

# Family and Consumer Newsletter

Yadkin County Center



Summer Happenings Around Yadkin County

June 2012

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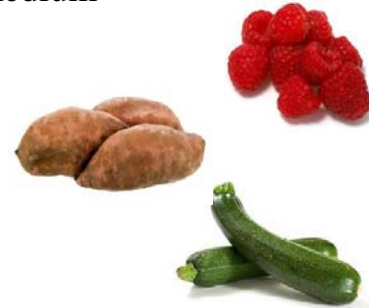
## WEIGHT LOSS

### For Weight Loss- Try Fruits and Vegetables!



Summer and fall vegetables and fruits are chocked full of vitamins and minerals as well as fiber necessary for a nutritious diet. A recent research article in the Eating Well magazine, reports following the eating habits of women for 2 years. The women that increased their fiber intake with fruits, vegetables and other whole grains with high fiber lost weight on the average of 4 ½ lb. over the 2 years. Those women that decreased their fiber intake gained over the 2 years. The research study suggests increasing fiber by 8 grams per 1000 calorie diet or 16 grams for a 2000 calorie diet. Some of the summer and fall fruits and vegetables with the highest amount of fiber are the following:

- Raspberries – 6 grams per cup
- Chickpeas – 6 grams per cup
- Corn - 5 grams per cup
- Sweet potatoes - 5 grams per medium
- Broccoli - 4 grams per cup
- Green beans – 4 grams per cup
- Apple – 4 grams per medium
- Strawberries – 4 grams per cup
- Pear – 4 grams per cup
- Zucchini – 3 grams per cup
- Pumpkin – 3 grams per cup



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## Seafood For Your Health

Fish and shellfish pack healthy amounts of protein, polyunsaturated fat and omega-3 fatty acids. While they are low in saturated fat, sodium, calories and cholesterol, they are rich in vitamins and minerals such as iron and B-vitamins. The 2010 Dietary Guidelines recommended eating two servings of fish per week. The omega-3's help protect the heart and arteries as well as lower triglycerides, improve blood pressure, prevent blood clots and ward off age-related macular degeneration. The types of seafood with the highest omega-3 sources are salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel. If your favorite fish was not mentioned, eat it anyway because it is better to eat more fish than less fish. As long as you don't fry it or load it with butter, you can't lose.

*What about the mercury in seafood?* The Environmental Protection Agency tells us that mercury occurs naturally in the environment with minute quantities in the air, water, soil and all living matter. In 2006, a panel of the Institute of Medicine weighed all the evidence to date and concluded that the health benefits of eating fish generally outweigh the risks. "Confusion may have scared people out of eating something beneficial for them. Our goal was to put both the benefits and risks into perspective and see where the balance is. People should not be scared about eating seafood." says Jose Ordovas, PhD. who served on the panel.

*Is it safe for pregnant women to eat fish?* The FDA and EPA advise women to eat fish and shellfish which are lower in mercury, such as shrimp, canned light tuna, salmon, Pollock and catfish. Women who are pregnant or breast feeding should cut back to 12 ounces per week and still reap the benefits of the omega-3 for their diet. The fish to avoid is large predatory fish such as shark, swordfish, tilefish or king mackerel

*What should I look for in buying seafood?* Look at the market you are buying from for cleanliness, appearance and smell. The fresh seafood should be stored at 32 degrees or in ice. The fish should smell fresh and mild. The eyes should be clear, bright and a little protruding. Cloudy, sunken eyes show that the fish is not fresh. Fresh fish should be firm and elastic to touch. Press your finger to the flesh and it should spring back. Shiny skin and tight scales is another sign of freshness. All shellfish are sold live because they deteriorate quickly. Fresh shellfish should have unbroken, closed shells. If

## Seafood For Your Health (cont'd)

the shells have a slight gap, tap them and if they are fresh, they will close shut. If they don't close, do not buy them. Fresh lobster and crab should have a small amount of leg movement. Raw shrimp should be firm, mild smelling and free of any black edges or spots. Fresh shucked oysters will have a fresh smell and be surrounded by a milky or gray liquid.

*Is frozen seafood as good as fresh?* With the technology advances, seafood today can be processed and flash frozen right on the fishing boat making frozen seafood superior in quality to some fresh seafood especially when you live away from the ocean. Just thaw in the refrigerator overnight for best product. Always buy seafood that was caught or farmed in America, Canada, Iceland or New Zealand where the best fishing management practices are. The farmed shrimp from Southeast Asia are loaded with chemicals and pesticides so they should be avoided.

*When should I not buy frozen seafood?* Don't buy frozen seafood if its package is open, torn or crushed on the edges. Dig into the freezer case to purchase a product below the frost line. Seafood can thaw and spoil if left at warm temperatures too long. Avoid packages with signs of frost or ice crystals which may be due to thawing and refreezing. If possible, purchase seafood products that have been shrink wrapped.

