

Family and Consumer Sciences "Connections" in Lampasas County



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Savor The Flavor of Eating Right



For National Nutrition Month[®] 2016, the Academy of Nutrition and Dietetics is encouraging everyone to "Savor the Flavor of Eating Right" by taking time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to your life.

Food provides nourishment for our bodies. "Savor the Flavor of Eating Right" by taking time to enjoy healthy foods and all the happiness they bring to your life.

Enjoy Food Traditions and Social Experiences.

There is an obvious social component to food. Whether a nightly family dinner, special holiday occasion or social gathering, food often plays a central role.

Appreciate Foods Pleasures and Flavors

Take time to appreciate the flavors, textures and overall eating experience. In today's busy world, we often eat quickly and mindlessly. Instead, try following this tip to help you savor the flavor of your food: eat slowly. Eating slowly not only allows you to enjoy your food, but it can also help you eat less by giving your stomach time to tell your brain that you are full.

Develop a Mindful Eating Pattern

How, when, why and where you eat are just as important as what you eat. Being a mindful eater can help you reset both your body and your mind and lead to an overall healthier lifestyle.

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SAVOR THE FLAVOR OF EATING RIGHT

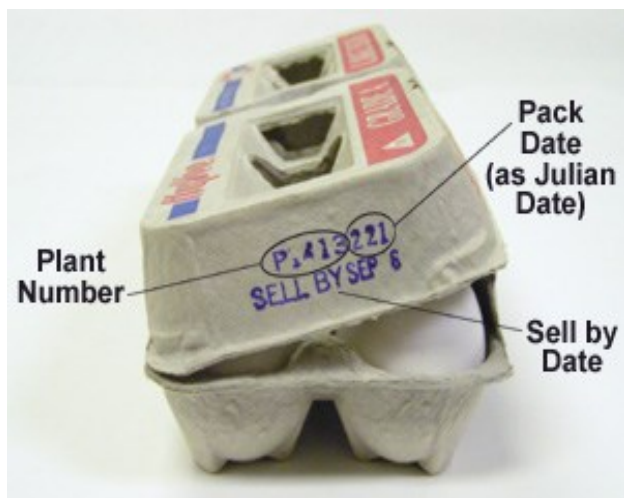
NATIONAL NUTRITION MONTH[®] 2016

 Academy of Nutrition
and Dietetics
www.eatright.org

CRACKING THE DATE CODE ON EGG

Consumers are often confused about how to tell the age of eggs and how long eggs are safe for consumption.

By learning to understand the coding on egg cartons, anyone can determine the freshness of the eggs. Each carton of USDA graded eggs must show the date of packaging, the processing plant number, and may include an expiration date. USDA assures that all labeling and claims made on the carton are truthful and accurate. To determine freshness, a Julian date or pack-date calendar can be used. This three-digit code indicates the date of packaging, starting with January 1 as 001 and ending with December 31 as 365. These numbers represent the consecutive days of the year. You can store fresh shell eggs in their cartons in the refrigerator for four to five weeks beyond this date.



Plants not under USDA inspection are governed by the state laws where the eggs are packed and/or sold. Most states require a pack date.

Use of either a "Sell-By" or "Expiration" (EXP) date is not federally required, but may be State required, as defined by the egg laws in the State where the eggs are marketed. Some State egg laws do not allow the use of a "sell-by" date.

Always purchase eggs before the "Sell-By" or "EXP" date on the carton. After the eggs reach home, refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The 'sell-by' date will usually expire during that length of time, but the eggs are perfectly safe to use.

Freshness of an egg can be determined by placing it in a bowl of water. If it floats, this means the egg is old, but it may be perfectly safe to use. Crack the egg into a bowl and examine it for an off-odor or unusual appearance before deciding to use or discard it. A spoiled egg will have an unpleasant odor when you break open the shell, either when raw or cooked.

