



Favorite Family Food

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Inside this issue:

- 2. Transitions:
Halloween to Harvest Party
- 3. Cooking Lessons:
Cook Street Garden Stew
- 4. Seeds of Change:
New American Plate:
- 5. Parent Page:
Cool Clear Water
- 6. Food Safety for the Grandmothers
- 7. Getting Physical:
It's all About Balance
- 8. The Last Word
Summer to Fall Menus



Indian summer...ah...

The County Fair - Indian Summer, Harvest Season - what a wonderful time of year.

Equinox falls on September 23rd. It marks the appearance of Indian Summer - Fall fruits and denser root vegetables & squashes.

A tasty harvest supper can be made from the end of your garden crops (see pg 3). There's still time to can or jam, and Elderberries are abundant on Monterey County roadsides.

It's cooler, so we bake. Soup comes to mind, and if you have lots of tomatoes left in the garden, a rich tomato soup with basil would be good. Plan to use yams, nuts and pumpkins in your meals during this harvest season. These foods are rich in vitamins and minerals and very satisfying.

This changing season is a perfect time to make changes in your family routine for better health. Enjoy it!

Una noche tan larga como el día - el equinoccio de otoño ocurre en el 23 del septiembre. Se marca la última cosecha de las frutas jugosas del verano y la reaparición de los alimentos más espesos como raíces vegetales y calabazas. Puede preparar una buena cena de la cosecha del final de sus cultivos del jardín (receta en página 3).

Todavía hay tiempo para preparar conservas, y los bayas del saúcos son abundantes en las bordes del condado de Monterey. Hace más frío, por eso preparamos comidas al horno.

Pensamos también del caldo, y tiene muchos jitomates sobrantes en su jardín, un caldo rico de jitomates con albahaca es muy sabroso. Planea usar camotes, nueces y calabazas en sus comidas esta estación de cosechas. Estos alimentos son ricos en vitaminas y minerales y son muy agradables.

Una de nuestras metas es de dejar el hábito de comer mucha azúcar. Mire la página 2 para ideas por celebrar Halloween sin muchos dulces. En página 5, hay sugerencias para usar el agua en vez de bebidas azucaradas.

Una estación de cambio es el momento perfecto para cambiar y mejorar cualquier cosa que quiera en la vida sana de su familia. ¡Disfruten esta estación!



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From Halloween to Harvest Party?

La costumbre en la noche de Halloween cuando los niños pidan dulces disminuye más y más cada año.

Al corriente, fiestas de Halloween son el nuevo modo de celebrar en el siglo 21. Si usted planea de ofrecer confites, piensa de usar cosas que no son dulces, como los que están en la lista al derecho.

Como me grito un niño el año pasado (mientras corría al bajar por la escalera) "Gracias, Señora. ¡Nos encantan las tatuajes!" Y- estaban más bajas en precio que las dulces.

El los Días Antiguos, las fiestas de Halloween ofrecían juegos como el tratar de atrapar con las dientes unas manzanas que flotaban en el agua (mire el foto de 1946 por A. Stewart). Esta es una actividad animadísima para ambos adultos y niños.

Usted puede planear una mesa con materiales para hacer máscaras, con tijeras y papel, goma de pegar y destello. ¡La creatividad reina!

Refrigerios- además de manzanas- puede servir una cena de caldo y sándwiches, molletes de calabaza, cidra caliente y pepitas de maíz.

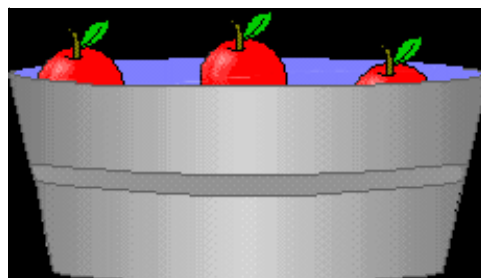


Trick-or-Treaters seem to be fewer in number each year. These days, HARVEST parties are becoming the 21st century way to celebrate. If you do expect to hand out treats, think about handing out non-food items, such as those listed to the right.

