



Favorite Family Food

Volume VII, Issue VI Jul-Aug 2008



Saving Summer Vacation

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It's summer! Students are out of school, the weather is great and the family is ready for vacation....but... gas prices are scary, meals are too expensive (because restaurant suppliers also have to pay those high gas prices!). The favorite vacation looks almost out of reach this year. What to do?

2006: A family in Santa Barbara County gets ready for summer vacation - they'll tour Universal Studios, stay in a nice hotel and enjoy restaurant meals.

2008: Mom gets an inspiration. This year, she packs up her daughter and a bunch of her friends and they go **camping** at a State Beach less than 5 miles from home. They all have a blast on the beach, and sitting around their fire pit at night telling ghost stories - and they learn why food that you cook and eat outdoors *always* tastes better. Everyone agrees that this old-timey fun is the *best!* ...*And, it's affordable.*

Here on the Central Coast there are many beautiful places where we can enjoy a vacation like this. Think: Pinnacles, Big Sur Campgrounds, San Lorenzo County Park or Capitola State Beach - or, Veterans' Memorial Park, on a hill-top right up the road from downtown Monterey. At this park, you can stargaze from your sleeping bag - or, walk down the hill into town for a bargain matinee. How cool is that?

For good eating, try Prakash Spicy Chicken. Is there a berry patch nearby? Picking blackberries is a summer treat for all in the family. Eat some now and take some home Enjoy.

¡Es verano! Los alumnos están fuera de la escuela, el tiempo está bueno y la familia está lista para una vacación.

Pero ... los precios para la gasolina están espantosos y la comidas están demasiada cara (porque las restaurantes también necesitan pagar más por todo). La vacación favorita parece estar fuera del alcance este año. ¿Que podemos hacer?

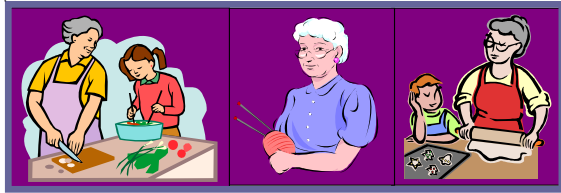
2006: Una familia del Condado de Santa Bárbara se preparan para su vacación del verano. Ellos visitarán *Universal Estudios*, dormirán en un hotel bonito y disfrutarán comidas en una restaurante.



2008: La vacación de ayer ya no está a su alcance, pero la Mamá tiene una inspiración. Ella reúne a su hija con muchas de sus amigas y ellas **van a acampar** en un Playa de Estado, **menos de 5 miles del hogar.**

Todos se divierten muchísimo en la playa, y sentados alrededor de su chimenea en la noche, contando cuentos de fantasmas. Aprenden porque las comidas que se preparan y se disfrutadan al aire libre *siempre* son más sabrosas. (Mira p2)





HABLAN LAS ABUELITAS

"Este dicho es de mucho valor..."

"Coma la zanahorias y tu puedes ver en el oscuro" dijo la Abuelita. Una otra vez- ella tenía razón. Hoy sabemos que no es solo la zanahorias que ofrezcan beneficios para la visión.

Según un artículo en el "Berkeley Wellness Letter" (12/05), varias frutas y vegetales de colores tienen las antioxidantes que protegen la salud de los ojos. Incluye estos en sus comidas del verano: **moras**, brócoli, betabeles y las zanahorias.

Sin estas mora, no es el verano, sí usted las recogen por sí mismo o las compran del rancho. Tiene nomás 60 calorías cada taza, con 6 gramas de fibra y una tercera de la Vitamina C que se necesita cada día.

Mermelada de moras hecho en casa es un regalo bueno - el sabor de julio en diciembre.

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

"Eat your carrots and you'll be able to see at night" said Grandma. She was right - once again. Today we know that it's not only carrots that offer health benefits when it comes to vision.

