



Extension  
Utah State University



# The Sampler

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Issue #4

## Salsa – Salsa – Salsa

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Fall is right around the corner and with fall comes the harvest. What a wonderful time to use fresh produce to make a delightful treat.

A food favorite to use tomatoes, peppers, onions, and a variety of fruits is salsa! Salsa doesn't only taste great, it is an excellent source of vitamin A, vitamin C, and potassium. Any salsa recipe can be used for fresh, ready-to-eat salsa, but if salsa is going to be preserved, a few rules need to be followed to ensure the salsa is safe to eat for months to come.

### General rules of food preservation

- ◆ Use fresh, vine-ripened, high quality produce
- ◆ Use only tested and approved recipes
- ◆ Follow the instructions of the recipe
- ◆ Use safe equipment
  - Test your pressure cooker gage for accuracy – This can be done at the Weber County Extension office
  - Check bottles for cracks and chips
  - Use good quality canning lids



### Processing Salsa

So Easy to Preserve states, “Most salsa recipes are mixtures of low-acid foods, such as onions and peppers, and acid foods, such as tomatoes or fruits. It is important that ingredients be carefully measured and that the salsas be made as the recipe described to be processed safely in a boiling water canner. **IMPORTANT:** Do not can salsa recipes unless they have been properly researched for safety”

### Substitutions that can be made

- ◆ The amount and type of dried herbs, spices and sugar can be altered or left out
- ◆ One type of pepper may be substituted for another in equal amounts
- ◆ Red, yellow, or white onions may be used for another in equal amounts
- ◆ Equal amounts of lemon juice may be safely substituted for vinegar

### Do:

- ◆ Do use only bottled lemon juice and vinegar to ensure a proper percent of acid

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- ◆ Do use vinegar that is at least 5% acid

### Do Not:

- ◆ Do not substitute vinegar for lemon juice
- ◆ Do not reduce the amount of vinegar and lemon juice
- ◆ Do not increase the total amount (pounds or cups) of peppers
- ◆ Do not increase the total amount (pounds or cups) of onions
- ◆ Do not thicken salsa with flour, cornstarch or other starches before canning

~Stephanie Carlson, Extension Assistant Professor

Sources:

<https://extension.usu.edu/preserve-the-harvest/research/Tomatoes>

<https://extension.usu.edu/preserve-the-harvest/research/avoiding-common-canning-mistakes>

<https://extension.usu.edu/tooele/files/SalsaRecipesforCanning.pdf>

Andress, E., & Harrison, J. (2006). *So Easy To Preserve New & Revised Edition (5th ed.)*. University of Georgia Cooperative Extension Service.

Below are a few approved salsa recipes:

### Tomato/Tomato Paste Salsa

- 3 quarts peeled, cored, chopped slicing tomatoes
- 3 cups chopped onions
- 6 jalapeno peppers, seeded, finely chopped
- 4 long green chilies, seeded, chopped
- 4 cloves garlic, finely chopped
- 2 cans (12 oz.) tomato paste
- 2 cups bottled lemon juice
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 tablespoon ground cumin, optional
- 2 tablespoons oregano leaves, optional
- 1 teaspoon black pepper

Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot mixture into clean pint jars, leaving one-half inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001-6,000 feet; 25 minutes above 6,000 feet. Yield: 7 pints.



### Tomato Salsa (Using Slicing Tomatoes)

- 4 cups peeled, cored, chopped tomatoes
- 2 cups seeded, chopped long green chilies
- ½ cup seeded, chopped jalapeño peppers
- ¾ cup chopped onions
- 4 cloves garlic, finely chopped
- 2 cups vinegar
- 1 teaspoon ground cumin
- 1 tablespoon oregano leaves
- 1 tablespoon fresh cilantro
- 1 ½ teaspoons salt

Combine all ingredients in a large saucepan and bring the mixture to a boil, stirring frequently. Reduce heat and simmer 20 minutes, stirring occasionally. Ladle hot mixture into clean pint jars, leaving one-half inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001- 6,000 feet; 25 minutes above 6,000 feet.

Yield: 4 pints.



