



Cooperative Extension • Monterey County

Favorite Family Food

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Grow Vitamins at Your Kitchen Door



Have you driven down Front Street in Soledad lately? You can see this little *milpa* behind a mobile home in the trailer park there. Tall corn and ripening tomatoes fill every inch between the trailer and the fence. The smart homemaker is **gardening to cut food costs**, just as the USDA recommended in World War II.

You're right if you think food prices are lots higher. Since 2000, the food cost for a family of four has increased by 36%, according to USDA. (Reported by Kevin Fagan in the S.F. Chronicle). This major city newspaper advises **choosing fresh foods instead of packaged convenience foods - buying in bulk - using a shopping list & coupons** to save money. You've read the same advice right here, for years.

Another great way to save cash and enjoy fresh, delicious and nutritious vegetables and fruit is to **grow your own** - shop in your

own back yard. It's the new **Victory Garden**, in style again. No room? Even tomatoes will thrive in five-gallon buckets.

Now is a perfect time to start your bucket garden. Plant spinach, peas, salad greens, carrots and chard for autumn and winter harvest.

In November, when you come home to the savory smell of the vegetable-filled soup in the slow cooker, you'll be glad you have a Victory Garden at your house.

¿Ha pasado por la Calle Front en Soledad recientemente? Puede ver una milpa pequeña detrás de la casa rodante en el parque de caravanas allí. Maz alto y jitomates madurando llenan cada pulgada entre la casa rodante y la cerca.

La residente inteligente está **manteniendo un jardín de legumbres para cortar su costo de alimentos** - como había recomendado el USDA en la guerra mundial.

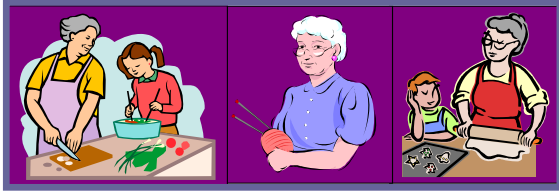
Tiene razón si piensa que los precios de los alimentos están mucho más caros. Desde 2000, el precio de alimentos para una familia de 4 personas ha subido por 36%, según el



USDA (reportado por Kevin Fagan en el San Francisco Chronicle). Este diario de una ciudad importante aconseja **el escoger alimentos frescos en ves de**

(continua en página 6)





HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

Nuestras abuelas se criaron en una edad cuando el lema de la familia era "úselo completamente, gástelo".

Ellos sabían como llevar una casa con poco dinero, y todavía pasar tiempos contentos, juntos en familia. ¿Cuales son algunos de sus secretos?

- Siempre use una espátula para estregar cada último pedazo de crema de cacahuete (mermelada, mayonesa o salsa de jitomates) de un bote, o botella. Usualmente usted puede obtener 3-4 más porciones de un envase con este modo.
- Haga sus propios productos (menos tóxicos) para limpiar de ingredientes baratos como vinagre, polvo para hornear y sal.
- Desenvuelve jabones y pónganlos en una canasta en el baño para secar en el aire antes de usar. Durarán más.
- Use papel encerado (en vez de bolsas de plástico más caras) para envolver sándwiches para las lonches familiares. *(continua en página 6)*



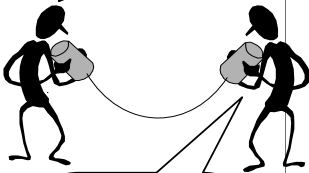
THE GRANDMOTHERS SPEAK... and what they say has value today.

Our grandmothers grew up in a time when the family motto was "Use it up, wear it out, make do or do without". They knew how to manage a household on very little money and still have happy family times together. What are some of their secrets?

- Always use a rubber scraper to get *the very last little bit* of peanut butter (jam, mayonnaise or tomato sauce) out of a jar, can or bottle. You can usually get 3-4 more servings from a container with this practice.
- Make your own, less toxic household cleaners from inexpensive ingredients like baking soda, vinegar and salt. (<http://www.angelfire.com/folk/naturalife/diy.html>)
- Unwrap hand soaps and let them air dry in a pretty basket in the bathroom before using. They will last much longer.
- Use a re-fillable water bottle (stainless steel is cleanest and very inexpensive) and fill it with filtered tap water - instead of buying single-use plastic bottles of water. *(continued on page 6)*



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



I know -
I know!

