

FACES NEWSLETTER

Family and Consumer Science



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Eating seafood twice a week is easier and more affordable than you think

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Somewhere along the way it seems that seafood has become “*third fiddle*” to both beef and chicken! The USDA recommends adding seafood to your weekly diet – eating two meals that include fish. Just like beef and chicken, you can grill your seafood outside – either directly on the grill or as part of a foil-pocket recipe. Or, consider broiling, roasting or baking fish in your oven for a flaky feast. Using spices/herbs, lemon/lime juice and just a tad of butter makes the preparation quick and simple, and keeps the fish “at center stage” rather than being over-powered (and over-calored!) by breading or heavy sauces. Here’s a simple recipe for fish. Please note, *if you purchase frozen seafood, use the cooking directions (temperature, time) on the package instead.*

RECIPE

Lemon Garlic Tilapia (from allrecipes.com)

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Ingredients:

- 4 tilapia fillets (or other similar fish)
- 3 tablespoons lemon juice
- 1 tablespoon butter, melted
- 1 clove garlic, finely chopped
- 1 teaspoon dried parsley flakes
- Pepper to taste

Directions:

1. Preheat oven to 375 degrees. Spray a baking dish with non-stick cooking spray
2. Rinse tilapia fillets under cool water, then pat dry with paper towels
3. Place fillets in baking dish. Cover with other ingredients – pour on lemon juice, drizzle on butter, then sprinkle with garlic, parsley and pepper
4. Bake in preheated oven until white and flakey – about 30 minutes.

SALT-FREE SPICES

In the spice section of your grocery store, you'll also find spices that can be used for quick fish recipes, and that are salt-free. Mrs. Dash has flavors such as Lemon Pepper, Onion Herb, and Tomato Basil Garlic; and, McCormick's "Perfect Pinch" spice line has salt-free flavors such as Fiesta Citrus, Garlic and Herb, and Southwest Sweet and Smoky. Use any of these with a bit of lemon/lime juice, and a tad of butter and you'll have a simple yet flavorful meal. As you can see, it doesn't take much to include seafood as part of your lunch or dinner routine!

HAVING FISH ON HAND

Having fish on-hand eliminates extra trips to the grocery store – keeping your cooking momentum going and saving on gas! Here are some ideas for having seafood on hand:

IN YOUR PANTRY – canned seafood*

Canned seafood can be easily added to a pasta dish or a salad, to create a meal.

- Canned salmon, 14.75 ounces, Double "Q" — \$2.58
- Sardines in pouches, 3.53 ounces, Crown Prince — \$0.82
- Canned tuna (in water), 5 ounces, Chicken of the Sea — \$0.88

IN YOUR FREEZER – frozen seafood*

Frozen seafood can be used in simple recipes, and frequently the pieces in packages are individually vacuum-sealed – so you take out only what you need for a single meal! Here are some affordable choices (typically 4 pieces of fish/package):

- Cod, 16 ounce package — \$4.48

- Flounder, 16 ounce package — \$4.48
- Haddock, 16 ounce package — \$3.98
- Swai, 16 ounce package — \$4.48
- Tilapia, 16 ounce package — \$4.48

* Prices are from Walmart on 6/6/12 (frozen fish is "Great Value" store-brand)

Back to Black

Keeping Darks from Fading

Are your black jeans, t-shirt or your little black dress not as black as they used to be? For the most part, it's pretty inevitable that dark clothes will fade after repeated washings. "I have used these tips to keep my dark clothes from fading and they work so I hope that you will give them a try!" says, Nancy Bock, American Cleaning Institute's Senior Vice President, Meetings & Education.

There are laundry products that are formulated to lessen the fading. Be sure to read the product label and look for features like color guard or "for black" or "dark clothes". And always follow the product and garment label instructions before using.

If machine washing is recommended, you can turn the garment inside out, so it won't come into contact with other clothes, and use a shorter wash cycle. Consider washing dark clothes in cold water, then air-dry. Hot water and drying clothes in a dryer can cause fading to happen faster.

Use a dryer sheet to help remove pet hair and repel lint. And remember to clean the lint trap in your dryer after each and every use.

