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Got Inspiration?

Here's an inspiring tale. It's a success story - or a love story. *You* decide.

Ricardo Marquez is a local dad. Last year, in his wife's first pregnancy, she began to have some diet issues and had to make changes in her eating habits. Mr. Marquez wanted to be supportive and so he went along with the plan.



He decided they should concentrate on



quality instead of *quantity*. Rather than following the common cultural habit of eating tortillas - "a dozen with dinner" - the family would eat

fewer, and choose those made with whole grains.

Fortunately for Ricardo - seen here in front of tons of whole wheat flour in the La Rosa Tortillería - his Watsonville employer is very responsive to the needs of its customers and the local community.

The company provides all the standards - flour, corn, gorditas and so on. In the past year or so, they've paid attention to

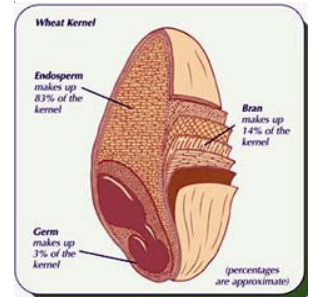


customers' increasing emphasis on health. They now provide very thin yellow corn tortillas (6 grams of carbohydrates) delicious for tostadas or crisp tacos, as well as mini-tortillas.

Together, the Marquez family started a new eating plan that included these tortillas, and began to enjoy better health and more energy. Mr. Marquez even began

to lose weight.

Their baby girl is now 6 weeks old, and together they are a very healthy family. Thanks for the availability of more wholesome, whole grain choices. What a success story - inspirational, too.

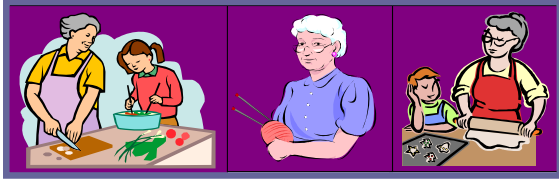


In late winter this year, the new 100% whole wheat tortillas made their debut, Ricardo told us proudly.

He recommends using them to make a *sincronizada* - a kind of grilled ham and cheese made with tortillas. You and your child can prepare these for a tasty family lunch. Recipe on Page 3.

Did you know that - starting in October this year - you can use your WIC coupons to buy whole wheat tortillas?





HABLAN LAS ABUELITAS

UCCE's
Favorite
Family
Food
2

"Este dicho es de mucho valor..."

"Santa Rosa ciruelas maduran temprano, al final del año escolar. Después de la jornada de clases, comemos las ciruelas del árbol - todavía calientes del sol, tarta, dulces y jugosas - y sabemos que el verano interminable está por delante ..." una chica de California

Abuelas de California recuerdan las alegrías de la recolección de frutas de verano. En la década de los '30s, las mujeres hacían un gran picnic de almuerzo en un sábado y toda la familia se amontaba en el coche para conducir a Beaumont para el día a recoger cerezas. Uno para el cubo, una para comer - es que lo que decían los niños.

Cuando llegaba el mediodía, la gente se alegraba de un descanso, un sándwich y una galleta preparada por Abuelita (casi como una de las barras de granola de hoy - ¡pero mejor!) Una taza de java revivía a los adultos. Entonces todos volvían a ascender en las escaleras de mano para terminar el día.

Cansados, volviendo a casa. Dolor en los músculos, pero un sabor dulce en la boca - y un montón de fruta para la conservera y atascos. Ciruelas, albaricoques, melocotones - y, por supuesto, las moras. California está bendecida con tal abundancia.

Vaya aquí para encontrar una granja cerca de usted para tan sólo una salida familiar:

<http://www.gardens.com/go/browse/upicks/California/all/>

Y no dejes de probar esta fruta fresca de postre:

Salsa de Ciruelas de Santa Rosa

Combine:

1 taza de ciruelas rebanadas

½ taza de moras o fresas

½ taza de agua regular

1/8 cucharadita de cáscara de naranja (rallada)

azúcar al gusto

1/ cucharadita de vainilla



Cocine la mezcla hasta que las frutas estén blandas.

Agregue miel o azúcar (o sustituto por azúcar) al gusto y cocine 1 minuto más

Agregue ½ cucharadita de vainilla. y vierta la salsa encima de yogur helado o

pastel de los angeles.

¡Vamos a la
granja!