According to an article in the 12/05 Berkeley Wellness Letter, several colorful fruits and vegetables contain the antioxidants that protect the health of your eyes. Include these in your summer meals: **blackberries**, broccoli, beets and carrots.

It wouldn't be summer without blackberries, whether you pick them wild yourself, or buy them from a grower. There are only 60 calories in a cup, with 6 grams of fiber and 1/3 of the day's requirement for Vitamin C.

Remember, homemade blackberry jam makes a great gift - the taste of July in December.



(de PI) Todos están de acuerdo que esta diversión - como la de antes - es la mejor de todo. Y - cuesta muy poco..

Aquí en la Costa Central tenemos muchos lugares bonitos en donde podemos disfrutar una vacación como la que está descrita aquí. Piense de: Pinnacles, el camping de Big Sur, el Parque

del Condado San Lorenzo, o la Playa del Estado Capitola.

Una familia hasta puede ir a acampar en el Parque Memorial de los Veteranos en la ciudad de Monterey. En este parque, usted puede observar los astros en su bolsa de dormir - o, bajar de la loma al pueblo para mirar una película. ¡*Súper!*

Para comida deliciosa en su camping, pruebe Pollo Picoso por Prakash. ¿Hay una parcela de moras cerca? El recoger las moras silvestres es un gusto para todas en la familia. ¡Disfrútelas!

UCCE's
Favorite
Family
Food
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Un modo fácil
para disfrutar
las moras:

1. Mezcle **6 tazas de moras** y $\frac{1}{2}$ **taza de azúcar**, y ponga la mezcla al lado por 15 minutos.

2. Ponga 2 **cartones de yogur vainilla helado** a la temperatura ambiente para se descongele un poquito.

3. Entonces, mezcle las moras con el yogur con 1 o 2 pasos de la cucharada, y

4. ponga le postre en el congelador por no menos $\frac{1}{2}$ hora antes de servirla.



Fold 6 cups of slightly sweetened blackberries with 2 pints slightly softened vanilla frozen yogurt.

Place in freezer at least 1/2 hour before serving. Delicious!

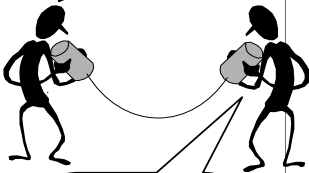


COOKING with YOUR CHILD

Home-made Noodles



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



I know -
I know!

Sauté in olive oil
till golden & clear:
chopped garlic,
red bell peppers,
mushrooms,
broccoli florets,
sliced yellow
summer squash.

Add about a cup
of chicken broth
& 2-TBS chopped
fresh summer
herbs (parsley,
basil or sage (or
cilantro, for
"estilo Mexicano")

Add 1-cup animal
protein if you like:
shrimps, cooked
chicken, sliced
cooked mild Italian
sausage, beaten
egg). Cook 4 min.

Add cooked pasta,
a little black
pepper & grated
parmesan and
enjoy.



Children love the idea that they can make - all by themselves - a food that is "just like in the store". Simple, non-electric food preparation devices are also fascinating to most kids. The gleaming stainless steel pasta machine is a great example - who wouldn't want to see "real noodles" rolling out as the hand crank was turned?

Noodles are a good choice for young cooks since they are so easy and fun to make. Try this on a lazy summer afternoon. As always, wash hands *thoroughly* (including fingernails) before beginning this recipe, since you'll both be very "hands-on" the pasta.



Simple Egg Noodles



1. Measure 1-cup all-purpose flour into a small bowl.
2. With a spoon, make a little hollow in the middle of the mound of flour.
3. Carefully break an egg into the hollow in the flour mound.
4. Fill $\frac{1}{2}$ the eggshell with milk and add it to the middle of the mix.
5. Mix this well with a fork till it forms a sticky ball (a teensy bit more milk may be needed to get the right consistency).
6. Flour your hands and a board really well. Put the soft noodle dough on the board and roll out flat, sprinkling with flour as needed to keep it from sticking.
7. Fold the dough in thirds on itself and roll out again, stretching as needed so it is flat and smooth and as thin as you can make it.
8. Sprinkle with flour and roll the dough up like a jellyroll. Cut in $\frac{1}{2}$ " slices- each slice will unravel to be a nice long noodle. Or, use pasta roller per directions.

