



Cooperative Extension • Monterey County

Favorite Family Food

Volume VI, Issue II Mar-Apr, 2007



Inside this issue:

- 2. Old Days:
Beans
- 3. Learning to Cook:
Bean Soup
- 4. Seeds of Change:
Handwashing 101
- 5. Parent Page:
Lead & Nutrition
- 6. Página para Padres:
La nutrición y el Plomo
- 7. Speed Play
- 8. The Last Word
Spring Menus

Joys of Eating Seasonal Foods

Spring approaches now. Days are longer and green plants are everywhere. Fresh foods in season include spinach, peas, carrots, asparagus and radishes. These items will be readily available and lower in cost. The best part though is the fabulous taste of spring veggies from our local fields. It's this taste that will convince your family of the joy of eating seasonal foods.

If we are moving toward a New American Plate, we're looking at our dinner plate and filling half of it with greens and non-starchy vegetables. Using the spring harvest foods listed here, we could make vegetable quesadillas (Chop up the first 4 and lightly sauté them with a teensy bit of garlic. Toss with grated cheese and fill FRESH tortillas with the mix). Slice radishes really thinly and dress with lemon juice and pepper for a refreshing side dish.

Or- we can make a spring salad by folding lightly blanched* peas, carrots and asparagus with cottage cheese and a sprinkle of dill weed. This can be served on a bed of spinach with a little radish mouse for garnish.

Moving away from the manufactured taste of processed foods is a change we're making for better health. These delicious spring harvest foods will help us appreciate the fresh and wholesome tastes of seasonal foods. And of course, there are strawberries - dessert, anyone?



La primavera se acerca. Los días son más largos y hay plantas verdes en todas partes. Los alimentos frescos de la estación incluyen espinaca, chícharos, zanahorias, espárragos y rábanos. Serán fácil de conseguir y más bajos en costo. La mejor parte es el sabor fabuloso de vegetales de la primavera de nuestros campos locales. Este sabor será lo que convencerá a su familia el placer del comer alimentos estacionales.

Si estamos moviendo hacia el "Nuevo Plato Americano", miramos a nuestros platos y los llenamos por la mitad con vegetales de hojas verdes y otras vegetales bajo en almidón. Usando la lista aquí, podemos preparar quesadillas de legumbres (Corte los primeros cuatro vegetales menciados y saltéelos con un poquito de ajo. Mézclelos con queso rallado y llene tortillas FRESCAS con la mezcla). Rebane los rábanos y mézclelos con jugo de limón y pimienta negra para un platillo refrescante.

O- podemos preparar una ensalada de la primavera incorporando chícharos, zanahorias y espárragos escaldados con requesón y una gota de eneldo. Sírvelo sobre una "cama" de espinaca, y adorne con un ratoncito hecho de un rábano.

Alejándose de los sabores fabricados de las comidas procesadas es un cambio que hacemos para mejorar la salud. Estas comidas deliciosas de los cosechas de la primavera nos ayudarán apreciar los sabores frescos de los alimentos estacionales. Y por supuesto, hay fresas. ¿Quiere un postre?

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

1432 Abbott Street • Salinas, CA 93901

phone 831.759.7350 fax 831.758.3018

http://comonterey.ucdavis.edu

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

UCCE's
Favorite
Family
Food
2



Cooking in a lumber camp Bean Hole

Our grandmothers cooked foods that are native to America and were introduced to early settlers by the indigenous people. Native American foods still very popular today include corn, potatoes, squash and of course, beans. Beans are a powerhouse of nutrition: scarcely any fat but rich in vitamins, fiber and protein.

Native Americans in the Northeast cooked beans with maple syrup and pieces of venison. In New England today, the custom of Saturday night bean

suppers continues. The beans are often cooked traditionally, overnight in “Bean Holes” covered with hot coals. Salt pork and molasses are used for flavor. Leftover cold beans made into a sandwich are still a popular favorite.