### Tomato Salsa (using paste tomatoes)

- 7 quarts peeled, cored, chopped tomatoes
- 4 cups seeded, chopped long green chilies
- 5 cups chopped onion
- ½ cup seeded, finely chopped jalapeño peppers
- 6 cloves garlic, finely chopped
- 2 cups bottled lemon juice
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 tablespoons ground cumin
- 3 tablespoons oregano leaves
- 2 tablespoons fresh cilantro

Combine all ingredients except cumin, oregano and cilantro in a large pot and bring to a boil, stirring frequently, then reduce heat and simmer 10 minutes. Add spices and simmer for another 20 minutes, stirring occasionally. Ladle hot mixture into clean pint jars, leaving one-half inch headspace. Adjust lids and process in a boiling water canner: 15 minutes at 0-1,000 feet altitude; 20 minutes at 1,001- 6,000 feet; 25 minutes above 6,000 feet. Yield: 13 pints.

**Note:** This recipe works best with paste tomatoes. Slicing tomatoes require a much longer cooking time to achieve a desirable consistency.

## Family and Consumer Science Events

### ***Home Buyer Education Virtual or In Person Classes***

- ◆ Saturday, July 9, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, Sept. 10, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, Nov. 12, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. Topics that will be covered are: how much can you afford, mortgage loans, credit, shopping for a home, what to expect at closing and much more. Cost is \$30 per household. Call 801-399-8207 to register.



### ***Up Coming Date Nights. . .***

#### ***Battle for Your Marriage Date Night***

Friday, September 9, 6:30 - 8:30 p.m.  
Social Ax Throwing, SLC  
**\$55 per couple**

Learn how to chop your problems and protect your relationship while engaging in friendly ax throwing competitions. Who will be the ax throwing champion of the night!? Cost includes coaching for ax throwing, activity costs, refreshments, and prizes. [Click here](#) to register.

#### ***Keep Your Relationship Sizzling Date Night***

Friday, September 23, 6:30 - 8:30 p.m.  
Fort Buenaventura Park, Ogden  
**\$20 per couple**

Heat up your relationship as you enjoy campfire treats and cozy up with your sweetie in the great outdoors while listening to sex therapists Jared Hawkins and Andrea Parady share tips on how to keep the sparks in your relationship flying. [Click here](#) to register.

### ***Free Utah Marriage Commission Virtual Webinars***

#### ***Body Image and Sex in Marriage***

Tuesday, July 19th, 2022 at 6-7 p.m.  
Taught by Jessica Gilliland, MS, LMFT

- Learn how body image and sexual health can impact each other
- Understand how to foster healthy body image
- Learn how partners can support each other and overcome body image-related struggles in their sexual relationship [Click here](#) to register.

#### ***What's Hijacking So Many Beautiful Relationships? A Mindful Approach to the Scary Moment When You "Don't Feel It Anymore"***

Wednesday, August 3rd, 2022 at 5-6 p.m.  
Taught by Jacob Hess, PhD

So many good couples - dating and married - are dissolving right before our eyes. Why? Is it always because it "just wasn't right" or is there more going on? In this discussion, we'll explore the case for a profound and largely hidden influence that comes from popular narratives of romance that get downloaded and absorbed (unawares) by lovers today - and lived out in many consequential ways. For instance, when the level of initial intense attraction ebbs and settles (as it always does - like, for everyone!), a surprising number of couples are reaching the conclusion, "I must not love you anymore" - hardly aware of other ways of making sense of this same moment and working through it in healthy, love-building ways. [Click here](#) to register.

Following their presentations, the presenters will hold a 15-20 anonymous Q&A session!

After registering, you will receive a confirmation email containing information about joining the webinar.



## Family and Consumer Science Events Continued



### Hidden Gems-Family Fun Adventure Guides\*

Looking for ideas to play together as a family this summer? Experience the FREE family fun Out and About adventure guides or At Home guides (new guides available)! A great way to connect with kids or grandkids. [Click here](#) to download.

**\*Connect and play together using a guide, give feedback by July 31, and be entered to win some fabulous prizes!**

Each evaluation enters you in a drawing to win your choice of a fabulous prize, valued at approximately \$50. (Winners will receive list of options to choose from. Only one prize allowed per household.)



