

JUNE 2005

NEOHOMA

The NEw Oregon HOmeMAker

Quarterly Newsletter for Coos County Family Food Education Program
Oregon State University Extension Service

STALKING THE BEAN

Don't be surprised when friends start bringing bean dishes to potluck gatherings this summer. The 2005 USDA Dietary Guidelines report, which suggests "diets including beans may reduce risk of heart disease and certain cancers", has everyone looking through their collections of bean recipes. But the guidelines aren't recommending we gulp down bean dishes laden with fat, and many cooks are discovering they have few recipes for beans from which to choose. After you eliminate the bacon-covered baked-bean casseroles and the red beans with rice/pasta and sausage, you may not have many recipe choices left in your beans folder. The shortage of popular and healthful bean recipes is being addressed in newspaper food sections, magazines, television food shows and by federal government agencies. Restaurant chefs are adding bean recipe-focused features to their content. That doesn't even touch the thousands of bean recipes from all over the world already available on the Internet and a myriad of cook books.

Beans are NEWS

and Beans are IN.

That's great because beans are also inexpensive and widely available. Many cooks don't have time to stand over a simmering pot and stir beans all day or are reluctant to use their pressure cookers (See March 2005 *NeOHoMa*). When it comes to quick cooking and recipe versatility, canned beans are the way to go for the time challenged cook. For about 200 years canned beans have been the chosen method to feed the masses, or in the early days of canning, the armies. Human beings have been eating dried beans for about 10,000 years. According to archaeological finds, both the ancient Greeks and Egyptians ate meals made from dried beans, and the Egyptians actually put dried beans in the tombs of the Pharaohs as food for the afterlife. Ancient as well as modern societies use bean "flour" or bean "meal" as a substitute for wheat. Now, too, we know far more about the nutritional profile of beans, namely that beans

are low in total fat, contain no saturated fat or cholesterol, provide important nutrients such as protein, calcium, iron, folic acid and potassium as well as being a source of soluble and insoluble fiber. The health benefits from eating beans are cited in diet recommendations for fighting cancer and heart disease and managing diabetes and high blood pressure. The 2005 USDA Dietary Guidelines for Americans recommend that people eat more than three times the amount of beans they currently consume. This means we should be eating about 3 cups of beans a week. So don't be surprised if you see more bean-based dishes on menus in the next few months. We're bound to try incorporating beans into salads and spreads to increase consumption. You may find that rinsing canned beans before adding them to a recipe can remove some of the excess sodium as well as the "jelled" liquid in some varieties of canned beans that can impart an "off" flavor to milder recipes. See page #4 for an Italian bean and sun-dried tomato soup that is tasty served hot or cold.





Family Food Education Program Coos County

JoAnn Mast, Staff Chair, Program Administrator

OSU Extension Service Mission Statement

The Oregon State University Extension Service engages the people Of Oregon with research-based knowledge and education that focus on strengthening communities and economics, sustaining natural resources, and promoting healthy families and individuals.

Spring has delivered a busy schedule. One day it is summer, the next day the heater is on. It truly shows us the diversity we enjoy in Coos County. I have been away from the office for just over a month, and things continue to be planned, delivered and evaluated. Some with my attendance, and many with the help of our office staff, volunteers and other Extension agents in our office.

It has been good to hear the positive comments from our delegates who attended the symposium in White City. I have also seen the initial evaluation comments, and it appears the pendulum was off the chart with high scores. Sharon Johnson also commented on the positive return of goal sheets and the follow up work people have done.

Homemaker’s Holiday was kicked off with music, slides and information about local programs. The attendance was not record setting, but a good number of people were there for the morning session. Thanks to the many volunteers who made this event possible, and a special Thank You for the money donated to the Coos County 4-H program. The support for 4-H has been long-standing, and much appreciated.

Thanks again to those individuals who attended the candidate’s social on Monday, May 23. All three candidates for the FCD agent position were amazed and impressed with the support and interest in this position. The position has been offered to one of the individuals, but I have not heard any reply regarding her interest in making a commitment to the Coos – Curry job. Hopefully the response will be here soon, and passed on to you quickly.

FFE trainings will be starting June 13. Please sign up and encourage others to do the same. Keep up the great work you do for our Coos County citizens, it is greatly appreciated.