In the West, we favor pinto beans. Grandmother taught us to cook them long and slow, without even adding salt until the beans are tender (because adding salt, or lemon juice or vinegar during cooking will makes those beans tough!). Fresh hot beans from “la olla” with warm tortillas and a little salsa - sometimes it just “hits the spot”.

Slow cookers are great for beans. Be sure to remember to soak them overnight, and change the water often. At least a 12-hour soak with 4-5 changes of water will nearly eliminate the ...er... flatulence effect. For a delicious treat that’s good for your heart as well as your pocketbook, enjoy beans at your house, at least once a week.

Nuestras abuelas cocieron alimentos originarios de América que se introdujieron a los colonos tempranos por los indígenas. Alimentos originarios de América que todavía son muy populares hoy incluyen maíz, papas, calabaza y, por supuesto, frijoles. Los frijoles son una fuente importante de nutrientes: contienen no mucha grasa, pero son ricos en vitaminas, fibra y proteína.

Los indígenas al Noreste cocieron los frijoles con sirope de arce y pedacitos de carne venado. Hoy en Nueva Inglaterra, se acostumbra las cenas de frijoles en sábados. Muchas veces los frijoles se cocen tradicionalmente, por la noche en “Hoyos de Frijoles”, cubiertos con carbones calientes. Carne de puerco salado y melaza sazona el platillo. Los frijoles fríos sobrantes hacen una torta muy popular.

Aquí en el oeste nos gusta los frijoles pintos. Abuelita nos enseñó como cocinarlos por un rato largo, sin agregar el sal hasta que los frijoles estén blandos (porque el agregar sal o limón o vinagre *mientras* cocinen hace muy duros). Los frijoles bien cocidos, frescos de la olla, con tortillas y un poco de salsa - ¡que se satisfizo mucho!

Las ollas que cocinan lentamente son perfectas para el cocinar de los frijoles. Asegúrese de recordar que se necesita dejarlos remoja en el agua por la noche, y cambie el agua a menudo. Por lo menos un remojo de 12 horas con 4-5 cambios del agua casi eliminará... er...el efecto de flatulencia. Para un gusto muy sabroso que es beneficioso a su corazón, y también a su bolsa, disfrute los frijoles en su hogar, por los menos una vez cada semana.

Older beans are dry & take longer to cook. Very old beans may never get tender.

Simmer beans, don't boil them. Stir gently so the skins don't burst.

Use a big enough pot - beans or lentils will double in size as they cook.

Hard water (or high altitude) may increase cooking times.

Los frijoles viejos están secos y su tiempo de cocinar es más largo. Frijoles muy antiguos quizás no se pueden hacer blandos.

Hierve los frijoles en fuego lento y muéveaos suavemente para que las cáscaras no se revienten.

Use una olla bastante grande - los frijoles o lentejas doblarán en tamaño mientras cocinan.

El agua dura (o altitud alta) puede aumentar los tiempos de cocinar.



Braised Short Ribs:

Salt & pepper ribs; dust them w/flour. Brown off in olive oil; add chopped onions, carrots & garlic - cook till veggies soften. Add a spoon of tomato paste, a bay leaf, sprigs of rosemary & thyme; cook 2 min. Add beef broth; cook low & slow till tender. De-grease; serve w/Flat Roast Potatoes

Costillas de Res Estofadas en su Jugo:

Sazone las costillas con sal y pimienta; espolvorear con harina de trigo. Dórelas en aceite de olivo; agregue cebollas, zanahorias, y ajo (cortados) - cocine hasta que las legumbres estén blandas. Agregue un cucharada de pasta de jitomate, una hoja de laurel, ramitos de tomillo y romero; cocine 2 minutos. Agregue caldo de res; cocine lentamente hasta que la carne esté blanda. Quite la grasa; sírvela con papas horneadas.



So you're Learning to Cook...

