



CONSUMER MANAGEMENT NEWS

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JUNE 2002

Dear Readers,

I hope you enjoy this issue of Consumer News. I've included some delicious recipes I'm sure you'll want to try this summer. One recipe is for a rich homemade ice cream and the other for a quick barbecued salmon. You'll also find some safe tips for outdoor grilling and summer food handling. I'm including information on a national survey about "spring cleaning". You just might find it interesting.

Well, I'm still watching my diet and have lost a total of ten pounds so far. I only have thirty more to go. I figure at this rate, I should reach my goal sometime next year. The walking is going great and most of the time I manage to walk five days a week. Thank goodness for those books on tape, I'm really hooked.

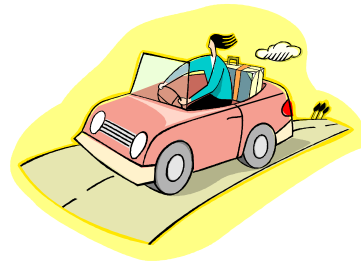
This is another busy month. I'll be attending the annual American Association of Family and Consumer Science Conference in Dallas. I hope to bring back some information on new products to share with you all. I'll just get back and then turn around and go to San Diego for an International Food Safety Conference. Then I get to stay home for awhile.

See you around town!

Sincerely,

Marciel A. Klenk

Marciel A. Klenk, C.F.C.S.
Nutrition, Family & Consumer Science Advisor
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IN THE NEWS

Broccoli is good for you... Researchers say broccoli and broccoli sprouts contain a chemical (sulforaphane) that kill the bacteria responsible for most stomach cancer.

Studies are underway to determine just how much a person would have to eat for protective benefits. *Source:* USATODAY.com, Health & Science 5/27/02

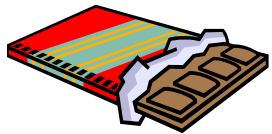
Soft drink alternative... Coca-Cola Company introduced a new line of beverages, Minute Maid Fruit Sodas. They offer a high-quality soda with real fruit taste and the “fun” of a carbonated beverage. Flavors include Valencia Orange and Grape Medley. Other flavors including berry and tropical fruit are due out this summer.

Source: Press Release, 5/6/02

Another anti-cancer agent found... A second compound in grapes called pterostilbene is showing strong inhibitory activity against breast cancer cell lines. The compound is already known to possess anti-diabetic properties. While more research is necessary, USDA scientists are expecting promising results.

Source: USDA Agricultural Research News, 5/17/02

LOCAL CHOCOLATE MAKER DOES CHUNKS

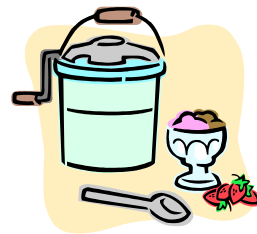


Scharffen Berger, Berkeley’s Number 1 Chocolate Maker has introduced Bittersweet Chocolate Chunks to his line. The chunks vary in shape and size and will give homemade recipes that added artisan touch. Suggested retail price is \$9 for 8 ounces, which will make your chocolate chip cookies worth their weight in gold! And for those of you not worried about weight, Scharffen Berger offers this special Chocolate Chunk Ice Cream recipe. Personally, I can’t wait to try it.

Chocolate Chunk Ice Cream

Scharffen Berger

- 1½ cups whole milk
- 1½ cups heavy cream
- 1½ granulated sugar
- ½ to ¾ cup Scharffen Berger Bittersweet Chocolate Chunks



Mix milk, cream and sugar together in a saucepan. Heat over low heat until sugar is completely dissolved. Do not boil the mixture. Refrigerate for several hours or until liquid is thoroughly chilled. Place the mixture in an ice cream maker and follow manufacturer’s instructions. When the ice cream begins to thicken, add one or two chocolate chunks as a test. If they remain suspended in the mixture, add the remainder and continue freezing until the process is completed. Makes 1 quart.

Source: Press Release, May 21, 2001

DO YOU FOLLOW THE RULES FOR FOOD SAFETY?



Most of us know what to do in the kitchen to keep our food safe but recent surveys show we aren't doing it. Surveys conducted by USDA's Food Safety and Inspection Service over the past six years show that while consumers are more aware of food pathogens and are handling eggs and ground beef differently, they may not be doing enough to insure safe food handling at home. In one survey, only 22% of consumers polled have a thermometer in their kitchens. Of those, only 5% use them to measure the internal temperature in ground beef.

Other surveys show that 82% of home cooks were undercooking chicken entrees and 46% were undercooking meatloaf recipes because they were not using thermometers. Looks can be deceiving and using a thermometer is the only sure way to tell if food is cooked to the proper temperature.

Other studies revealed that people are still not washing their hands often enough when preparing food, they are not paying enough attention to preventing raw meats from cross-contaminating produce and other foods in the kitchen and during shopping, and they are keeping their refrigerators set too high. Home refrigerators should be set to keep food below 40°F.

Adapted from: Lance Gay, Consumers Know Food Safety Rules, But..., Corpus Christi Caller-Times 5/31/02

KEEP FOOD AND FIRES SAFE DURING OUTDOOR COOKOUTS



Memorial Day was the official kickoff to summer and the beginning of outdoor cookouts, barbecuing, and grilling. With the dry summer conditions and the warmer temperatures, keeping food safe and cooking safely are important. Keep these safety tips in mind for a safe outdoor cooking season and enjoy this quick barbeque recipe.

