



Favorite Family Food

Volume VII, Issue V May-Jun 2008



Saving Your Green



¿Como puede estrecharse su dólar en estos tiempos agobiantes?

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How can you stretch your dollar now that times are tough?

Use your car as little as possible. Instead: car-pool, take the bus, ride your bike or walk.

Make and use your own inexpensive (and less toxic) cleaners around the house. "How to" is on page 5 at the link below.

Make your own fun: gather with friends and family to enjoy a movie night at home. Share inexpensive rented DVDs and potluck snacks.

Save \$\$\$ on food by being smart about nutrition and eating humble but healthful foods. Some of you already know all the tricks: beans, rice and vegetables are inexpensive basics for good health. Remember to use dry milk to stretch your dairy dollar, buy day-old bread and prepare baking mixes from scratch.

Meat? Not an everyday necessity for your protein needs. The egg is a complete protein rated as "almost perfect" by the World Health Organization. There's a tasty, filling & easy egg supper in the sidebar on page 2. Enjoy!

Use su carro lo menos que sea posible. En vez del carro: comparte el paseo; use el autobús, ande por bicicleta o ande a pie.

Haga y use sus propios productos baratos de limpieza en su casa. Estos son menos tóxicos, también. El "como se puede" está en página 6 en la conexión abajo.

Haga su propias diversiones: júntense con familia y amigos para disfrutar una noche de películas en casa. Comparte DVDs de renta y bocadillos de cada invitado que trae un plato.

Ahorre \$\$\$ con sus comidas al hacerse inteligente sobre la nutrición, y el comer de alimentos humildes. Mucho de ustedes saben todos estos trucos : 1. frijoles, arroz y legumbres formen una base barato de buena salud.

2. Recuerde que usar leche en polvo por estrechar su dinero para productos lácteos; 3. compre pan de ayer en descuento; y 4 prepare mezclas para hornear en casa.

5. ¿La carne? No es necesario comerla cada día para obtener suficiente proteína. El blanquillo es proteína completa, de alta calidad - según la Organización de Salud Mundial. Hay una receta para una cena de blanquillos al lado de la página 6.

¡Desfrútela!

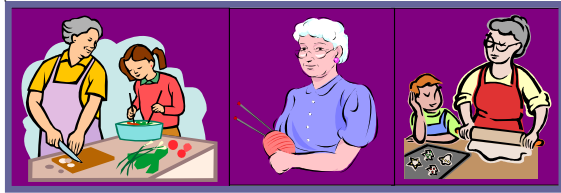


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HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

Aun cuando es la primavera y el aire está templado, todavía pueden oírse bastante de toses en el trabajo y la escuela. Muchas abuelas hacían sus propios jarabes para la tos en los días de antaño.

Sus jarabes usualmente contenían jugo de limón y miel, con posiblemente una adición de licores. Después de una cucharada grande de esto, el niño se acurrucaba en la cama con crema mentolada froteada en el pecho, y disfrutando un sueño más tranquilo.

Reportes recientes confirme que la abuela tenía razón -¡otra vez! "La miel fue más efectiva que DM en mejorar las síntomas de la tos nocturna..... según una investigación de 105 jóvenes de edades 2-18 años"*. (¿Qué es 'DM'? Es la medicina más común que se puede comprar sin receta para la tos)

La Academia Americana de Paediatrics *no* apoya el uso de DM para tratar las toses en los niños.

Sin embargo, la Organización de Salud del Mundo -sí- considere el miel como un tratamiento para las toses en los niños. Bebés menores de 12 meses deben evitar la miel, pero ofrézcala a su niño mayor cuando empiece a tocer.

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

Even though it's spring and the weather is warm, there are plenty of coughs still to be heard at work and at school. Many grandmothers made their own cough remedies in the Old Days.



Grandma's cough syrup usually contained lemon juice and honey, with maybe an addition of spirits. After a big spoonful, the child snuggled in bed with mentholated cream rubbed onto her chest and enjoyed a more restful sleep.

Recent reports show that Grandma was right - again! "Honey was more effective than DM in easing nocturnal cough symptoms...according to a study of 105 youths age 2-18 years"*. (What is "DM"? It's the most common over the counter cough medicine.) The American Academy of Pediatrics does *not* support the use of DM to treat coughs in children.

However the World Health Organization *does* see honey as a potential treatment for coughs. Babies younger than 12 months should not have honey, but go ahead and offer it to your older child when coughing starts.