Oily stains can be trouble for black fabric. Make melted chocolate disappear by pre-treating with a product containing enzymes. Don't put in the dryer until the stain is gone. You may need to rewash with a color safe bleach.

Plastic Food Containers

Clean or Toss?

If your plastic food container can't hold its shape in hot water or the microwave, then you may need to toss (or recycle) it. This is true of most containers that are meant to transport food such as takeout containers, and those that you purchase food products in, such as yogurt containers. These types of containers are designed for a one time use only. If the container is a keeper, make sure it is clean for the next use.

Wash

- Remove any leftover food and rinse in hot water
- Wipe extra grease with a sponge or paper towel
- Wash in the sink with dish soap and warm water or put it in the dishwasher top rack
- You may want to add a plastic booster (put it where you would add a rinse aid)
- Dry your container using a kitchen towel or the low-heat cycle on the dishwasher

Remove Stains

- You may need to take extra steps to remove remaining stains
- Put on the kitchen counter and leave in the direct sun for a few hours
- Soak containers using a mild bleach solution of 2 teaspoons of bleach per gallon of water, drain and dry thoroughly before use
- For containers that stink, try baking soda and water scrub (1

teaspoon of baking soda with one cup of water) or you can also try undiluted vinegar

- Be sure to wash the container after any of these stain removal steps
- If the stain won't budge, throw the container away!

Avoid Future Stains

You can prevent stains before they happen by spraying the inside of the container with an unflavored cooking spray. If you are not using the container for cooking, you can line the container with foil or plastic wrap. Tomato stains are stubborn so refrain from microwaving tomato sauce in plastic containers.

Decaffeinating Coffee

Q: Are the chemicals used in decaffeinating coffee really safe? Are they related to cleaning fluid?

A: According to Robert L. Wolke, professor emeritus of chemistry at the University of Pittsburgh, the chemicals are related but different. (Caffeine itself belongs to the alkaloid family of powerful plant chemicals that includes nicotine, cocaine, morphine, and strychnine.)

Caffeine dissolves easily in many organic solvents such as benzene and chloroform, but they are not used, because they are toxic. The methylene chloride used in some decaffeinating processes is related to, but different from, the toxic perchlorethylene used in dry cleaning. Chemists have identified several hundred different chemicals in coffee, and removing the 1 or 2% of caffeine without ruining the flavor balance is difficult. Since the turn of the century, when a German chemist, Ludwig Roselius, studied the removal of

caffeine from coffee, methylene chloride has been the solvent of choice. It dissolves other components minimally and vaporizes easily. Therefore, its remaining traces can be driven off by heat. However, in the 1980s, methylene chloride was denounced as a carcinogen. It is still used for decaffeinating, but the FDA limits its amount in finished product to 10 parts per million. Industry sources indicate that the actual amount is less than 0.01 of that.

Caffeine is removed from green coffee beans before they are roasted. First, they are steamed, which brings most of the caffeine to the surface. Then, the caffeine is removed by washing with the solvent. To be called decaffeinated, coffee must have more than 97% of its caffeine removed.

An indirect method, sometimes called the water method, is often used. The caffeine, together with many desirable flavor and aroma components, is first extracted into hot water. (Caffeine dissolves in water; otherwise, we would not worry about its presence.) The caffeine is then removed from the water by an organic solvent, and the resulting caffeine-free water, with all of the original flavor components, is returned to the beans and dried onto them. The solvent never actually touches the beans.

An interesting, new practice is the use of ethyl acetate, an organic solvent, instead of methylene chloride. Because this chemical occurs in fruits and in coffee itself, it can be called, "natural." The label of an ethyl-acetate-treated coffee may therefore claim that it is "naturally decaffeinated." (The author points out that the same can be said for using

cyanide, because it occurs "naturally" in peach pits.)

Much decaffeinated coffee today is made by a recently developed process that extracts the caffeine into harmless carbon dioxide that is in a form known to chemists as "supercritical." It is neither gas, liquid, nor solid.

Finally, there is the ingenious "Swiss water process," which washes the beans with hot water that is already full of all possible coffee chemicals except caffeine. Hence, there is no room for anything but caffeine to dissolve into it from the beans.