COOKING with YOUR CHILD



Old Favorite Bread Pudding



The young child tearing up bread ends for pudding is fascinated by the idea. It must seem to her like making “something out of nothing” when the family enjoys this home-style dessert. It is satisfying to use every scrap in the kitchen, especially these days when food costs are so high.

Bread pudding is a nutritious choice - it provides milk, eggs and bread (hopefully half this bread is whole wheat!). It's a comfort food, enjoyed even by someone who might be under the weather.

Your child can make all of this recipe by himself, as you look on (but you'll put it into the oven, for safety's sake).

1. **Measure 1 cup of 2% milk** and pour into a small saucepan. Heat it gently to scald (when fine bubbles appear around the edge of the pan). Let cool somewhat.
2. **Tear bread ends** into small (3/4") pieces. You'll need **4½ cups**. Put them into a bowl. Pour the heated milk over the bread and stir to mix.
3. In another bowl, **beat 3 large eggs** until frothy and lemon-colored. It's nice to use a whisk to do this- then your child can learn a time-honored culinary technique; use his muscles and enjoy a greater feeling of satisfaction.
4. **Add ¾ cup more 2% milk, 3-tsp vanilla, a SCANT ½ cup of sugar** and a **dash of nutmeg** to the eggs and beat to blend very well.
5. **Pour** the egg mix into the bowl with the soaked bread. Add about **1/3 - cup raisins**. A rubber scraper is the right tool to blend all of this together well, and to scrape every last bit into a lightly greased casserole dish.
6. **Put** the dish of bread pudding into a larger pan half-filled with hot water, and put the whole arrangement into a 350 F oven. (The pan of hot water allows the pudding to cook slowly and evenly and will produce a creamier, smoother pudding) **Cook** for 50-60 minutes.
Test for doneness by sticking a table knife into the pudding- if it pulls out clean, the pudding is done. If not, give it a few more minutes.



Enjoy your bread pudding warm. You can eat it plain, or top it with custard sauce, lemon sauce, maple syrup or softened vanilla frozen yogurt.

The New American Plate

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.

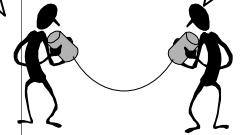
If we practice this way of eating, we're able to prevent a lot of illness and live a healthy life.

What's on **your** plate? *from the American Insitute for Cancer Research

UCCE's
Favorite
Family
Food
4

I heard it's
not 5aday
anymore!

Too true-
you gotta
eat more!



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Fast Food for Fall - No Prep Needed

Almonds, Apples, Carrots, Dried Fruits, Grapes (Red Flame are available) Pears, Peppers (Sweet Red Bells - eat them out of hand for a supercharged vitamin treat), Persimmons (wait till they're soft or your mouth will get puckery). For family fun on the weekend, look for the last wild blackberries in September.



Wait-
where's
the meat?

Oh all
right- you
can have a
turkey
sausage!



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



Pumpkin Pasta

In Mexico, folks often enjoy pieces of pumpkin baked with piloncillo until it is caramelized. This tasty supper dish is based on that idea. You can use pumpkin or butternut squash.

1. Cook (**2½-lbs**) **1-inch cubes of pumpkin in olive oil** without stirring, until brown on one side. Now stir it and cook till brown on all sides.

Add **2-TBS sugar**, **½ cup chicken or veggie broth** and a little **salt and pepper**. Cook till squash is tender, dark brown and glazed, & liquid is gone. (step 1 takes 12-15 minutes). Set aside.

2. In large skillet, sauté **1-TBS minced garlic**, **2-TBS minced green onion**, and **1-TB minced sage**. Remove from heat and stir in **1-tsp lemon juice** and **2-TBS chopped parsley**. Add pumpkin and stir gently.

3. Meanwhile, cook **1-lb fresh pasta** in boiling water. When drained and rinsed, add pasta and 1-cup of the cooking water to the pumpkin mix. Stir gently to blend; serve right away, with grated **parmesan cheese**.