JoAnn Mast,
Staff Chair

FAMILY FOOD EDUCATION PROGRAM GOAL

The goal of the Family Food Education Program is to assist the general public in the safe preparation and preservation of fruits, vegetables, meats and fish, through scientifically tested methods and recipes for canning, freezing, drying and smoking. These methods and recipes are disseminated via classes, workshops, telephone and Email service.

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NEOHOMA

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Staff Chair, JoAnn Mast
Publisher
Miller Chappell
Editor

SUMMERTIME IS *SLOW COOKER TIME*

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small appliance can avoid introducing heat from a hot oven and allow time for gardening or relaxing in the shade. And it uses less electricity than a conventional oven.

Is A Slow Cooker Safe?

Yes, the slow cooker, a countertop appliance, cooks foods slowly at a low temperature -- generally between 170° and 280° F. The low heat helps less expensive, leaner cuts of meat become tender and to shrink less. Electric slow cookers, properly used, are a great way to reap the benefits of long, slow cooking. The direct, intense heat, combined with the bacteria-killing steam created inside the tightly covered container, make the slow cooker a safe alternative to the risky process of cooking foods for extended periods at a very low temperature in a conventional oven.

Safe Beginnings.

To qualify as a safe slow cooker, the appliance must be able to cook slowly enough for unattended cooking, yet fast enough to keep food above the danger zone (165°F).

Note: To determine if a slow cooker will heat to a safe temperature: Fill cooker with 2 quarts of water. Heat on low for eight hours or desired cooking time. Check the water temperature with an accurate thermometer (Quickly because the temperature drops 10 to 15°F when the lid is removed). The temperature of the water should be 185°F. Temperatures above this would indicate that a product cooked for eight hours without stirring would be overdone. Temperatures below this may indicate the cooker does not heat food high enough or fast enough to avoid potential food safety problems.

Safe Cooking.

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and keep them clean during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them *separately* in the refrigerator. The slow cooker may take several hours to reach a

safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

Thaw & Cut Up Ingredients.

Always defrost meat or poultry before putting it into a slow cooker. Choose recipes with high moisture content such as chili, soup, stew or spaghetti sauce. Cut food into chunks or small pieces to ensure thorough cooking. Do not use the slow cooker for large pieces like a roast or whole chicken because the food will cook so slowly it could remain in the bacterial "danger zone" too long.

Use the Right Amount of Food.

Fill cooker no less than half full and no more than two-thirds full. Add the recipe ingredients sequentially according to cooking time required for each ingredient to insure all ingredients are done finished cooking at the same time. Cover the food with liquid such as broth, water or sauce. Keep the lid in place, removing only to stir the food or check for doneness.

Settings.

Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting. If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time -- if you're leaving for work, for example, and preparation time is limited. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

(Continued on page 4)

Italian Bean and Sun-dried Tomato Soup

1 C medium pasta shells (e.g. cavatelli)	11.5 oz. can vegetable juice
1 1/2 tbsp. olive oil	2 C water
1 small sweet onion, chopped	1 medium carrot, chopped
1 garlic clove, sliced	1/2 C julienne sun-dried tomatoes in oil, drained
2 tsp. Italian herb mix	2 tbsp. Fresh or frozen grated Parmesan cheese
1 bay leaf	Salt and pepper, to taste
1/2 tsp. dried red pepper flakes	
2 (1-ounce) cans cannellini beans, rinsed, drained and divided	

Cook pasta according to package directions. At the same time, in a medium-size saucepan, heat olive oil over medium heat. Add onion, garlic, Italian herb mix, bay leaf and red pepper flakes. Add 2 cups water, vegetable juice, sun-dried tomatoes, carrots and beans, reserving 1 cup whole beans. Bring to a boil, stirring occasionally, then reduce heat, cover and simmer for 10 minutes. Puree vegetable mixture in blender or food processor and return to saucepan. Add pasta and remaining whole beans and heat through, adding water if too thick. Ladle into bowls, serve with fresh grated parmesan cheese.
Makes 4 servings

Slow Cookers (Continued from page 3)

Power Outages.