### Date Your Mate Adventure Guides\*

Connect with your sweetheart through fun activities and meaningful conversations with FREE Date Your Mate Adventure Guides! New guides available now! [Click here](#) to download.



## Recipes for the 4th of July



### Fourth of July Fruit Kabobs

Blueberries  
Strawberries – raspberries also work for the red fruit  
Bananas – you can substitute marshmallows for the white. Angel food cake or pound cake also make great ideas - just cut into cubes  
Package of wooden skewers  
Yogurt fruit dip to serve with the kabobs, optional

For the first 4 skewers, thread 4-5 blueberries at the top, then follow with slices of bananas and strawberries. For the next skewers, alternate between strawberries and bananas only. Display on a white rectangular platter in the shape of an American flag.

### Easy Fruit Dip

1 cup flavored Greek yogurt, flavor of choice  
2 tablespoon honey  
½ teaspoon vanilla extract  
2 teaspoons lemon or orange zest

Mix all ingredients together until combined.

*Source: eatingonadime.com*



## Tips to Manage Technology with Youth

Children are spending more time with screen media than ever before and at younger ages. According to the American Academy of Child and Adolescent Psychiatry, the average child ages 8-12 spends 4-6 hours watching or using screens. Teens spend up to 9 hours, and research also suggests that they spend an average of about one hour daily on social media.

While there is no direct correlation between the amount of screen time and negative outcomes, research suggests that excessive screen time may lead to challenges such as not enough outdoor or physical activity, less interaction with family or friends, sleep challenges, and increased mood problems (depression, anxiety, etc.). In addition, youth may be exposed to developmentally inappropriate content, cyberbullies and predators, and other concerning content.

Despite this, it is also important to recognize that not all screen time is bad. In fact, there are many benefits and opportunities of media use. For example, use of media can help youth to stay connected with friends or family, promote social support and inclusion, and provide educational opportunities.

Parents can play an important role in helping their children to effectively navigate an increasingly digital world. Consider the following tips and how they may apply to your family situation.

**Set limits.** The American Academy of Pediatrics and World Health Organization encourages families to ensure plenty of time for active, rather than sedentary activities and for interacting with others. While there really isn't a magic number for how much screen use is appropriate for each child, it is important that it is high quality, age-appropriate, and there is parental engagement in what is being viewed.

**Select high-quality media.** While not all media needs to be "educational," you can maximize screen time by helping youth to find media that helps them think critically, develop their creativity through creating new content (i.e. songs, art, etc.), or helps them connect with the larger world in related offline activities.

**Screen time shouldn't always be alone time.** Watching and playing together can help to increase social interactions, learning, and bonding.

**Create boundaries and tech-free zones.** Keep family mealtimes and other social and family gatherings screen-free to build social bonds and engage in a two-way conversation. Because electronics can be a potential distraction after bedtime and interfere with sleep, consider keeping screens out of the bedroom areas. You may want to use an inaccessible place to charge electronics at night, or download apps that disable the device at bedtime to remove the temptation of using screens at night.

**Strive to be good digital citizens.** Discuss expectations of how to act responsibly online and what to do if they see inappropriate content.

**Warn children about the importance of privacy and the dangers of predators.** Youth need to know that once content is electronically shared they will not be able to remove or delete it completely. Teach youth about privacy settings and be sure to monitor their activity to keep them safe.

**Establish consequences for problematic behavior.** If your child is having a hard time putting a phone away when you ask, watching inappropriate content, or engaging in other inappropriate media-related behavior, consider instituting temporary time or location limits.

**Model the manners and behavior you want to see.** Avoid texting in the car. Model good digital citizenship in your interactions with others online. Limit your own media use.


**Create a family media plan.** Having agreed upon expectations can help you to establish healthy boundaries with technology in your home. Create a family media plan that promotes open family discussion and consistent rules about media use. As part of this plan, you can set individual or family rules, including topics such as balancing screen time/online time and other activities, boundaries regarding content, and disclosing personal information. Having



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these conversations encourages age-appropriate critical thinking and digital literacy. For more information on creating a family media plan see [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan).