Proper cooking as well as proper storage is important for egg safety. Cook eggs thoroughly so both yolks and whites are firm, not runny. Casseroles and dishes containing eggs should be cooked to 160° F as measured by a food thermometer. Do not eat raw or undercooked eggs. Once eggs are hard-cooked, they should be refrigerated (in their shells) within 2 hours of cooking and used within a week. Refrigerate them in a clean container, not their original egg carton.

Sources: University of Nebraska Extension—Lancaster County and USDA/FSIS.



How Does Your Garden Grow??????

With warmer days just around the corner, home gardeners need to begin planning what to grow this season.

Consider the following points in selecting vegetables for your garden:

Space available. Do not plant watermelons in a small garden. They take up too much room. Other vine crops such as cucumbers and cantaloupes can be grown in small gardens by trellising them on a fence or some other structure.

Expected production from the crop. The smaller the garden, the more important it is to get high production from each row. Small, fast-maturing crops such as radishes, turnips and beets

and peppers require more space but produce over a long season.

Cost of vegetables if purchased. Plant vegetables that are expensive to buy at the grocery store. Broccoli is usually one of the more expensive vegetables that can be grown in most home gardens.

Food value of vegetables. All vegetables are good, but some are more nutritious than others. Grow different kinds of vegetables to put more variety in your diet.

Personal preference. This is especially important if the garden is purely for recreation or personal enjoyment. Grow vegetables your family likes to eat.

Suggested Vegetables For A Small Garden

Bush Beans - Tomatoes

Egg Plant - Carrots

Chard - Turnips

Beets - Peppers

Onions - Lettuce

Broccoli - Radishes

Squash

Source:

Aggie Horticulture

aggie-horticulture.tamu.edu

Timing of Planting

Vegetables are divided into two general groups:

Warm Season and Cool Season.

Cool-season crops can stand lower temperatures; plant them before the soil warms in the spring. They also can be planted in late summer to harvest after the first frost in the fall.

Beets * Carrots * Cabbage * Broccoli * Onion

Greens * Radishes * Turnips * Lettuce * Collards

Warm-season crops cannot tolerate frost and will not grow when the soil temperature is cool. Plant them after the last frost in the spring and early enough to mature before frost in the fall.

Corn * Beans * Okra * Peppers

Squash * Cucumber * Tomato

Fruit & Vegetable Salad Supreme

This dish is rich in protein, fiber, healthy unsaturated fats, anti-oxidants, and vitamin C. The combination of fruits & vegetables makes it a great way to satisfy a good portion of your daily nutrient needs.



Nutrition Facts Per Serving:

Calories: 227

Fat: 15g

Saturated fat: 4g

Monounsaturated fat: 4g

Polyunsaturated fat: 2g

Protein: 7g

Carbohydrates : 19g

Fiber: 6 g

Cholesterol: 15g

Iron: 2mg

Sodium: 478mg

Calcium: 132mg

INGREDIENTS:

1/2 pound asparagus spears, cut into bite-size pieces

2 cups thinly sliced carrot

8 cups mixed salad greens

2 cups sliced strawberries

1/2 cup light balsamic vinaigrette

1 cup (4 ounces) crumbled goat or feta cheese

1/2 cup pecan halves, toasted

Prep Time: 10 Minutes

Cooking Time: 3 Minutes

PREPARATION:

1. Bring a large saucepan filled with water to a boil. Prepare a bowl of ice water. Add asparagus and carrot to boiling water. Remove after 2 minutes, or when color has brightened; drain and plunge into ice water. Drain, and pat dry.

2. Combine salad greens, strawberries, and vegetables. Add dressing; toss well before serving. Top with cheese and pecans.

Yields: 4 Servings

Serving Size: ~ 2 3/4 cups

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LAMPASAS LOCAL NEWS

There will be a Lampasas County Health Fair on March 10th from 2-6 PM at the Pecan Creek Apartments. There will be screenings including a new eye screening sponsored by the Lion's Club. Other things featured will be Aging and Disability Resource Center, Nursing and Rehab, Indigent Care, Mental Health Services, Higher Education Center, Funeral Information, Nutrition & Exercise.

For information call Karen.