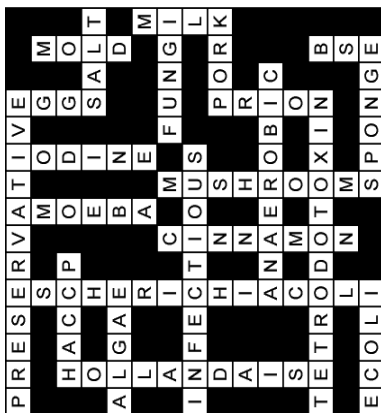
If you are not at home during the entire slow-cooking process and the power goes out; throw away the food even if it looks done. If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

Handling Leftovers.

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. However, cooked food can be brought to steaming on the stove top or in a microwave oven and then put into a pre-heated slow cooker to keep hot for serving.

Adapted from Clemson University, University Of Minnesota and USDA articles.

Solution to Puzzle on page #6



ELEPHANT STEW

1 Elephant, Medium size	2 Rabbits
Gravy - 4 Drums (55 gal. each)	

- Cut elephant into bite size pieces and cover with gravy. Cook over kerosene fire for about 4 weeks at 465 degrees F. This elephant serves 3,800 adults and 35 children.
- If more guests are expected, two (or more) rabbits may be added. Do this only if absolutely necessary, as most people do not like to find a hare in their stew.

source unknown

MAKE YOUR MEAL SIZZLE WITH SKEWERS

The novelty of something tasty on a stick, the drama of fire and smoke, the rapid pace of grilling, all enliven the most familiar and ordinary of ingredients.

When it comes to holding ingredients in place, flat-sided skewers have a slight edge over rounded ones. The angles formed where the flattened sides meet help keep foods from slipping when the skewers are turned. Even with rounded skewers, you can prevent slipping by inserting two skewers parallel to each other into the food. Other solutions are to place the filled skewers in a hinged grill basket or use double-pronged skewers with a heatproof handle. Wooden skewers need to be soaked for at least 15 minutes (an hour is better) to keep them from charring. Metal skewers should be lightly oiled to prevent sticking. Keep in mind that metal skewers become dangerously hot after even a short time on a grill. Always use tongs or heatproof mitts to transfer skewers from grill to plate, and remind diners to use caution when touching the skewers.

When marinating, follow food safety guidelines to reduce the risk of food-borne illness. Don't attempt to speed the process by marinating food at room temperature. Keep the marinated food refrigerated until you are ready to cook it. If you plan on using some of the marinade later as a baste or sauce, set aside and refrigerate some of the freshly made marinade for that purpose. After marinating raw meat, discard any 'used' marinade. For those of you that have a vacuum sealer, remember it marinates foods in just minutes. For additional information on marinating and grilling food safely, check out the U.S. Department of Agriculture's Meat and Poultry website: www.fsis.usda.gov. Click on 'Food Safety Education'.

*"Somewhere lives a bad Cajun cook, just as somewhere must live one last ivory-billed woodpecker.
For me, I don't expect ever to encounter either one."*

William Least Heat Moon (William Trogon) **Blue Highways** (1982)