Media and digital devices are an integrated part of our society today. They can be a wonderful resource in a variety of ways, but they can never replace the benefits of face-to-face interactions and learning. By utilizing the tips provided in this article, you can help youth reap the benefit of digital resources while keeping the benefits of personal interactions and

learning at the forefront of youth experiences. 

~Naomi Brower, Extension Professor & Elizabeth Davis

Resources:

American Academy of Child & Adolescent Psychiatry. (February 2020). Screen time and children. No. 54. [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Watching-TV-054.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx)

Common Sense Media (n.d.) Cellphone parenting: How can I get my kids to put down their phones? <https://www.commonsensemedia.org/cellphone-parenting/how-can-i-get-my-kids-to-put-down-their-phones>



Do you want to learn how to cook delicious food while managing your diabetes? USU Extension Nutrition is putting on Diabetes Cook Along Series to help you do just that! These classes are virtual so you can cook food from your own home and learn new tips about cooking and nutrition for diabetes management. You won't want to miss this! [Click here](#) to sign up!

A promotional graphic for the Diabetes Cook Along Class Schedule 2022. The background features a wooden cutting board and a green and white striped cloth. The text is centered and reads: "FREE DIABETES COOK ALONG CLASS SCHEDULE 2022". Below this, the schedule is listed for four dates: July 13th, July 20th, July 27th, and August 3rd. Each date has a topic and a recipe listed. The bottom right corner features the Extension Utah State University logo and a green clover icon.

**FREE DIABETES COOK ALONG  
CLASS SCHEDULE 2022**

**July 13th**

- Topic: Carbohydrates
- Recipe: Vegetable Stir Fry

**July 20th**

- Topic: Protein & Blood Glucose Control
- Recipe: Italian Chicken Foil Dinner

**July 27th**

- Topic: Diabetes & Weight Loss
- Recipe: Sausage & Shrimp Sheet Pan Bake & Flatbread

**August 3rd**

- Topic: Diabetes Plate Method
- Recipe: Chipotle Burrito Bowls

**August 10th**

- Topic: Fiber, Healthy Fats, & Snacks
- Recipe: Berry & Nut Salad

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# Water Storage Tips and Tricks

## Why is having water storage important?

Water is vital for life and survival. You can only survive three to four days without it. The body is about 65 percent water; therefore, it is necessary to keep the body hydrated. Water flushes waste products from the body, helps blood flow, carries oxygen and nutrients to the cells, aids in digestion, and cushions tissues and joints. If you are thirsty you are already dehydrated. Because water is so vital to survival, having a storage of clean drinking water and knowing how to safely treat more is necessary to be prepared for an emergency.

## How much water should I store for an emergency?

It is important to store a MINIMUM of 1 gallon per person per day. This provides ½ gallon for drinking and ½ gallon for food preparation and sanitation. Store at least a 2-week supply or 14 gallons per person in food-grade plastic. You will need more water at high altitudes, in dry climates, and for pets.

## What should I store my water in?

- ◆ Store water in food-grade containers like 2-liter soda bottles and 5, 10, and 55-gallon water containers. Commercially bottled water works well for short-term storage for up to 2 years
- ◆ DO NOT store water in glass or metal because of breaking and rust
- ◆ DO NOT store water in milk jugs. They break down and become brittle
- ◆ DO NOT store water in containers that held hazardous chemicals



## How do I treat my water?

When municipal water (tap water) is properly disinfected and stored, it should have an indefinite shelf life. However, to maintain optimum quality and avoid a possible stale taste, it is best to rotate the water every 6 months.

In the case of an emergency, water will need to be treated if it comes from a nonsterile source such as wells, rivers, rainwater, etc.

