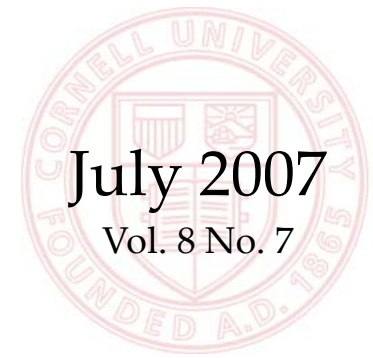


Eat Smart New York!

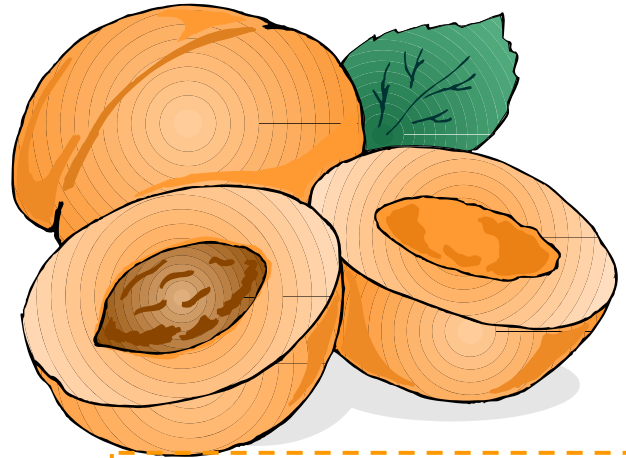


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Enjoy A Peach This Month!



If there is one local fruit that is worth waiting all winter for, it is our locally grown peaches. Locally grown peaches are superior to any fresh peach you can buy in the fall, winter or spring. Peaches are abundant in July and easy to buy at your local farmers' market or farm stand.

A large peach (almost 3 inches in diameter) counts as a one cup serving from the fruit group on MyPyramid. A peach has about 70 calories, no fat or sodium and is a good source of vitamin A, vitamin C and potassium.

When buying fresh peaches, think about when you plan to eat them. If you will eat them in a day or two, look for peaches that yield slightly to light pressure of your finger. If you want peaches for later in the week, look for peaches that are firm to your touch and will ripen in three to four days. Store ripe peaches on the counter or in your refrigerator. Store unripe peaches on the counter to help with the ripening process. Our local peach season is short, so pick up some peaches today and enjoy!

Peach Salsa

- 2 cups diced peeled peaches
- 1 cup diced tomato
- $\frac{1}{2}$ cup thinly sliced green onion
- $\frac{1}{4}$ cup diced red bell pepper
- 2 Tablespoons lime juice, about one medium lime
- 1 to 2 teaspoons finely minced hot or mild chile pepper, or to taste
- 1 Tablespoon chopped fresh cilantro, or to taste
- Dash garlic powder
- 1 Tablespoon orange juice, optional
- Dash freshly ground black pepper

Directions:

Combine all salsa ingredients. Refrigerate for one hour to blend flavors. Serve with low-fat tortilla chips or with grilled chicken or pork.

**Nutrition Facts: Yield-6 servings (serving-1/2 cup), Calories: 35, Total Fat: 0g, 0% calories from fat, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Carbohydrates: 9g, Dietary Fiber: 2g, Protein: 1g, Vitamin A: 15%, Vitamin C: 35%, Calcium: 2%, Iron: 2%

Peachy Pops

2 peaches
 $\frac{2}{3}$ cup yogurt, low-fat vanilla
2 cups orange juice

Directions:

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.