As one young boy shouted to me last year as he ran down the stairs "Thanks, lady. We LOVE tattoos!" And- they were much less expensive than candy!

In yesteryear, Halloween parties featured games like Bobbing for Apples . It's a hilarious activity that your guests - both children and adults- are sure to enjoy at your HARVEST party this year. If you are going out for treats, a mask-making table can be set up at your party, with scissors and paper, glue and glitter - let creativity rule.

Refreshments - besides apples- can be a soup and sandwich supper, pumpkin muffins, hot cider, and popcorn made the old-fashioned way (on top of the stove, in a heavy covered pot - don't forget to shake it).



Temporary tattoos

Stickers

Pencils

Fancy erasers

Pencil toppers

Crayons

Coins

Small novelty toys

Funny False teeth

Superballs

"Slime"

Miniature
magnifying glasses

Plastic jewelry/
decoder rings

Necklaces

Glow-sticks

Sugar-free candy

Tiny decks of cards

Plastic medals

Fake money

Origami paper &
instructions

Bubbles



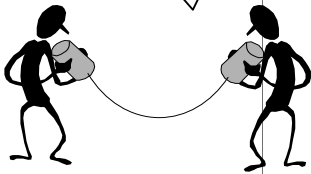
Cooking Lessons

Cook Street Garden Stew

1. Fry **1 piece thick bacon** slowly, till crisp & brown. Drain on paper towel.
2. Scrub **4 med potatoes**; cut in large dice (3/4"). Add to pan, stir; cook slowly.
3. Peel **6 cloves garlic** & mash with **a little salt**. Add to pan.
4. Clean & chop **1 handful green onions**; add to pan.
5. Scrub **1 handful carrots** well; slice 1/2"; add to pan. Stir stew well.
6. Top & clean **2 handfuls green beans**; snap in 3/4" pieces, add to pan.
7. Clean **1 red bell pepper** & cut in 3/4" dice; add to pan. Stir stew well.
8. Wash, core & coarsely chop **3 large tomatoes**; add to pan.
9. Cook the stew till all veggies beginning to soften. Add **kernels of 2 ears corn**, and up to 1/4 cup **chopped fresh herbs** (if desired).
10. Raise heat, cook 1 min. more. Stir stew well. Crumble & add bacon. Season with **salt & pepper**, sprinkle w 1/2 cup **shredded Monterey jack** cheese & serve.

Bacon? You're eating **bacon?**

Get over it!
There's just enough for the flavor!
The dish is **low-fat!**



Good with
whole wheat
garlic bread
4-6 serving.

Each serving has:
407 Calories
16 gms Protein
4.4 gms Fat
72 grms Carbs
10377 IU Vita A
123 mg. Vita C
*Low in fat,
rich in vitamins
and minerals!*



Platillo de Vegetales Mezclados con Tocino *estilo Cook Street*

1. Saltee **1 tajada de tocino**, hasta que esté dorado. Quite el exceso de grasa en una toalla de papel.
2. Agregue uno por uno, revolviendo la mezcla con cada adición: **4 papas medianas** en cubos, **6 dientes de ajo** peleados y amasados con **poquito de sal**; **un puñado de cebollitas**; **un puñado de zanahorias** rebanadas 1/2", **2 puñados de ejotes**; **1 chile campana roja** en cubos, **3 jitomates grandes**.
3. Cocine todo hasta que los vegetales estén casi blandos. Agregue **los granos de 2 elotes**, y casi 1/4 **taza de hierbas, picadas** (si quiere).
4. Levante el fuego, cocine 1 minuto más. Agregue **sal y pimienta negro**.
5. Agregue el tocino. Ponga 1/2 **taza de queso Monterey rallado** encima de todo y sívelo.

