cookie dough or cake batter, sauces, and drinks like eggnog. (Foods made from commercially pasteurized eggs are safe to eat.)
- Raw sprouts (alfalfa, clover, and radish)
- Unpasteurized or untreated fruit or vegetable juice (These juices will carry a warning label.)

*(and others who face special risks of illness, like very young children, people with cancer who are undergoing chemotherapy, people with liver disease or who are HIV+)

Info: Center for Food Safety & Applied Nutrition, Dept. of Agriculture, Food Safety & Inspection Service

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Para prevenir intoxicación por alimentos, las personas de mayor edad no deben comer:

Pescados, aves o carnes crudas

perros calientes o fiambres surtidos - a menos que estén recalentados hasta que estén humeantes

quesos frescos;

pasta de carne refrigerado (pasta enlatada es bueno)

pescado humado (cocido o enlatado es bueno)

blanquillos crudos en aderezo, masa de galletas o pasteles, salsas o ponche

brotes de alfalfa

jugos crudos de frutas o de vegetales





**1 person
out of 4
gets no
exercise at
all!**



**Not even
1/2 of us
exercise as
much as we
should,
for
good
health**



Exercise? How much do I really need?

Mucha gente todavía está confundida sobre la cantidad e intensidad del ejercicio físico necesario para mantener la buena salud.

Por eso, el grupo del colegio americano de la medicina deportiva (ACSM) y la asociación del corazón americano (AHA) ha preparado un reporte nuevo para clarificar estas preguntas.

El hecho es: todos adultos saludables entre las edades de 18-65 años necesitan 1/2 hora de actividad moderada 3 veces por semana.

También se necesitan 20 minutos de ejercicios vigorosos 2 veces por semana.

No olvide que para todos- pero especialmente para los que estén mayores de edad - es importante de incluir ejercicios de balance y flexibilidad.

Por cierto, ¡más ejercicios que estos son más beneficios para la salud!

So - exercise is supposed to pep me up! Well - how much exercise? When can I find the time?



Many people are still confused about the amount and intensity of exercise needed for good health.

Because of this, the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) have prepared a new report to clarify these questions.

It's this: all healthy adults between 18-65 years need 1/2 hour of moderate exercise 3 times a week.

They also need 20 minutes of vigorous exercise 2 times a week.

Don't forget that for everyone - but especially older folks - it's important to include balance and flexibility exercises.

OK - on Monday I'll play soccer with the guys at lunch...
On Tuesday, Wednesday & Thursday I'll walk 6 blocks down to the deli- really fast- to get my sandwich...
I guess on Saturday I'll have to beat my brother, shooting hoops....

Only something like running is good for your health! *



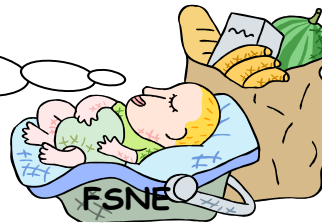
No way! Watering the yard and stuff like that is just as good! *



* both are wrong

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-to-Fall Food Stamp Menus:

Sunday: Grilled Turkey Sausage & Cabbage; Dark Green Salad with 3 kinds of tomatoes, Baked Potato Wedges; Whole Wheat Roll, Pumpkin Custard w/ Walnuts

Monday: Cook Street Garden Stew (page 3), WW Garlic Bread and melon wedges.

Tuesday: (this morning put 3" thick slabs of pork butt in slow cooker w/ ¼ cup chipotle sauce (¼ cup Tabasco Chipotle pepper sauce, 2 TBS ketchup, 3 TBS crushed pineapple in juice, 2 TBS olive oil, 1 tsp pickling salt, ½ tsp ground cumin) & cook while at work. Refrigerate it tonight) **Asian Pork & Green Veg:** over high heat, stir-fry very thinly sliced slivers of pork butt till a little brown; add sliced garlic & ginger & bok choy, cook 1 min; add snow peas, cook 1 min. Stir in sauce (1-TBS ea soy sauce, fish sauce, 1/4 tsp each rice vinegar & sugar), serve over hot brown rice. Pineapple Tapioca Pudding.

Wednesday: Halloween Food: Romaine Dippers w/Low-fat Ranch, Corn & Red Pepper Chowder & Toasted Cheese Sandwiches, Apples, Pumpkin Cupcakes (Take the hardened fat off the chilled cooked pork. Divide in meal-sized portions and freeze-dated & labeled - all but one)

Thursday: Chipotle-Pineapple Pork Wraps (dip pieces of cooked pork in ¼ cup chipotle sauce and heat till sizzling-brown on grill or comal. Grill fresh pineapple spears in same pan till browned. Toss these together with remaining sauce and wrap in very fresh ww flour tortillas); Mexican-Style Coleslaw, Black Beans de la Olla (Rice is an option)

Friday: 3-Bean Casserole over Rice, Fall Fruit Salad, Crusty Bread, Chocolate Dessert.

Saturday: Braised Hunter Chicken Thigh on Polenta, Deep Green Salad, WW Roll, Vanilla Frozen Yogurt with Toasted Nuts

Everyone help! Make "shopping day" a "cooking day" & do basic prep for the week ahead.

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

Plan meals around seasonal foods - let the Farmer's Market guide your food choices!

Learn to use a chef's knife to cut poultry & meat into portions. Save the bones for soup.

It's time to make the switch from eating your vegetables in salads- to eating them in soups. Either way, eat several kinds each day.

Good news! It's 2007 and you can still provide tasty and nutritious meals to your family on a food stamp budget. Plan you 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.

