



# Favorite Family Food

Volume V, Issue II - May - June, 2005



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## Make Healthy Foods Fun to Eat - and Flavorful!"

...said Lew Bauman in a telephone discussion with *Favorite Family Food*. Mr. Bauman, Chief Administrative Officer of Monterey County, ranks the health of County residents as a solid 10 in importance. As part of his scope of work, he acts as an ex-officio member of the Board of Trustees for Natividad Medical Center and is very aware of the gravest health problems faced by our residents.

Bauman sees the growing and emerging issue of obesity in children and adults as one among several most troubling of chronic health issues. He feels that a solid grounding in nutrition education is a solution that looks promising: "Food and nutrient education should be universally formalized as part of the educational curriculum. Management and teachers should embrace these philosophies."

Lew told us that "Corporate marketing strategies and the need for funds" may have contributed to schools' dependence on soda and "junk food" sales, but believes that we can "provide alternative revenue programs that focus on health - the Ag community is moving toward meeting the technical challenges to making healthy foods fun to eat - and flavorful".

CAO Bauman would approve of the idea of breakfast in every school "only if the breakfast isn't full of sugar".

Mindful of the need for clear school nutrition and student wellness policies, he cautions, "... rather than impose extra burdens on school officials, we need to

bring them solutions, instead of complaints".

When asked if he supports the idea of enabling schools to purchase and serve locally-grown vegetables and fruits, he replied simply "Of course!"



*Lew Bauman, Monterey County CAO, is the first local dignitary featured in the 2005 series on local leaders who "grow health" in our county.*

"Las comidas saludables deben ser divertidas y sabrosas " dijo Lew Bauman en una conversación por teléfono con *Favorite Family Food*.

El Señor Bauman, el funcionario administrativo principal del Condado de Monterey, considera la salud de los residentes del condado como una cosa mucha importante.

Como parte de su trabajo, él sirve como miembro del consejo de administración del Centro de Salud Natividad.

Él está muy enterado de los problemas de salud más graves que enfrentan a nuestros residentes.

University of California and U.S. Department of Agriculture cooperating

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# ...comidas saludables a la vez sabrosas y divertidas para comer

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## Fruit purees for Home-Made Ice Cream

De página 1...

Bauman mira la cuestión surgente de la obesidad en los niños y también en los adultos como uno de los varios crónicos problemas de salud. Él piensa que una base sólida en la educación de nutrición es una solución para este problema que promete mucho.

"La educación sobre los alimentos y la nutrición debe formalizarse universalmente como una parte del currículo. La administración y los maestros deben aceptar estas filosofías".

Lew nos dijo que "las estrategias de mercadotécnica de las corporaciones y la necesidad de dinero" posiblemente han contribuido a la dependencia de las escuelas en la venta de refrescos y comidas rápidas, pero él cree que podemos "proveer unos programas alternativos para ganar dinero, que se enfocan en la salud. La comunidad agrícola está moviendo adelante para solucionar los retos técnicos de producir comidas saludables a la vez sabrosas y divertidas para comer".

"CAO" Bauman está de acuerdo con la idea de "El Desayuno en Cada Escuela" - "solo si el desayuno no esté lleno de azúcar".

Consciente de la necesidad de políticas claras de nutrición escolar y salud de los alumnos, él advierte que "... en vez de imponer más cargos en los oficiales escolares, debemos ofrecer soluciones en vez de quejas".

Respondiendo a la pregunta si él apoya el hecho de ayudar a las escuelas de comprar y servir las vegetales y frutas que se producen en esta área, él simplemente dijo "¡Claro que sí!"

-Try peach, apricot, plum and all kinds of berries.

-Use about 3½ cups (about 1-lb) of fruit for this dessert.

-Puree in the blender. Add up to 1-TBS lemon juice per pound of fruit to keep the fruit from turning brown.

-For seeded berries (blackberry, raspberry, boysenberry), strain puree through a wire mesh strainer before stirring into "frozen custard" pudding mix.



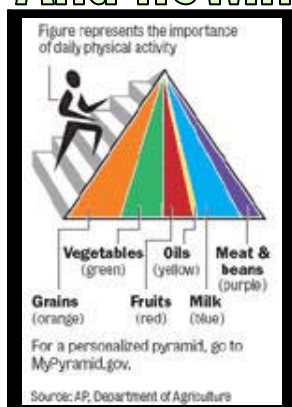
## In the old days, we did it this way...



