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How Colorful Is Your Plate?

by Pauline Williams, USU Extension Agent

Adding color to your diet with fruits and vegetables may help protect you against many chronic diseases and can promote healthy bowel function. Filing your plate with color provides vitamins, minerals, and other nutrients your body needs. Dark orange and deep yellow vegetables and fruits are excellent sources of vitamin A, vitamin C, and potassium. Deep green leafy vegetables provide vitamin A, folate, and potassium. Deep red and blue vegetables and fruits contain phytochemicals, which may reduce the risk of some chronic diseases.

Adding color to your diet is simple, just aim for variety. Choose a variety of colors and kinds of fruits and vegetables. Choose any from: fresh, frozen, canned, dried, or juice. Choose at least 5 servings of fruits and vegetables each day.

Colorize a quick breakfast of cold cereal and milk by topping your cereal with blueberries (phytochemicals) and adding



orange juice (vitamin C, folate, and potassium). Add nutrients to your turkey sandwich, chips, and milk with carrot sticks (vitamin A), tomato slices (phytochemical lycopene), and an apple (fiber). Boost your health at dinner by adding broccoli (vitamin C, fiber, and phytochemicals), and a spinach salad (potassium, folate, and vitamin A) to chicken, mashed potatoes, and corn.

Adding color to your diet is easy, fun, and may be just the thing you need to improve your health.

Turkey Tips

Pauline Williams, USU Extension Agent

- Plan on purchasing 1 pound of turkey per person. More if you like leftovers.
- Thaw turkey in the refrigerator. Plan on 24 hours for every 5 pounds. **DO NOT THAW ON COUNTER!**
- Roast at 325 degrees until the thickest part of the breast reaches 170 degrees and the thigh 180 degrees. Roasting will take about 15 minutes per pound.
- Quickly refrigerate leftovers. Check out the family and consumer science section of our website for turkey leftover ideas www.usuextslco.org

October – National Pasta Month

Paula Scott, EFNEP Supervisor
Family Home & Consumer Science Extension Agent

Pasta is a very popular food world wide, either as the basis of a main meal, or as a welcome addition to the wide variety of nutritious sauces made. Pasta's origins are unclear, but it is conceivable that different versions of this food were developed in a number of different parts of the world.

Pasta's origins are very ancient: Certainly there is written evidence of a dried noodle type food in China 3000 years ago and it's said that they go back actually to the Etruscans (a civilization which migrated to Northern Italy in approximately 1200 BC) time. Etruscans are said to have prepared a Lasagne type product made of spelt (a kind of cereal like wheat, but far more resistant against bad weather and diseases).

Popular legend about the origin of pasta center around who introduced it to Italy. Most stories would have us believe that Marco Polo following his explorations of the Far East, learned the art in China in the late 13th century and introduced pasta to Venice, Italy.

Later on, the Romans made a very simple dough with water and flour from which they made a kind of lasagna, called lagane. Then, in 17th century in Naples, Pasta was introduced to the tomato, arriving in Europe after America was discovered. This was a real gastronomic adventure, causing pasta to become a cuisine eaten by many.

United States President Thomas Jefferson (1743-1826) loved the taste of pasta and helped make it well known in the United States.

The need to dry pasta, which had been eaten fresh for centuries, came with increased trading which resulted from the formation of the Marine Republics in Venice, Genoa, Pisa and Amalfi.



Production of pasta for sale dates back to medieval times. At the beginning of 18th century pasta became big business and legendary entrepreneurs in Naples, Italy, introduced rudimentary machines for its mass production. Today, pasta manufacturing is very advanced. The entire process, production, packaging, and dispatch can be performed completely automatically by computer controlled machinery.

The protein of durum wheat is mainly responsible for the cooking quality of pasta products: a high protein content and a "strong" gluten (the nitrogenous part of flour after the starch is washed out) are required to process semolina into a suitable final pasta product.

The Italians have turned pasta into an art form, but this food is native to many different cuisines, from China, Japan, and Southeast Asia to Central Europe. Pasta was kept as a secret in Italy for nearly 400 years while making it into over 300 shapes and countless recipes. Each region of Italy represents a different type of pasta sauce, largely due to the seasonal availability of products. They love it so much there is a museum just for pasta, the Museo Storico Degli Spaghetti in Pontedassio, Italy.



Behind every great pasta is a great sauce. And it's not just the flavor of the sauce that matters, but when and how the sauce and the pasta get

combined. Thin, delicate pastas like angel hair or thin spaghetti, should be served with light, thin sauces. Thicker pasta shapes, like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges like mostaccioli or radiatore, are perfect for chunkier sauces.

Pasta made in the United States is some of the finest in the world. The United States has strict production standards assuring uniform size, shape, and quality. By law, enriched macaroni and noodle products must contain added vitamins and minerals — thiamine, riboflavin, niacin, and iron.



Pasta is not only a tasty treat, it is a good source of an extremely important vitamin. Pasta made in the United States is fortified with folic acid (the synthetic form of naturally occurring folate), due to Food and Drug Administration (FDA) regulations that require enriched grain products to contain this essential vitamin. The health benefits of folic acid are important throughout a person's life. In a woman's childbearing years, folic acid is a key nutrient before conception because it helps to prevent some birth defects. In addition, there is new evidence that folic acid may help protect people against heart disease and some types of cancer.

Pasta is very economical, approximately \$.67 per pound, which serves 4-6 people as a main dish. Almost every supermarket offers a wide range of pasta products and many delicatessens import an enormous variety of pasta shapes. New shapes are frequently introduced or revived.

