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Summer Menus



Summer is for Fun!

It took a recession to make home-cooking and “Stay-cations” popular again. This change benefits all our families, as we go back to familiar values.

- Ladies get together on the weekend to can or make jam from the apricots on one family’s tree.
- Neighbors contribute to a potluck picnic at the park while they watch their Little Leaguers practice.
- Families choose to pack up gear and food and spend their time in a long and satisfying day at the beach, instead of driving to an amusement park and spending lots of cash.

Favorite Family Food supports all these changes by providing menu ideas (last page), recipes (pp.2-4), food safety tips (pp 5- 6) and active play ideas (p 7) for you.

Summer is a great season, full of delicious fresh fruits and vegetables. Buy from your local farmers and serve these tasty foods to your family often.

Use the warm weather and long days to enjoy plenty of physical activity with your family, too. Biking, hiking, swimming, soccer ~ there’s something for everyone. Be sure to include a walk on the beach as often as possible.



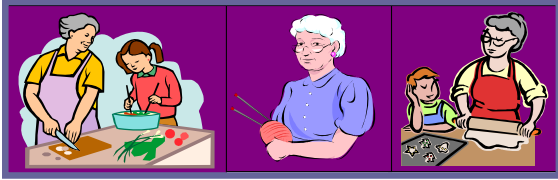
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HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

Las alcachofas

se han comido desde el 500 a.c. Se cultivó por los españoles y se disfrutaron en California en los primeros días de 1700s-1800s.

Los vegetales espinosos han sido favoritos aquí desde los 1920s. En 1922, un dueño en el valle de Salinas, Andrew Molera, arrendó tierras a los italianos para crecer los vegetales que se vendían por 50 centavos cada uno.

En aquellos días, los cardos eran tan caros que un jefe criminal famoso - el "Rey de las Alcachofas" monopolizó el mercado. Él aterrorizó a los distribuidores y vendedores de frutas y legumbres. Hasta planeó y organizó un ataque en todos los campos de alcachofas al norte de Santa Cruz, macheteando las plantas en la medianoche.

Las ancianas dicen que la alcachofa es bueno para tratar problemas con el hígado. Se dice que estas legumbres bajan niveles de azúcar de sangre y colesterol, estimula la vesícula y ayuda en metabolizar la grasa.

Lo que los científicos auténticos dicen es que las alcachofas contienen muchos antioxidantes, con niveles altos de yodo, potasio, calcio, hierro,



En 1948, una joven Marilyn Monroe fue la primera Reina de la Alcachofa. Castroville ha celebrado el cardo en su fiesta cada año desde aquel entonces. ¿Orgullo? Si, porque nuestra costa central produce casi 100% de todas las alcachofas en los Estados Unidos.

Probablemente usted tiene una receta favorita para las alcachofas. A mucha gente les encanta la Salsa de Alcachofas, pero este platillo usualmente está LLENA de grasa, con mucho crema, mayonesa y queso. Heidi Swanson tiene una receta que es mucho más saludable.

Salsa Horneada de Alcachofas - para 2-3 tazas

Puré en la licuadora:

2 (14 onzas) latas de alcachofas en agua, bien enjuagados
½ -1 taza frijoles cannelini
3 dientes grandes de ajo

Mezcle juntos:

1/3 taza queso Parmesano, rallado
2/3 taza yogur natural
¼ cucharadita de sal de mar
1 pizca de pimienta cayenne

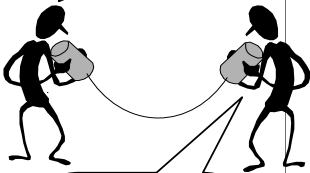
Mezcle todos y ponga la mezcla en una casuela. Despolve la tapa con más queso Parmesano y hornéela en 350F por casi 45 minutos.



COOKING with YOUR CHILD



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



I know -
I know!

Don't forget to enjoy lots of fresh & fruity sweet & juicy frothy, creamy icy dreamy **COLD** drinks this summer! It's fun for kids to make their own: slushies, smoothies, shakes and ades, aguas frescas de just about any fresh fruit. You need fruit, ice, a blender; some low-fat ice cream would be nice. Use your imagination and maybe a sprig of mint!

