

June 2006

NEOHOMA

The NEW Oregon HOmeMAker

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

FAMILY & COMMUNITY DEVELOPMENT (FCD)

The following is offered as a service to newcomers unfamiliar with Coos County Extension Service and to describe the mission, goals and programming of FCD and the Family Food Education Volunteer program.

Family & Community Development (FCD) is a program area of OSU Extension to help Oregon families meet the challenges of daily life. Through education and practical programs, FCD will help build strong families, healthy relationships and productive communities. Topics addressed may include:

- Nutrition and Healthy Eating
- Fitness and Physical Activity
- Stress Management
- Food Safety & Food Preservation
- Disease Prevention

Resources are also available for childhood development, financial planning and aging.

FCD Faculty bring the research and expertise of OSU, Department of Nutrition and Exercise Science and College of Health & Human Sciences to Coos County Extension. Programs focus on providing tools to improve the health and wellness of you and your family through education and empowerment. The FCD faculty provides opportunity for knowledge and development through workshops, seminars, home study courses, newsletters, media events and health fairs.

FCD collaborates with food banks, public health departments, schools, hospitals, businesses and community service organizations. Partnering provides opportunity to pool resources and address larger issues in our community. Many organizations and community partners support health promotion and others are encouraged to join with FCD in creating healthy children, families and communities.

Current Collaborations:

- Community Health Advisory Coalition (CHEC)
- Coos County Public Health Department
- Curry General Hospital
- Chronic Disease Coalition
- School Health Advisory Council (SHAC)

One focus of the FCD program area is to expand nutrition education to limited income adults and youth through the Oregon Family Nutrition Program (OFNP). The program helps those eligible for Federal food assistance learn how to better feed their families and make their food dollars go further.

OFNP programming is offered to local schools that provide free and reduced lunches, WIC, Headstart, Food Stamp recipients and food banks/pantries.

(Continued on page 3)

Family Food Education Program Coos County



Stephanie Polizzi, Program Administrator

Gearing up for the Challenge

Start your engines: We're seeing some very encouraging trends in food and nutrition that affect the volunteer programs of FCD. I've noticed an energy and excitement about reaching out into the community with nutrition education. This energy is not only among the FFE and FCE volunteers, but with the teachers in the schools, workers in the food banks, community members, county government, hospitals, and public health. What's more, we are seeing an upswing in community cooking groups who gather to exchange recipes, learn new methods of preparing foods and share cooking duties. There is a renewed interest in health and making lifestyle changes that is encouraging but also challenging.

First gear: Our first priority is to enlist and train more volunteers, building our forces and creating a network that spans the county with a common purpose. We will strive to reach more target audiences, deliver repeat messages and encourage small but lasting healthy behaviors in alignment with our community values. Our program includes opportunities for volunteers to learn both new and time-honored competencies, teach important life skills, create valued relationships and build a program that makes a difference. To do this, we are looking for volunteers who hunger for a purpose, a meaningful and worthwhile cause like childhood obesity, diabetes prevention, hunger and food security and more.

Second gear: This spring and summer, school districts across the county are building their school wellness policies. Some have completed them, some have yet to begin. Each school district must have this wellness policy in place for the start of the 2006-2007 school year. To comply with the increased nutrition and physical activity recommendations, schools will come to rely heavily on quality programs that can be delivered free or with minimum cost. Our training and volunteer commitment will not only help the schools and community programs, but will enrich our capabilities to accomplish more as we grow our volunteer base.

Third gear: We've got a busy spring and summer planned. Thirteen workshops and the 8-week Food Safety & Preservation Training will keep us hopping right up through county fair. Plus we've set up tables at farmers' markets and plan collaborations with the 4-H School Enrichment programs that focus on nutrition and health.

Fourth gear: We are also proud of the development of our new FFE brochure which will help us to market our trainings and workshops. If you need some to place in your businesses, please let us know and we'll be happy to deliver.