The New American Plate

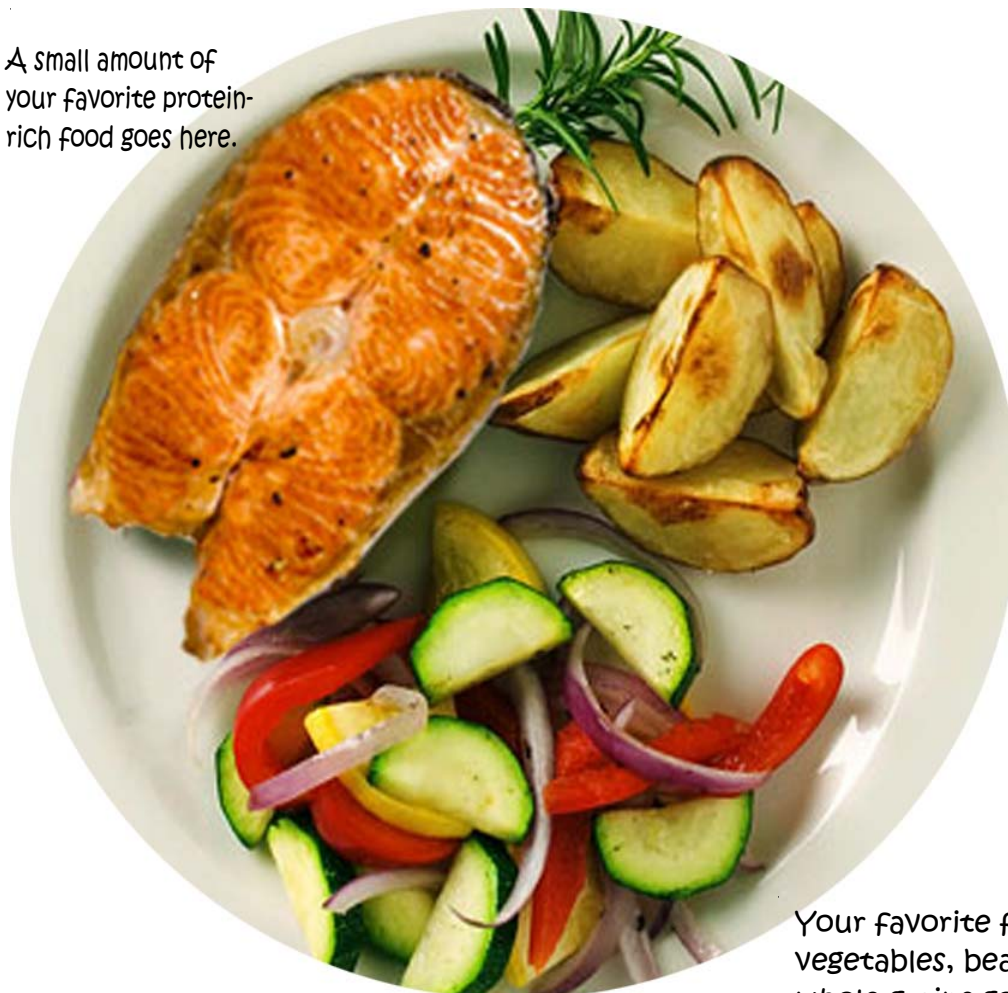
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Family
Food
4

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

A small amount of your favorite protein-rich food goes here.



Your favorite fruits, vegetables, beans and whole grains go here.

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Baked Potato Wedges
Grilled Fish
Sauteed Late Summer Vegetables
You could add a Pumpkin Custard for Dessert... with Walnuts!
All good for Fall

El Nuevo Plato Americano* Dos terceros de este plato están 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

Phot Credit- WebMD



Does your child's school still have drinking fountains? *Many do not, these days!*



With some information from Learning for Better Living, Myriam Grajales-Hall, Coordinator, UC Spanish Broadcast & Media Services, and researchers from the Center for Weight & Health, U.C. Berkeley.

How do you provide water for your child during the school day?



La página para los padres

Agua - fría, clara agua



Todos sabemos que es importante evitar bebidas azucaradas para nosotros y nuestras familias.

¿Sabe usted que el americano ordinario ya toma 50 galones de soda por año? ¡Esto puede hacer hasta 22-libras de peso agregado cada año, también!

Pero, ¿que podemos hacer cuando nuestros hijos lloriquean y nos fastidian por sodas y bebidas deportivas azucaradas?

¿Que podemos decirle al niño que no le gusta el agua?