Beet It!



Many vegetables lovers do not extend this love to beets. Maybe they had too many canned beets in school lunches as a child.

No need to pass along any negative feeling to your child. Beets are so nutritious it's worth trying them again for the potassium and antioxidants they offer. Offer yellow beets as an introduction - they are sweet and tasty and do not taste "beety".

Here's a lovely salad perfect to take along for a summer picnic. You can steam the beets until they can be pierced with a fork, then cool them. If your child is old enough to use a knife, she or he can take it from there under your watchful eye. Or, slice things yourself and let the young chef finish the dish. For 4 servings:

- Wash 1 bunch yellow beets and steam till they can be pierced by a fork.
- Slice the beets.
- Peel 1 orange and slice it.
- Mix: ¼ cup orange juice
1-teaspoon cider vinegar
1-TB canola oil
1-pinch ground cloves
- Pour dressing over beets and toss lightly.
- Season with a little salt.
- Arrange sliced oranges around the edge of a serving dish.
- Pile beets in the center (you may sprinkle the dish with a little bit of minced chives if the young chef approves!).
- Serve and enjoy.



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

UCCE's
Favorite
Family
Food
4

Artichokes have been eaten since 500 B.C. They have been grown by the Spanish and enjoyed in California in the early days in the 1700-1800s.

The prickly veggies have been a local favorite since the '20s. In 1922, a Salinas Valley landowner, Andrew Molera, leased land to the Italians to grow the vegetable that was already selling for 40 - 50 cents each.

In those days the thistles were so valuable that a famous crime boss - the "Artichoke King" - monopolized the market. He terrorized distributors and produce vendors. He even master-minded the attack on all the artichoke fields north of Santa Cruz, chopping down plants with machetes in the middle of the night.

Old wives will tell you the artichoke is good for treating liver complaints. It is said that "chokes" lower blood sugar and cholesterol levels, stimulate the gall bladder and help in metabolizing fat!

What *real* scientific research supports is that artichokes are very high in antioxidants, high in iodine, potassium, calcium, iron, protein and Vitamins A, B1 and C (H. Borris, UC Davis).



In 1948, a young Marilyn Monroe was the first Artichoke Queen. (above) Castroville has been celebrating the choke in their festival each year since. Proud? Yes, for our local central coast grows nearly 100% of all the artichokes farmed in the U.S.A.

You probably have a favorite artichoke recipe. Many folks adore Artichoke Dip, but it is usually FULL of fat, with lots of cream, mayonnaise and cheese. Heidi Swanson came up with a yummy version that is much more healthful.

Baked Artichoke Dip - for 2-3 cups

Puree in the blender:

2 (14-ounce) cans water-packed artichokes, well drained
1/2 - cup cannellini beans
3 large cloves garlic

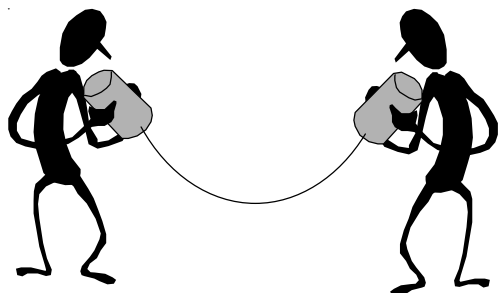
Stir together:

1/3 cup grated Parmesan cheese
2/3 cup plain yogurt
1/4 teaspoon sea salt
pinch of cayenne pepper

Mix these all together and pour into a baking dish. Sprinkle the top with more Parmesan and bake at 350F about 45 minutes. Dip should be heated through and cheese a toasty brown.

Did you know that if you steam artichokes, they will not turn nearly as dark as they do if you boil them?

Try cutting smaller chokes in quarters, lengthwise. This cuts cooking time to a minimum. It also make a handy "dipper" - no pulling apart the leaves, just bite-scrape the whole piece. (don't forget to scrape out the little sharp inner parts before serving!)



La página para los padres

Es fabulosa ser una consumadora que tiene conciencia de los problemas del medio ambiente. El traer de su bolsa reusable al mercado es bueno para el medio ambiente.