**Nutrition Facts: Yield-6 servings, Calories: 90, Total Fat: 0g, 0 calories from fat, 0% calories from fat, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 20mg, Carbohydrates: 20g, Dietary Fiber: 1g, Protein: 2g, Vitamin A: 2%, Vitamin C: 6%, Calcium: 4%



Peach Pocket Fruit Pies

4 (8-inch) flour tortillas
2 medium peaches
 $\frac{1}{4}$ teaspoon ground cinnamon
2 Tablespoons brown sugar
 $\frac{1}{8}$ teaspoon ground nutmeg
2 Tablespoons milk
sugar (optional)

Directions:

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place $\frac{1}{4}$ of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Note: This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

**Nutrition Facts: Yield-4 servings, Calories: 210, Total Fat: 4g, 17% calories from fat, 35 calories from fat, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 320mg, Carbohydrates: 40g, Dietary Fiber: 3g, Protein: 4g, Vitamin C: 4%, Calcium: 8%, Iron: 10%



Tips for Safe Outdoor Dining

from www.homefoodsafety.org

Along with picnics and outdoor eating comes an increased risk for food borne illness due to not following good food safety practices. Remember these simple tips when heading out for a picnic:

Clean Matters

Keep moist hand wipes or have soap and water available for cleaning hands and surfaces before, during and after food preparation activities.



Keep Raw Meats and Ready to Eat Foods Separate

- ◇ Bring enough plates so that you can use one for raw meat and a clean plate for the cooked meat.
- ◇ Marinate meat in the refrigerator or cooler and do not use the marinade as a sauce or dip for cooked meat.
- ◇ When packing your cooler, pack raw meat on the bottom and prepared, ready to eat foods on top. This will prevent the juice from the raw meat from dripping on the ready to eat foods.

Use a Meat Thermometer

Cook meat to its proper temperature to make sure bacteria does not have a chance to make you and your family sick. Chicken and ground beef should be cooked to 165 degrees. When using a meat thermometer, make sure it does not hit the grill grate when you are testing the meat's temperature.

Keep Cold Foods Cold

- ◇ Make sure your cooler is packed with plenty of ice or reusable ice packs.
- ◇ Transport your cooler in the back seat of the car instead of the trunk.
- ◇ When removing meat from the cooler, only remove the amount you plan to cook at that time. Leave the extra meat in the cooler to stay cold until you are ready to put it on the grill.
- ◇ Defrost meat in the refrigerator at home before packing in your cooler.
- ◇ Do not leave food out of the cooler for more than 1 hour when the temperature is 90 degrees or hotter.
- ◇ Serve cold salads on ice to keep them cool and safe.

WHAT'S IN SEASON?

Use your Farmers' Market coupons this month to buy green and yellow beans, zucchini, yellow squash, blueberries, peaches, tomatoes and corn!

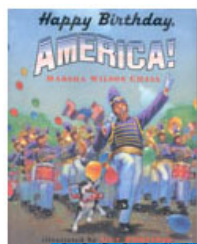
KORNER I D S

Summer reading is important for keeping your child's reading skills sharp over summer vacation and it can help your child to develop into a lifelong reader. Visit your local library to join the youth summer reading program and to take advantage of the great youth programming happening during the summer. Encourage your child to read 30 minutes each day. Reading can be any type of book or magazine that interests them.

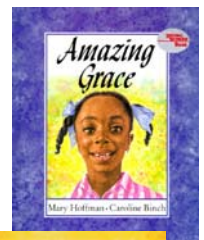


Find these highly recommended books at your local library:

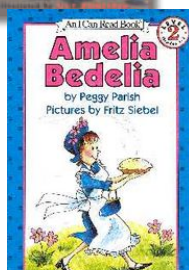
Happy Birthday, America!
by Marsha Wilson Chall



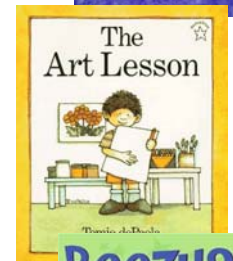
Amazing Grace
by Mary Hoffman



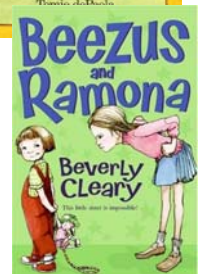
Amelia Bedelia
by Peggy Parish



The Art Lesson
by Tomie DePaola



Beezus and Ramona
by Beverly Cleary



The Big Dipper
by Franklyn M. Branley



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