*(Nutrition Perspectives, Volume 33, Issue 1, Dept of Nutrition, Cooperative Extension and Center for Health and Nutrition Research, UC Davis)

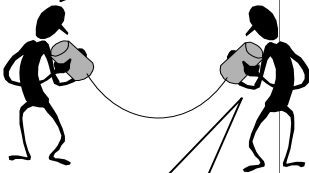
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An easy egg supper:

1. Scrub 6 potatoes well; boil in lightly salted water till soft.
2. Mash potatoes w/6 pats margarine, adding ½-cup hot 1% milk bit by bit. Season to taste with salt & pepper. Add a little hot water if you want a lighter mixture.
3. Put mashed potatoes into a lightly greased baking dish. Use the back of a soup spoon to form 6 little nests in the potatoes, each just large enough to hold an egg.
4. Carefully break an egg into each nest. Sprinkle all with chopped parsley. Cover dish & bake at 350 F till eggs are well-cooked. Serve immediately with sliced oranges and cooked greens (Beet greens cooked in olive oil with garlic are delicious). Oatmeal raisin cookies and milk are a great finish to the meal.



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



I know -
I know!

Adventurous
Grown-up
Modifications
for the Hot Dog:

Serve with:

Hot Corn Relish
(fresh corn
kernels, chopped green
onions
& red bell peppers,
cooked in a skillet -
or grill the corn &
cut off the kernels)

Heirloom Tomatoes
(chopped & mixed
w/mozzarella &
fresh basil or feta &
fresh thyme)

Caramelized Shallots



COOKING with YOUR CHILD

Sooner or later you'll hear "I want a hot dog!" When baseball season starts, even I hanker for a frank. Many children love hot dogs so much, they like to just grab them out of the package in the fridge and eat them cold.



That's not allowed! The risk of "food poisoning" is too great, from such bacteria as Listeria, that continues to grow and thrive in cold temperatures. (<http://en.wikipedia.org/wiki/Listeria>) We can put the franks in the microwave for a minute, and then allow the children to eat them when they've cooled to room temperature.

"But hot dogs are pure fat!" says a friend "You can't eat *those* if you're trying to stay healthy!"

It's true, a regular 2-ounce hot dog has fully 16 grams of fat - but these days, there are plenty of more healthful alternatives, and they even taste great! There are at least nine brands that make dogs with no more than 2 grams of fat- and yet they are juicy and delicious.

Although the University of California doesn't endorse any products, here's a handful of choices *to get you started looking at labels* (no endorsement by UC is implied or intended):

Healthy Choice Beef Franks, Healthy Choice Franks, Ball Part Fat Free Franks or Fat Free Beef Franks, Oscar Meyer Free Hot Dogs, and Hebrew National 97% Fat Free Beef Franks. Heard enough? Get out there and look in the deli-case for your favorite brand- look to see that there are no more than 2 grams of fat per serving, and you're set.

At our house, we don't eat hot dogs very often, so when we do, we go all out with the fixings. Find some tasty whole wheat buns, grab red onions, pickles, relish, sauerkraut, cheddar cheese for grating, a couple of kinds of mustard - and plenty of other fresh veggies and fruits for side dishes - and you're ready.

- A grown-up should do the grilling, and the children can put all the fixings in bowls or on plates.
- Ranch Beans and Coleslaw are good side dishes- let the young ones toss the cabbage in home-made dressing
- Young chefs can arrange carrot and celery sticks, slightly blanched broccoli florets, * radishes and olives to make a nice vegetable platter.
- A platter of melon slices and berries will make a great dessert, especially if served à la mode with a scoop of low-fat vanilla frozen yogurt.

A balmy spring evening, the ball game on the radio and the family in the back yard enjoying their grilled hot dog supper - does it get any better than this?

(* adult to blanch 30 seconds in boiling water to set the color)

The New American Plate

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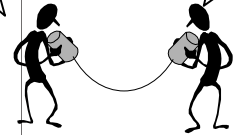
The New American Plate* Two thirds of this plate is full of foods from plants. The rest of the plate has a small portion of a protein-rich food of animal origin.

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!

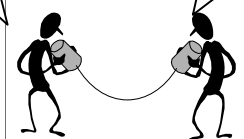
Too true- you gotta eat more!



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Mo' bettah!
Well - is 9 enough?

Sure- 9 is FINE!



El Nuevo Plato Americano* Dos terceros de este plato está 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





Niños en el Centro de Desarrollo Infantil de Hartnell, con planta de jitomates en su jardín

Salsa "Ranch" para las vegetales del jardín-

Combine:

1 ½ tazas crema, baja en grasa

½ taza mayonesa, baja en grasa

1 paquete de "Ranch Dressing" mezcla

Come con rábanos, zanahorias, opio, hojas de lechuga romanía



La página para los padres

Un Jardín Familiar

¿Quiere usted ahorrar dinero para su cuenta de alimentos?

¿Quiere usted comer frutas y legumbres muy frescas, nutritivas y deliciosas?