Para la salud y seguridad de su familia, por favor use esta bolsa solamente para los alimentos, y manténgala limpia. No ponga adentro las carnes ni quesos sin envoltorio.

Y si quiere usarla para bolsa de gimnasio o para bolsa de pañales, obtenga tres bolsas.

Use una para alimentos, una para ropa de gimnasio y las tercera para pañales - y no mézclelas.

The Question of Grocery Bags

Can I say 'duh'? Mix gym clothes, food and dirty diapers in the SAME BAG? Who would do such a thing? Eeyew!

Well, there was a scientific study on the subject in Canada! Dr. Richard Summerbell said "The main risk is food poisoning - but other risks include bacterial boils, allergic reactions, asthma attacks and ear infections".



It's great to be a "green consumer". Taking your re-usable grocery bag with you to the store is good for the environment.

For the health and safety of your family, please use this bag only for food, and keep it clean. Do not put unwrapped meats or cheeses into it.

And ... if you'd like to use it for a gym bag or a diaper bag, keep three bags. Use one for groceries, one for gym clothes and one for groceries- and don't mix them up.

Parents Page



Es temporada de barbacoa - ¿está listo?

UCCE's
Favorite
Family
Food
6

Use a food thermometer to check the internal temperature of the food.

Choose and "instant-read" thermometer.

Check the temperature of the meat a little before the time when the food is completely cooked.

Put the thermometer in the thickest part of the meat. Don't let it touch bone or fat.

Compare your thermometer reading to the temperature recommended by the USDA (usually 160F or higher)

Make sure to clean your thermometer with hot, soapy water before and after each use!

- Guarde las carnes en el refrigerador (40F o más frío) hasta poco antes de cocinar. Si está usando comida del congelador, déjela descongelar en el refrigerador.
- Marine la comida en el refrigerador. NO use adobo sobrante. Este adobo puede contaminar la comida cocida, así que tírelo.
- SIEMPRE lavase las manos antes (y después) de tocar carnes crudas. Use una tabla de cortar diferente para carnes y para vegetales y frutas frescas (u otras comidas listas para comer)). Limpie y desinfecte las tabas antes y después de usar.
- ¿Está usando la parrilla en el parque o en la playa? Guarde las carnes crudas en una hielera separada con mucho hielo.
- Use platos limpios para servir carnes cocidas. El enjuagar los platos usados para las carnes crudas en adobo no es suficiente para matar microbios peligrosos. Es importante usar agua caliente y jabonosa para limpiar sus platos de servir.



- Keep meats in the frig (40F or colder) until right before grilling. If you're using frozen food, thaw it in the refrigerator.
- Marinate food in the frig. DO NOT use leftover marinade! It can contaminate cooked food so just throw it out.
- ALWAYS wash your hands before and after touching raw meat.
- Use a separate cutting board for meats and for fresh veggies & fruits (or other ready to eat foods). Wash and sanitize boards before and after use.
- Grilling at the beach or park? Keep raw meats in a separate cooler with lots of ice.

Use un termómetro para chequear la temperatura interna del alimento.

Seleccione el tipo "leer instante".

Verifique la temperatura de la carne un poco antes que el alimento esté totalmente cocido.

Ponga el termómetro en la parte de la carne más espesa. No se permite tocar el hueso ni la grasa.

Compare la medida del termómetro con las medidas recomendadas del USDA (usualmente 160F o más).

Limpie el termómetro con jabón y agua caliente antes y después de usarlo.

Are you ready for BBQ season?



Un Paseo por la Playa

En el verano, nada puede estar más excelente que un paseo por la playa. El abuelo y la nieta, andando juntos, disfrutan el encuentro de caracoles y piedras bonitas.

Las parejas casadas tienen un momento relajado para compartir sus pensamientos. Y los solteros pueden usar este tiempo para reflexionar y para refinar sus metas.