- ◆ Boil – A rolling boil for 3 minutes at Utah’s average elevation will kill organisms in the water.
- ◆ Chemical treatment – Only use concentrated, (6 percent) unscented chlorine bleach. Add 8 drops per gallon (less than 1/8 tsp), or 2 drops per quart. After adding bleach, let the water stand for 30 minutes. For cloudy water, use 24 drops per 2 gallons (3 drops per quart). If water is still cloudy, repeat the dosage, and let stand another 15 minutes. If it is still cloudy at that point, it is not safe to drink and should be disposed of. Water treated with chlorine should have a slight bleach odor. If it does not, repeat and wait another 15 minutes. The treated water can then be made palatable by pouring it between clean containers several times. Do not use expired bleach. Note: Be aware that nearly all liquid chlorine bleach is now concentrated and amounts required for treatment are LESS than in previous years when bleach was not concentrated (3 percent).
- ◆ Other forms of water treatment are iodine, water purification tablets, chlorine dioxide, and filtration.

Additional emergency sources of water include potable water from pipes, water heaters, and ice cube trays. However, water from swimming pools, toilet tanks, and waterbeds should not be used for drinking because of the chemicals that have been added.”

## Where should I store my water?

Store your water in an area of your house that is cool, dark, and dry, and store water in multiple locations to avoid complete loss in the event of an emergency. Store containers above the ground to allow for air circulation and to avoid contamination. Check yearly for leaks, contamination, smells, and stale taste. Replace if necessary. ☞

~Stephanie Carlson, Utah State University Extension Professor &  
Kaitlin Coulam, student intern

Sources:  
<https://extension.usu.edu/preparedness/>  
<https://beready.utah.gov>  
Bulletin-- USU Extension “Emergency Are You Prepared”?  
Bulletin – USU Extension “Water Storage”

# Create Better Health News Corner

# CREATE SNAP-ED BETTER HEALTH

## Simple Ways to Get More Fruits and Vegetables in Your Diet

If you're looking for a simple and easy change to make your diet healthier, trying to include more servings of fruits and vegetables is a good place to start!

Fruits and vegetables are nutrient dense foods. This means they are high in nutrients and lower in calories. They are full of important vitamins and minerals our bodies need to be healthy and strong, and function at their best. It is recommended that the average adult eats 1.5-2 servings of fruit and 2-3 servings of vegetables daily. Doing this will help you get the vital nutrients your body needs, help you consume more fiber, and have less room in your diet for unhealthier foods.

The MyPlate food model encourages us to vary our fruits and vegetables, meaning eat fruits and vegetables of all different colors. Orange fruits and vegetables are typically a good source of vitamin C and vitamin A, whereas dark green vegetables can be a good source of nutrients like vitamin K and calcium so focus on eating the whole rainbow of colors for fruits and vegetables to get the different nutrients your body needs!

Here are some helpful tips to get enough fruits and vegetables in your diet:

- ★ Eat fruit with breakfast- for example, put fruit on your cereal or oatmeal
- ★ Put fruit on pancakes or waffles instead of syrup
- ★ Eat fruits and vegetables as snacks (apples with peanut butter or carrots with hummus make great snack options!)
- ★ Add vegetables to your sandwiches
- ★ Add vegetables to your scrambled eggs or omelets. (You can add vegetables to a lot of common dinner options, for example, pastas, stir-fry's, soups, casseroles, etc.)
- ★ Order a side salad instead of fries or chips
- ★ Enjoy a fruity dessert
- ★ Make smoothies

- ★ Use frozen or canned fruits and vegetables if you need to
- ★ Remember to shop for produce that's in season to save money!

Remember that small changes to your diet, like eating more fruits and vegetables, make a big difference over time!

If you have a goal to include more fruits and vegetables in your diet, check out the Ogden Farmers Market that's held Saturday's through the summer from 8 am-1 pm on Ogden's Historic 25th Street. This is a great way to support local farmers and buy delicious and fresh produce to include in your meals. We hope to see you there! ☞

*~Kelsely Braithwaite, Create Better Health Ambassador*



### **FREE Summer Kids Cooking Camps** **Kids 8-12 years old**

Experience two new countries every day through healthy snacks, crafts, and physical activities. Space is limited! Call 801-399-8207 for more information or to register your child.

July 11– July 14  
Ogden High FACS Lab

Aug. 8 – Aug 11  
Ben Lomond High FACS Lab

All cooking camps are from 9:00 AM-12:00 PM

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.