

March

Wellness Ink

2008



Nutrition, food preservation and food safety
From the Family Food Education Program of OSU Extension Service

<http://extension.oregonstate.edu/coos/FFE/ffe-news.php>

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Newsletter Name Change



*The beginning of
wisdom is to call things
by their right names.*

Chinese proverb

We'd like to introduce you to our new name. The New Oregon Homemaker or NEOHOMA has been updated to **Wellness Ink**, the same quarterly newsletter dedicated to healthy nutrition, safe food preservation techniques and preventing foodborne illness. But now with the **think well** theme... changing how you *think* about your health.









We have a fresh new approach to volunteer programs to help you achieve a healthy lifestyle. Our goal is to offer you interesting and helpful ways to make small but permanent changes that make sense. Good health is a gift we give ourselves and we think it should be a celebration every day.

think well We welcome your suggestions for upcoming articles and tips that target your interests.

Fun with Fruit



Try these tasty tips for getting 2-4 daily fruit servings:

-  Add figs or dates to oatmeal or hot cereal
-  Slice bananas, strawberries or peaches on cold cereal
-  Mix fresh fruit into yogurt and top with granola
-  Toss mandarin oranges or dried cranberries into salads
-  Throw frozen berries in a blender with yogurt
-  Dehydrate apple and pear slices or make your own fruit leather (ask us how)
-  Mix dried fruit with whole grain cereal and nuts for a healthy snack mix
-  Make your own preserves, jams and syrups to use on toast, hot cereal, frozen yogurt or ice cream

March is National Nutrition Month®

This year's theme is
Nutrition: It's a Matter of Fact

The American Dietetic Association urges consumers to "look beyond the myths of nutrition and focus on the facts. The best nutrition is based on science."

You can get science-based nutrition information from your local Extension office or go to the ADA website www.eatright.org, "your link to nutrition and health."



Notes from program administrator,
Stephanie Polizzi, MPH, RD

Back Door Policy

Doesn't anybody want to learn about nutrition? I have noticed in my few years here in Southwestern Oregon that most people are not too excited about a nutrition class or workshop. But I have also been asked to give my presentation *The Sweet Seduction of Chocolate* so many times now, it has become my signature class. Hmnnn, what could that mean? Does anyone realize my chocolate presentation is actually about nutrition?

No one wants to be told how to eat. Most people are sick and tired of the same old health messages: eat more fruits and vegetables, choose whole grains, exercise, lower the fat, etc. They're not listening and they're not getting healthy.

I'm thinking the best approach to helping people learn about nutrition is to go around to the back door.

Have you ever had one of those "back door" friends who doesn't have to knock? Who is always welcome no matter what the time of day? Who can chat about nothing in particular and it's just wonderful? Wouldn't it be great if healthy lifestyle management could be a back door friend? Well maybe it can.

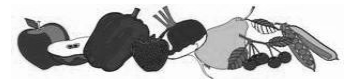
The Sweet Seduction of Chocolate is a back door friend. It's a welcomed pal who can sit in your living room and tell you what you need to hear and it sounds sweet and wonderful! I suppose being a back door friend means helping out without intruding, teaching without lecturing, learning without force-feeding, listening, coaching. But mostly it means disguising the mundane and the necessary with a rich, chocolaty coating of desirability and intrigue. Easy to take, maybe even FUN!

Does teaching nutrition really need to be about seduction and trickery, luring class participants and teasing them with marketing? Why not? Marketing seems to be the key to catching your attention and getting you to "bite", even if it's on the wrong things.

I'm not as good at marketing as I'd like to be. I'd rather be your pal, at the back door, welcome any time. I'd like to bring you apples from my yard or swing by to get you out for a walk. I'd rather you look forward to my visits and ask me to stay a while.

Yoo hoo? Anybody home?

Steph



FAMILY FOOD EDUCATION PROGRAM GOALS

- Assist the general public in the safe preparation and preservation of food, through scientifically tested methods.
- Promote healthful eating via research based nutrition information and food selection guides; and other information designed to encourage healthful eating.

These services are disseminated via classes, workshops and publications.

Wellness Ink

is the newsletter for the Coos County Family Food Education Program and is published quarterly (March, June, September, December). Special issues will be published on an as needed basis. This newsletter is published in compliance with the Oregon State University Extension Service guidelines, by Coos County Extension Service's Family Food Education Program.

Stephanie Polizzi, MPH, RD
Publisher
Miller Chappell
Editor

Here's a culinary quiz that'll give your gray cells a vigorous workout. See how many you can guess!!! Don't worry... the answers are on page 7.