Three Sisters Succotash

Pumpkins are full of Vitamin A, for smooth skin, strong teeth & good vision.

Eating pumpkins might just help you get fewer colds. Try this dish:

1. Put **corn kernels**, **lima beans** and small cubes of **pumpkin** in a saucepan with just a little water. Steam veggies until soft, then season with **pepper**, **salt** and a little **butter**.

2. For a burrito, put veggie mix in a **whole what tortilla**; top with **grated cheese and salsa** and heat in microwave or toaster oven until cheese melts.



Pumpkin Ring Toss

Mark 3-5 pumpkins with scoring points from 30 - 50. Set them out in a course, with the highest scores being the farthest away.

Players get 3 tries to throw a hula hoop over the pumpkins. Add up scores to see who wins.



Just Guess!

Guess the circumference! Write down the guesses- winner gets the pumpkin.

New-Style Treats for a Low-sugar Halloween

Temporary tattoos

·Stickers

·Pencils

·Fancy erasers

·Pencil toppers

·Crayons

·Coins

·Small novelty toys

·Funny False teeth

·Superballs

·“Slime”

·Miniature magnifying glasses

·Plastic jewelry or decoder rings

·Necklaces

·Glow-sticks

·Sugar-free candy

·Tiny decks of cards

·Plastic medals

·Fake money

·Origami paper & instructions

(please make sure there is no LEAD in whatever small treat you hand out to costumed visitors!)



Make a Totem Pole from your decorated pumpkins. This is a great example!



Make a Pumpkin Seed Necklace while seeds are still fresh and soft

1. Wash seeds well; pat dry.
2. String dental floss on a needle - enough to slip easily over your head when looped.
3. Put seeds on a cardboard surface and poke the needle through each one. When necklace is finished, tie off the ends and wear it.

La página para los padres

¿Medicina para colesterol para los niños?

Según pautas nuevas (9 julio) de la Academia Americana de Pediatría, algunos niños tan joven como la edad de 2 puede hacer pruebas del nivel de colesterol.

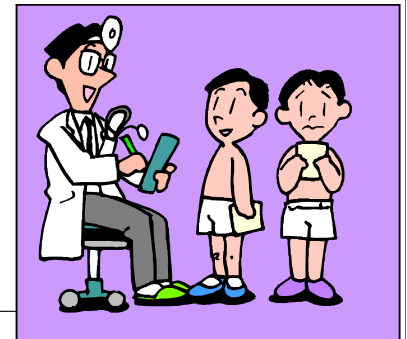
Si el nivel de colesterol “malo” está elevado, el doctor *quizás* recetará una medicina “statin”, como los que están tomando por los adultos.

Estas noticias causan el abrir de los ojos en sorpresa en muchas madres aquí en el condado de Monterey. Una nos dijo: “Para mi hijo, la primera cosa mejor es que hacer seguro que él está comiendo bastante granos integrales, legumbres verdes y frutas. Yo prefiero mantener el salud naturalmente- con el hacer ejercicios y un hábito de comer saludable”. Estamos de acuerdo- y también, los doctores están de acuerdo.

Primeramente: mantenga un modo de vivir saludable en la familia. Entonces,

- si este curso de acción no sirve bien
- si alimentos nutritivos y ejercicios saludables no son suficiente
- y su hijo está obeso
- si hay una historia en la familia de enfermedades de colesterol o de la corazón heredado-

Entonces, es la hora de hablar con el doctor.



Cholesterol medicine for children?

According to new guidelines (7/9/08) from the American Academy of Pediatrics, some children as young as 2 years old should have their blood levels of cholesterol checked.

If the level of LDL “bad” cholesterol is elevated, doctors *may* prescribe a statin medicine, similar to those used by adults.

This news caused many Monterey County moms to widen their eyes in surprise. One told us “For my son, the first best thing is to make sure he is eating plenty of whole grains, green vegetables and fruit. I’d rather use the natural way to good health - with exercise and healthful eating habits”. We agree - and so do pediatric doctors.