Tu-lo-cosechas
en ALBA

25 de julio

11:00 a 4:00

1700 Old Stage
Road
Salinas

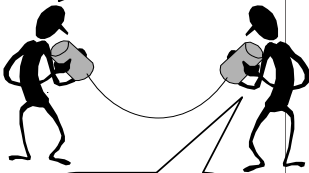
758 - 1429

ALBA les da la
bienvenida para
que vengan a
cosechar frutas
y verduras
orgánicas ...

y a conocer a los
agricultores que
siembran frutas
y verduras
saludables para
nuestra
comunidad!



Handwashing is the
FIRST cooking step
in ANY recipe!



I know -
I know!

Serve this
with
Black Beans,
Spinach &
Strawberry Salad
and
Meyer Lemon
Bread Pudding



COOKING with YOUR CHILD



A Grilled Ham and Cheese by any other name is a *Sincronizada*

Here is an easy and tasty dish for you and your child to prepare for a family lunch. Called a *sincronizada*, it is the Mexican version of a grilled ham and cheese. This light version comes from Ricardo Marquez. The flavor is great, but the amount of cheese and “crema” is teensy.

It's a good recipe for a very young child. She can learn to use a measuring spoon and assemble the *sincronizadas*. (Steps 1-3) You'll do the cooking and cutting (Steps 4-6)

You can do the dicing and mincing for the salsa, and your child can stir the mix. Add the jalapeños and juice to a portion of the salsa, for the adults. Children may prefer plain diced tomatoes.

Serve this dish with a dark green salad full of veggies and some seasonal fruit (melon, Santa Rosa plums, cherries). For each *sincronizada*:

1. Spread $\frac{1}{2}$ tsp of *crema* (Mexican-style sour cream) on 1 whole wheat tortilla
2. Add a thin slice of turkey ham and a very thin slice of Monterey jack
3. Top with another tortilla
4. Heat on a *comal* (or ungreased cast iron skillet) until cheese melts
5. Gently pull apart the tortillas to add a spoon or two of very simple salsa made with fresh diced tomatoes, a bit of minced onion and pickled jalapeño, and a bit of the juice from the jalapeño jar.
6. Cut in wedges to serve. Tasty!

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



“Santa Rosa plums ripen early, at the end of the school year. After the day’s classes, we’d eat them from the tree - sun warmed, tart-sweet and juicy - and we’d know that the endless summer was just ahead...”
a California girl

California grandmothers remember the joys of picking summer fruit. In the '30s, women would make up a large picnic lunch and the whole family would pile into the car to drive down to Beaumont for the day to pick cherries. One for the bucket, one to eat - that's what the children said.

When noontime came, folks were glad for a rest, a sandwich and one of Grandma's "Billy Goat Cookies" (almost like one of today's granola bars - but better!). A cup of java revived the grown-ups and everyone climbed back up on the ladders to finish the day.

Weary, coming home. Sore muscles but a sweet taste in the mouth - and plenty of fruit for canning and jamming. Plums, apricots, peaches - and of course, berries. California is blessed with such abundance.

Go here to find a farm near you for just such a family outing:
<http://www.gardens.com/go/browse/upicks/California/all/>

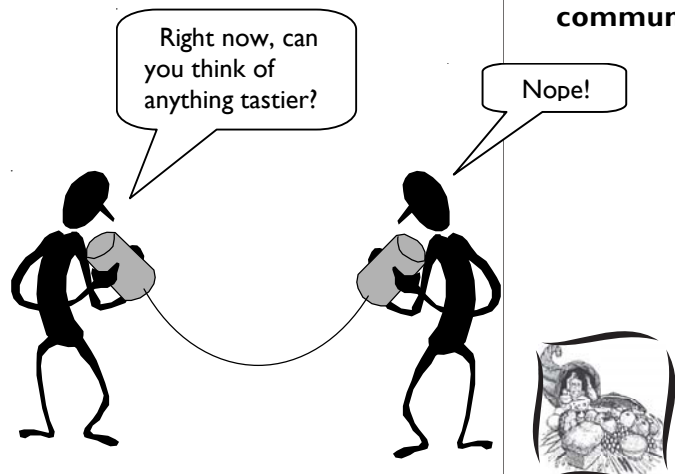
And be sure to try this fresh fruit dessert:

Santa Rosa Plum Sauce

Combine:

- 1-cup sliced plums
- ½ -cup berries of your choice
- ½ -cup water
- ¼ - tsp ground cinnamon
- ½ - tsp grated orange rind (the colored part only)
- sugar to taste
- ½ - tsp vanilla

Cook the fruit and spices until plums are soft. Add sugar (or honey or sugar substitute) to taste and cook 1 minute more. Add vanilla; stir; and pour while warm over low-fat vanilla frozen yogurt or angel cake.



