

The Sampler

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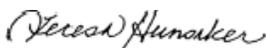
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7 Tips to Communicate About Difficult Topics

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In a relationship, we are bound to have some topics that are difficult to talk about with our partners. Whether it is the possibility of marriage, starting a family, or problems you have with your loved one, starting those conversations can be difficult and we may fear it will lead to conflict. No matter the content of your conversation, following some basic guidelines will ensure your conversation goes as smoothly as possible.

3. Take Time to Listen

Be sure to take time to listen to your spouse intently, without interrupting and try to see things from their perspective. Repeat back to your partner what you heard them say in your own words to be sure you received the correct message.

4. Find Common Ground

If you and your loved one cannot agree about a specific topic, find something you can agree on that might be related. For

example, you might agree that you want to have a family but you may not agree about how many children you want to have or the timing. Finding the common ground will reduce feelings of opposition and create feelings of agreement.



1. Choose the Right Time

Make sure both you and your partner are ready for the conversation. Select a time when you are both rested and can devote all your attention to the topic. Once you make sure your loved one is ready to talk, consider scheduling a time to talk that works for both of you.

2. Start Positively

While it can be tempting to jump straight into talking about problems, others are often more receptive if the conversation begins in a positive way. Thank your significant other for sitting down to talk with you, offer a compliment, and refrain from making any accusations or assigning blame.

5. Turn Criticism into Wishes

In conversations that may get heated and lead to conflict, rephrase any criticisms you have into wishes. For example, instead of saying “You never make time for me,” say, “I wish we could do more activities together.” Doing this takes away blame from your spouse and directly tells them what you want. This makes your conversation solution-focused instead of problem-focused.

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6. Use Open-Ended Questions

Asking open-ended questions, or questions that require more than a single word answer, invites them to be involved in the conversation, provides solutions to problems, and demonstrates your interest in their opinion.

7. Be Direct in Your Intentions

Being direct about your own intentions and what you hope to accomplish in the conversation can help focus the discussion and keep you on the same page. For example, do you want to reach a compromise? Do you just want to express your emotions for a couple minutes? Or do you just want to hear what your partner has to say?

Although difficult conversations can be challenging, following these tips can help you focus on problem-solving while also protecting your relationship from further unnecessary conflict. ☞

~Naomi Brower

References

Benson, K. (2018). Transforming Criticism into Wishes: A Recipe for Successful Conflict. [Web log post]. Retrieved from <https://www.gottman.com/blog/transforming-criticism-into-wishes-a-recipe-for-successful-conflict/>

Gottman, J. M. & Silver, N. (2007). *The Seven Principles for Making Marriage Work*. Orion House, London, England: Orion House.

Spinach Blueberry Salad

3 ½ oz. spinach
¾ cup blueberries, fresh or frozen
1 (10 oz.) can mandarin oranges, drained
½ red or white onion, optional
¼ cup cider vinegar
2 tablespoons + 1 teaspoon vegetable oil
6 tablespoons orange juice
¼ teaspoon paprika
¼ teaspoon Worcestershire sauce
2 tablespoons honey

Rinse spinach and blueberries under cold running water. Drain mandarin oranges. Put ¼ cup spinach in each bowl and top with 2 tablespoons blueberries, oranges and onions (if desired). Blend remaining 6 ingredients well. Pour over salad and serve. Yield: 6 (½ cup) servings.



When I first came to the Weber County Extension office many years ago I was given this hamburger bun recipe. I love it! (My daughter has even won blue ribbons for this recipe!) I know most of us do a fair amount of grilling this time of year so give this recipe for your hamburger bun a try. (I know it will heat up your kitchen—but just for a short while). Make them early in the morning or when its cooler in the evening. They really go together quickly.