Overdrive: We're cruising now. We've identified community needs, created opportunity for training and program development and now we're in the process of growing our volunteer base so we can have a visible presence in our community. Yes, we're **changing lanes, 4-wheeling** over obstacles and ready to **drive** healthy messages home.

Hope to see you all on the **road to health!**

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.

FAMILY FOOD EDUCATION PROGRAM GOAL

The goal of the Family Food Education Program is to assist the general public in learning about foods and nutrition and assist in the safe preparation and preservation of fruits, vegetables, meats and fish.

Scientifically tested methods and recipes for canning, freezing, drying and smoking, are disseminated via classes, workshops, telephone and Email service.

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NEOHOMA

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Family Food Education
Program.

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Extension Service's Family
Food Education Program.

Stephanie Polizzi
Publisher
Miller Chappell
Editor

(Continued from page 1)

FCD is currently involved in the following programming:

- Cardiac Rehabilitation – nutrition education for heart disease prevention and recovery
- Childhood Obesity- addressing issues that contribute to this growing disease
- Community Nutrition Education – nutrition seminars at your Extension office on current health topics
- Diabetes Prevention – healthy eating and activity practices that can reduce your risk
- Food Safety and Preservation Training to become a volunteer for Family Food Education (FFE)
- Nutrition Training to become an FFE volunteer to educate in schools and community venues
- School Wellness Policy – addressing nutrition, physical activity for students, teachers and staff
- Strong Women – strength training fitness program for women
- Worksite Wellness Programs – improving productivity and reducing health costs for employees enrolled in a wellness program at work

Volunteers in FCD

Family Food Educators (FFE)
Family Community Education (FCE)

Family Food Educators (formerly named “Master Food Preservers”) are trained and certified in food safety and preservation. They volunteer to staff the food preservation hotline, conduct workshops and demonstrations and provide information at fairs, festivals, farmers markets and health fairs. They are knowledgeable, skilled and have practical advice for stretching your food dollars.

The FFE Volunteer program has recently expanded to include **nutrition training** and certification in addition to the traditional food safety and preservation. This new curriculum provides increased opportunity to meet the growing needs of our schools, families and communities in addressing obesity, disease prevention and other health issues.

Some Nutrition-trained FFE will begin using the Smart Start Eating and Reading curriculum, designed to help elementary students learn good nutrition and healthy behaviors through reading and hands-on activities. FFE will assist in classrooms, after school programs, day care centers and at student events wherever their assistance will benefit child education.

Cooking Trivia

LUMBERJACK LINGO (19th Century)

- Griddlecakes were a “string of flats”
- An inferior cook was a “boiler”
- or 'sizzler'
- Cooks helpers were “cookees”
- Companies that had lunch brought to men in the woods rather than let them return to camp were called “nosebag shows”
- Camps providing bad food were “hardtack outfits”

ALLA CACCIATORE is Italian for “hunter's style”, the French counterpart is *a la chasseur*. It refers to game (or chicken) sautéed, then slowly cooked with mushrooms and wine, and usually onions (shallots), tomatoes and garlic.

FILE - The Choctaw Indians of Louisiana were the first to use dried, ground sassafras leaves as a seasoning, what we now call filé, or gumbo filé, used in Creole cooking.

HONEY INTOXICATION - There is a rare type of poisoning caused by the consumption of honey produced from the nectar of rhododendrons, whose nectar contains grayanotoxin, also known as andromedotoxin.

Colloquially, the condition is known as *rhododendron poisoning* and *mad honey intoxication* and lasts for no more than 24 hours. Symptoms are dizziness, weakness, excessive perspiration, low blood pressure, nausea and vomiting. The symptoms can occur within a few minutes to several hours after eating the honey.

Commercially produced honey does not create this condition, as the pooling of massive quantities of honey during commercial processing generally dilutes the toxin. Though extremely rare the toxin has been fatal in persons with compromised immune systems.