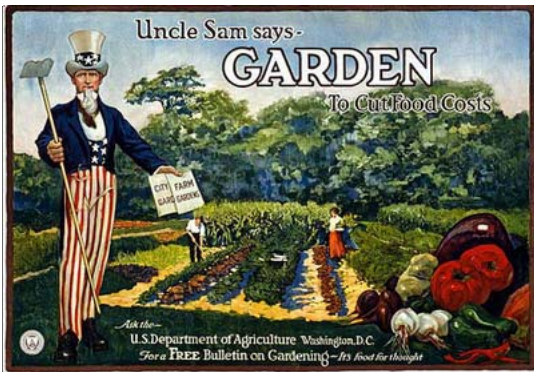
First: maintain a healthful family lifestyle. Then,

- If good food and exercise are not enough
- and your child is obese
- and there’s a family history of inherited cholesterol or heart disease

Then, it’s time to talk to your doctor.

The parents' page





Jardín de Victoria, cont. de P1

... comidas de conveniencia en paquetes - el comprar de alimentos en grandes cantidades - y el usar de una lista y cupones para ahorrar dinero. Ha leído los mismos consejos aquí, por estos algunos últimos años pasados.

Otro modo efectivo de ahorrar dinero y desfrutar legumbres y frutas frescas, deliciosas

y nutritivos es el crecimiento de estos en su propio jardín. Ir de compras en su propio patio. Es el nuevo **Jardín de Victoria**, que está de moda otra vez. ¿No hay espacio? Hasta los jitomates pueden crecer con fuerza en una cubeta de 5 galones.

Ahora es el tiempo perfecto para empezar su jardín en cubetas. Plante espinaca, chícharos, lechugas, zanahorias y acelga para cosecha en otoño y invierno.

En noviembre, cuando regrese a casa y sienta la fragancia sabrosa del caldo de legumbres en la olla que cocina lentamente, se alegrará que tiene un Jardín de Victoria en su casa.



This just in! Monterey County Board of Supervisors issued a proclamation declaring September 2008 as "National Food Safety Education Month" in Monterey County.

Grandmothers, continued. Abuelas, continuadas.

- Use old-fashioned waxed paper instead of expensive sandwich bags to wrap food items for family lunches.
- Prepare family food in the home, including coffee drinks. Keep a thrifty kitchen where nothing is wasted: celery and carrot and onion leaves and peelings accumulate in the freezer with chicken bones until there are enough to make soup. Bread ends are good for croutons, bread crumbs or bread pudding (see p 3)

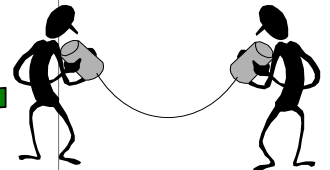
You will be happily surprised to see how much you save by using Grandma's Thrifty Tips.

Se sorprenderá de saber cuantos puede ahorrar, usando estos consejos económicos de las abuelas.

UCCE's
Favorite
Family
Food
6



Guess that means I better learn the right way to wash the veggies from my Victory Garden!



Well, it's not hard: just
- wash them right before you cook or eat them ...
- under running water.
-Scrub them with a brush.
- Don't use antibacterial stuff to wash them, 'cause it leaves an icky film.



Mix clean, slightly sweetened berries with vanilla frozen yogurt

Enjoy fresh berries on your cereal

Mix 2-cups berries with 1-TB flour, a little sugar & a shake of cinnamon.

Put 4 refrigerated biscuits in a lightly greased pan.

Pour the berry mix over them & **bake** at 375 F till bubbly & biscuit dough cooked through. Voila! Cobbler.



A Berry Fun Family Outing

Summer is not complete without going out to pick wild blackberries. What could be better than packing up the family on a beautiful Saturday morning and heading for the nearest berry patch? Berries grow along the sides of many country roads. For many of us on the Central Coast, wild berries are a bike ride or a short hike away.



Hiking to the berry patch, stretching high and reaching low to pick them - it's all a pleasant low-impact way to get some exercise together. "One for the bucket - one for me!" is the traditional way to do it, and when the bucket is full, your lips and hands will be a beautiful purple color.