This soup has everything you need for a tasty, nutritious supper. The beans and noodles together make a complete protein and the cabbage adds a portion of the leafy greens we all need for our best health - yes, you could substitute chard, kale or spinach if you don't care for cabbage. The taste is hearty and creamy and satisfying- just squeeze the lemon over the top, get your bread handy for dunking and dig in!

Monterey County Bean Soup

1. Pick over **1 cup dried pinto beans** and throw away any rocks or ugly beans. Rinse the beans well and drain them. Put them in a large bowl, add lots of cold water, and soak overnight. Drain and rinse the beans.
2. Sauté **2 yellow onions (coarsely chopped)** in **1-TB olive oil** in a large pot over medium heat, stirring occasionally, until soft (about 5 minutes).
3. **Add 2 carrots (peeled and chopped);** cook for 3 minutes.
4. **Finely shred ½ small fresh green cabbage.** Add half to pot and sauté until wilted.
5. **Add 1½ quarts chicken broth, the soaked beans, 1 cup chopped canned tomatoes, 3 TBS finely chopped basil and 3 minced cloves of garlic.** Simmer, partially covered, until the beans are tender, about 1 hour (in slow cooker, 4-6 hours on low) . Remove from the heat.
6. Puree the soup in the blender in batches, leaving some a little lumpy.
7. Put it all back in the pot, turn the heat up about medium-high, and when it's nearly boiling, add **1½ cups cooked fine egg noodles** and **the rest of the finely shredded cabbage.** Cook about 3 minutes.
8. Season with **salt** and **pepper** and add **2 TBS. of minced cilantro.**
9. Serve the soup in warm bowls, sprinkled with **2 more TBS. of minced cilantro** and **6 TBS parmesan cheese.** Serve immediately, with **lemon wedges** and **crusty bread.** Serves 6.

You could serve this soup in cups for "starters" if you're having a Sunday supper for family and friends. For a late winter menu, put it together with Braised Short Ribs, Brussels Sprouts and Flat Roast Potatoes. A Lemon Tapioca would be a nice finish.



Hand Washing 101

Dirty hands are the culprits. Whether we're talking about "food poisoning" or the flu, it's when we rub our eyes or touch our faces with hands that are contaminated with bacteria or viruses that we get sick. Did you know?

- Hands contaminated with fecal bacteria ("toilet germs") are the Number 1 cause of food-borne illness
- The so-called "stomach flu" is actually a food-borne illness (Noro-virus) that is passed very easily "from hand to hand". This virus can live from 1-10 days on surfaces like countertops, keypads, doorknobs, or coffee cups, but you can wash it away with a good hand-scrubbing.
- 85% of people who were surveyed by the Centers for Disease Control said they washed their hands very thoroughly and at all the right times. However, CDC observers stated that in reality only 26% of these people actually did wash their hands often and well.
- It is not enough to just use alcohol-based hand sanitizers instead of washing your hands. You must first remove the dirt by washing with soap and water, then use these products to kill any remaining germs.

You can help prevent food borne illness and the spread of colds and flu- even avian influenza - by good "hand hygiene". Wash your hands when leaving work or school, and when arriving home. Wash them before and after changing diapers, preparing food, nursing a sick person, visiting the bathroom, touching a pet or other animal, or touch - your hair or face. If you are using latex or vinyl gloves, you STILL need to wash your hands. Would you like to see a cook coming out of the restroom wearing gloves and going to work on cooking YOUR burger?

We think not!

Las manos sucias son las culpables. Cuando hablamos de intoxicación alimenticia o la gripa, está cuando frotamos nuestros ojos o tocamos nuestras caras con manos contaminadas con bacterias o virus nos enfermamos. ¿Sabe que...?