A Spook-tacular Party Halloween

by Pauline Williams, USU Extension Agent

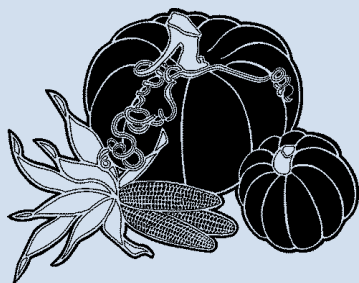
Make October fun with a Halloween party filled with Witch's fingers, pumpkin cheesecake, party poppers, and jack-o-lanterns.



Pumpkin Cheesecake

12 gingersnaps
2-1/2 cups part skim ricotta cheese
1 cup canned pumpkin
1/2 cup brown sugar
2 large eggs
1-1/2 tsp vanilla
1/2 tsp ground allspice
1/2 tsp cinnamon
1/4 tsp ginger
Whipped topping

Line muffin tin with cupcake liners. Place one ginger snap in bottom of cupcake papers. Beat ricotta until smooth. Add remaining ingredients, except whipped topping and mix until well combined. Pour mixture into cups. Bake at 350 degrees for 20 minutes until set. Cool on rack and chill in refrigerator overnight. Serve with whipped topping. (makes 12)



Witch's Fingers

4 chicken cutlets
1 cup flour
1 cup bread crumbs
1 beaten egg
1 small can black olives

Slice the cutlets into strips similar in size to a finger. Don't worry about making them straight, the more crooked they are the more they look like witch finger. Put flour, egg, and breadcrumbs in three separate bowls. Brush chicken strips with flour, dip in egg, and roll in breadcrumbs. Place strips on a greased cookie sheet and broil for about 5 minutes or until golden brown on both sides. To make fingernail, cut and shape the olives into pointy fingernail shapes and place on the end of the strip.

Party Poppers

You will need toilet paper tubes, tissue paper, wrapping paper, scissors, tape, ribbon, and candy or small trinkets. Cut tissue paper large enough to go around toilet paper roll and hang over edges about 2 inches. Cut wrapping paper large enough to go around toilet paper roll and hang over edges about 1-1/2 to 1-3/4 inches.

Next cut toilet paper roll in half horizontally. Place two halves back together as if you hadn't cut them. (This makes it easy to "pop" the tube open.) Wrap tissue paper around tube and tape. Do the same with the wrapping paper, centering in the middle of the tissue paper. Fill tube with candy, trinkets, etc. Take lengths or ribbon and

gently tie around ends of paper. Do not pull too tightly or paper will rip. Curl ribbon and fringe ends of paper. To open popper the recipient needs only to hold the ends and "pop" open! (Source: www.makestuff.com)

Sizing or Starch? Which One Should You Use?

To make ironing easier, use either spray sizing or starch. Sizing was developed for synthetics, fabric blends and cotton knits. It helps to restore the original body to fabrics. Regular starch gives more body than sizing and is used on natural fabrics and blends that have a high natural fiber content. Heavy starch gives more body and crispness and is ideal for jeans and 100% cotton khakis.

Finding a pot of Gold in your Paycheck

How prepared are your teens and young people for the world of finance?

Marilyn Albertson, Utah State University Extension Agent

Does it seem like there is never a way to save any money for the important things in life? Even when you are suffering from “more month than money”, you can often find money in your paycheck by evaluating your spending and learning to pay yourself first. To get started, answer some important questions: *Am I happy with my financial situation? Do I have an emergency savings account? Could I save something each month?*

Steps to Finding Money

1. Identify spending habits. Where does the money go every day? Make a list of categories in which you spend money — food, clothing, entertainment, transportation, etc. Then record for several weeks every penny you spend.

2. Define purchases as needs or wants. (Are the purchases needs — items necessary for survival or are they more wants, things we think we need but could do without?) Evaluate when you spend: do you buy more when hungry, depressed, or happy? Do you buy on impulse, or are you influenced by others who shop with you? A person’s spending behavior may have become a well-ingrained habit that he/she didn’t realize existed.

3. Evaluate how much is spent every year on “habits or hobbies”? Once habits are identified, figure out what you spend a year for the habit, item or service. Many times the yearly cost calculation of our habits helps us decide if we want to continue that spending habit. Some examples may spark your thinking:

- Soda pop at gas station \$1.00 /day= \$30/month = \$360 a year
- Video rentals 3@ \$9/ weekend= \$36/month= \$432 a year
- Combo Hamburger meal/ drink and fries \$4 (5/week)= \$80/ month= \$960 a year

4. Decide what can be changed.

- Attitude about spending? (save for self)
- Place of purchase? (Retail, discount, garage sale)

- Type of purchase? (less expensive, different type of product)
- Frequency of purchases? (use less often)
- Alternative choices in place of a purchase? (Borrow, share, quit use) Examples:
 - Ice cream freezer \$30 retail, garage sale \$5 save \$25, Borrow from sister- save \$30.

5. Start now to change the behavior. Write down your plan and what you want to accomplish. **Involve your family in the changes and share them with others.** (That will help empower you to continue your efforts to save.) Track your progress each month.

6. Save now — stay focused. Pay yourself a little at the first of the month. Then look at cost cutting measures as you plan your spending for the month. Most people can find \$10 — 15 in their budget to save. That is a great beginning. If you have saved it, it will be there in case of a real emergency at the end of the month or next year.

7. Acknowledge your success. Do something to celebrate your success. You really can find a pot of gold at the end of your paycheck.

Resource: Marilyn Albertson, USU Extension, “Getting out of Debt the Everyday Way” handout, Joyce Christenbury, Clemson University Extension.



Monitoring Spending Habits

One example for tracking your your money

| Housing | Cost | Necessity (Y/N) | Cost Cutting Methods |
|--------------------------|------|-----------------|----------------------|
| Rent/Mortgage | | | |
| Insurance | | | |
| Utilities (gas/electric) | | | |
| Water | | | |