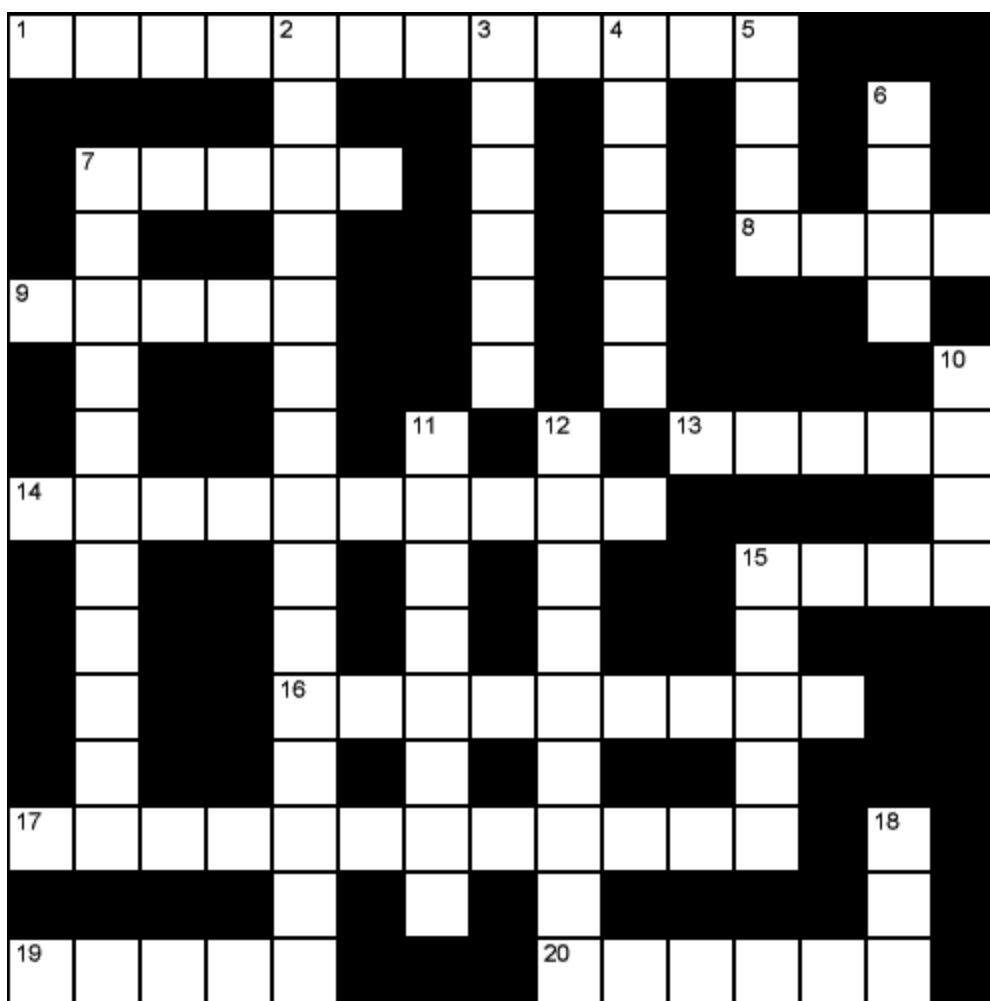
Georgia Mountain Blue Heaven Barbeque Sauce Bruce & Darlene Lewis from Georgia

3 tbsp. olive oil	1 cup minced onion
1 tbsp. garlic powder	2 tbsp. s chili powder
1 tbsp. cumin	1 tbsp. oregano
3 tbsp. prepared yellow mustard	1 tbsp. basil
1 medium can tomato sauce	12 ounce can dark beer
1/4 cup hot salsa or picante sauce	1/4 cup brown sugar
1/4 cup molasses	1 finely minced habanera (2 if you like it very hot, 3 if you live on the wild side!)
3 tbsp. vinegar	1 tbsp. Worcestershire sauce

Sauté onion in olive oil. Add garlic, chili powder, cumin, salt, oregano and basil to the onion and oil and cook very low for about 5 minutes. Add remainder of ingredients and simmer for about 30 minutes.

This sauce is a work in progress. Play with it and enjoy! Bruce & Darlene Lewis.

Food Safety Crossword



Down

2. Normally present in intestinal tract of humans and other animals; sometimes pathogenic
3. Parasitic protozoa, they can cause "travelers' sickness"
4. Food additive used as nutrient supplement; and with caution, can also be used to purify water and as a disinfectant
5. Frequently implicated in Salmonella food poisoning cases
6. Any of various fungi that often cause disintegration of organic matter
7. *Salmonella enteritidis* is a danger associated with this sauce
10. Usually heated to 161 F (72 C) for 15 seconds during processing.
11. This spice, one of the world's oldest, has been shown to kill E. coli 0157:H7 in recent studies. (Kansas State U. 1999)
12. Low acid canned foods such as this are most likely sources for botulism.
15. Infectious protein particle thought to be responsible for diseases like Scrapie and BSE
18. Mad cow disease (Abbreviation)

Across

1. A chemical compound that is added to protect against decay or decomposition
7. A food safety approach that focuses on preventative controls rather than monitoring and correction procedures
8. Used to inhibit microbial growth for thousands of years, was especially important before refrigeration
9. Primitive chlorophyll-containing mainly aquatic eukaryotic organisms lacking true stems and roots and leaves
13. Parasitic plants lacking chlorophyll and leaves and true stems and roots and reproducing by spores
14. Easily spread
15. *Trichinella spiralis* host
16. Bacteria living in the absence of free oxygen
17. A neurotoxin found in puffer fish
19. Found in improperly handled, undercooked beef, especially ground beef and unpasteurized milk
20. The most dangerous bacterial breeding ground in the typical home

Answers On
Page #4

(Reprinted with permission -
Food Reference Web Site)

HAVING A COOKOUT ?