- Which food item comes from the etymological roots 'Spear leek'?
A. onion B. asparagus C. shallot D. garlic
- What is the largest burrowing clam in the world?
A. geoduck B. geomollusc C. quagga D. geodar
- From what type of nuts are the dishes Chawan-mushi and Sazae-no-tsuboyaki made?
A. walnut B. pecan C. gingko D. gherkin
- What is the substance made from glutenin and gliadin, which gives bread its nice texture?
A. fibrogen B. dextrose C. gluten D. collagen
- What kind of cheese is 'stracchino'?
A. uncooked B. pure C. smoked D. spotted
- Jicama is a delicious tuber which is common in the Philippines, yet it is almost extinct from where it originated. From where did Jicama come?
A. Argentina B. Peru C. Mexico D. Chile
- Kermes is a purple-red dye used during the Middle Ages to hide the gross appearance of food. From what source does it come?
A. fish bladder B. bird dung C. tulips D. insect scales

Can't get enough? More on *page 4*



COOKIE

CORNER

Why are both baking soda and baking powder in my cookie recipe?

Solution for Suds...

Baking Soda (Bicarbonate of Soda, Sodium Bicarbonate) is an alkali (or base) salt. It can be added alone or as a component of baking powder.

Extra baking soda is added to cookie dough because it aids in the browning process. How does this happen? The alkalinity of the baking soda lowers the caramelization point of sugar. This causes a more rapid, and darker, coloring of the crust of the cookie dough. The caramelized sugar also contributes flavor to the final product.

Soda also has a weakening effect on flour proteins, making gluten less binding. This allows air trapped when creaming butter and sugar to expand more easily. Because it acts as a leavening agent, this makes for lighter cookies.

Too much soda will result in a chemical reaction between the fat and the soda in the recipe. A similar reaction is necessary in the making of ordinary soap. Consequently, the cookie will have a "soapy" taste.

NOT

Going Green

To keep the edge of the yolk of a hard boiled egg from turning green, chill eggs in ice water immediately after cooking. The yolk will remain bright yellow.



January Nutrition Workshop Gets Schools Involved

Food Safety Updates

Carolyn's Book Report: Canning & Preserving for Dummies

Karen Ward (cook book author; home economist) (Wiley, 2003).

Here's what Carolyn Raab, Nutrition Specialist for OSU Extension, had to say about this book:

"The following are of enough concern that I'd be hesitant to fully recommend the book:

- No mention is made of the source of home canning recommendations. A few recommendations don't agree with those of USDA.
- Canners are advised to replace pressure canner gauges that are off by 5 or more pounds. (USDA now says 2 or more pounds.)
- Instructions are given for canning pureed pumpkin. (We no longer recommend doing that because of inadequate heat penetration.)
- People are advised to wipe mold off dried food with vinegar. (Mold is a sign of spoilage. I wouldn't recommend eating dried food that has molded.)
- There are also other recommendations that we wouldn't support – such as emptying jars of spoiled pressure canned food – and throwing out the jars. (Marge Woodburn has advised that adequate cleaning of jars and surfaces will eliminate risk posed by potential botulism toxin.)"

This January, the Coos County Nutrition workshop and volunteer training was presented at the Extension office in Myrtle Point. New this year, all members of the 5 Coos Co school districts were invited to participate in support of their school wellness policy initiatives. The workshop also provided either continuing education or OSU college credit for those needing to maintain their credentials. We enjoyed having the teachers, school nurses and teachers' aides, some of whom have already documented use of the nutrition materials and knowledge gained from the training.

If you're feeling awful that you missed this workshop, it's not too late to register for the Curry County training this March. See page 5 for more information.



... More Brain Matters

8. What type of cheeses are: caprino, Ziegenkase, and Gaiskasli?
A. cow B. kangaroo C. emu D. goat
9. Where is the gelatin, Isinglass, obtained?
A. lichen B. sorrel C. horse bone D. fish bladder
10. What is the Indian name for the sweet-milk used to make my favorite puddings?
A. kheer B. fushwak C. gnunu D. mauri



Answers page 7

Volunteer Trainings

Food Preservation

This year's annual Coos/Curry training in food safety and preservation will be held in Gold Beach at the Curry Co Extension office kitchen on 8 consecutive Saturdays from

April 19th to June 7th.

Training covers basic canning of fruits, vegetables, meats, jams and jellies as well as dehydrating, freezing and food safety. Class meets from 9 am to 3 pm.