That's a lot of food!



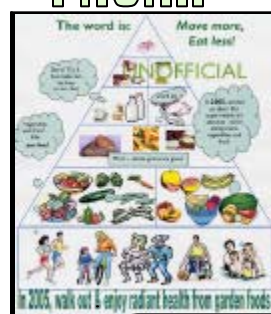
## And now...



Egads! I don't know what to think!



## Then..



Color must be the key!



More information is headed your way!

Other  
Old-timey  
Summer Fruit  
Desserts:

**Peach Cobbler**  
(use reduced-fat  
refrigerated  
biscuits sprinkled  
with sugar  
for topping)

Plum Crisp

(4-tsp cornstarch &  
¾ c water will  
thicken 3-lbs plums.  
½ c sugar is plenty.  
Cover w/streusel)

**Berry Fool** used  
to be sweetened  
fruit folded with  
thick whipped  
cream. You can do  
the same with low -  
fat frozen whipped  
topping. Mound in  
dessert glasses &  
chill well.

Heavenly Charlotte

A classic home-  
style dessert of  
sweetened fruit  
baked in a dish  
lined w/buttered  
bread. Use ½ c.  
sugar & ½ c sugar-  
based sweetener  
- or less - for 3½ c  
of fruit (peaches,  
apricots &  
pineapple) Use  
butter-flavored pan-  
spray & honey-wheat  
bread to line the dish.  
Fill w/fruit; end w/  
bread & bake till top  
is crisp & brown.



## Home-Made Ice Cream in a Can?

Grandma used serve home-made peach ice cream (frozen custard) in the summer. It's an American classic - a real treat. Traditionally Grandmas made the mix and kids turned the crank of the freezer.

If you are trying to find ways to serve fruit more often at your house, this is a delicious form. It's also fun to make- if you have an ice-cream maker (electric or not ) fine. If you don't have an ice cream maker you can try this "*Frozen Custard in a Can*". Irresistible - and low fat, too!

1. **In a heavy non-alum inum pan, mix ½ cup sugar with 1-tsp grated lemon peel.** Stir in **2-TBS cornstarch.**
2. Slowly add **2-cups (1%) milk**, whisking well with a wire whisk to thoroughly blend cornstarch. Bring to a boil, stirring constantly. Turn down heat slightly and cook and stir for 1 minute more.
3. Remove custard sauce from heat. Stir in the **fruit puree**. Cool the mix, then cover it and chill at least a couple of hours. Overnight is even better.
4. Pour cool mix into the 1-qt. container of your ice cream maker and process according to directions till "custard" is softly frozen and hard to mix. Remove dasher (center paddle). Serve immediately, or cover and freeze for about an hour to mellow the flavors and firm up the frozen custard.
5. Or- **Pour** cool mix into a clean 1-lb coffee can. Put on the lid and tape securely with duct tape.  
**Place** this can inside a 3-lb coffee can and **fill** the open space with crushed ice. **Pour** ½ cup of rock salt over the ice.  
**Place** the lid on the large can. Roll it back and forth on a table for 15 minutes.  
**Open** the outer can, **lift out** the smaller can, **wipe** it off and **remove** the lid.  
Use a rubber scraper to **stir** if needed. **Serve** immediately.

*Use either method for this delicious, creamy, intensely flavored summer treat*

Adapted from Sunset Magazine, Aug 1991, and Cream of the Crop, Spring 2005



¿Comiendo nueve?  
¡Ya, se mueve!



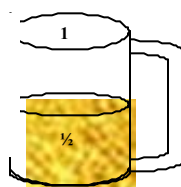
¿Cuánto hay en una porción?

Leafy greens,  
1 cup



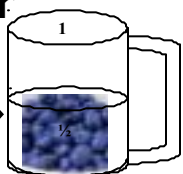
Hojas verdes,  
1 taza

Vegetales cortados,  
(crudos o cocidos)  
½ taza



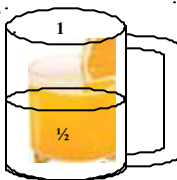
Cooked  
or raw cut  
vegetables,  
½ cup

Cooked or  
raw cut  
fruit,  
½ cup



Frutas cortadas,  
(crudos o cocidos)  
½ taza

Vegetable  
or fruit  
juice,  
¾ cup



Jugo de fruta o de  
vegetal,  
¾ taza

Whole fruit? 1 medium  
sized piece



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**Mejor de la Estación, Ahora Mismo:**