*UCCE's
Favorite
Family
Food
4*

**Babies love
summer fruit**



**Let's go to
the Farm ~**

**Summer
Harvest**

“You Pick”

at ALBA

**July 25th
11:00 - 4:00**

**1700 Old Stage
Rd.
Salinas
758-1469**

**Meet the farmers
who are growing
healthful
produce
for our
community**

La página para los padres

Evite el envenenamiento con plomo

Los niños pequeños corren mayor peligro de envenenarse con plomo. Ellos quizás no den muestras de estar enfermos, pero pueden tener problemas de aprendizaje y de concentración. Si se les trata a tiempo, su desarrollo será menos afectado.

Algunos consejos para reducir el peligro:

- Haga que los niños se laven las manos antes de comer, y después de haber jugado fuera de la casa
- Evite que su niño coma pintura que pueda contener plomo. No ponga mobiliario de bebé cerca de área donde la pintura está pelando
- Proteja a su niño, no use remedios caseros como greta o azarcón
- Dé a su niño comidas balanceadas a hora regulares

Thanks to
Martha Lopez
for this
information

En la primavera, las estudiantes de Alisal tenían la oportunidad de reunirse con el profesor Palmer del Departamento de Química en la Universidad California de San Francisco. Palmer fue allá para demostrar la XRF, un dispositivo de detección de plomo.



Preventing Lead Poisoning

Small children are at high risk of lead poisoning. Children that have lead poisoning may not act sick, but may have problems learning and paying attention. Lead can slow their growth and cause brain damage. If treated early, their development can be improved.

Tips for reducing the danger of lead poisoning

- Have children wash their hands before eating and after playing outside.
- Prevent your child from eating lead: do not put baby furniture next to areas where paint is chipping.
- Protect your child- do not use home remedies such as greta or azarcón.
- Feed children regular and healthy meals.
- Let the tap water run for 30-60 seconds before drinking it or using it for cooking. It is not a good idea to drink hot tap water. Heat cold water instead.

Let the water run for 60 seconds? What a waste!

Use it to water your plants- no waste!



¿Tiene inspiración?



Aquí hay una historia de éxito - o una historia de amor - usted decide. Ricardo Marquez es un padre local.

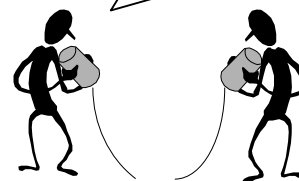
En el año pasado, durante el primer embarazo de su esposa, ella comenzó a tener algunos problemas con la dieta. Se le había recomendado a ellos de hacer algunos cambios en sus hábitos de comer.

El Sr. Márquez quería ser de apoyo y así se fue junto con el plan. El decidió que se concentraran en la calidad en vez de la cantidad. En lugar de cultura común de comer las tortillas - "una docena con la cena" - la familia decidió comer menos y elegir las hechas con granos integrales.

Afortunadamente para Ricardo - se ve aquí en frente de toneladas de harina de trigo en la tortillería La Rosa - su empleador en Watsonville- es muy sensible a las necesidades de sus clientes y la comunidad local.



¿Sabía usted que - a partir de octubre de este año - puede utilizar los cupones de WIC para comprar las tortillas de trigo integral?



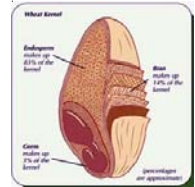
¡Yo no sabía eso!

La compañía ofrece todos los estándares - harina, maíz, gorditas, etc. En el año pasado, ellos han prestado atención a los clientes en los que cada vez más hacen hincapié en la salud. En la actualidad, proporcionan tortilla de maíz amarillo muy delgada (6 gr. Hidratos de carbono) para deliciosos tacos crujientes, tostadas o, así como mini-tortillas, ideal para aquellos con dietas especiales.

Juntos, la familia Márquez inició un nuevo plan de alimentación que incluían estas tortillas, y comenzaron a disfrutar de mejor salud y más energía. El Sr. Márquez, incluso comenzó a perder peso.

La niña tiene ahora 6 semanas de edad, y juntos son una familia saludable, en parte gracias a la disponibilidad de opciones más sanas, de grano integral. ¡Qué éxito! Inspirante!

A finales de invierno de este año, el nuevas tortillas de 100% de trigo hicieron su debut, Ricardo nos dijo con orgullo. Se recomienda el uso de estas para hacer una sincronizada - una especie de sándwich de la parrilla de jamón y queso. Usted y su niño pueden preparar este platillo para un sabroso almuerzo familiar.