¿Quiere usted disfrutar una actividad que le permite a sus niños aprender habilidades nuevas y vincular más a la familia?

Plante un jardín familiar.

- Plante alimentos que les gustan a sus niños. Niños menores comerán ejotes, chícharos y zanahorias del jardín, aunque no las coman en la cena.
- Por supuesto, todos los niños les encantan regar. Anime a sus niños que ayuden con los otros quehaceres del jardín de plantar, desyerbar y cosechar - pero en primer lugar, no insiste que ellos continúen con estas tareas cuando pierdan interés.

Usted quiere que ellos tengan muchas ganas de jardinear como una cosa divertida para hacer en el verano.

- A los niños se encanta resultados rápidos, así empiece con rábanos y caléndulas.

Plante una casita de jugar comible -

Rodeé una parcela de tierra de 6 pies en cada lado con una mezcla de maíz y girasoles altas.

Mientras crecen las plantas, doble juntas las tapas de los girasoles y amárrelas con mecate sin apretar.

Llene los "muros" con elotes o jitomates chicas arrodriadas. Tarde en agosto, su niño tendrá un "lugar secreto" en el jardín.



¿No tiene un lugar para un jardín?



- Use cubetas de 5-galones con agujeros en el fondo por drenaje. Ejotes pueden crecer en estos, o jitomates, fresas o calabacitas.

- Hojas verdes para ensalada pueden crecer en una jarrita de plástico para leche- de un galón, con la tapa quitada.

¿Y otra cosa que crece en un jardín familiar? Recuerdos felices.

The parents' page a family garden

Want to save money on your food bill?

Eat very fresh, nutritious and delicious fruits and vegetables?

Enjoy an activity that allows your children to learn new skills *and* brings the family closer together?

Plant a family garden.

- Plant foods your children like to eat. Young children will eat beans, peas and carrots right from the garden, even if they might not eat them at the dinner table.
- Of course, all children love to water! Encourage your children to help with the other garden chores of planting, weeding and picking - but at first, don't insist they stick with these tasks when their attention wanders.

You want them to look forward to gardening as a fun thing to do in the summer.

- Children love quick results, so start with marigolds and radishes.

Plant an edible playhouse

- Surround a 6-foot square plot of ground with a mix of tall sunflowers and corn.
- As the plants grow, bend the sunflower tops together and tie loosely with twine.
- Fill in the "walls" with bush beans or staked cherry tomatoes. In late August, your child will have a "secret place" in the garden.

No space for a garden?

- Use 5-gallon buckets with holes punched in the bottom for drainage. Tomatoes can grow in these, or beans, strawberries or squash.
- Salad greens can grow in a gallon-sized milk jug with the top cut off.

The other thing that grows in a family garden? Happy memories.

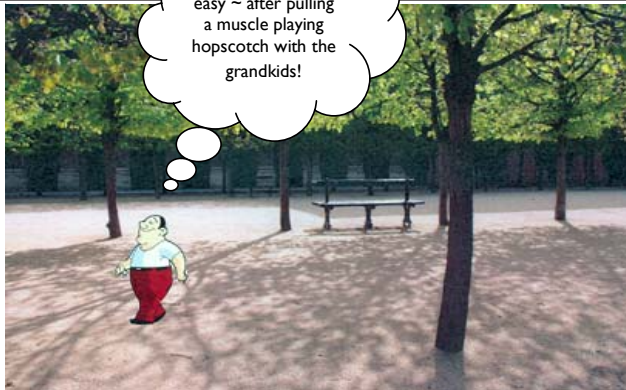


Una Cena de Blanquillos

1. Cocine 6 papas en agua hirviendo hasta que estén blandas.
2. Macháquelas junto con 6 pedacitos de margarina. Agregue $\frac{1}{2}$ taza de leche, poco a poco, y sazónela con sal y pimienta negra a su gusto.
3. Póngala en una casuela engrasada. Con el dorso de una cuchara, forme 6 huecos de tamaños suficientes para que quepa un blanquillo en cada uno.
4. Rompe con cuidado 6 blanquillos sobre los huecos. Espolvorée con perejil. Cubre la casuela y hornéela a 350 F hasta que cuajen las claras. Sirva enseguida.



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Just a walk in the park...

Al envejecer, hay que tener más cuidado, tomar las cosas con calma y poner atención a las cosas de las cuales no pensábamos cuando éramos más joven.

Por seguro, necesitamos suficiente actividad física para mantener nuestra salud y prevenir enfermedades crónicas. Posiblemente requerimos ser hasta más activos si tratamos de perder peso excesivo - pero esto no significa que debemos saltar directamente en esfuerzo extenuante después de una vida sedentaria. ¡Ay! (¿Tele-adicto? Mejor de chequear con su doctor, antes de algo nuevo.)