Food Safety Tips

CLEAN

- Wash your hands often.
- Clean your thermometer after using it.
- Be sure there are plenty of clean utensils and platters on hand.

SEPARATE

- Separate raw and cooked/ready-to-eat food to prevent cross-contamination.

COOK

- Use a food thermometer.
- Cook ground meats (beef, veal, lamb, or pork) to an internal temperature of 160°F; ground poultry to 165°F.
- Cook beef, veal or lamb steaks, roasts, and chops to 145°F for medium rare, 160°F for medium or 170°F for well done.
- Cook fresh pork roasts and chops to an internal temperature of 160°F.

CHILL

- At home, store leftovers in the refrigerator or freezer within two hours of taking food off the grill.
- On hot days above 90°F refrigerate or freeze within one hour.
- Make sure the temperature in your refrigerator is 40°F or below and 0°F or below in the freezer
- Check the refrigerator and freezer temperatures occasionally with a refrigerator/freezer thermometer.

Safe Grilling Tips

- Never use a grill indoors, in a garage, breezeway, carport or porch or under any surface that can catch fire. Place the grill at least 10 feet away from your house or any building.
- Be sure the grill is on a level surface and well away from landscaping and hanging tree branches.
- With gas grills, check hoses for cracking, brittleness, holes and leaks. Make sure there are no sharp bends in the hose or tubing. Always store the gas cylinder outside and away from the house.
- With charcoal grills, only use starter fluids designed for that purpose. Never use gasoline and never add more liquid fuel after the fire has started or you could have a flash fire. (Chimney starters can provide a safe, efficient method for starting charcoals without starter fluid.)
- Be sure the fire is out when you are finished. For gas grills, turn off the control valves and the tank valve. Let the grill cool completely before you cover it.
- With a charcoal grill, replace the lid and close all vents. If you are going to dispose of the coals, be sure to soak them with water first or wait at least 48 hours.
- For protection while grilling, wear a heavy apron and an oven mitt that fits over your forearm. And don't forget that grills remain hot long after you have finished barbecuing.



Pacific Salmon with Rainbow Peppers


Reynolds Kitchen

- 1 Reynolds Hot Bags Foil Bag, large size
- 6 salmon fillets (4 to 6 oz each)
- 3 medium bell peppers (green, red, yellow) cut in strips
- 1½ teaspoons garlic salt
- 1½ teaspoons dried thyme



Preheat grill to medium-high or oven to 450°F. Place a Reynolds Hot Bags Foil Bag in a 1-inch deep pan. Spray inside of bag with nonstick spray. Arrange salmon and peppers in bag in an even layer; sprinkle with spices. Double fold open end of bag to seal. Slide bag onto the grill or leave in pan and place in oven. Grill 15 to 20 minutes in covered grill or bake 35 to 40 minutes in oven. Use oven mitts and a knife to cut bag open. Fold back top for steam to escape.

URGE TO CLEAN



According to a recent survey by The Soap and Detergent Association “spring cleaning” means different things to men than it does to women. Women indicated that the most rewarding rooms to clean are the kitchen and the bathroom. For men, spring-cleaning means the basement and the garage, which the survey reveals, are a woman’s least favorite place to clean.

The survey also found that the urge to clean is age related and different for the two sexes. Those most likely to clean are women between the ages of 35 and 54 and men between the ages of 18 and 24 and 55 and 64. Looks like men between the ages of 25 and 54 are finding someone else to do their house cleaning!

Twenty two percent of the women sampled and 11% of the men reported that they were too busy to clean. Nearly two-thirds of the American population engages in the spring cleaning ritual which they consider “event cleaning” meaning cleaning that people feel just can’t be put off anymore.

Tips For Cleaning

Schedule time to clean...put it on your agenda in advance, just as for any business or personal appointment. Prioritize the list of jobs needed to be done, then list the cleaning supplies needed to complete them. To save shopping time, make use of regular grocery and drug store visits to keep the cleaning supply closet fully stocked.

Choose the right cleaning supplies...check out the soils and surfaces. Is there grease on the stove, mildew on the shower tile, mineral deposits on bathroom and kitchen fixtures? Identifying the dirt and the surfaces it resides on helps identify the type of cleaning product needed. Read the product labels. The back of the label will explain the types of soils the product is formulated to remove and the surfaces it should or shouldn’t be used on. Labels provide just about everything you need to know about a cleaning product and its safe and effective use.

Convenience products make cleaning faster and easier...antibacterial products with germ-fighting formulations can be found in many categories of cleaning products including kitchen and bathroom cleaners. Wipes and disposables towelettes can be thrown away with the germs are a new cleaning product category that has been embraced by people who value convenience. Glass, furniture, floors and leather upholstery are just a few of the surfaces that benefit from these easy-clean aids. Also popular are single-use dust mitts. These dry cloths fit over the hand and are discarded after use. Similarly, special mops use electrostatic, disposable cloths or sheets to clean dusty or soiled floors. The moist cloths contain a cleaning solution that dissolves the soil, while the disposable pad absorbs the solution.

Source: Cleanliness Facts, SDA, May/June 2002.