You can cook these immediately. Put them carefully into boiling broth (adult should do this part) and stir so they don't stick together. Reduce heat to simmer and cook 20 minutes or so. These will be melt-in-your-mouth noodles! Enjoy with just a little pepper and salt, and a bit of chopped parsley.

If not cooked right away, pasta will last a day or so in the fridge. Use in your favorite pasta dish or improvise with whatever colorful summer vegetables are at hand. Try something like the recipe to the left. For *spinach noodles*, add $\frac{1}{2}$ cup finely minced, cooked spinach to the dough before rolling.



The New American Plate

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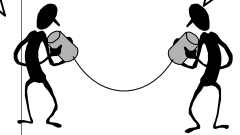
The New American Plate* Two thirds of this plate is full of foods from plants. The rest of the plate has a small portion of a protein-rich food of animal origin.

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 Institute for Cancer Research

I heard it's not 5aday anymore!

Too true- you gotta eat more!



Use your Food Stamps to fill your New American Plateat the Farmer's Market

Enjoy Disfrute
Farm-Fresh Fruits & Vegetables at your Farmers Market
Frutas y Vegetales Frescos Directos de la Huerta en su Mercado de Agricultores

Golden State ADVANTAGE
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JOHN R CARDHOLDER
1234567890123456

Use Your Card!
Use su Tarjeta!

Monday/Lunes: **Pacific Grove**, 4-8 pm
Lighthouse Ave. 582-4140

Wednesday/
Miércoles: **Hollister***, 3-7 pm
4th & San Benito St. 636-8406
Santa Cruz, 2:30 - 6:30 pm
Lincoln & Center St. 454-0566

Friday/Viernes: **Watsonville**, 3-7 pm (WIC)
Peck & Main St. 234-9511

Saturday/Sábados: **Greenfield***, 3-7 pm
Downtown 675-5591
Westside Santa Cruz, 9-1 pm
Western & Mission 454-0566

Sunday/Domingo: **Live Oak**, 10-2 pm
East Cliff Dr. & 14th St 454-0566
Marina, 10-2 pm
Marina Village Shopping Center
(WIC) 384-6961

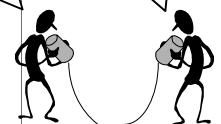
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Use sus Estampillas de Comida para llenar su Nuevo Plato Americano ... en el Mercado de Agricultores

Thanks to: for this information.

What's with the stars on those 2 markets?

It means you have to call to see if they take EBTs



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

La página para los padres

Para su Bebé y Para Sí

Reciente usted se alivió su bebe, y ya está esperando estar delgada otra vez. Pero- ¡tiene más hambre y sed que antes! Ahora, mientras está dando el pecho, el aviso es tomar casi un galón del agua y comer 500 más calorías por día. Es la verdad.

Es importante que continuar en buenos hábitos de comer mientras dar el pecho. Coma alimentos nutritivos como vegetales, frutas, granos integrales y alimentos ricos en calcio o en proteína.

¿Y si bebé repite mucho? Quizás es la ensalada de repollo que usted comió con su torta de crema de cacahuete. Recuerde que todo que usted come va directamente a bebé por su leche de pecho. Por eso, quizás prefiere evitar algunas alimentos mientras dando el pecho.



También, mantenga el evitar de la cafeína, el alcohol y el tabaco, para que no substancia nociva pasa al bebé por la leche.

You've just had a baby and you're looking forward to being slim again - but you're hungrier and thirstier than ever. Now that you are breastfeeding, you're told to drink nearly a gallon of fluid and eat 500 calories more each day. It's true.