DON'T POISON YOUR GUESTS!

It's summertime. And that means outdoor cooking — and, unfortunately, an increase in food-borne illnesses. Each summer, according to the Centers for Disease Control and the USDA, food-safety related illnesses increase by more than 150 %.

To avoid a painful disruption to your cookout, here are some simple tips to make your cookout a safer one:

1. Pack your foods carefully!

Use an insulated cooler with ice packs. If you prefer a picnic basket, make sure you first line the basket with plastic to help retain the cool temperature — *bubble-wrap* works well. You should, of course, still use ice packs. Freeze juice boxes, they are terrific temperature controllers and kids love these *slushy* drinks. Intermingle them with your foods to help keep your foods cold. Pack a refrigerator thermometer in your basket or ice chest to check the temperature. You would be surprised to see just how quick the temperature in a container can change (and that means the foods' temperature as well). While traveling, be sure to keep your cooler and all foods in the passenger compartment and out of direct sunlight. Most trunks are not air-conditioned and can raise the temperature of your foods to well over 100^o F.

2. Wrap your foods properly —

— *Don't cross-contaminate!*

Use sealable plastic containers or self-closing plastic bags to separate foods. Avoid paper bags, aluminum foil or plastic wrap; these can leak and the contents may cross-contaminate other foods.

Never put raw and cooked foods of any kind together — or even on the same plates. If you are using a marinade, *never* use the leftover sauce on cooked meats — you run the risk of spreading the bacteria from the raw meats, and the brush, onto the cooked meat.

3. Wash! Wash! Wash!

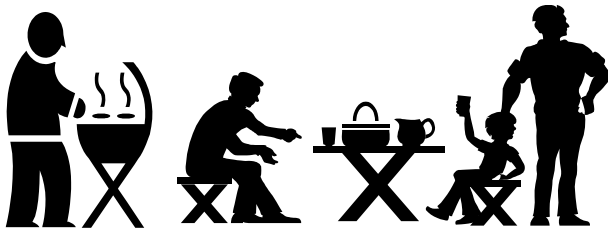
Wash your hands thoroughly with hot soapy water before cooking, handling raw foods and before handling cooked foods. Cross-contamination is a major source of food safety problems — and washing up between different stages of the food-preparation process helps prevent problems. If you are not near running water you can use an antibacterial cleaner such as Purell™. Also, fill a spray bottle with water and one tablespoon of bleach to keep handy to wipe off surfaces and utensils. Wipe dry with a heavy-duty paper towel. Throw those germs away — don't use cloth towels that help germs breed and multiply.

4. Make it hot!

Make sure that all meats are cooked thoroughly. It helps enormously if your grill is hot before you cook. Electric grills should be heated for about 15 minutes and gas grills about 10 minutes before you begin cooking. Charcoal grills usually need at least 20 minutes. Don't rely on a visual impression to see if meats that are brown are thoroughly cooked — they can be brown on the outside and raw in the middle. Instead, use a meat thermometer. Ground beef should be cooked to 165^o F, steaks and roasts to 150^o F, and poultry to 180^o F. Fish, too, should be cooked thoroughly, and be particularly careful with shellfish.

5. Make it cold!

Refrigerate leftovers as soon as practicable — no more than one hour after cooking, especially when it's warm outside.



Have Fun! & Be Safe!



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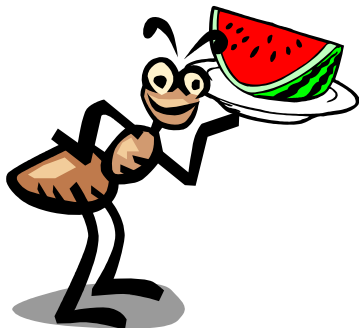
Growin' Yer Grub

COOS COUNTY EXTENSION SERVICE DAY CAMP

Coquille August 8-12

Coos Bay/N. Bend August 15-19

10:00 am to 5:30 pm Monday through Friday



The Growin' Yer Grub summer day camp program is a fun adventure in which children will learn to grow their own food and what to do with it after they have grown it. Open to anyone who has just completed the 3rd, 4th, or 5th grade.

Your help is needed to teach the campers food handling skills. If you are interested in teaching, please contact Tracy Baune (Coordinator for camp) at 572-5263.