~Teresa Hunsaker

THIRTY-MINUTE HAMBURGER BUNS

For 10 buns:

1 cup + 3 tablespoons warm water
⅓ cup oil
¼ cup sugar *or* 3
tablespoons honey
2 tablespoons yeast



For 30 buns:

3 ½ cups warm water
1 cup oil
¾ cup sugar *or* ½ cup honey
6 tablespoons yeast

Mix above ingredients and let rest for 15 minutes. Then add and combine thoroughly:

For 10 buns:

1 teaspoon salt
1 egg, beaten
3 ⅓ cups whole wheat flour

For 30 buns:

1 tablespoon salt
3 eggs, beaten
10 ½ cups whole wheat flour

Shape into buns. Place ten buns on a cookie sheet. Brush tops with melted butter. Let rise at room temperature, out of drafts, for about 10 minutes. Bake at 425° F. for about 10 minutes.

Family and Consumer Science Events

Home Buyer Education Classes

USU Extension Service
1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, August 3,
9:00 a.m. to 3:30 p.m.
- ◆ Saturday, October 12,
9:00 a.m. to 3:30 p.m.
- ◆ Saturday, December 7,
9:00 a.m. to 3:30 p.m.



These classes help prepare people for the home buying process. The curriculum covers mortgage options, finances, housing choices, etc. Cost is \$25 per household for certificate and free for education only. Call 801-399-8207 to register.

Electric Pressure Cooking Classes (Instant Pot) Series

USU Extension Office
1181 No. Fairgrounds Dr., Ogden
\$5 per class

Part 3 - Desserts

Thursday, October 10, 2019, 6:30-8:30 p.m.
Cost: \$5 - Includes recipes and samples

Part 4 - Holiday Foods and Soups

Thursday, November 7, 2019, 6:30-8:30 p.m.
Cost: \$5 - Includes recipes and samples

Call 801-399-8207 to register. Please register so we can plan on food and supplies for each class.

Free Kids Summer Cooking Classes

Ogden Weber Community Action Partnership
3159 Grant Ave., Ogden

July 29–August 2, 9:00-12:00
Ages 5-8

“Chef”-tastic Cooking Class
July 15-19, 9:00-12:30
Ages 9-14

For more information or to register call 801-399-8207

Pressure Canner Lid Gauge Testing

It's getting close to canning season again, and the USDA recommends pressure canner dial gauges be checked for accuracy yearly. You may drop the lid(s) off at our office any week day, Monday through Friday, 8 a.m. to 5 p.m. We will call you when the lids(s) are ready. Cost is \$2.00 per lid.

Master Food Preserver

Thursday, August 1
6:00 p.m. - 8:30 p.m.
USU Extension Office
1181 No. Fairgrounds Dr., Ogden

Wednesday, Aug. 7, Thursday, Aug. 8
and Friday, August 9, 2019
8:00 a.m. - 4:00 p.m.
Ogden High School
2828 Harrison Blvd., Ogden
Cost: \$135

The Master Food Preserver Course was rescheduled due to unforeseen circumstances so if you enjoy the art and science of food preservation and canning then you are in luck. This 4 day, 32-hour training, is just for you, AND can be taken all together, or in parts... by just the topics you may want. To register call 801-399-8207. *See page 4 for full class schedule.*

If you can't make it this round but are interested in attending a future Master Food Preserver Course, please call Linda at 801-399-8207 to be put on a list to be contacted. We are thinking of doing evening classes if we have enough interest in them.