It's important to continue to eat a well-balanced diet while breastfeeding. Eat nourishing foods such as vegetables, fruits, whole grains and foods rich in calcium and/or protein.

What if Baby burps a lot? Perhaps it's that coleslaw you ate with your peanut butter sandwich at lunch. Remember everything you eat or drink comes through your breast milk to Baby. You might prefer to avoid certain foods while you are breastfeeding.

Also, while you are breastfeeding, please continue to avoid caffeine, alcohol and tobacco. Caffeine makes Baby restless, and alcohol? It passes quickly to Baby and has the same effect on your infant as it has on you! Please decline these harmful substances, for the health of your baby.

For Your Baby and For You

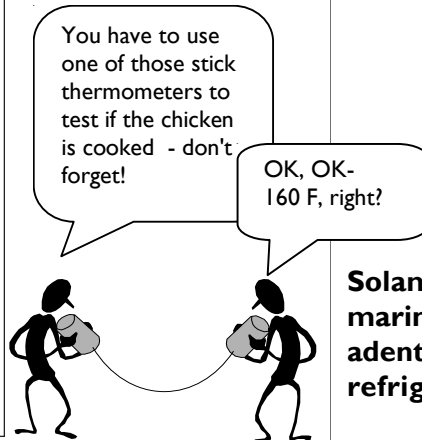
The parents' page





Do you BBQ? Marinate the meat ONLY in the refrigerator.

You knew that, right? And-cooked meat or poultry should not be put back into the uncooked marinade. Don't use the marinade as a sauce for cooked steak or chicken either, unless you boil it for at least a minute first. *The uncooked marinade may be contaminated from the raw meat.*



*UCCE's
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Food
6*

**Solamente
marine la carne
adentro del
refrigerador.**

Grillin' Chicken - a Summer Tradition

Camping out - or on the backyard grill, nothing's as good as grilled chicken for a summer supper. This "**Prakash Spicy Chicken**" is sure to please.

1. Combine these and puree in a blender:
1 medium sliced onion
2-TBS chopped fresh mint
2-TBS chopped cilantro
1 small, mashed garlic clove
½ -tsp mashed fresh ginger root
3-Tbs fresh lemon juice
4-TBS Worcestershire sauce
¼ -cup canola oil
 (add a little water if paste is too thick)
2. Add ½ - **1 medium Serrano chile**, minced
3. Rub this paste thoroughly into **1-lb skinless chicken pieces** and marinate 3 hours
4. Grill as usual, turning several times, until instant-read thermometer shows an internal temperature of 160 F
5. Serve with **rice** and **fresh pineapple spears**

1. Combine estos y purée en la liquidadora:

1 cebolla, rebanada
2- cucharadas de hierba buena fresca, picado
2-cucharadas de cilantro, picado
½- cucharadita de jengibre fresca, molida
3-cucharadas jugo de limón, fresca
4-cucharadas de salsa "Worcestershire"
¼-taza de aceite canola

2. Agregue ½- **1 chile Serrano, picado**
3. Ponga este mezcla en todas partes sobre **1-libra de pedazos de pollo sin piel** y marinéelo 3 horas
4. Cocínelo en la parilla por modo regular, revolviendo algunas veces, hasta que el termómetro marque 160 F grados.
5. Sírvelo con **Arroz** y trozos de **Piña fresca**.

...Usted sabía eso, ¿verdad? La carne o pollo cocido no debe ponerse en la marinada cruda de nuevo.

No use la marinada como salsa para carnes cocidas tampoco, a menos que esté hirviendo por lo menos 1 minuto. *La marinada cruda puede estar contaminada de la carne cruda.*



Use un termómetro para probar si la carne está bien cocida. 160F grados





Juegue Con La Familia

El verano es un tiempo bueno para descubrir una buena actividad física para toda la familia. Es importante escoger un deporte o actividad que sea divertido y agradable.