¿Como podemos persuadirlos de tomar el agua que necesitan?

- Si sus hijos están jugando activamente, sus cuerpos activarán "centros de sed" en el cerebro y tomarán suficiente agua para las necesidades del cuerpo.
- Explique a su niño que el tomar el agua no es para el sabor, pero porque se quita la sed mejor que otro líquido.
- Hable con otros padres y maestros y entrenadores en la escuela. Se ponen de acuerdo en animar todos alumnos de tomar agua u otras bebidas bajas en azúcar, y evitar sodas y bebidas deportivas azucaradas.
- Prepare licuados, aguas frescas y tés fríos de hierbas en casa. Pruebe té de canela o de hojas de limón para un deleite tradicional.

We all know that it's important to avoid sugary drinks for ourselves and our families. Did you know that the average American now drinks 50 gallons of soda a year? That could add up to nearly 22-lbs of added body weight each year, too

But- what can we do when our children whine and nag for sodas and sugary sports drinks? What can we say to a child who doesn't like water? How can we get them to drink the water they need?

- If your children are playing actively, their bodies will activate thirst centers in the brain and they will drink enough water for their body's needs.
- Explain to your child that drinking water is not for the taste, but because it quenches thirst like no other liquid.
- Talk to other parents and the teachers and coaches at your child's school. Agree to encourage all students to drink water or low-sugar beverages and avoid sodas and sugary sports drinks.
- Prepare fruit shakes, fruit-ades and tasty cold herb teas at home. Try cinnamon or lemon leaf teas for a traditional treat.

The parents' page

Safe Foods for Older Folks?

My kids laughed at me when I said I can't eat sushi or baloney anymore - at my age!

Wait till they get past 50! They'll see that older folks just can't eat those risky foods anymore. Eating smoked salmon and spending a week in bed being deathly ill? Been there- done that - no more for me!



Personas recibiendo le terapia química, los con enfermedades del hígado, los que están HIV+ y los niños pequeños deben tener más cuidado también.

Foods That Older People Should Avoid

To reduce risks of illness from bacteria in food, older people* should not eat:

- Sushi or other forms of raw fish; raw meat or poultry.
- Hot dogs or cold cuts, unless they are reheated until steaming hot.
- Soft cheeses (such as Feta, Brie, Camembert, blue-veined, and Mexican-style cheese) unless they are labeled "made with pasteurized milk".
- Refrigerated meat spreads. You may eat canned meat spreads.
- Smoked fish - unless it's cooked or canned.
- Raw or lightly cooked eggs in salad dressings, cookie dough or cake batter, sauces, and drinks like eggnog. (Foods made from commercially pasteurized eggs are safe to eat.)
- Raw sprouts (alfalfa, clover, and radish)
- Unpasteurized or untreated fruit or vegetable juice (These juices will carry a warning label.)

*(and others who face special risks of illness, like very young children, people with cancer who are undergoing chemotherapy, people with liver disease or who are HIV+)

Info: Center for Food Safety & Applied Nutrition, Dept. of Agriculture, Food Safety & Inspection Service

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6

Para prevenir intoxicación por alimentos, las personas de mayor edad no deben comer:

Pescados, aves o carnes crudas

perros calientes o fiambres surtidos - a menos que estén recalentados hasta que estén humeantes

quesos frescos;

pasta de carne refrigerado (pasta enlatada es bueno)

pescado humado (cocido o enlatado es bueno)

blanquillos crudos en aderezo, masa de galletas o pasteles, salsas o ponche

brotes de alfalfa

jugos crudos de frutas o de vegetales



It's all about balance

The new Dietary Guidelines 2010 will rock our world! New goals are set (lowering salt intake to 1500 mg a day is one of these), and we are introduced to "SoFAs" (Solid Fat, Added Sugars).

We are encouraged to use a "total diet approach to achieve [our] goals", and that's a good thing. **For the first time it is clearly stated that "childhood obesity results from poorly regulated energy balance".**

What does this look like? The school bus just brought students home for the afternoon and they are walking by, snacking as they go. Here are the 3rd graders- 8 and 9 years old, about 4 plus feet tall and weighing about 50-lbs. A typical snack for these boys is a shared 8-oz bag of puffed cheese snacks and a container of fruit punch.