Food Dehydrators

A food dehydrator is a small electrical appliance for drying foods indoors. A food dehydrator has an electric element for heat and a fan and vents for air circulation. Dehydrators are designed to dry foods quickly at 140° F.

There are two basic designs for dehydrators. One has horizontal air flow and the other has vertical air flow. In the units with horizontal flow, the heating element and fan are located on the side of the unit. The major advantages of horizontal flow are: it reduces flavor mixture so several different foods can be dried at one time; all trays receive equal heat penetration; and juices or liquids do not drip down into the heating element. Vertical air flow dehydrators have the heating element and fan located at the base. If different foods are dried, flavors can mix and liquids can drip into the heating element. The foot prints of these units is usually smaller than the horizontal flow units.

Food dehydrators are available from department stores, mail-order catalogs, the small appliance section of a department store, natural food stores and seed or garden supply catalogs. Costs vary depending on features. Some models are expandable and additional trays can be purchased later. Twelve square feet of drying space dries about a half-bushel of produce. The major disadvantage of most home-use dehydrators is its limited capacity.

Dehydrator Features to Look For:

- Double wall construction of metal or high grade plastic. Wood is not recommended, since it is a fire hazard and difficult to clean.
- Enclosed heating elements.
- Counter top design.
- An enclosed thermostat from 85° F to 160° F.
- Fan or blower.
- Four or more open mesh trays made of sturdy, lightweight plastic for easy washing.
- Tray liners to hold purees (For making fruit leathers or soup thickeners).
- UL seal of approval.
- A one-year guarantee.
- Convenient service.
- A dial for regulating temperature.
- A timer (Often the completed drying time may occur during the night and a timer could turn the dehydrator off and prevent scorching).

Vine Drying

One method of drying out-of-doors is vine drying. To dry beans (navy, kidney, butter, great northern, lima, lentils and soybeans) leave bean pods on the vine in the garden until the beans inside rattle. When the vines and pods are dry and shriveled, pick the beans and shell them. No pretreatment is necessary. If beans are still moist, the drying process is not complete and the beans will mold if not more thoroughly dried. If needed, drying can be completed in the sun, oven or a dehydrator.

Pasteurization:

Like sun dried fruits, vine dried beans need treatment to kill insects and their eggs.

Freezer Method – Seal the food in freezer-type plastic bags. Place the bags in a freezer set at 0° F or below and leave them at least 48 hours.

Oven Method – Place the food in a single layer on a tray or in a shallow pan. Place in an oven preheated to 160° F for 30 minutes.

Drying Herbs

Drying is the easiest method of preserving herbs. Simply expose the leaves, flowers or seeds to warm, dry air. Leave the herbs in a well ventilated area until the moisture evaporates. Sun, oven and dehydrator drying are not recommended because the herbs can lose flavor and color.

The best time to harvest most herbs for drying is just before the flowers first open when they are in the bursting bud stage. Gather the herbs in the early morning after the dew has evaporated to minimize wilting. Avoid bruising the leaves. They should not lie in the sun or unattended after harvesting. Rinse herbs in cool water and gently shake to remove excess moisture. Discard all bruised, soiled or imperfect leaves and stems.

Tender-Leaf Herbs — Basil, tarragon, lemon balm and the mints have high moisture content and will mold if not dried quickly. Try hanging the tender leaf herbs or those with seeds inside paper bags to dry. Tear or punch holes in the sides of the bag. Suspend a small bunch (large amounts will mold) of herbs in a bag and close the top with a rubber band. Place where air currents will circulate through the bag. Any leaves and seeds that fall off will be caught in the bottom of the bag.

Less Tender Herbs — The more sturdy herbs such as sage, thyme, summer savory and parsley are the easiest to dry. They can be tied into small bundles and air dried. Air drying outdoors is often possible; however, better color and flavor retention usually results from drying indoors.

