



# Favorite Family Food

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## Making a Pledge for Change

En estos días en nuestro país, la palabra es “el cambio”. Tenemos buenas intenciones para cambiar nuestras vidas a lo mejor.

Pero, algunas veces nuestros hábitos malos nos agarran nuestros de los pies y nos debilitan. Debemos dominar nuestras dudas.

Durante tiempos difíciles, hay muchas áreas de la vida en donde no tenemos poder ~ pero, sí~ tenemos poder sobre nuestros hábitos de comer y de hacer ejercicio.

Y si tenemos buena salud y habilidades físicas, estamos listos para cualquier cosa que nos dé la Vida.

Todos juntos, empezamos la jornada a mejor salud en pasos chicos.

Comemos el brócoli en vez de papitas ~ comemos nomás 2 o3 tortillas con la cena ~ cada día caminamos juntos por una hora.

Sí-, podemos ~ nos podemos cambiar.

These days in our country, the word is “change”. We have good intentions to change our lives for the better.

But, our bad habits grab us by the feet and drag us down! We must overcome our doubts.

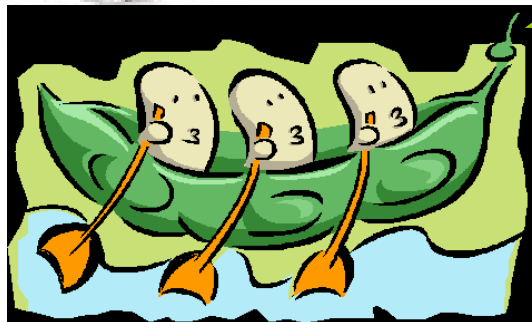
In difficult times, there are many areas of life over which we have no control ~ but, yes ~ we do have control over our eating habits and level of physical exercise.

And if we have good health and fitness we are more ready for whatever life throws at us.

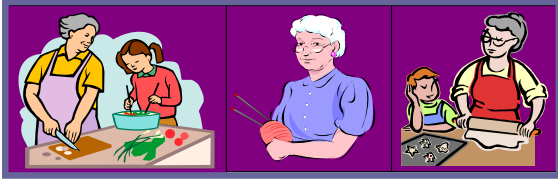
All together, we begin the journey to good health, in small steps.

We eat broccoli instead of chips, or less bread with our dinner ~ each day we walk together for an hour.

Yes we can ~ we can change.



**Make Your Pledge ~ Come On, Just Say ~ I'll Eat my Veggies, Every Day!**



## HABLAN LAS ABUELITAS

UCCE's  
Favorite  
Family  
Food  
2

### Croquetas de Atún

1. Cueza **2 papas chicas**, pélelas y prénselas hasta lograr un puré.
2. Mezcle el puré con **1 lata de atún enjuagado, 1 cucharada de perejil molido y 1 blanquillo**. Agregue el **jugo de 1 limón y un poco de sal y pimienta**, y **suficiente pan molido** para que la mezcla pueda mantener forma.
3. Forme las croquetas y revuélquelas en pan molido.
4. Ponga **1-2 cucharadas de aceite de olivo** en un sartén para galletas. Ponga las croquetas en el sartén. Hornéelas en un horno caliente (400°F) por 20-30 minutos, revolviendo una vez hasta que estén doradas.
5. Sírvalas con un trozo de limón y una ensalada - o, como hamburguesa. ¡Yum!



"Este dicho es de mucho Valor..."

## Como ser avaro con el agua

Mi abuelita salvaba el agua usada por limpiar las verduras - y entonces la ponía en las violetas Africanas en la repisa de la ventana. Ella fue una persona de sabiduría y fue prudente salvando el agua, justo como fue prudente sobre muchas cosas.

Aquí en California ~ aunque ha llovido por un rato, todavía estamos en una sequía, según el gobernador. Una mujer en la televisión avisa que "instale cubierta en sus piscinas y bañeras"... ¡Tengo que reírme! Pero Abuelita tenía algunas ideas buenas.