Being Underwater is Fun Again

El nadar es un ejercicio muy efectivo, no importa su edad - y también, ¡que divertido es!



Si usted nada regularmente, puede mejorar de manera eficiente el nivel de buen estado físico de su corazón (capacidad aeróbica).

Aún mejor, porque su cuerpo flota en el agua, este apoyo boyante le mantiene seguro de lastimaduras resultando del estrés del sostener el peso.

Ejercicios aeróbicos en el agua ayuda en estabilizar la presión de sangre, mejorar la circulación y mantiene una temperatura del cuerpo no elevada. El nadar usa todos de los grupos de músculos mayores y mantiene su flexibilidad.

¿Está usted sobrepeso? ¿Tiene problemas con la espalda o la artritis - o lastimaduras? No se preocupe- su doctor probablemente está de acuerdo que el nadar es bueno para usted.

¡Agarre su toalla y también a sus nietos y váyase a nadar!



Swimming is fun and great exercise for you, no matter what your age.

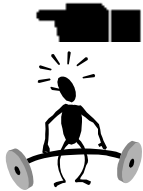
If you swim regularly, you can improve your heart's fitness level (called "aerobic capacity") very effectively.

Better yet, because your body floats in water, this buoyant support keeps you safe from weight bearing stress injuries.

Aerobics in water help stabilize blood pressure. It improves circulation and keeps your body cool. Swimming uses all your main muscles and keeps you flexible.

Do you have weight issues, back problems, arthritis or injuries? That's okay - check and see -your doctor will likely agree that swimming is good for you.

Grab your towel and the grandchildren and head off to the pool today!

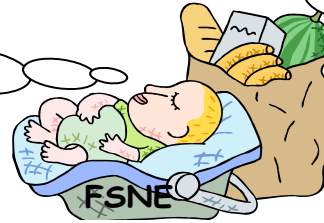


The Last Word

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

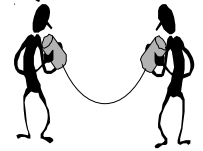
I just have to have a chocolate dessert at least once a week!

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?

Late Spring Food Stamp Menus:

Sunday: For DAD: Carolina Pulled Pork Sandwiches; BBQ Beans, Coleslaw, Carrot & Red Pepper Sticks, Strawberry Shortcake

Monday: Meatloaf; Garlic Mashed Potatoes; Steamed Broccoli; Whole Wheat Roll; Sliced Fresh Apricot with a Mini-Scoop of Vanilla Frozen Yogurt

Tuesday: Slow-Cooked 4-Bean Casserole (Chopped celery & onion; 1 can each of 4 different kinds of beans; mix 1-tsp dry mustard to a paste with a little water; stir in a cup of BBQ sauce and one of tomato sauce - mix with beans. Liquid should come up to the top of the beans. Cook 2 hours); **Corn Bread; Dark Green Salad with lots of veggies.** Have a **banana split.** (Use low-fat ice cream or frozen yogurt and fat free chocolate syrup)

Wednesday: **Tortilla Soup** (with cooked chicken, garlic, tomatoes, diced avocado, lime, a little shredded Monterey jack and some shredded part-skim mozzarella) **Fresh Fruit Salad with Aurora Dressing** - yogurt, honey and lime juice. (Did you know you can cut strips from the very thin tostada-style 100% corn tortilla and crisp them in the oven on a cookie sheet? Takes about 10 minutes in a 400 F oven - and they are shatter-crisp and yummy- not chewy or tough at all! Hurray!) **Baked Custard**

Thursday: **Sincronizadas** (see page 3); **Black Beans; Spinach & Strawberry Salad; Meyer Lemon Bread Pudding.**

Friday: **Oven-fried Chicken** (to eat in the park - wrap covered pan in dish towels to transport; eat within 1 hour), **Sienna's Picnic Pasta Salad with Vegetables, Whole Summer Fruit** (Cherries, Plums and Apricots and the best right now!) **Home-made Carrot Cupcakes** (look for a recipe that's lower in sugar and fat)

Saturday: **Grilled Rockfish** (on a large square of foil, layer THIN sliced onion & lemon with the peel, salt, pepper, a shake of dill weed, a portion of rockfish, and then dill weed, lemon etc again. Drizzle a little olive oil over the fish. Fold and seal to make a large envelope- the fish should have plenty of room - place on hot grill, cook 5 min a side and put the whole thing on the plate so that diners can enjoy the fragrant steam when they open the packet), **Grilled Asparagus & Broccolini, Crusty Bread, Strawberry-Melon Cup w/Custard Sauce.**

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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