Cerezas

Mangos

Melones

**Ciruelas Santa Rosa**

Fresas

Alcachofas

Espárragos

Betabeles

Brócoli

Zanahorias

Lechugas

Chirivías

Papas



## Los Alimentos Más Nutritivos Cuestan Más! ¿Verdad? ¿Falso?

Según de las investigadores de UC Davis Karen M. Jetter y Diana L. Cassady (como se ha reportado en el "AIC Issues Brief" de Mar-05), esta declaración es la verdad. El comprar alimentos que mejorará la salud de su familia - sí - costará más. ¡Casi 19% más!

Eso está un artículo de negocios muy desalentador para el consumidor con un presupuesto estricto. Miramos un poco más cuidadosamente a las comparaciones de alimentos y precios en este artículo. Descubrimos que algunos de los alimentos en la lista están enlatados o congelados. Esta advertencia que cualquier tipo de comidas de conveniencia - incluso los enlatados básicos o congelados- costarán más.

En otras palabras - debe pagarse a alguna persona para lavar y cortar las papas. ¿Por qué no usted? Su "paga" será no-solo en ahorros, pero también en las comidas frescas que son mucho más sabrosas que la de cajas.

¿Puede ahorrar dinero en su presupuesto de alimentos? Sí, se puede, si:

- Pone atención en donde están las gangas.
- Planeé las comidas antes de la hora.
- Aprende como hacer compras inteligentes.
- Prepara las comidas en casa.



Sí, es la verdad que estamos todos muy ocupados. Pero- La bisabuela trabajaba 12 horas por día, en casa. Las mujeres tenían que lavar la ropa sin electricidad, con una tabla de lavar. Ellas enlababan, secaban, congelaban y preservaban sus propias alimentos. Y estos alimentos eran del jardín o del mar o de los pastos. Hay personas que conocemos personalmente han criado familias grandes mientras trabajan 2 trabajos. Todavía preparan almuerzos y desayunos en casa. Así que, se puede hacer.

La próxima vez que ve a un comercial que diga que solo tienes bastante tiempo para comer una lata de sopa mientras hablas en tu teléfono celular, contesta al TV. Le dirás "Está equivocado". La próxima vez que regrese de un día en el campo y se sienta tan cansado que no quiere más que comida rápida, respire profundamente. Comience la preparación de la cena. Su familia puede trabajar junta para poner la comida en la mesa. Sí, se puede.

Necesita práctica para comprar en una manera inteligente, pero la recompensa es grande. Su familia comerá comidas mejores. Ahorrará dinero. Tendrá la satisfacción de una "búsqueda con éxito". Pruebe estas técnicas:

- Haga compras en diferentes tiendas. Búsque las que venda comidas que su familia les gusten por los precios mejores. Puede haber un gran diferencia. Mi avena favorita cuesta \$7.30 en una tienda y \$4.79 en otra. ¡Una gran diferencia!
- Planee sus menús familiares con un fundamento de alimentos estacionales y artículos en rebajas, y ahorre mucho. Esto es "Compras A Lo Vivo".
- Compre los pollos enteros y córtelos a sí mismo. Puede ahorrar hasta 80% en una base de libra-por-libra.
- Frutas estacionales, frutas en bolsas y frutas maduras son siempre más baratas. Estas frutas son perfectas para pasteles y pudines.
- Cuando encuentre alimentos favoritos en rebajas (atún enlatada, por ejemplo), haga una buena provisión.

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## More nutritious foods cost more! True? False?

According to UC Davis researchers Karen M. Jetter and Diana L. Cassady (as reported in the Mar-05 issue of AIC Issues brief), this statement is *true*. Buying food that will improve your family health *will* cost more- about 19% more!

This is a very discouraging bit of news for the consumer on a strict budget. We looked a little more closely at the food/price comparisons in this article. We discovered that several of the food items listed were canned or frozen - a reminder that any kind of "convenience" foods- even the basic canning or freezing - will cost more.

To put this another way- someone has to be paid to scrub and cut up the potatoes, or to remove the skin from the chicken. It may as well be you - your "pay" will not only be in cost savings, but in fresh foods that are much tastier than the boxed kind.

You *can* save money in your food budget if you:

- Pay attention to where the good deals are -
- Plan meals ahead of time -
- Learn to be a smart shopper -
- Prepare food at home.