You'll receive 48 hours of valuable instruction, a great resource notebook, food handler's certification and a *wonderful* experience. Become an FFE volunteer and make a big difference in your community!

Call 1-800-356-3986
for registration information.



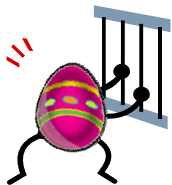
Nutrition

There's still time to register for the annual nutrition training in Gold Beach. Training will qualify you as an FFE volunteer in either county.

This two-day workshop covers the basics of nutrition and application to disease prevention and weight management. The class also includes food safety and participants will receive the State food handler's training and certification.

Workshop begins on Friday, March 7 at 4 pm until 8:30 and meets again on Saturday, March 8 from 9 to 4. Fee is *only* \$55.00 and pre-registration is required. Current active FFE volunteers can participate FREE. (Fees for college credit are \$130.00)

To register, call 541-247-6672
or 800-356-3986 TODAY.



Eggs Get a Bad Rap

Are you cutting back on your egg decorating this Easter because you heard eggs were bad for you? You may be surprised to learn how good eggs really are and why it's OK to build them back into a healthy diet.

Eggs are often called the "perfect protein", since one large egg contains 6 grams of high-quality protein. Egg yolks are rich in lutein and zeaxanthin (related to beta carotene) which protect from macular degeneration. But there's more. Yolks also contain zinc, vitamin A, iron, B vitamins, vitamin E and other nutrients. Choline (one of the "other nutrients") is important for fetal brain development while others may have anti-cancer and immune-boosting properties.

But wait, aren't eggs bad for your cholesterol? New studies are now showing no link between egg consumption and heart disease, and that the cholesterol in eggs does not raise blood cholesterol in most people. It may be how we are preparing the eggs that increases saturated fats and therefore our risk of heart disease. However, the American Heart Association still recommends you limit your total cholesterol intake to 300 milligrams per day (200 if you have heart disease).

So check with your doctor, but you may be able to let the eggs escape out of jail and then you can have a high-protein Easter egg hunt... guilt free.



Jessica in Coos County

Myrtle Point Health and Safety Fair a Big Hit

Extension and Myrtle Point Elementary School worked together to coordinate the Myrtle Point Health and Safety Fair. Students progressed through 7 learning stations including hand washing, child safety, eye sight, physical activity, drugs and alcohol, dental hygiene and tobacco/lungs.

The hand washing station, taught by our FFE volunteers was a real "EYE-OPENER". The students applied black light sensitive lotion which acted as bacteria to their hands. Then they were asked to thoroughly wash their hands with soap and water. Afterwards, they put their hands under the black light which made the "bacteria" glow. To their surprise, many had to make several trips to wash their hands again until the "bacteria" was gone.

Upcoming Health Fairs Special guest Shawn L. Hanlin, chef from Oregon Coast Culinary Institute, will be preparing a special culinary treat for elementary students at two upcoming health fairs. Fairs will have 6 health stations, 5 representing the food groups of MyPryamid to teach students the importance of vitamins, minerals and nutrients. The sixth station will be the special snack prepared with Chef Hanlin.

The first fair will take place March 13th at the Myrtle Crest Elementary School. Watch for the second event at Lincoln Elementary in Coquille later in the year.

One of the biggest W O W - factors at the health fair was the booth for Tobacco and Lungs. Students inflated both the diseased (black) and the healthy (pink) lung to show the difference smoking can do to your breathing. The students really got to see how dangerous smoking is.



★ **Volunteers are always needed at these and other events.**

Tracy in Curry County



Hello Again Just to refresh your memory, I am Tracy Wallace, Education Program Assistant in Curry County. In the past few months since joining Extension I have enjoyed developing relations with the schools and food banks. It's been a great help to have the FFE Volunteers assisting me every step of the way. I'd love to see more local citizens join this volunteer program and help Extension to provide more programming. Call me if you're interested in volunteering. 541-246-6672

Start Smart Eating and Reading We've been in the classrooms with the Smart Start Eating and Reading program. Right now, we've completed Gold Beach 1st and 2nd grade and K through 3rd in Blanco. The teachers and kids love the program and are always sad to see it end. Coming in March, we'll be in the Brookings Kalmiopsis school with 1st and 2nd graders.