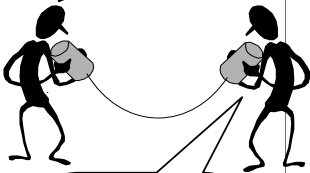
Aquí están sus avisos:

1. Acumule el agua, como Abuelita, y úsela para regar plantas. Agua de limpiar de las verduras; agua de la botella de agua caliente; el agua fría del grifo mientras esperan el agua caliente llegar en la fregadero ~ hasta el agua vieja y sucia de la pecera.
2. Cheque las pipas del agua en su casa para aguajeros.
3. Tome una ducha más corta o un baño más poco profundo (4 pulgadas del agua puede servir)
4. Apague el agua mientras limpie los dientes o rasurar.
5. Cubre con mantillo las bases de las plantas para salvar agua en la tierra,
6. Convierte en abono la basura de alimentos en vez de usar el triturador de basura.
7. Limpia los platillos a mano.

*Pues, esto no es de la Abuela, pero es importante. Aprenda como leer su contador del agua - entonces puede calcular hasta cuanto cantidad de agua se necesita para casi todos, desde lavar la ropa hasta tomar duchas. Mire la parte a la derecha de las esferas en el contador ~ este es una medida en porcentaje de 748 galones. Así, si usted usa .05 para una carga en la lavandería, eso es 40 galones. Ahora sabrá justo cuanto agua su adolescente ha usado en su ducha de media hora.*

*Y si gana en la lotería, piense de comprar una lavadora con la puerta en frente ~ esta puede limpiar una carga de ropa sucia con tan menos que 18 galones de agua, comparado a 40 galones por una con la puerta en la tapa. ¡Qué gran diferencia!*

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



I know -  
I know!

## COOKING with YOUR CHILD



# Classic Twice-Baked Potatoes

If you can find a chilly day in March or April, put Twice -Baked Potatoes on the menu for supper. Preparing and eating these potatoes really appeals to children!

You can serve them with a selection of Spring Green Veggies for a meatless meal, or use red potatoes and make 'em minis to accompany Roast Chicken with a green salad. Either way, they are tops on any list of comfort foods and an easy-do favorite that is sure to please. For 4:

**(An adult should do the steps in bold type, below)**

Each potato  
has

317 calories

8 grams  
protein

26 mg vita. C

only 26% fat

and has 5  
grams of fiber

(the kind that  
helps you stay  
regular).



1. Scrub well 4 medium russet potatoes
2. Stick the potatoes a couple of times with a fork (and be sure to explain that this keeps the steam from building up inside the potatoes and exploding them all over the inside of the oven!)
3. Bake at 400F until done (until a knife goes in easily)
4. Remove from oven and cool slightly. Reduce oven temperature to 375F. Hold each potato in a hot pad while you are doing the next step.
5. **While still pretty warm, cut a "lid" off the top of the potato** (big enough so that the insides can be scraped out, but so that you end up with a nice sized potato "boat" )
6. Scrape the potato insides into a bowl and mash well with a fork or potato masher.
7. Add black pepper to taste, a little salt, 3-4 pats un-salted butter, ¼ cup grated sharp cheddar cheese and 1/3-cup low-fat sour cream.
8. Stir in 1 green onion, **minced fine**.
9. Spoon the filling back into the potato boats, sprinkle with a little more grated cheese, and top lightly with potato lids.
10. Bake filled potatoes about 20 minutes, or until filling is hot and cheese is melted. Enjoy!

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

# How to be a water miser



Grandma used to save the water she used washing vegetables, and put it on the African violets in the windowsill. She was wise about saving water, just as she was wise about so many things.

