

The Sampler

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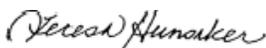
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3 Tips to Help Your Partner Feel Loved and Noticed

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No matter how long you have been in a relationship, it is important to find ways to show love to your spouse or partner. This can sometimes be hard when other people or things require your time. Although love may be something expressed to your partner through words, love can also be expressed through actions. Remember, showing love and helping a partner feel noticed doesn't always have to be something big. Small things add up when they are consistent. There are many ways you can help your partner feel loved and noticed even when you are busy; the following are a few suggestions.

How to help your partner feel loved and noticed:

- **Make time together a priority.** Demands of work, children, and other social obligations can be overwhelming and if allowed, can potentially crowd out the relationship you have with your partner (Doherty, 2013). Demonstrate your commitment to your partner by making time together a priority in your schedule. Carve out time to be together daily. As little as 15 minutes can help you reconnect. Aim to have a date together at least once a month, even if it is as

simple as going for a walk together.

- **Express gratitude.** Research suggests positive expressions of appreciation to your partner are a key element of relationship stability and intimacy (Gordon, Arnette & Smith, 2010). Expressions of gratitude help others to feel understood and appreciated. Find a way to express your appreciation and gratitude to your partner daily.
- **Show you care.** We all like to know that we are valued and cared about, especially by those that we love. But how we like to give and receive those expressions of love can vary (Chapman, 2010). Discuss with your partner specific things they can do to help you feel valued. While it may feel awkward to ask for what you want, by communicating your desires to your partner, they will be more likely to show love in the ways that are most meaningful to you.

Even when your life gets busy and other things demand your time, small efforts can ensure that your relationship remains a priority. Asking how your spouse or partner feels loved and noticed gives you the information you can act on

Freezing the Harvest

Freezing is one of the simplest and least time-consuming ways to preserve foods at home. It maintains the natural color, fresh flavor, and the nutritive value of most foods. If planned well, freezing saves time, money, and work. Not all foods freeze well though, so knowing which foods freeze well, and which ones don't is important. Lettuce greens, green onions, radishes, cucumbers, and some forms of potatoes do not freeze well.

For best results in freezing, select fruits and vegetables at their peak. Wash and sort. Peel, trim, and cut into pieces. Almost all vegetables need to be blanched in boiling water before packaging. This heat kills enzymes that may cause discoloration, toughness, off flavors, or lessens sweetness. Blanching times are provided in the chart below.

Once you have blanched veggies for the correct time, the food should be plunged into ice water, drained well, and then packaged. Labeling and dating the food is also important.

For fruits that have a stone, pit, or core, freezing them in a light sugar syrup is best. The syrup keeps the color, structure, and texture of the fruit best. Another option, though not as effective, is to sprinkle the fruit with a mixture of sugar and ascorbic acid. Ascorbic acid is used to treat the fruit to prevent it from turning dark (oxidation).

Berries of almost any variety freeze great washed, drained, and kept whole. If you prefer to mash your berries, that is fine too...either with or without adding sugar.

Good packaging is also important in freezing. This keeps the food from drying out and helps to maintain the color, flavor, and food value as well. Containers for freezing that are not as effective as those made for freezing are: cottage cheese/sour cream containers, ordinary waxed paper, light weight foil, or light weight plastic bags. Be sure to label: how much is in the container, what the food is, and the date.

One last note on freezing. The colder (closer to 0°F) you are able to maintain your freezer the less destructive to the food (texture/color) freezing is. It is also important not to overload your freezer at any one time when adding foods to be frozen to the freezer.

Blanching Times for Veggies

- ◆ Green beans: 3 minutes
- ◆ Carrots, whole: 5 minutes; diced or sliced: 2 minutes
- ◆ Corn on the cob: 4-7 minutes (depending on size) then cut off the cob to freeze
- ◆ Peas: 1 ½ minutes
- ◆ Broccoli/cauliflower: 3 minutes
- ◆ Sliced or cubed summer squash: 3 minutes
- ◆ Spinach: 2 minutes

NOTE: Onions (chopped), chopped bell pepper, and hot peppers do not need to be blanched.