*How do I know it is done?* Overcooking is the biggest problem in cooking seafood! The Food and Drug Administration recommends cooking seafood for 10 minutes per inch of thickness. Bake at 450 degrees and deep fry at 375 degrees. The internal temperature should be 145 degrees but it usually isn't practical to use the thermometer so look for an opaque color and easy flaking for doneness. If fish is wrapped in foil or parchment or has a sauce on it, add 5 minutes to the cooking time. In shell oysters should be steamed 4 to 9 minutes or broiled 3 to 5 minutes after gaping open. Broil shucked oysters for 3 minutes 3 inches from the heat source. Bake oysters for 10 minutes at 475 degrees or boil for 3 minutes. Steam clams for 4 to 9 minutes. Shrimp, scallops, crabs and lobsters turn opaque when done.



## Upcoming Events

### Pressure Canner Testing

As gardens grow, it's important to preserve all the freshness to enjoy this winter. Remember the fresher the product, the better preserved product you will have. Low acid foods always need to be processed in a pressure canner at 11 pounds pressure. It is recommended to check the dial gauge on the canner lid for accuracy each year. The dates for canner lid tests this year will be Friday, June 22 in the Cooperative Extension Kitchen from 10:00 a.m. until 2:00 p.m. and Tuesday, June 26 at the Yadkin Farmers Market on Tennessee Ave. from 4:00 until 6:00 p.m. Bring only the canner lid with a dial gauge. Weighted pressure canner lids are considered accurate and therefore cannot be checked.

### Ruffled Scarf Workshop

If you are interested in learning to knit a Ruffled Scarf, call to register for a workshop to be held on Tuesday, July 10, 2012, in the kitchen of the extension office. You will need to bring knitting needles, sizes 6, 7, or 8 and the yarn can be purchased at the workshop. Call 679-2061 to register with Irene.

### Virginia Highlands Festival Tour

On Wednesday, August 8, 2012, a tour is planned to attend the 64<sup>th</sup> Virginia Highlands Festival in Abingdon, Va. The morning will be spent at the crafts area which features local arts and crafts. In the afternoon, tickets are purchased for a Southern comedy called The Red Velvet Cake Wars which promises some good laughs. If you are interested in this event, call immediately because we have limited seating.

## Tips and Tidbits

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- As well as the recommended 8 glasses of water per day, the foods we eat can contain up to 20% of our daily need for water.
- American Institute of Cancer Research shows that nearly 100,000 cancers could be prevented if Americans simply started moving more.
- During summer activities, prepare a “Clean Kit” with a hand sanitizer or package of hand wipes for cleaning and baby powder to help remove sand from hands and feet. Keep a kit in your car as well as your picnic basket.
- A recent survey finds that 28% of Americans don’t know how to cook and 21% said they did not have time to cook. So much for eating healthier by cooking at home.

### **Balsamic Garlic Salmon or Halibut Steaks**

2 salmon or halibut steaks

2 T. balsamic vinegar

2 cloves garlic, chopped

¼ c. orange juice

1 t. orange zest

2 T. olive oil

Sea salt & pepper to taste

Cilantro, chopped

Heat oil and garlic in a large skillet over medium heat. In a small bowl, combine the balsamic vinegar, orange juice, orange zest, sea salt and pepper. Season both sides of the fish steaks by turning over in the skillet. These steaks may also be grilled if desired. Cook on each side for 5 minutes or until fish flakes easily. Sprinkle with chopped cilantro to serve.

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

**Crab Cake Burgers** – An alternative to beef burgers.

1 lb. crab meat  
1 egg, beaten  
½ c. panko breadcrumbs  
¼ c. mayonnaise  
2 T. minced chives  
1 T. Dijon mustard  
1 T. lemon juice  
1 t. celery seed  
1 t. onion powder  
¼ t. ground pepper  
4 dashes hot sauce  
1 T. olive oil  
2 t. butter

Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a bowl. Form 6 patties. Heat oil and butter in a non-stick skillet over medium heat. Cook the patties until golden brown for 4 minutes per side.

**Broccoli-Bacon Salad**

1 clove garlic, minced  
¼ c. low-fat mayonnaise  
¼ c. reduced-fat sour cream  
2 t. cider vinegar  
1 t. sugar  
4 c. finely chopped broccoli crowns  
8 oz. can water chestnuts, rinsed and chopped  
3 slices cooked bacon, crumbled  
3 T. dried cranberries  
Ground pepper to taste

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper to taste. Stir to coat with the dressing. Refrigerate for 1 day.

*Marilyn C. Wells*

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Extension Agent  
Family & Consumer Sciences

MCW/is