- Las manos contaminadas con bacteria fecal ("microbios del baño") son la causa Número Uno de intoxicación alimenticia.
- La "gripa intestinal" es actualmente una enfermedad causada por alimentos (Noro-virus) que se pasa muy fácilmente "de mano a mano". Este virus puede vivir por 1-10 días en superficies como teclados, pomos, o tazas, pero puede eliminarlo con un fregarse bien las manos.
- 85% de las personas encuestadas por los Centros para Control de Enfermedades (CDC) dijeron que se lavan bien las manos - pero en realidad, no más de 26% de estas personas se lavaron las manos frecuentemente y a fondo.
- No es suficiente usar nomás productos de desinfectar hechos de alcohol en vez de lavar las manos. Debe primeramente quitar la suciedad lavándose con jabón y agua, entonces use estos productos para matar cualquier microbio que quede.

UCCE's
Favorite
Family
Food
4

Se laven las manos:

- * salir de la escuela del trabajo
- * llegar al hogar
- * antes y después de cambiar pañales
- * cuidar a un enfermo
- S * preparar las comidas
- E * visitar el baño
- E * tocar un animal
- D * o tocar su pelo o cara
- S

O
F

Si está usando guantes disponibles, **TODAVÍA** se necesita lavarse las manos. No quiere ver al cocinero saliendo del baño con guantes disponibles y entonces preparar su hamburguesa, ¿verdad?



Look for hidden lead in **some** of these:

Garden hoses



Electrical appliance cords



vinyl lunch bags



grasshopper snacks



imported candy wrappers



If you know of any other sources of lead, please call Kathy at 759.7373



The parents' page

Nutrition and Lead

Lead poisoning is one of the most common childhood problems in the United States. Nutrition is one way to reduce the chances that your child will have high levels of lead in her blood.

A child's diet can affect the amount of lead he has in his body. Just like

you, she needs to eat foods from each of the food groups to grow and stay healthy.

Offer your child 2-3 servings from the milk group, 4 ounces of meat or beans, 1 - 1½ cups of fruit, 1½ - 2 cups of vegetables, and 2-5 ounces of grain foods (1 thick slice of bread is about 1 ounce).

The levels of lead in the blood may increase if:

* **Your child eats too much or too little protein.** Offer your 2 protein foods each day: fish, beans, lentils, chicken & peanut butter.



* **Your child doesn't get enough iron.** Foods high in iron include meats, chicken, dried beans, cereal with iron, leafy green vegetables and dried fruits.



* **Your child eats too much fat.** If your child is over 2 years old, serve fat-free or 1% dairy foods, Don't serve foods like fries, chips, candy or fried foods very often.

* **Your child doesn't get enough zinc.** Foods high in zinc include meats, chicken, and whole grain cereal.



* **Your child doesn't get enough calcium.** Calcium-rich foods include milk, tofu, cheese, yogurt, broccoli and dark green leafy vegetables. Offer 2-3 servings of these foods every day.



An empty stomach may increase the chances of higher levels of lead. Snacks are an important part of your child's daily meal plan. Some children can't eat a lot at one meal. They may be hungry before it's time to eat again.

Offer regular meals and snacks to your children. This can help reduce their chances of having high blood levels.

La página para los padres

La Nutrición y el Plomo

El envenenamiento con plomo es uno de los problemas más comunes hoy día en los Estados Unidos. Una nutrición ayuda a reducir el riesgo de que su niño tenga altos niveles de plomo en la sangre.

La dieta infantil puede afectar de distintas maneras la cantidad de plomo que un niño puede tener en la sangre. Al igual que usted, sus niños

necesitan comer alimentos de cada uno de los grupos de alimentos para crecer y mantenerse saludable.

Ofrezca a sus niños 2 o 3 porciones del grupo de la leche, 4 onzas de carne o de frijoles, 1 - 1½ tazas de frutas, 1½ - 2 tazas de vegetales y 2-5 onzas de alimentos hecho de granos (1 rebanada gruesa de pan pesa más o menos 1 onza).

Los niveles de plomo en la sangre puedan aumentar cuando:

* **La dieta se muy baja o alta en proteínas.**

Dé a sus niños 2 alimentos con proteína diariamente, tales como pescado, pollo, crema de cacahuate o maní, frijoles (habichuelas) y lentejas.