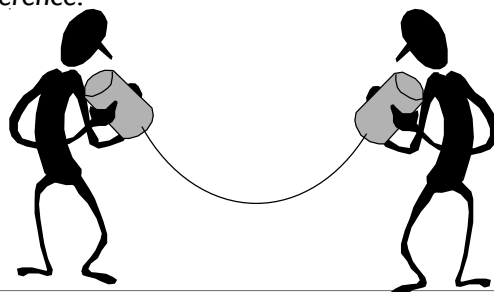
Here in California ~ even though it's been raining for awhile ~ we are still in a drought, according to our governor. A lady on television advises "install covers on your pool or spa...". That makes me laugh! But Grandma had some good ideas.

Here are her tips:

1. Collect water, as Grandma did, and use it to water plants. Vegetable washing water, water drained from the hot water bottle, the cold water from the tap while waiting for the hot to get to the sink ~ even the old water from the fish tank when it is cleaned.
2. Check the water lines in the house for leaks.
3. Take shorter showers or shallower baths (4" of water will do the trick)
4. Turn off the water while shaving or brushing teeth.
5. Mulch around the base of outdoor plants to save moisture in the ground.
6. Compost food waste instead of using the garbage disposal.
7. Wash dishes by hand.

*Now, this one's not from Grandma, but it's important. Learn how to read your water meter and then you can figure out just how much water it takes for pretty much everything, from laundry to showers. Look at the far right part of the dials in the meter- that is a % (percent) of 748 gallons. So, if you use .05 for a load of laundry, that's 40 gallons. Now you'll know just how much water your teen has used in his/her half-hour shower...*

*And if you win the lottery, think about getting a front-loading clothes washer- they can clean a load of clothes in as little as 18 gallons of water, compared to about 40 gallons for a top loader. Big difference.*



## Tuna Croquettes

1. Mix **1 can drained light chunk tuna** with **1 whole egg, 2 small cooked & mashed potatoes** (you can cook these the night before), **1-TBS chopped parsley**.
2. Add **juice of 1 lemon, a couple shakes of salt and pepper** and enough **bread crumbs** so that the mix can hold its shape.
3. Form into patties and coat the outsides with more bread crumbs (up to 1/3 cup).
4. Grease a cooky sheet with olive oil and place the tuna burgers on it. Cook in a hot (400°F) oven for 20-30 minutes, turning once so they brown evenly.
5. Serve with lemon wedges and a salad. Or on a bun, with tartar sauce. Yum!



# La página para los padres

## Evite la Salmonelosis

La salmonelosis es una intoxicación con alimentos causada por la bacteria salmonella. Esta crece en productos animales como carnes crudas o parcialmente cocinadas, aves, y blanquillos.

Crece también en quesos y leche bronca o sin pasteurizar. Ahora sabemos que otros alimentos pueden ser contaminados con esta bacteria ~ alimentos como chiles y otras verduras ~ o crema de cacahuate.

Las bacterias pasan a los alimentos a través de manos sin lavar o superficies de trabajo sucias. Los niños pequeños y los ancianos corren más riesgo de contraer salmonelosis, pero es fácil evitarla.

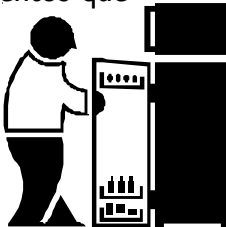
### Evite las bacterias:

**Siempre** lávase las manos con agua caliente ya jabón ~ antes ~ mientras ~ y después de tocar alimentos



Lave todos los cuchillos, tablas de cortar y mesas con agua caliente y jabón. No deje que la carne o aves crudas ~ o sus jugos ~ toquen carne cocinada u otros alimentos.

No descongele alimentos sobre la mesa de la cocina. Descongele los alimentos que están congelados en el refrigerador. Refrigere todos los alimentos cocinados en recipientes poco profundos dentro de dos horas después de haberlos cocinado.



### SINTOMAS DE SALMONELOSIS

Ocurren entre 6 y 48 horas después de comer. Pueden durar de 2 a 7 días.

Fiebre intermitente  
Náusea y mareo  
Retortijones  
Fiebre leve  
Diarrea  
Vómito

Cocine todos los alimentos completamente. Haga hervir las salsas y aderezos.