Master Food Preserver Class Schedule 2019

<p>Thursday, August 1st USU Extension Office <u>Evening:</u> 6pm-8:30pm Food science and microorganisms Jams, Jellies, Spreads Pectin (liquids, powders, universal), jells, jar sterilization, juice extraction with steam juicer and preservation Use of Clear Gel and cornstarch...comparison of other non-pectin options or low sugar options.</p>	<p>First class will be held at USU Extension office (1181 No. Fairgrounds Dr., Ogden) and all other classes will be held at Ogden High School (28th and Harrison), FACS kitchens-main floor of the school.</p>
<p>Wednesday, August 7th Ogden High School <u>Morning:</u> 8am-Noon Canning Fruits and Pie Filling Proper equipment, costs, correct procedures, and altitude adjustments. Preparing fruit and preserving agents: Syrups and low-sugar canning Hot and Raw pack Preparing rings and lids Freezing--discussion on pretreatments and what methods of freezing preparations work best for which food. Freezer jams/jellies Freeze drying <u>Afternoon:</u> 12:30pm-4pm Dehydration (drying) foods--Preparing foods by blanching and other pretreatments. A look at food dehydrators...what to look for and consider in purchasing. Dehydrating fruit and fruit leathers, veggies, jerky</p>	<p>Hands on water bath canning of fruit products: oranges, grapefruit, peaches, pears, pineapple, applesauce or fruit in season, preparing and freezing different foods...veggies and fruits.</p> <p>There will be a short 30 minute break each day at Noon for lunch. Please feel free to bring your own lunch.</p> <p>Hands on lab will include preparing and dehydrating different foods...veggies and fruits.</p>
<p>Thursday, August 8th Ogden High School <u>Morning:</u> 8am-Noon Pressure canning low acid foods – using the pressure canner. Reviewing the pH of low acid foods. Avoiding problems with syphoning Pressure lid testing <u>Afternoon:</u> 12:30pm-4pm Canning pickles and relish Fermentation and preservation Key ingredients for pickling</p>	<p>Hands on lab will include pressure canning of meats, soup, beans and vegetables.</p> <p>There will be a short 30 minute break each day at Noon for lunch. Please feel free to bring your own lunch.</p> <p>Hands on lab will include relishes, pickled veggies, and other quick pack pickles.</p>
<p>Friday, August 9 Ogden High School <u>Morning:</u> 8am-Noon Canning tomatoes and tomato mixtures. Reviewing pH, acidification Preparing tomatoes – slipping skins Salsa...many varieties will be presented <u>Afternoon:</u> 12:30pm-3pm Final exam Fair judging preserved food products Clean up the kitchens and take home canned goods</p>	<p>Hands on water bath canning of canned tomatoes, juice, other tomato products, and approved salsa varieties.</p>

Freezer Management

Food is probably one of the top expenses for many families (next to the home itself). Reducing food waste is undoubtedly one of the challenges we have in protecting our food dollar. Because many of us have purchased additional freezer space to help with our storage of food, it might be good to know how to avoid waste there. Extra freezer space is great, but is often not managed most effectively. We get in a hurry to get our food put away and to the freezer, but haven't stopped to organize and utilize our investment. We kind of 'store and ignore' when it comes to our freezers. Here are a few reminders of things that will not only save money, but save time:

1. Know what freezes well and what does not
2. Take the time to break down large quantity/bulk amounts into smaller, more usable portions for recipe prep and thawing
3. Freeze as many things flat as you possibly can.
4. Choose good containers...freezer grade plastic for both the bags and the rigid containers. Be sure to get as much of the air out as possible.
5. Keep the freezer as close to 0°F as possible. The colder the temperature, the smaller the ice crystal in the food, the less the freezer burn and freeze deterioration. If your freezer cannot maintain that cold a temperature, do not plan to store the food as long. If your freezer does not have a built-in thermometer, you can pick them up at a number of different places...home centers, appliance stores, and some supermarkets.
6. Arrange, use, and replace systematically... have a list of what went into the freezer and when. (See chart below.)

ITEM/ AMOUNT	DATE IN	DATE OUT
1- 4 lb. beef roast	4-13-19	6-29-19
30 homemade burritos	4-27-19	7-3-19 (10 burritos)

7. Keep the freezer full or at least $\frac{3}{4}$ full for better energy efficiency and cost saving.

8. Label and date items. Include the quantity where it may not be obvious as to the amount.
9. If freezing food/produce from batch cooking or large harvest storage, do not overload the freezer with food to be frozen.
10. Baked foods and mixtures of foods (casseroles) get freezer burn and dry out faster than meats, veggies, and frozen fruits, so rotate them more often.
11. Always double wrap meats...use freezer paper, foil, or extra plastic wrap or freezer bags.
12. Do not overpack the freezer. A freezer needs good air circulation, so allow some space around the back and in various places throughout the freezer.
13. Maintenance on the freezer is also important...cleaning, defrosting the manual variety, and having it checked if it doesn't seem to be running properly.