* **La dieta es pobre en hierro.**

Entre los alimentos ricos en hierro son carnes, pollo, frijoles (habichuelas) secos, cereales con hierro, vegetales de hoja verde oscuro y frutas secas.



* **La dieta es muy alta en grasa.**

Si su niño tiene más de dos años, use productos de leche sin grasa, o bajos en grasa. Sirva alimentos como papitas, dulces y comidas fritas no más de vez en cuando.



* **Su niño no come bastante calcio.**

Los alimentos ricos en calcio incluyen leche, queso, yogur, brócoli, vegetales de hoja verde oscuro y tofu. Ofrezca a sus niños de 2-3 porciones de estos alimentos cada día.



* **La dieta diaria contiene poco zinc.**

Algunos alimentos ricos en zinc: carnes, pollo y cereales de granos integrales.



Un estómago vacío puede aumentar el riesgo de tener altos niveles de plomo en la sangre. Los bocadillos son una parte importante de las comidas diarias de su niño. Algunos niños no pueden comer mucho cuando es la hora de la comida. Tal vez les dé hambre antes que sea la hora de comer.

Tenga un horario regular para dar bocadillos y comidas a sus niños; así reduce las posibilidades de que tengan altos niveles de plomo en la sangre.

Busque el plomo escondido en **algunos** de estos:

Mangueras para jardines



Los cordones de aparatos eléctricos



Loncheras de vinilo



Chapulines



Envoltorios de dulces



Si usted sabe de otra fuente de plomo, por favor llame Kata en 831.759.7373





Just can't jog the whole way around the lake? Feeling creaky? Out of breath? Out of shape? *Interval training* or *speed play* might be just the right thing for you. This isn't rocket science- it just means that you alternate bursts of more intense physical activity with stretches done at an easier pace. It's great for both beginners and elite athletes, because the routine can be customized for your personal needs. The benefits?

- Burn more calories - even if your burst of intense activity is only a few minutes at a time.
- "Improve your aerobic capacity" - you'll be able to exercise harder and longer before you know it, since your cardiovascular fitness *will* improve.
- Enjoy a specialized fitness routine without special equipment, gym fees or boredom.

How to do it: Already an exercise walker? Start adding bursts of jogging, - say from the mailbox around the block to the green house. Just starting out? Step up your pace & walk as fast as you can from the neighbor's gate to the loquat tree down the street, then slow down again. Totally buff and fit? Talk to your personal trainer for an interval routine that will give you the edge in your next race.

Remember- always check with your doctor before beginning or changing a fitness routine. Always warm up 5-10 minutes before, and cool down 5-10 minutes afterward. A leisurely stretch to finish is like icing on the cake.

Speed Play.....!!!



¿Justo no puede trotar una vuelta entera alrededor del parque? ¿Se siente raquítico? ¿Sin aliento? ¿En mala forma? *Entrenamiento de intervalos* o *juego rápido* quizás será la cosa perfecta para usted. No es una ciencia de cohetes - solamente significa que usted alterna un estallido intensivo de actividad física con pasos hechos de velocidad más lenta. Es bueno para ambos principiantes y atletas de clase mundial, porque puede adaptar la rutina para sus necesidades personales. ¿Los beneficios?

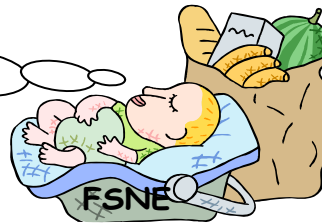
- Use más calorías - aunque su estallido de actividad intensiva es nomás de algunos minutos cada vez.
- "Mejore su capacidad aeróbica" - podrá hacer ejercicios más energéticamente y por un rato más largo, muy pronto, porque su capacidad cardiovascular ha mejorado.
- Disfrute una rutina especializada de ejercicios sin equipo especial, precios de gimnasio o aburrimiento.