Yes, it's true, we are all busy. But- Great-Grandmother put in 12-hour days, just at home. People used to wash clothes without electricity, in a big tub with a hand-cranked wringer. People used to can, preserve, dry and freeze their own food- the food they had grown or brought home from the sea or the forest. And people we have know personally have raised large families while working 2 jobs- and still packed homemade lunches and breakfasts. So- it can certainly be done.

Next time you see an ad that tells you only have time for a can of soup you sip while talking on your cell phone in traffic on the way to Junior's soccer game, just talk back at the TV and tell it- "you're wrong". Next time you come home from a day in the fields and feel too tired for anything but fast food, just take a deep breath and get dinner started. The family can work together to put the meal on the table. You *can* do it.

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Becoming a smart shopper takes a little practice, but the rewards are great. Your family will eat better food, you'll save money and you'll have the satisfaction of a "successful hunt". Try these techniques:

- Shop around. Try different stores until you are satisfied you've found the ones that sell the food your family likes at the best prices. There can be *big* differences: my favorite coarse grain oat cereal sells for \$7.30 at one store and \$4.79 at another. Big difference! Soon you'll know where to buy olive oil for less than \$5.00 a quart and a 15-ounce bottle of excellent shampoo for \$1.99.
- Plan your family menus based on seasonal foods and sale items and save a bundle. That's "Reality Shopping".
- Buy whole chickens and cut them up yourself - the savings can be up to 80% on a pound-per-pound basis!
- Seasonal fruit, bagged fruit and even "ripe fruit" is always less expensive. Remember when all stores sold spotty bananas for puddings? Now they are harder to find (most stores dump them! Boo!) but they are still a huge savings - and they're fine in baked goods or puddings.
- When you find family favorites (canned light tuna?) on sale, stock up! Then when your supply is down to a couple of cans, start watching for the sales again.

UCCE's  
Favorite  
Family  
Food  
6



**Best of Season, right now:**

*Cherries*

**Mangoes**

*Melons*

**Santa Rosa Plums**

*Strawberries*

**Artichokes**

*Asparagus*

**Beets**

*Broccoli*

**Carrots**

*Lettuces*

**Parsnips**

*Potatoes*



# True Confessions



Mientras visitaba el doctor recientemente, me había pesado y inmediatamente me puse llorar. Pesaba más que cualquier otra vez en mi vida. El doctor me dijo "Seas más activa". Y las Pautas de Alimentos de 2005 dicen "Seas activo por 60-90 minutos la mayor parte días".

Pues, soy una persona dedicada a esta pauta, pero realmente, una hora o más a la vez es muy difícil en un día. Ahora las buenas noticias son que podemos hacer ejercicio en intervalos. Por ejemplo, 30 minutos cada vez, y mientras estos 30 minutos, ande más rápido uno o dos veces.

Hay otras personas que trabajan aquí en la oficina, y ahora andamos juntas una milla cada día. La idea es de hacerlo en 20 minutos.

Aquí están Melinda y Kat, aprietando el paso en un mañana de primavera muy hermosa. Estamos de acuerdo que nos sentimos vigorizadas y fabulosas cuando andamos - y culpables si no andamos. Ellas quieren bajar su peso casi 10-libros por mes.

Para mí - no sé. Pero hoy-esto un comienzo, ¿qué no?

During a recent visit to the doctor, I stepped on the scale and promptly burst into tears. I weigh more than I ever have, in my whole life.

The doctor said "Be active". And the 2005 dietary Guidelines say "Be active for 60-90 minutes *most days*"!

Well, I am pretty dedicated, but really, an hour or more at one time is *very* hard to fit in my weekday. Now I hear that the good news is that we can break up the exercise time, and do intervals, as well (That means that for part of the time, walk a lot faster, then slow down again).

A few of us here at the office are now walking a mile together every day. We aim to do it in 20 minutes.

Here are Melinda and Kat, stepping out on a lovely spring day. We agreed that we feel great and exhilarated when we walk, and regretful and guilty when we don't. They want to lose 10-lbs a month. Me? I don't know. But today - it's a start, right?