Cuando encontramos la mejor actividad para nosotros, es más probable que continuáramos haciéndola regularmente.

Ahora, con bastante horas de luz de día, hay más tiempo para probar el andar por bicicleta, el excursionismo, el bailar o la natación. ¿Una caminata familiar después de la cena? ¿El juntarse con un equipo que juega fútbol o softball en el anochecer?

Empiece su nuevo hábito de actividad física ahora, mientras los días estén largos y el aire templado.

Si un miembro de la familia está sedentario, hable con el doctor antes de empezar actividades físicas nuevas.



Summer is a great time to discover just what sport or physical activity is right for *your* family . Trainers remind us it's important to choose an activity that satisfies and is fun. Then, when we find the right one, it's more likely that we'll stick with it.

Now, with plenty of daylight hours, there's more time to try biking or hiking; dancing or swimming. A long family walk after supper is a possibility. Maybe Junior wants to show the rest of the family what he learned on the tennis team. Join a group that plays twilight softball or soccer - or check to see if there's a par course in your local park.

Begin your new habit of family physical activity now - when the days are long and the air is balmy.

If any family member is a sedentary person, check with your doctor before beginning any new physical activity.

The Family That Plays Together...

The Last Word

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

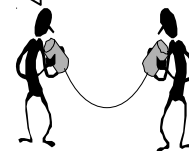
I just have to have a chocolate dessert at least once a week!

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: Grilled Prakash Spicy Chicken (see p 6), Rice Pilaf (cook extra rice for Mon supper), Pineapple Spears, Spinach & Strawberry Salad, Whole Wheat Rolls, Small Cantaloupe Quarters filled with Vanilla Frozen Yogurt. (Cook an extra chicken, without marinade, and refrigerate for Tuesday supper)

Monday: Grilled Pork Skewers (slice pork into 1" wide thin strips, marinate in a little mashed garlic and soysauce w/ a teensy bit of brown sugar. Fold strips accordian-style onto skewers), Fried Rice (rice from fridge; saute w/garlic, onion & bell pepper) and Stir-fried Green Vegetables. Lemon Tapioca

Tuesday: Chicken and Egg Caesar Salad (use extra chicken from fridge & diced hard cooked egg; Romaine lettuce, Croutons and Caesar dressing), WW Roll, Peach Crisp

Wednesday: At the park: BBQ Burgers on WW Buns; Ranch Beans, Coleslaw, Fresh Plums & Grapes

Thursday: Zucchini & Spinach Frittata, Garlic Bread, Watermelon

Friday: Fish Tacos (Corn tortillas, chunks of cooked cod or rockfish, shredded cabbage & carrot, and special Sauce- Your favorite Salsa mixed with a little low-fat mayonaise. Don't say "eeyew!" - it's good!) Frijoles de Olla, Rice Pudding

Saturday: Home-Made Noodle Bowl (see p3) with summer vegetables; WW Toast, Brownie Pudding.

Cook veggies

ahead - Twice a week, steam green vegetables, clean salad greens, etc. Store in frig for quick meals during the work week.

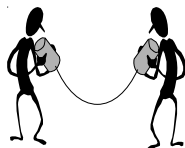
Plan meals around seasonal foods - let the Farmer's Market guide your food choices!

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

Try a Frittata:

In a bowl, toss 2 cups cooked rice, 2 cups cooked vegetable, 2-TBS flour, half a tsp pepper (less salt), 1 finely minced garlic clove, 1-cup grated sharp cheese. Put into a greased casserole, mix 2 eggs & 2 cups milk, pour over & cook at 350F about 1 hour.

In fact, I notice you *always* have dessert! Why is that?



People like dessert! Puddings and frozen yogurt are good sources of calcium, especially for folks who don't drink much milk. And in summer? Fruit, fruit fruit! Yum!

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.