# Preventing Salmonellosis

Salmonellosis is a food poisoning. It is caused by bacteria known as *salmonella*. These bacteria grow on animal products such as raw and undercooked meats, poultry and eggs.

Bacteria also grow on unpasteurized or raw milk and cheese. Now we know that other foods can be contaminated with this bacteria- foods like chiles and other vegetables - and peanut butter.

The bacteria spread to cooked foods by unwashed hands and dirty surfaces. Small children and the elderly are at high risk for salmonellosis. But it is easy to prevent .

“There is no way to tell if a product is associated with a recall before the contamination is identified and the recall is traced.

People have to listen to the news, read newspapers, and follow health advisories.” said Christine M. Bruhn, PhD, Director, Center for Consumer Research University of California,

## Avoiding Bacteria:

**Always** wash hands with soap and hot water ~ before, during and after handling food.



Wash all knives, cutting boards and counter tops with hot, soapy water. Do not let raw meat and poultry, or their juices touch cooked meat or any other food.

Do not thaw foods on the kitchen counter. Thaw frozen foods in therefrigerator.

Refrigerateall cooked foods in shallow containers within 2 hours after cooking.

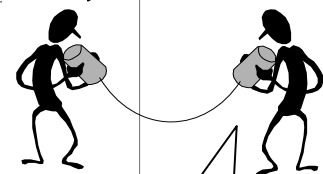


## SALMONELLOSIS SYMPTOMS

Occur 6 to 48 hours after eating. They may last 2 to 7 days.

Nausea and dizziness  
Stomach cramps  
Mild fever  
Vomiting  
Diarrhea  
Chills

What I want to know is how do I tell if my peanut butter crackers are OK to eat?



Hmmm, good point ~ I'll get back to you on that!

Cook all foods thoroughly. Bring sauces and gravies to a rolling boil.



Thanks to Myriam Grajales-Hall & español/ucanr.org



# Would you walk to work if you could?

Walking, biking, skating ~ what's your favorite? These are all great ways to exercise, so go ahead ~ get out there. It's spring, and the outdoors is calling.

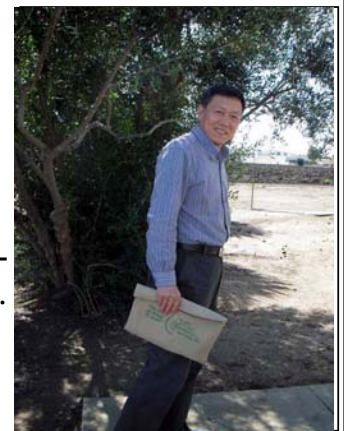
Maybe it's hard to find the time to exercise and enjoy yourself. It helps if you live in a place that can be called a *walk-able community*.

What's that mean? Can you walk to the grocery store? To church? To school? Can you walk to a restaurant, a theater, a library, a park, a bookstore, a pharmacy and a clothing store? If you answered "yes", your community is very walk-able.

Here is Jian Bi, the new entomologist at U.C. Cooperative Extension in Monterey County. He recently moved to Salinas from southern California. He says "I used to walk to work. Walking is a good exercise. When I moved here to Salinas, I looked for a house nearby. I was lucky and found a nice place only a little more than 1 mile from work.

I enjoy the exercise and fresh air every day".

Perhaps you can't really walk to work ~ but if you live in a walk-able community, you can live the rest of your life *a pié* (on foot). You can stroll to the movies or the park ~ even push a market cart to the grocery store. To see how walk -able your home community may be, go here: <http://www.walkscore.com/>



走路很爽!

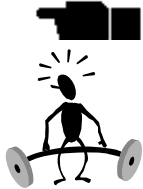
Caminar, andar por bicicleta , patinar ~ ¿Cual es su favorita?

Estos son buenos modos de hacer ejercicio, así ándale pues ~ váyase afuera. Es la primavera, y el aire libre nos llama. Quizás está difícil encontrar las horas para hacer ejercicio y disfrutar de la vida. Es más fácil si usted vive en una *walkable community*.