Como hacerlo: ¿Ya está marchadora por ejercicio? Empiece agregar ocasioness de trotar, por ejemplo del buzón alrededor de la cuadra hasta la casa verde. ¿Está todavía un principiante? Apreté el paso y ande lo más pronto que sea posible desde la verja de su vecino hasta el árbol de nísperos un poco más adelante. ¿Totalmente tonificado? Hable con su entrenador personal por una rutina de intervalos especial que le dará la ventaja en su próxima carrera.

Recuerde - siempre hable con su doctor antes de empezar o cambiar su rutina de ejercicios. Siempre haga ejercicios de calentamiento por 5-10 minutos antes, y refréscase por 5-10 minutos después de caminar. El estirarse lentamente está un buen modo de acabar.

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 healthy foods for better diet and funds this newsletter.

What'll We Have For Dinner?

Spring Food Stamp Menus:

Sunday: Slow-Cooked **Pork Roast** (slice leftover pork thin as you can, wrap and freeze for Thursday), flat Roast Potatoes, Whole-Wheat Roll, Maryanne's Spinach & Sliced Strawberry Salad with Raspberry Vinegar, Rhubarb Crisp

Monday: Pasta Primavera (Sauté sliced zucchini, mushrooms, broccoli & asparagus, peas, and chopped tomatoes in a little olive oil. Throw in several cloves of garlic, finely minced, and some chopped parsley - basil is nice if you have some growing-. Black pepper, a little chicken broth and rich milk -to stand in for the heavy cream usually used- toss with cooked pasta and sprinkle with grated Parmesan). Garlic bread, Dark Green Salad and Lemon Tapioca.

Tuesday: "BBQ" chicken sandwich (braise chicken thighs with bbq sauce till the meat is falling off the bone- pile meat on toasted whole-grain sandwich rolls), Fresh coleslaw with shredded carrots and chopped pineapple, Baked Sweet Potato Fries, Fruit Gelatin.

Wednesday: Monterey County Bean Soup (see page 3), Toasted rolls with Parmesan or Ham Spread (Mince leftover baked ham VERY FINELY with a little onion; moisten with just enough mustard to make it spreadable), Fresh Fruit Cup, Baked Custard

Thursday: Stir-fried pork (from Sun) **and bok choy** (garlic, soy sauce, a little rice vinegar) over steamed brown rice (add a little chicken stock with ½ tsp cornstarch stirred in for an "authentic" Asian-like sauce effect. Be sure to bring it to a boil if you do this.) 2 salads: sliced Radishes; & Sliced Avocado & Orange. Vanilla Frozen Yogurt w/Fresh Mango.

Friday: Tuna Melts on whole grain bread (go easy on the "melt" part), **Potato Soup**, Carrot & Red Bell Pepper Strips, Brownie Pudding.

Saturday: Family Burger Special with the works, Whole-grain pasta salad with veggies, olives and pickles. Staying home for family movie night? Set up a Sundae Bar with frozen yogurt, sliced bananas & strawberries, chopped nuts, chocolate and maple syrups (did you know that the familiar chocolate syrup is fat free?)

Good news! It's 2007 and you can still provide tasty and nutritious meals to your family on a food stamp budget. Plan your meals around the weekly store specials and seasonal foods. Avoid costly packaged items. EBT cards make shopping easier than ever before and let you buy fresh, local products at many farmers' markets as well.

You'll have a special bond with family members when you share everything from meal planning to shopping to food preparation. You'll be saving money, passing along life skills to growing children and making happy memories for everyone.

Everyone help! Make "shopping day" a "cooking day" & do basic prep for the week ahead. Broth, cooked rice, blanched veggies make work week dinners easy.

Use that Slow Cooker! It's a cook'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!

Learn to use a chef's knife to cut poultry & meat into portions. Buy whole chickens and larger pieces of pork or beef chuck. It will PAY YOU to cut your own chicken pieces, stew meat or roasts. Double wrap meats, label with name & date and freeze. Save \$\$ & feel smart!