For more information on freezing visit:

National Center for Home Food Preservation:
<https://nchfp.uga.edu/> 

~Teresa Hunsaker

LEMONADE CONCENTRATE

2 cups sugar
1 ½ cups water
2 ¼ cups lemon juice, fresh squeezed is best but can use bottled lemon juice
2 teaspoons lemon zest

Combine the sugar and water in a small saucepan set over medium-low heat. Slowly bring the mixture to a boil, stirring occasionally, until sugar is completely dissolved. Remove from heat. Stir the lemon juice and zest into the sugar syrup. Set the concentrate aside to cool to room temperature. Once cooled, homemade lemon concentrate may be stored in an airtight container in the refrigerator for up to two weeks, or frozen for a number of months.

Variations:

Strawberry Lemonade: 8-10 strawberries. Place strawberries in a blender; top with 2 tablespoons sugar. Pour ½ cup water over sugared strawberries. Blend until strawberries are a nice smooth puree. Add to the completed concentrate mixture.

Peach: 2 cups fresh peaches, peeled and pitted, 2 tablespoons lemon juice, freshly squeezed, and 3 tablespoons honey. Place in a blender and blend until smooth. Add to concentrate mixture and freeze.

To reconstitute: mix the concentrate with an equal amount of water, tonic, Sprite, etc.

Family and Consumer Science Events

We just want you to know how much we miss engaging with you face to face, as our friends and constituents, during this time of social distancing and public safety measures. We, like you, are taking the safety measures very seriously, and are looking forward to the day when we can start offering you more face to face opportunities and classes.

In the meantime, we are becoming quite proficient in ‘virtual’ teaching, and would welcome feedback from you regarding classes that you would be interested in attending in this virtual format. We recognize that it won’t be quite as personal (and fun), but want to be sure we are providing you with information, tools, and skills that are meaningful for you.

Please feel free to respond back through a phone call, or an email, to let us know your ideas for virtual teaching we might want to consider in the near future.

We hope you are staying well and healthy!

For resources through USU Extension that you might find helpful, check out—extension.usu.edu

Home Buyer Education Classes

USU Extension Office

1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, August 8, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, October 24, 9:00 a.m. to 3:30 p.m.

For your safety, due to COVID 19 this class will be taught virtually. You will receive a link to attend once you have signed up. These classes will help prepare you 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 \$25 per household for certificate and free if you only want education. Call 801-399-8207 to register.



Kids Virtual Cooking Classes

Kids 5-8 years old

July, 7, 9, 12, 16, 21, 23, 28, 30
3:00 - 4:00 p.m.

Join us for some fun and entertaining kids virtual cooking classes. Your children will learn about MyPlate, proteins, grains and much more while doing fun activities and cooking. To sign up call 801-399-8207

IDA Stretch Your Bucks Virtual Classes

Thursdays, July 2, 9, 16, 23
5:30 -7:30 p.m.

A series of **FREE** classes to help you manage your money from budgeting, healthy money management, use of credit and more. To register go to: www.faircredit.org, click on classes and events, next click on the name and date of the class. This will bring up event details, scroll down to RSVP and click on yes. A form will come up which you will then fill out. You will receive an email with the link to the class. If you need any help or have questions, call 1-800-351-4195.

Provided below are additional resources. For specific assistance, consider seeking professional help.

Additional Resources

Small Things Often podcast provided by The Gottman Institute. Found at <https://www.gottman.com/podcast/>.

Is busyness affecting your marriage? Article by Dr. Gary Rosberg and Dr. Barb Rosberg. Found at <https://www.focusonthefamily.ca/content/is-busyness-affecting-your-marriage>

Article *Love for a Lifetime: Acting on Your Love for Your Spouse* by University of Georgia Extension. Found at https://athenaeum.libs.uga.edu/bitstream/handle/10724/33010/C%201052-04_1.pdf?sequence=1

Common Ways to Give and Receive Love video tip by Naomi Brower, Utah State University Extension. Found at https://www.youtube.com/watch?time_continue=2&v=4TkZzvG4eMs&feature=emb_title



~Extension Professor Naomi Brower & student intern Audrey Garrett

References

Chapman, G. (2010). *The five love languages*. Northfield Publishing.

Doherty, W. J. (2013). *Take back your marriage* (2nd ed.). The Guilford Press.

Gordon, C.L., Arnette, R.A.M., & Smith, R.E. (2010). Have you thanked your spouse today? Felt and expressed gratitude among married couples. *Personality and Individual Differences*, 50(2011), 339-343.

