Dear FFE/MFPs,

Boy, time sure flies by quickly around here, where has January gone? It was great seeing many of you at the Pantry Training in January. Dean Bray was great and gave us a lot of things to think about when it comes to nutrition and health. I still keep thinking about how fat we are getting as a society and all those empty cupboards we have in our body when we lose weight and that is why we put it back on so fast.

Well it is time for us to get together and plan for another year. We will be training in both Lane and Douglas Counties again this year. OSU will be supporting the program this coming year and also the statewide hotline as far as I know. With the budget uncertainties at the county level in both Lane and Douglas Counties, and who knows what the state will do, we will train volunteers and hope for the best.

Last year was phenomenal, I just finished my year end reports and I was so impressed with all you did as well as the nice comments I received from many of you. I know the state will be impressed with the program in both counties.

Hope you all are surviving the winter. Things are hopping at my farm, have lots of little lambs running around. They are so cute. If you are ever up my way stop by and I will take you on a private tour. You’d be proud of me, Chance and I even planted our peas already. As soon as it gets a little warmer we are going to put in some lettuce and radishes. Kids sure do love to garden.

Look forward to seeing you all on the 20th. Come with all your ideas so we can plan our upcoming events for the year.

ORGANIZATIONAL MEETING
FEBRUARY 20
10 A.M. – MID AFTERNOON
(RECIPE JUDGING IN THE P.M.)
Let’s get together to plan the MFP/FFE program for 2007. Everyone is encouraged to attend and help with the planning for the coming year. We will also be asking for volunteers to head up the various projects and looking for new ideas for the program. What would you think about doing a series of classes, taught by volunteers and or staff throughout the summer, and charging a fee to help support the program? Give it some thought and we can discuss it at the meeting.

I will have cinnamon rolls, of course, when you arrive and coffee and tea made.

Let’s plan on a potluck for lunch. Please bring a dish to share and I will bring the rolls. This will give us time to renew acquaintances and share ideas.

FOOD PANTRY COOK-OFF
Because we did not have many recipes turned in by the January deadline we have extended the deadline to February 16. Originally we had planned to look over the recipes the last week of January. To save you an extra trip to the office let’s plan to look over the recipes after our MFP organizational meeting. Those of you who want to get involved with the cook-off can stay and help us decide which recipes we want to cook. We will then set up a time to cook them and decide who we want to invite to the March 20 cook-off.

If you are also a pantry volunteer please push the cook-off with your pantry shoppers this month and encourage them to submit recipes.

RECRUITMENT
Denise has the application and recruitment sheet ready to go and they are also posted on the web. We have 12 submitted already. If you know of anyone interested in participating please encourage them to apply. Remember we will again be charging $50 this year to help cover the cost of the training supplies for the program. If you know of people that can’t afford the $50 we have a few scholarships available for limited income participants.
Classes this year will again be Wednesdays and start with orientation on April 11 and end with graduation on June 6.

In the past the veteran FFE/MFPs have been our best recruiters so if each of you recruit one new volunteer we will have a super class and lots of help this year.

Will be looking for volunteers to interview the applicants and make the final selection. Lynetta has already volunteered to help this year. We will form an interview committee on February 20. If you are not planning on attending the meeting and want to help out with the selection give me or Denise a call.

DOUGLAS COUNTY TRAINING ON TUESDAYS
Douglas County will be training again as well. This year classes will be held at the Sutherlin Community Center on Tuesday’s. Douglas County has been actively presenting classes all winter to help raise money for their program. Attached to the Brew is a list of their up-coming classes in case some of you want to attend.

PROGRAM LEADERSHIP OPPORTUNITIES
The success of our program is supported by many of you taking on leadership roles in the program. Please think about taking on a role this year. You can co-chair project committees or take it on alone. We are not particular. Last year we had a wonderful cadre of volunteers in leadership roles and that is why our program was so successful.

We will have a list on the 20th and ask you to sign up. Last year we had coordinators for the Farmer’s Market; Lane County Fair (booth design, demo recruiter and booth recruiter). This could be one person or three. Hotline office organizer and equipment organizer; outreach coordinator (finding volunteers to handle requests from the community); record keeper, email correspondent; Nagger; Doris Ranch Coordinator; Florence Home Show; WOE Fair; and Clear-Jel packaging coordinator if my memory is correct. Let’s look at our program and see who will do what. I just put this list together to give you ideas but we can add and delete. Remember, we don’t have to do the same thing each year. It is our program and we can try new things if you are interested.

LANE COUNTY HOME SHOW
The OSU/Lane County Extension Service will have a booth at the Spring Home Show. We are looking for volunteers to help staff the booth. The dates are March 8-11. Denise is the staff person in charge of the Home Show. If you want to volunteer please give her a call.

VALENTINES SPECIAL
QUICK AND EASY CHEESE CAKE
Here is one of my favorite desserts when I need something in a hurry. It is wonderful for Valentines Day. You can top it with your favorite canned pie filling. I like strawberry, blueberry or cherry on mine.

Quick and Easy Cheese Cake

Crumb Crust
1 1/2 cups graham cracker or other cookie crumbs
1 Tbsp. sugar
1/4 cup butter or margarine (melted)

Mix crumbs, sugar and melted butter together. Press into the bottom of a 9 inch glass pie plate. Microwave on high for 1 minute. Remove from microwave and let crust cool.

Lemon Cheese Cake Filling
1 8 oz. package cream cheese
1 3 oz. package of instant lemon pudding.

Microwave cream cheese 30 seconds to soften. In a blender, blend cream cheese and milk, add pudding and blend until smooth and creamy. Pour filling into cooled pie shell. Refrigerate for 1 hour or until filling sets up. Top with your favorite fruit pie filling.

FFE/MFP Web Site
http://extension.oregonstate.edu/lane/food-preservation

Username: MFP Password: preserve
*Remember, these are Case sensitive!!

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