Blackberries are high in fiber, but it's that purple color itself that is an "anti-oxidant pigment" that may provide protection against diseases. Vitamin C and E, lycopene and *ellagic acid* are some of the protective antioxidants found in blackberries. Some of these are *not* destroyed by heat - so that yummy pie or tasty jam will still provide health benefits.

So ~ put on your long pants and long-sleeved shirt, pack some sandwiches and cold drinks and go out to enjoy yourselves.



El verano no es completo sin ir a recoger moras. ¿Qué está mejor de juntarse con la familia en una mañana bonita de sábado y ir a una parcela de moras más cerca? Las moras crecen al lado de muchos caminos en el campo. Para muchos de nosotros aquí en la Costa Central, moras silvestres no están nomás lejos que una vuelta de bicicleta o una caminata corta.

El andar a la parcela de moras, el estirar por arriba y alcanzar por abajo para recoger las moras - todo esto es un modo agradable y de bajo-impacto de hacer ejercicios juntos. "Una para la cubeta - y una para mí" es el modo tradicional. Cuando la cubeta está llena, sus labios y manos tienen un color hermoso y violeto.

Las moras contienen mucha fibra, pero es el color violeta si mismo que es el "pigmento contra-oxidante" que posiblemente provee protección contra enfermedades. Las Vitaminas C y E, *lycopene* y ácido *ellagic* son algunas de las contra-oxidantes protectivas que se encuentran en las moras. Algunas de estas NO están destruidas por el calor - así su pastel o mermelada deliciosa todavía proveerá beneficios para la salud.

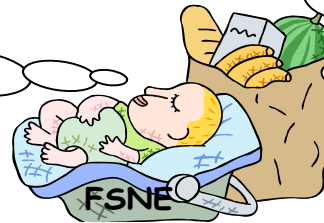
Por eso - póngase sus pantalones largos y su camisa con mangas largas, agarre algunas sándwiches y bebidas frías ~ y vayan a disfrutarse.

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.

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

What'll We Have For Dinner?

Indian Summer Food Stamp Menus:

Sunday: BBQed Santa Maria Tri-Tip (cook double amount, freeze half for Wed din); Pinquitos; Spinach Salad; Roasted Corn, Garlic Bread, Watermelon Slushies, Crumb-Top Peach Pie

Monday: Roast Chicken Leg; Mashed Potatoes with Minced Green Onions; Sautéed Spinach (leftover from Sun?); Sliced Tomatoes, Chilled Red Flame Grapes

Tuesday: Baked Rockfish w/Garlic & Tomato; Rice, Broccoli; Tortilla de maíz or W.W. Roll; Oatmeal Cookie (recipe: <http://ucce.ucdavis.edu/files/filelibrary/1598/1685.PDF>)

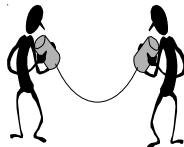
Wednesday: Hot Tri-Tip Sandwich au jus (use nice fresh sandwich rolls. Canned low-sodium beef broth is fine for the "au jus"); Red Pepper & Cabbage Slaw; Baked Wedge Potatoes; Bread Pudding (see page 3)

Thursday: Arroz con Pollo (dust off the slow cooker for this one), Deep Green Salad with lots of Veggies; Tortillas de maíz, Baked Custard

Friday: Good supper for Halloween - eat early! Cup o' Tomato Soup; Celery & Red Pepper Strips; Pumpkin Pasta (recipe on Halloween sheet), Toasted WW French Bread; Cinnamon Baked Apple

Saturday: (Not exactly) Feijoada (Cook black beans in slow cooker. Meanwhile, cut pork butt in large cubes; slice linguica 3/4"; brown these on cookie sheet in oven. Saute chopped yellow onion, garlic, green onions. Add crumbled dry oregano, large handful chopped parsley, bay leaf, black pepper. Pour this mix into slow cooker with beans. Remove brown meats from fat and add to pot. Cook till beans are soft.) Deep Green Salad, French Bread, Lemon Tapioca.

What? No chocolate dessert?



It's getting cool in the evening - that makes me want to eat bread pudding and custard!

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.