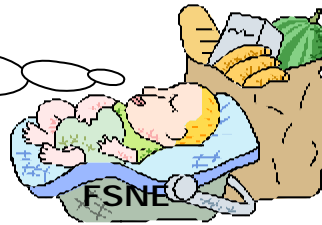


Melinda & Kat, stepping out

## *This time you will succeed!*

# The Last Word

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



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 into Summer Food Stamp Menus:

**Sunday:** Spicy BBQ Chicken (Grill an extra chicken, plain, for later in week). Potato packets (For each: thin-slice a scrubbed small potato. Place in 12"square of foil. Season w/salt & pepper. Add 3-4 thin slices of bell pepper & onion. Drizzle 1/2 tsp olive oil over all. Fold edges to seal. Cook on grill 30 minutes, turning once.) Garlic Bread on Whole Wheat French, or tortilla. Cole Slaw with Crushed Pineapple. Frozen Yogurt w/Sliced strawberries

**Monday:** Green Chile Beef Sandwich Rolls (on-sale beef roast in slow cooker - add mild green chile salsa. cook a double amount and save half for Wednesday), Baked Garlic-Parmesan Potato Wedges. Big helping of Dark Green Salad w/tomatoes, carrots & radishes. Banana-pineapple tapioca pudding (fold fruit into finished pudding).

**Tuesday:** Baseball practice bleacher picnic - Pack in cooler: Chicken (from Sunday), Carrot Sticks, lightly cooked Broccoli, Tomato Wedges. Serve with Low-fat Lime-Jalapeno-Ranch dip. Add Sandwich Rolls, Baked Chips, 3-Bean Salad and Melon Wedges. Don't forget napkins!

**Wednesday:** Adan's Cocido (Put cooked beef from Mon in pot with carrot chunks, chopped tomato, onion & garlic, couple pinches of dry oregano. Cover with beef broth; cook till carrots nearly done. Add fresh corn on the cob, cut in 1 and 1/2"rounds, & thickly sliced zucchini. Cook till veggies done, check seasoning). Serve with limoncito wedges, fine-shredded cabbage, thin-sliced radishes, chopped cilantro & fresh mint; whole wheat tortillas or rolls. Lemon-drizzle Cake.

**Thursday:** Asparagus-cheese Omelet: (Sauté 1 lb. sliced asparagus & 1 TBS chopped onion in 1 tsp olive oil till crisp-tender. Grease a baking dish w/ 1-tsp olive oil. Beat together 2 eggs, 1/3-cup buttermilk, 1/3-cup low-fat evaporated milk, 1/2 tsp salt, and 1/2 tsp black pepper. Add cooled cooked asparagus-onion mix; 1/4 cup shredded mozzarella, 1/2 cup crumbled Cotija cheese and 1 TBS minced cilantro. Pour into baking dish and bake in 300°F 45-60 min. or till knife inserted in center comes out clean) Baked Potato Wedges. Dark Green Salad w/ tomato, carrots & radishes. Chocolate sundae.

**Friday:** Open-faced Tuna Melts on Whole Wheat Rolls. Baked Garlic Sweet Potato Wedges. Sliced Tomatoes & Cucumbers. Strawberry-Peach Crisp - or, Fresh Cherries or Mangoes!

**Saturday:** Slow-cooked Red Beans and Rice. Cheesy cornbread. Sauteed Greens (Mustard, Spinach or Chard). Ambrosia (pineapple chunks, orange sections, sliced bananas, shredded coconut, miniature marshmallows, lite whipped dessert topping)

*Surprise! It's possible to feed your family tasty and nutritious meals on a food stamp budget, even now in 2005. It takes a smart and resourceful person to obtain food stamps in the first place. You are that smart person, so you may know the best ways to use this nutrition benefit. Careful menu planning helps a lot. So does careful shopping. Sharing out the tasks of meal preparation so that you aren't tempted by costly packaged foods makes the big difference. You know the food you prepare at home is more nutritious and tastier. It spells L-O-V-E- to your family. Did you know you're also saving money when you cook at home?*

## Everyone help.

Kids can make desserts like the chocolate sundae: Vanilla frozen yogurt topped w/fat free chocolate syrup.

## Use "planned-overs"

This way you're ready for even a quick picnic supper during the week!

## Use that Slow Cooker!

It's a busy person's best friend.

## Plan on soup once a week.

Also sandwiches, eggs and that old stand-by, beans. **Once a week!**

## Old-timey desserts

satisfy and are nutritious, too.

## Plan, plan, plan!

Get the habit of planning - you'll be surprised at how much time and money you save!

## "Use everything but the squeal"

Beef bones, onion skins, celery scraps, parsley stems, carrot tops + water = beef broth!