Food Bank Fun Another active program in Curry County is food demonstrations at local food banks. The FFE Volunteers and I put on a holiday food demonstration at the Christian Help Food Bank in Gold Beach where we shared great ideas on how to use leftover turkey. Using only foods from the holiday food boxes, we made a turkey and rice soup and turkey enchiladas that were a great hit. Along with healthy recipe books, participants also learned how to use slow cooker crock pots. (NOTE: See **Slow Cooker Class** note below).

The food box recipients really enjoyed the event and are looking forward to the next demonstration. The FFE volunteers and I will be at the Langlois Food Bank in March. Come join us for some healthy fun.

Slow Cooker Class Our next Curry FFE workshop on Monday, March 3, will be demonstrating slow cookers and great recipes. They'll have tastes and samples and plenty of great ideas for pulling meals together for your family. Workshop is FREE. Mark your calendar for Mon, Mar 3, 5:30 to 7 PM at the Curry County Extension office in Gold Beach.



Spring Calendar

There's still time to register for the **NUTRITION WORKSHOP** and volunteer training, Friday March 7 from 4:00-8:30 and Saturday, March 8 from 9-4. Training will be held at the Extension office in Gold Beach. Workshop is open to the public as well as volunteers. Call 1-800-356-3986 for registration info.

March

- 7-8 Nutrition Workshop, Curry Co Ext office, Gold Beach
- 12 Coos FFE recognition banquet, A Night at the IMPROV, 5 PM
- 18 Curry FFE meeting, 10 AM, Curry Co Ext office

April

- 5 Jerky and Dehydration Workshop, Myrtle Point, 11-2
- 15 Curry FFE meeting, 10 AM, Curry Co Ext office, Gold Beach
- 16 Coos FFE meeting, 10 AM, Coos Co Ext office, Myrtle Point
- 19 Food Preservation Training begins, Curry Co Ext office, 9-3
- 25 Homemakers' Holiday, FCE event, Coos Bay, 9:30-3:00
- 26 Food Preservation Training continues #2, Gold Beach, 9-3

May

- 3 Cheese-Making Workshop, Coos Co Ext office, 11-1
- 3 Food Preservation Training #3, Gold Beach, 9-3
- 10 Food Preservation Training #4, Gold Beach, 9-3
- 14 Dehydration workshop, Curry Co Ext office, 5:30-7
- 17 Food Preservation Training #5, Gold Beach, 9-3
- 20 Curry FFE meeting, Gold Beach, 10 AM
- 21 Coos FFE meeting, Myrtle Point, 10 AM
- 24 Food Preservation Training #6, Gold Beach, 9-3
- 31 Food Preservation Training #7, Gold Beach, 9-3



And you may want to mark your **SUMMER** calendar

June

- 7 Basic Canning Workshop, Coos Co Ext office, 11-2
- 7 Food Preservation Training, last day #8, Gold Beach, 9-3

July

- 12 Jams and Jellies Workshop, Coos Co Ext office, 11-1
- 17 Curry County Fair Booth
- 19 Diabetes Walk, Bandon
- 22 Coos County Fair Booth
- 29 Berry Wonderful Workshop, Gold Beach Ext office, 5:30-7

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 • **Brain Matters Answers** 1. D 2. A 3. A 4. C 5. D 6. A 7. D 8. C 9. D 10. A •

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Fertilize Your Mind The Dirt on Backyard Gardening 7th Annual Gardening Seminar March 29, 2008



Keynote Speaker: Author Phyllis Gustafson

The Master Gardeners have arranged for three sessions with four choices each:

First session: #1 Hand Forged Garden Tools and their Uses; #2 Planting/Caring of Hanging Baskets; #3 Ornamental Grasses; #4 Cooking with Herbs & Fresh Vegetables

Second session: #5 Growing Raspberries; #6 Planting and Caring of Hanging Baskets; #7 Greenhouses; #8 Native Plants in the Home Garden

Third session: #9 Mason Bees; #10 Vermicomposting; #11 Waterwise Gardening; #12 Seeds and Seed Saving

Registration is just \$25.00. Class space is limited so the earlier you register the better chance you have to get your first choices. Contact the Extension office for registration information or go on-line to download the form:

<http://extension.oregonstate.edu/coos/>



Oregon Family & Community Education 2008 HOMEMAKERS HOLIDAY

Cordially invites you to



Wedding Fashions Through the Ages

a day of remembrance and beauty
 celebrating weddings over the ages.

Friday, April 25
 9:00 am to 3:00 pm

At Gloria Dei Lutheran Church
 1290 Thompson Rd
 Coos Bay, Oregon 97420
 Call 756-6615 or 269-1311
 for registration information