If life were predictable it would cease to be life, and be without flavor."

– Eleanor Roosevelt

BARBECUE SAUCE

½ cup cider vinegar
4 teaspoons lemon juice
3 tablespoons Worcestershire sauce
½ cup brown sugar
¼ cup molasses
½ tablespoon prepared mustard
1 teaspoon horseradish
½ teaspoon salt
1 cup catsup
1 (8 oz.) can tomato sauce
1 tablespoon liquid smoke
1 teaspoon garlic powder
¼ teaspoon cayenne pepper, to taste
1 teaspoon onion powder
1 teaspoon smoked paprika

Combine all ingredients and simmer 15 minutes. Remove from heat and cool. Refrigerate. Yield: 1 ½ pints.

COCONUT LIME MARINADE FOR CHICKEN

1 cup fresh cilantro, chopped
½ cup green onion, chopped
1 cup coconut milk (regular or low-fat)
¼ cup extra virgin olive oil
1 lime, zested and juiced, about ¼ cup of juice
1 tablespoon red curry paste or 2 teaspoons curry powder
1 tablespoon fresh ginger, grated
1 teaspoon crushed red pepper flakes
½ teaspoon kosher salt
2 lbs. boneless skinless chicken breasts

Combine all ingredients in a small bowl. Remove and reserve ¼ cup of the marinade for later. Place chicken in a large plastic bag and add remaining marinade. Coat the chicken in the marinade then close the bag and let sit for at least 30 minutes. Or, refrigerate and marinate for 1-2 hours or up to 6-8 hours. Remove chicken from refrigerator at least 30 minutes before grilling. Preheat grill to medium heat. Add marinated chicken to grill and cook over medium heat for 5-7 minutes per side, until cooked through. (Timing will depend on which cut of chicken you use and its thickness.) Let the chicken rest for 5-10 minutes before slicing. Serve with reserved marinade drizzled over the chicken.

PRESERVE THE HARVEST

ONLINE LECTURE SERIES

Are you interested in preserving your garden harvest? Join USU Extension Experts online to learn all about preserving, processing, & storing seasonal produce and meats.

Lectures will take place from 7:30 - 9:00 PM (MST) on Tuesdays & Wednesdays in July.

Classes are \$5 each. The first class in the series, which covers food safety, is FREE. Registration is required for all classes.

To register: <https://tinyurl.com/y7gyxxcs>

July 7
Food Safety & Food
Preservation Basics

July 8
Fruits & Filling

July 14
Jams & Jellies

July 15
Freezing & Freeze
Drying

July 21
Dehydrating

July 22
Pickling & Fermenting

July 28
Tomatoes

July 29
Pressure Canning

Create Better Health News Corner

Beat the Heat with Produce as your Treat

Summer has some of the most delicious foods of the year! With fresh produce at your fingertips, it's hard to resist all the wonderful flavors, colors, and textures of summer foods. Watermelon, fresh corn on the cob, and tomatoes picked fresh off the vine are just a few iconic summer foods.

Another bonus to having such wonderful produce in season is the price. But be careful, it is easy to buy more than you will use up quickly. Here are 10 tips and tricks to keep your summer produce fresh longer and avoid waste:

1. Buy what's in season! These "in season" fruits and vegetables are usually placed near the front of your grocery store's produce section. Check out the harvest schedule of produce on our website for more information: [Harvest schedule](#) And don't forget the Ogden Farmer's Market!
2. Leave tomatoes at room temperature.
3. Rinse strawberries with 1 part vinegar and 3 parts water to keep them fresh longer. It also helps to store them in the fridge with a damp paper towel wrapped around them until ready to use.
4. Green onions can be cut, stored in the fridge with a damp paper towel for about a week. And don't throw away the roots at the bottom! Save them and put in a bit of water and you'll see them regrow! Now that's a great way to stretch your food dollar!
5. Be careful of what you store next to bananas! Bananas give off ethylene gas (as do apples and avocados) which can ripen other produce more quickly. So if you need your under ripe avocados or tomatoes to quickly ripen, store them in a paper bag with a banana for a day or two to get them ripened quickly. However, if you buy other



produce that is ready to eat, perhaps find another location to store them, with a safe distance from the aforementioned produce.