Another method, especially nice for mint, sage or bay leaf, is to dry the leaves separately. Remove the best leaves from the stems. Lay the leaves on a paper towel, without allowing leaves to touch. Cover with another towel and layer of leaves. Five layers may be dried at one time using this method. Dry in a very cool oven. The oven light of an electric range or the pilot light of a gas range furnishes enough heat for overnight drying. Leaves dry flat and retain a good color.

When the leaves are crispy dry and crumple easily between the fingers, they are ready to be packaged and stored. Dried leaves may be left whole and crumpled as used, or coarsely crumpled before storage. Husks can be removed from seeds by rubbing the seeds between the hands and blowing away the chaff. Place herbs in airtight containers and store in a cool, dry, dark area to protect color and fragrance.

Microwave ovens are a fast way to dry herbs when only small quantities are to be prepared. Follow the directions that come with your microwave oven.

All the "Drying" information was extracted from "*So Easy to Preserve*", 4th ed. 1999. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens as revised by: Elizabeth L. Andress, Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.

No man is lonely while eating spaghetti - it requires so much attention. *Anonymous*

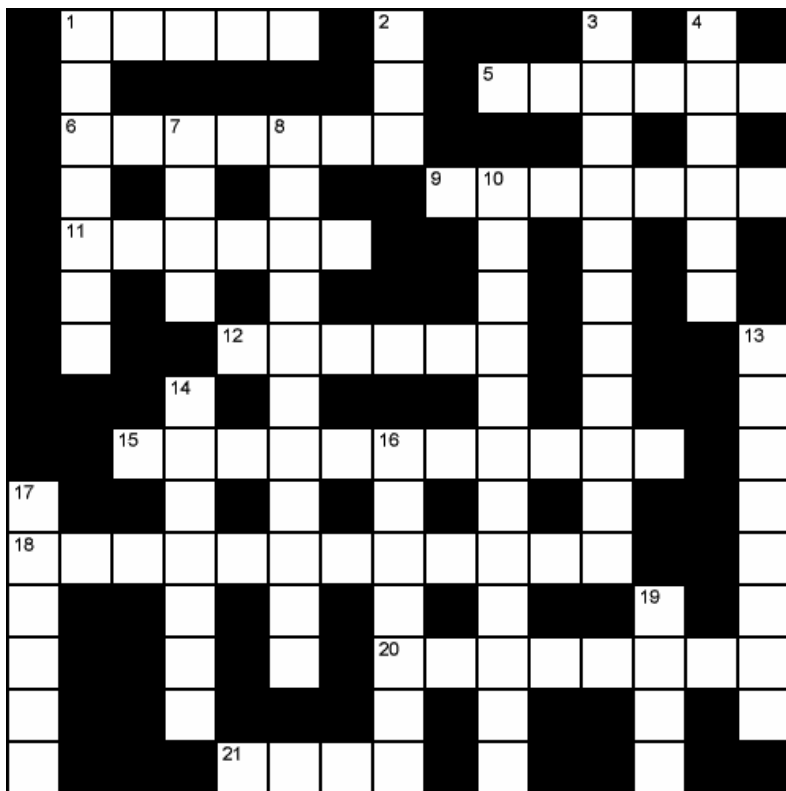
"A messy kitchen is a happy kitchen and this kitchen is delirious." *Anonymous*

BREAD - "Sesame seeds and Poppy seeds are the only officially acceptable "spots" that should be seen on the surface of any loaf of bread. Fuzzy and hairy looking white or green growth areas are a good indication that your bread has turned into a pharmaceutical laboratory experiment." *Author Unknown.*

Non-cooks think it's silly to invest two hours' work in two minutes' enjoyment; but if cooking is evanescent, so is the ballet. *Julia Child*

Herbs & Spices #1

(Reprinted with permission www.foodreference.com)