¿Qué significa esto? ¿Puede andar a la tienda de abarrotes? ¿A la iglesia? ¿A la escuela? ¿Puede caminar a una restaurante, o un teatro ~ una biblioteca o un parque; una farmacia o una casa de modas? Si usted responde "sí", su comunidad está muy *walkable*.

Aquí está Jianlong Bi, el entomólogo nuevo en la Extensión Cooperativa de la Universidad de California aquí en el condado de Monterey. Recién se mudó a Salinas de California del sur. El dice: "En Riverside, siempre estaban muy ocupados - demasiado ocupados para tener el tiempo para hacer ejercicio. Así cuando me mudé aquí en Salinas con mi familia, busqué una casa cercana. Fuimos afortunados y ¡encontramos a una casa linda nomás una milla desde mi trabajo! Ahora yo camino al trabajo. Hago ejercicio y disfruto el aire libre cada día."

Posiblemente usted no puede andar al trabajo ~ pero si vive en una *walkable community*, puede vivir el resto de su vida a pié. Puede dar un paseo al cine o al parque ~ aunque empuje un carrito al mercado. Para ver si su comunidad es *walkable*, cheque este sitio web: <http://www.walkscore.com/>



# The Last Word

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

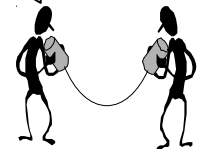
I just have to have a chocolate dessert at least once a week!

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?

## Spring Food Stamp Menus:

**Sunday: Rubbed Roast Chicken** (Roast an extra chicken, plain, for later in week). Risi-Bisi (rice with green peas and red bell peppers). Whole Wheat Roll or tortilla. Carrot Slaw with Raisins and Crushed Pineapple. Brownie Pudding.

**Monday: BBQ Beef Sandwich Rolls** (on-sale beef roast in slow cooker - add BBQ sauce), Baked Sweet Potato Wedges. Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes. Tropical Fruit Cup (banana, pineapple, orange, sprinkle of sliced almonds)

**Tuesday: Two-Bean Turkey Chili** with Masa Harina (your favorite chili recipe, made with turkey and both kidney and pinto beans. Season well. Cook in slow cooker. 1 hour before serving, stir in 1 TBS Masa Harina and cook on high till dinnertime. This thickens the chili and adds a delicious Latino flavor). Cheesy Jalapeño Cornbread. Carrot Sticks with Low-fat Ranch. Warm Strawberry-Rhubarb Crisp w/Custard Sauce.

**Wednesday: Soft Chicken Tacos** (heat chicken -cooked ahead on Sun- to 165F. Add salsa, shredded cabbage, whole cooked beans, a sprinkle of grated cheese). "Spanish Rice". Sliced Oranges. Banana-Tapioca Pudding.

**Thursday: Monterey Montechristo Sandwiches** (Put thin-sliced ham and sharp cheese between slices of whole wheat bread. Dip in egg batter - like for French Toast - and bake in 375°F oven on lightly greased cookie sheet for about 30 minutes, turning once so sandwich browns nicely). Green chile salsa. Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes. Homemade Oatmeal Cooky.

**Friday: Tuna Croquettes (p2 & p5)** . Mashed Potatoes (russets & sweets). Steamed fresh Asparagus (when on sale- or from someone you know). Strawberries with yogurt sauce (use vanilla yogurt or lightly sweeten plain yogurt with brown sugar)

**Saturday: Slow-cooked pinto Beans.** Spanish (brown) Rice. Fresh whole wheat tortillas. Salsa Fresca. Calabacitas (zucchini) sprinkled with cheese. Flan (Use fat free condensed milk).

## 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. - A family pleaser!**

**Time to eat more of your veggies in soup.**

**EZ:** place clean, chopped vegetables in slow cooker. Just cover w/chicken or veggie broth (canned ok). Cook till veggies soft. Mash 'em up, add evaporated milk, pepper & salt

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