Now, just in case you have situation like me, and the door is accidentally left open, or the cord gets unplugged, here are some tips to consider to save what you can; if you can:

All of the food in your freezer is fine to cook or refreeze as long as there are ice crystals still in it. If your meat hasn't reached more than 40°F it is still safe to cook and eat. Same with your vegetables. If there are still ice crystals it's perfectly fine to refreeze them as well. What you don't want to do is reach a point where bacteria can multiply quickly, freeze and not kill off all of those bacteria and then thaw again where the bacteria again have a good chance to multiply. It is critical to have a thermometer handy to do temperature checks on the food if you question how cold it is.

Call the Extension office if you have any questions on what you can refreeze, cook up and freeze, or have to pitch. ☞

~Teresa Hunsaker

Creative Uses for Fabric Softener Sheets

All this time you've probably been putting fabric softener sheets in the dryer. Here's some helpful hints of other ways to utilize this product.

- **Get rid of ants.** Lay a sheet near ants to chase them away.
- **Remove odors.** Take out the odor of books and photo albums that don't get opened too often.
- **Repel mosquitoes.** Tie a fabric softener sheet through a belt loop when going outdoors during mosquito season.
- **Eliminate static electricity.** Wipe off your television screen with a used sheet to keep dust from resettling.
- **Dissolve soap scum.** Use a fabric softener sheet to clean shower doors.
- **Freshen the air in your home.** Place an individual sheet in a drawer or hang in the closet.
- **Prevent thread from tangling.** Run a threaded needle through a fabric softener sheet before beginning to sew.
- **Prevent musty suitcases.** Place an individual sheet inside empty luggage before storing.
- **Freshen the air in your car.** Place a sheet under the front seat.
- **Clean baked-on foods from a cooking pan.** Put a sheet in a pan, fill with water, let it sit overnight, and sponge clean.
- **Eliminate odors in wastebaskets.** Place a fabric softener sheet at the bottom of the wastebasket.
- **Collect cat hair.** Rub the area with a sheet to magnetically attract all the loose hair.
- **Eliminate static electricity from blinds.** Wipe the blinds with a sheet to prevent dust from resettling.
- **Wipe off sawdust.** After drilling holes in wood or using sand paper, use a sheet to collect sawdust like a tack cloth.
- **Eliminate odors in dirty laundry.** Place an individual sheet at the bottom of a laundry bag or hamper.
- **Deodorize shoes or sneakers.** Place a sheet in your shoes or sneakers overnight.
- **Repel bees.** Golfers put a fabric softener sheet in their back pocket to keep bees away.



Summer Coolers

Children and grandchildren love ice pops. To make them at home you'll need ice pop sticks and containers for molding the liquid as it freezes.

FRUIT JUICE POPS

Freeze fruit juice in ice pop containers. For an exotic twist, combine several kinds of juices of fruits (blend in a blender), and pour into ice pop molds. Variations could include orange/pineapple, strawberry/banana, etc.

FUDGESICLES

Make instant chocolate pudding, adding milk called for in package instructions plus ½ cup evaporated milk, pour into ice pop containers and freeze.

LEMONSICLES

Combine one small package of instant lemon pudding mix and 2 ½ cups of water; beat until well blended. Pour into ice pop containers and freeze.

Relax and cool off from the hot sun with something cold, delicious and nutritious to drink. Make your own summer sipper recipes at home to save money and increase the quality and flavor.

SOUTHERN LIME FIZZ

½ cup grenadine
1 (6 oz.) can frozen limeade concentrate, thawed
28 oz. bottle ginger ale, chilled
28 oz. bottle tonic water, chilled

In a 3 quart nonmetal container, combine all ingredients. Serve over ice. If desired, garnish with lime slices and mint leaves. Yield 8 servings.

MOCK PIÑA COLADA

2 cups unsweetened pineapple juice
½ cup nonfat dry milk
3 tablespoons sugar
½ teaspoon rum extract
15-20 ice cubes, crushed
1 teaspoon coconut extract

Put all ingredients in blender; mix well. Yield: 4 servings.