6. Conversely, if a fruit or vegetable is already to your desired ripeness, place it in the fridge to prevent it from over ripening too quickly.
7. As you see bananas or leafy greens start to decline in freshness, use them in a smoothie, or freeze bananas for future use. Frozen bananas help give smoothies a creamy texture when frozen.
8. If you have more produce than you can consume before it goes bad, freeze it or share it. It's great to have frozen berries on hand for smoothies or desserts. Likewise, frozen veggies are very useful to have on hand for a skillet or stir fry meal. For best results on freezing, place the fruits or veggies on a baking sheet without touching. Once frozen, the fruits or veggies can be consolidated into a larger freezer bag for easy storage. A healthy

treat is the very best kind, don't forget to share with friends if you do find yourself with an abundance of healthy produce.

9. A great place to buy fresh produce is at a farmer's market! Ogden Farmer's Market will be open from June 20, 2020 through Sept. 12, 2020 every Saturday from 9am-2pm. Please note, there

may be new practices at the market as we work with social distancing, etc. due to COVID-19. Check out their website before going to make sure you're up to date on the latest CDC guidelines and health practices.
(www.farmersmarketogden.com)

10. Don't forget to meal plan! If you buy great ingredients which end up getting thrown away, you're not coming out ahead financially. Furthermore, you've just wasted good produce. Prioritize your

food and take the time to create a food menu weekly. The time you spend writing down menu items and the necessary ingredients will save you more time and money down the road if you simply take the time to do this simple act. It also helps prevent you from buying unnecessary produce you really don't need or haven't accounted for. Chef Gordon Ramsay said, "A great chef never lets anything go to waste."

Knowing that COVID-19 has changed many people's lives and routines, we here at Create Better Health have a number of free online resources for you. We have ideas on meal planning, grocery shopping, and how to involve your kids in cooking and clean up. Be sure to check out our Weber County FB page, our blog, or on Instagram. We're here to help.

Blog: www.createbetterhealth.org

Instagram: #createbetterhealthutah

Facebook: *Weber county site*

<https://www.facebook.com/createbetterhealthwebercounty/>

Facebook: *State-wide site*

www.facebook.com/createbetterhealthutah (State site)

Please enjoy this recipe from our kitchen to yours!



*Best Dishes,
Grayce Anderson
USU Extension Health Ambassador*

CHERRY TOMATO ORZO SALAD

- ½ cup uncooked orzo, or other small pasta
- 2 cups cherry tomatoes
- 1 cucumber, chopped
- 3 green onions, chopped
- ½ cup black olives, thinly sliced, optional
- ½ cup feta cheese, crumbled
- ¼ cup olive oil
- Juice of 1 lemon
- 1 tablespoon dried oregano

Cook pasta according to package directions; drain and cool. Prepare tomatoes, cucumbers, green onions, and olives. Toss with pasta and add feta cheese. In a small bowl, whisk together olive oil, lemon juice, and oregano. Pour over salad and toss to coat. Serve at room temperature or chilled.

Did you know. . .



Tomatoes are a very good source of vitamins A, C, and K, as well as potassium. They are also a good source of lycopene, a key nutrient that is associated with reduced risk of certain types of cancer.

REFRESHING SUMMER COLESLAW

For the slaw:

- ½ medium head of purple cabbage, shredded (about 3 cups shredded cabbage)
- ½ medium head of green cabbage, shredded (about 3 cups shredded cabbage)
- 1-2 heaping cups shredded carrots
- ½ cup grated zucchini
- 1 cup finely chopped cilantro
- 1 jalapeño, seeded and finely diced
- ½ cup green onion (green part only)
- ¼ cup toasted sliced almonds (or sunflower seeds)

For the dressing:

- 4 tablespoons extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons pure maple syrup, depending how sweet you like your slaw, or honey, agave, or sugar
- 1 clove garlic, finely minced
- ½ teaspoon Dijon style mustard
- ¼ teaspoon cayenne pepper, optional
- ½ teaspoon salt
- Freshly cracked black pepper

Combine all slaw ingredients in a large mixing bowl, except almonds. Stir and mix together well. In a small mixing bowl, combine ingredients for the dressing. Stir well and toss with the slaw mixture. Chill before serving. Top with toasted sliced almonds or sunflower seeds. **Note:** Celery seed and or caraway seed can also be added to the dressing if desired.

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.