That's a load:

- 729 calories (32% of the day's needs)
- 8.6 grams protein (24% of the day's needs)
- 39 grams fat (! 50% of the day's needs)
- 88 grams carbohydrates (over 5 "portions" at 15 grams each)
- 1212 grams sodium (! nearly all of the day's allotment)
- 7.8 grams saturated fat (30% of the day's allotment)

To "balance" the intake of energy in this snack- in other words, to use up the calories it contains, these boys would have to ride their bikes pretty hard **ALL DAY**.

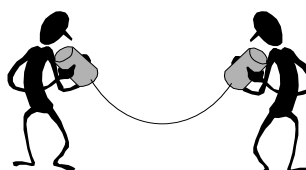
Let's imagine they wait until they are home to have a snack. They make Monterey Melts and some Orange Agua Fresca. One Melt (1/2 -toasted French roll topped with 3-TBS refried beans and a thin slice of Monterey jack cheese, melted) and a glass of Agua Fresca (1/3 cup orange juice, 2/3 cup club soda or plain water, over ice) will give them:

- 155 calories
- 7.24 grams protein
- 3.45 grams fat
- 24 grams carbohydrates
- 370 mg. sodium
- 1.74 grams Saturated fat



To "balance" the intake of energy in *this* snack- in other words, to use up the calories it contains, these boys would have to ride their bikes pretty hard **for 90 minutes**.

"SoFAs"? Is that a new food group?



For you? I'd say it's your MAJOR food group!

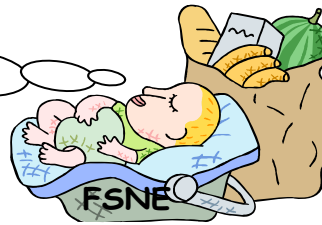


**1 person
out of 4
gets no
exercise at
all!**



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?

Summer-to-Fall Food Stamp Menus:

Sunday: Indian Summer Mixed Grill (from Turkey Sausages to Tri-Tip); Dark Green Salad with 3 kinds of tomatoes, Grilled Potato Wedges; Whole Wheat Roll, Fresh Peach Sundaes with low-fat Frozen Yogurt.

Monday: Cook Street Garden Stew (page 3), WW Garlic Bread and melon wedges.

Tuesday: Slow-Cooker Minestrone, (Use lots of harvest vegetables - tomatoes, red bell peppers, squash and chard); Whole Grain Parmesan Toast; Fresh Fruit Salad with Ricotta Dressing (Try figs, pears, red grapes and apples); Oatmeal-Raisin Cookie

Wednesday: 3-Bean Casserole over Rice, Fall Fruit Salad, Crusty Bread, Chocolate Dessert.

Thursday: Oven-fried Chicken, Quick Potato Salad (Steamed, sliced Red Potatoes tossed with thinly-sliced celery and dressing of whole-grain mustard, red wine vinegar, olive oil, minced green onions and parsley, salt & pepper - serve warm); WW Rolls, Carrot Sticks, Baked Custard

Friday: Fish Tacos (Sauteed fish portions, fresh corn tortillas, shredded cabbage, red onion, squeeze of lime and Baja sauce - half low-fat mayo/half low-fat sour cream, lime juice, pico de gallo powdered shile, chopped cilantro & jalapeno), Frijoles de Olla, Figs and Red Grapes

Saturday: Slow-cooked Pork "shoulder" (Butt) with carrots, onions, red bells, fennel, small red potatoes. Be sure to de-grease thoroughly - this is SO tasty (but that deep clear layer on top is F-A-T); Sliced Tomato & Cucumber Salad; U-Bake WW Bread and a nice Apple Dessert (Brown Betty? Charlotte? Pie?)

Everyone help!
Make "shopping day" a "cooking day" & do basic prep for the week ahead.

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!

Learn to use a chef's knife to cut poultry & meat into portions. Save the bones for soup.

It's time to make the switch from eating your vegetables in salads-to eating them in soups. Either way, eat several kinds each day.

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