Across

1. Any of various plants of genus *Cassia*, with showy, nearly regular, usually yellow flowers. Many are used medicinally, and seeds of some species are used as coffee substitute in various parts of the world.
5. Moderate sized very symmetrical red-flowered evergreen widely cultivated in the tropics for its flower buds
6. Seed like fruit of a biennial Eurasian herb in parsley family, with finely divided leaves and clusters of small, white or pinkish flowers.
9. Hairy aromatic perennial herb having whorls of small white purple-spotted flowers in a terminal spike; used in the past as a domestic remedy; strongly attractive to cats
11. Perennial northern temperate plant with toothed leaves and heads of small purplish-white flowers. Also called live-forever.
12. Benne
15. Any of various plants of the genus *Gratiola*, growing in damp places and having small yellow or whitish flowers. Honey from these plants is particularly good.
18. Shrubby European wormwood naturalized in North America; sometimes used in brewing beer.
20. Any of various herbs in the parsley family, having small white or greenish flowers in compound umbels, whose roots and fruits are used in flavoring liqueurs and whose stems are candied and eaten.
21. Spice made from dried fleshy covering of the nutmeg seed.

Down

1. Chicory, alternate name
2. Small Mediterranean evergreen tree with small blackish berries and glossy aromatic leaves used for flavoring in cooking; also used by ancient Greeks to crown victors.
3. *Calendula officinalis*
4. Avens of Virginia having pale or greenish yellow flowers.
7. Source of Canola oil.
8. Checkerberry
10. Ferns with fertile spikes shaped like a snake's tongue.
13. *Origanum vulgare*
14. Leaves of any of various plants of *Lactuca sativa*.
16. Poisonous fetid Old World herb having sticky hairy leaves and yellow-brown flowers; yields hyoscyamine and scopolamine.
17. An annual Old World plant in the mustard family, formerly cultivated for its leaves that yield a blue dye.
19. Aromatic Old World herb having aromatic threadlike foliage and seeds used as seasoning.



Nutrition Volunteer Training

When:
Saturday, October 14
9 AM to 4 PM

Where:
OSU Extension Office
Myrtle Point

Contact:
Rhonda or Stephanie
(541) 572-5263

Oregon State **OSU** Extension
UNIVERSITY Service

FAMILY FOOD EDUCATION

2006 Workshop Calendar



WALK-INS WELCOME — RESERVATIONS APPRECIATED

DATE	CLASS	LOCATION/TIME
Apr 20	JAMS & JELLIES	MYRTLE POINT 1 PM—3 PM
		COOS BAY 6 PM—8 PM
May 1	FREEZING & DRYING	MYRTLE POINT 1 PM—3 PM
		COOS BAY 6 PM—8 PM
Jun 15	CANNING: Boiling Water, Pressure & Pie Filling	MYRTLE POINT 1 PM—4 PM
		COOS BAY 6 PM—9 PM
Jul 20	INFUSED OILS & FLAVORED VINEGARS	MYRTLE POINT 1 PM—3 PM
		COOS BAY 6 PM—8 PM
Aug 17	PICKLES & SAUERKRAUT	MYRTLE POINT 1 PM—3 PM
		COOS BAY 6 PM—8 PM
Sep 23	HOME CANNING TUNA	MYRTLE POINT 10 AM—2 PM
Oct 19	GIFTS FROM THE KITCHEN	MYRTLE POINT 1 PM—3 PM
		COOS BAY 6 PM—8 PM

COMPLETED



- **Cost: \$7.00 per class**
Tuna workshop is \$12.00
- **Class Locations:**
Myrtle Point: *Ohlsen Baxter Building*
 631 Alder Street (Conference room)
Coos Bay: *Gloria Dei Lutheran Church*
 1290 Thompson Road (Kitchen in NW corner)



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Solution: Herbs & Spices #1



Family Food
 Educators
 say ...

" Canning season is approaching. Inspect your canning equipment and supplies NOW.

Have your canner pressure gauge tested at the Extension Office or your local hardware store.

Replace the gauge if it reads more than 1# high or low.

Remember to have the NEW GAUGE tested if you replace the gauge. "