Y por cierto, todos pueden obtener beneficios físicos:

- Fuerza aumentada
- Una capacidad aeróbica más grande
- Niveles de azúcar en la sangre más constantes
- Niveles bajados de presión de sangre

Así pues ¿para que se espera? Disfrute uno de los momentos más finos de la vida, y tome un paseo por la playa hoy día.



Beach Walk!

Nothing is finer than a beach walk in the summer. Grandfather and granddaughter walk together and enjoy finding shells and pretty rocks.

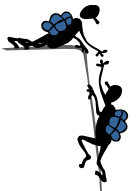
Married couples use this relaxing moment to share their thoughts. A single person, walking along the shore, can use this time to reflect and refine her goals.

And of course, everyone can get the physical benefits:

- Increased strength
- A larger aerobic capacity
- Blood sugar levels that are more even
- Lower blood pressure

So then, what are you waiting for? Enjoy one of life's finer moments and take a beach walk today.

There are lots of hours of daylight now, so ~ play softball with your friends in the summer evenings ~ run along the beach with your dog ~ throw a frisbee, a fun and energetic family romp. Keep moving....

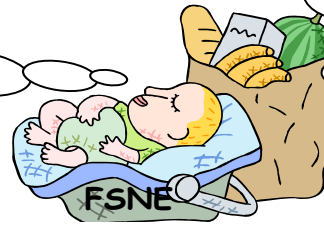


The Last Word

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

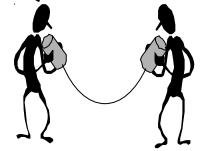
I just have to have a chocolate dessert at least once a week!

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?

Summer Food Stamp Menus:

Sunday: Lazy Sunday Do-Ahead Salad Bar & Grill: Golden Beets (p3), Chilled Artichokes (p2) w/Low-Fat Ranch, Cherry tomatoes, Old-fashioned 3-Bean Salad, Siena's Picnic Pasta Salad, Carrot & Red Pepper Sticks, Grilled Chicken Legs, Garlic Bread and Light Ice Cream Sundae Bar

Monday: American-style Crisp Tacos w/all the fixins' (ground beef, shredded romaine lettuce, diced tomatoes, shredded cheese, chopped onions, salsa); Rice & Beans, Angel Cake with Mixed Berries

Tuesday: Creamy Pasta with White Beans & Tuna; Dark Green Salad with lots of veggies, Garlic Bread. Peach'n'Plum Open-faced Pie

Wednesday: Cuban Pork Sandwiches (pile carnitas, thin-sliced turkey ham and thin-sliced low-fat Swiss cheese onto a toasted bolillo or sandwich roll spread w/Dijon mustard. Add a few pickle slices. Put top on roll and grill, weighted with another pan, until golden), Coleslaw, Carrot and Red Bell sticks, Chilled Grapes.

Thursday: Grandma's Hearty Potato Salad with Eggs & Sliced Ham, Fresh Fruit Salad, Assorted Rolls. Eat in the back yard and relax.

Friday: Fresh Fish-wich (Saute fish portions; serve on toasted sandwich rolls w/shredded Romaine, squeeze of lemon & tartar sauce lightened up by mixing half & half w/plain non-fat yogurt), Baked Sweet Potato Fries, Coleslaw, chilled Melon

Saturday: Independence Day: Mixed Grill (Lean Hot Dogs, Chicken Legs, Pork Ribs), BBQ Beans, Assorted Rolls, Dark Green Salad with Lots of Veggies, Deviled Eggs (keep well chilled until serving. Usually these are eaten quickly - if not, discard any left after about a half hour-just to be super safe!), Watermelon, Agua Fresca de Limon (lemonade mixed with water of carbonated water to reduce the sugar blast), Red, White and Blue Sundaes (light vanilla ice cream with strawberries & blueberries) or Brownies (it's ok to splurge ONCE IN AWHILE)



Time to eat more of your veggies in salad. Blanch veggies ahead -

Twice a week, steam vegetables till tender-crisp, clean salad greens, boil a few eggs etc. Store in frig for quick meals during the work week.

Plan on pasta once a week. - A family pleaser!

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

Try to eat at least 1 supper a week outside: in the back yard, patio or nearby park. It's relaxing and festive - a real pick-me-up!

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