Como el policía dijo al bandido "No hagas movimientos súbitos". En vez de esto, sea como nuestra Feliz Hombre Andando - tome un paseo en la parque, para empezar.

Balancee los brazos, disfrute el aire de la primavera y ande con brío. Después de más o menos 10 minutos, notará que naturalmente está apretando su paso. Respire hondo. Cuando empiece a sudar, ande por 20 minutos más, entonces afloje el paso cuando regrese a la casa. "Hágalo suavemente" es la manera de hacerlo.

As we get older, we have to be more careful, take it easy and pay attention to things that were of no concern when we were younger.

We certainly need plenty of physical activity to stay healthy and prevent chronic disease. We may have to be even more active if we're trying to lose excess weight - but this does *not* mean we should leap directly into strenuous exertion after being fairly sedentary. Ouch! (Couch potato? Better check with the doctor first.)

As the sheriff said to the outlaw "Don't make any sudden moves". Instead, be like our Happy Walking Man - take a walk in the park, for starters.

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! Easy does it.

Atención asadores - ¡La estación de las parillas nos acerca!

Por favor recuerde:

Mantengan fríos los alimentos fríos. Descongele carnes y pollos en el refrigerador. Use un termómetro por asegurarse si la carne está bien cocida.

Lave las manos antes de tocar los alimentos. Limpie bien superficies, tablas de cortar, cuchillos y otros utensilios.

Gracias - de mi, y de su familia y invitados.



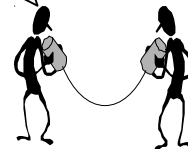
The Last Word

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



BBQ season is here! What about food safety tips?

Next issue!



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!

Plan on pasta once a week. - Just sauté whatever you have - leftover bits or garden vegetables - in a little olive oil, with garlic, black pepper & chopped herbs. If this isn't enough liquid, add a little chicken broth. Toss sauce w/hot pasta and grated parmesan. **A family pleaser!**



The USDA Food Stamp Program

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

What'll We Have For Dinner?

Spring Food Stamp Menus:

Sunday: For Mother's Day: (Oven)-Fried Chicken Salad (arrange strips of oven-fried chicken over chunky-cut Romaine, tomatoes, thin-sliced red onion, dried cranberries and toasted pumpkin seeds. Toss with Herb-buttermilk Dressing), Mini-corn muffins (fold fresh corn kernels into the batter) and Strawberry Shortcake (use low-fat whipped topping or frozen yogurt)

For Father's Day: A Taquiza: include Carnitas, black Beans, Grilled Cod; Tomato-Chipotle Salsa, Chorizo/Potato mix, Guacamole, Salsa Fresca, Low-fat Sour Cream, Grated cheese, Spicy Chicken/Mexican Coleslaw mix (dress shredded cabbage with light mayo & sour cream, mint & lime juice), lots of fresh tortillas de maíz and a Santa Rosa Plum Tart with Low-fat Cinnamon Ice cream.

Monday: Pork Skillet supper (Stir-fry Diced potatoes; when browned add thin slices of pork loin, then onions & shredded cabbage), Broccoli, Oatmeal Raisin Cookie

Tuesday: Albondigas (Meatball soup w/ cabbage, radishes, lemon wedges & cilantro), tortillas de maíz, Flan w/baked grapefruit segments

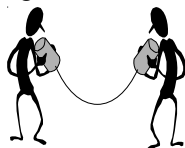
Wednesday: Egg Supper (see sidebars on pages 2 & 6); Asparagus, Strawberries

Thursday: Pasta Primavera (w/beans, peas, & carrots from the Family Garden), Garlic Bread, Fruit Salad

Friday: Baked Cod (in foil packets w/thin slices of red bell, lemon, onion, a little salt & pepper); Texas Brown Basmati Rice, Deep Green Salad w/Veggies, Lemon Tapioca

Saturday: Hot Dog Party! See page 3

Baked Grapefruit?
That sounds gross!



Well, it's not! Grapefruit is in season and pretty tasty. You just toss the sections in a little brown sugar and let them bake alongside the flan- it's yummy!

It's 2008 - and it's really great that you can STILL provide tasty and nutritious meals to your family on a food stamp budget. EBT cards make shopping even easier and help you to buy fresh local foods at many farmers' markets as well. Avoid using packaged and convenience foods. Work to improve your cooking skills, because the secret to economical meals is that they are prepared in the home. Plan your meals on weekly store specials and seasonal foods - your family will eat well.

Share meal planning, shopping and food preparation as a family - you'll pass along life skills to your children, save money and make happy memories for everyone.