



# Family Fun in the Kitchen

## Summer

### Grow your own

Juicy tomato slices, thick chunks of sweet green pepper, crispy carrots. It's hard to beat picking fresh vegetables from your own garden.

**Start small**—Don't want to dig up your yard? Consider placing 2- or 3-gallon-size containers in an area that gets at least 6 hours of sun a day.

**Share space**—If you already have a flower garden, consider mixing in a few vegetables.

**Select plants**—Peppers grow well in containers. Cherry tomatoes are fun to pick and eat. Pole beans or cucumbers can cover a trellis.

**Get advice**—Talk to neighbors who have gardens. Check the publications listed under 'Yard and Garden' at [www.extension.iastate.edu/store](http://www.extension.iastate.edu/store).

### Wash. Bite. How easy is that?

Strawberries taste great on cereal, in a fruit salad, or even blended with milk. Look for firm, plump, full-colored berries that still have their green "caps." Medium and small berries tend to be sweeter. Before eating, remove the green "cap" with your thumbnail or a small metal spoon. Rinse well under running water to remove all soil. Eat and enjoy!

### For more information

**Nutrition** (Facts, tips, recipes, more)—[www.extension.iastate.edu/healthnutrition/](http://www.extension.iastate.edu/healthnutrition/)

### Pick Your Own Markets—

[www.iafruitvegetablegrowers.org/members.html](http://www.iafruitvegetablegrowers.org/members.html)

*Making homemade snacks together lets you demonstrate hand washing, healthy eating, and basic food preparation techniques.*

### Recipes to try

#### **Fruit Salsa and Cinnamon Chips**

*Use a pizza wheel cutter to cut tortillas into wedges. Makes 8 servings.*

You will need:

- 1 apple, cored and chopped
- 1 cup chopped strawberries
- 2 kiwi, peeled and chopped
- 1/2 cup crushed pineapple, drained; (save 2 tablespoons pineapple juice)
- 8 (8-inch) flour tortillas
- 2 teaspoons water
- 3/4 cup sugar
- 2 teaspoons cinnamon

What to do:

1. Combine fruits and juice in a covered container. Chill until needed.
2. Preheat oven to 350°F
3. Sprinkle tortillas with water.
4. Combine sugar and cinnamon; sprinkle over tortillas.
5. Cut each tortilla into eight wedges and place on baking sheet.
6. Bake for 6 minutes. Cool on rack and store in airtight container.

*Nutrition Facts (8 chips and 1/3 cup salsa):*

198 calories, 2.7 g fat, 0.4 g saturated fat, 0 mg cholesterol, 3.5 g protein, 41 g carbohydrate, 2.9 g fiber, 169 mg sodium

**FIND MORE RECIPES at this Web site—**  
[www.extension.iastate.edu/food](http://www.extension.iastate.edu/food)

**... and justice for all**

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### Orange Yogurt Pops

*You may want to double the recipe for these popular low-fat treats. Makes 6.*

You will need:

- 1 (6-ounce) can frozen orange juice concentrate, thawed
- 1 pint (2 cups) plain nonfat or lowfat yogurt
- 2 teaspoons vanilla

What to do:

1. Beat orange juice concentrate, yogurt, and vanilla in a mixing bowl until well blended.
2. Fill 6 small paper cups with mixture. Insert plastic spoons for handles. Freeze until solid.
3. Remove from cups to eat.

*Nutrition Facts (1 popcicle):*

89 calories, 0.2 g fat, 0.1 g saturated fat, 1 mg cholesterol, 5 g protein, 17 g carbohydrate 0.2 g fiber, 59 g sodium

### Summer food safety:

**Chill out**—Carry perishable foods inside an insulated cooler with ice or frozen gel packs. Keep the cooler in an air-conditioned vehicle for transporting and in the shade at the picnic site. Avoid frequently opening the cooler. Throw away any perishable leftovers that have been kept out more than 2 hours (1 hour if the temperature is above 90°F).

**Safe at the plate**—Use a different (or thoroughly washed) platter to carry meat or poultry from the grill to avoid cross-contamination from raw meats.

**Shower power**—Thoroughly wash melons and other fresh fruits and vegetables under running water before cutting. Bacteria can be carried from the surface into the flesh by a knife.