Children and Money

(This is the second part of article from last month)

Stretching the Family's Income

Your child discovers that the family receives many by exchanging the time and work talents of one or both parents for it, and that the family then exchanges the money for certain goods and services. Children should learn early in life that there is only a certain amount of money available, and that most of this has to be used for satisfying basic needs, such as food, clothing, housing and transportation. It is a good idea to explain to children that these purchases come first, and that much of the family income is spent on items that will benefit the entire family.

Show your child some of the ways you can save money by making or repairing something yourself. A child also should understand that things will last longer if he or she takes good care of them, such as a favorite toy. Explain that when you wash your car, grow vegetables in your garden, mow your lawn and do other

jobs for the family, you are saving money that can be used in other ways. Make your child aware of ways to maximize the use of resources, such as helping with household tasks, or taking care of toys.

Where Money Comes From

A child's money can come from a number of sources. The child's earliest experiences with money probably involved small amounts of change you gave them when you thought they should have some for one purpose or another, or when they asked for some. This way of getting money is usually called a dole, or a handout.

If you continue to dole out money to your child, he or she will receive only limited experience. He or she will go through the motions of spending money, but will not be making decisions about how and for what the money is spent. You are really making the decision for your child when you give him or her money for a certain item.

The dole system does not prepare your child for managing money as an adult. However, other sources of money such as allowances, earnings from you or from outsiders, or gifts can provide your child with valuable experience in learning how to use money with your guidance.

Your Child's Allowance

A good way for your child to learn to manage money is with a set allowance that he or she must live within. Even a small amount gives a child a sense of responsibility. Start the allowance early at age six or seven, or as soon as the child begins to read or take an intelligent interest in money. Keep the

allowance small at first, since this is a time for learning. But from the beginning, give the child an allowance at regular intervals, possibly once or twice a week. Be certain the child understands the amount, what expenses it is to cover and how often money will be given. The amount of the allowance will depend on family income, expenses it will cover, and the period of time it is to cover.

Your child is receiving enough allowance, whenever his or her age, if the amount covers actual needs, and then provides some for the child to satisfy small personal desires, or to share with the family and friends, and to have some for future satisfactions.

Probably the most effective way to determine the amount of an allowance is to work out with your child how much he or she actually needs for school or other expenses, and how much the child can spend as he or she chooses. For example, a recent poll of 2,505 teens indicates that girls' allowances are higher than the allowances of boys. In the age group 13 to 15, boys reported receiving an average of \$13.50 per week, while girls reported receiving \$14.50 per week. Teens between the ages of 16 and 19 indicate that girls received \$26.85 per week and boys received \$25.90. Church contributions and other gifts also need to be provided, depending on how the family handles these expenditures.

As a teen gets older, the allowance can be increased to cover more of the expenses. The teen also needs to be allowed some leeway for errors in judgment. Be firm in saying "no" if the teen asks for more money between "pay" periods. When the teen receives a fixed amount of money at intervals, he or she

will gradually learn how to manage the money. Do not use the allowance as a reward or punishment system, so the teen will not come to think of money as a weapon.

Perhaps the best way to teach a teen how to manage is be a competent money manager yourself. Parents who never keep a budget or a spending plan, habitually buy on credit and who shop carelessly in general will tend to influence children into following a similar unstable pattern of spending to see instant gratification.

You can teach your child about quality and value of goods by taking him or her shopping with you and showing the child how to select values in food, clothing and other items. It also gives a time for you to show your youngster how you keep a record of your spending, and how he or she can keep expense records in a notebook. One mother even has her children help her with the job of mailing the checks to pay bills each month so that they know where the money goes and how to use a checkbook.

Allowance versus Earning

Should your child be required to earn the allowance by doing certain jobs around the house or farm? NO. The child has some right to part of the family income just because of family membership. It is better to give the child some of this in the form of an allowance. On the other hand, the child has a responsibility to share in routine household tasks, and should not expect money as a reward. Helping around the house, children should learn, is part of belonging to a family.

You can help children earn a little extra money at home. If you have special jobs

around the house or farm, or in your family business that you would employ someone else to do, hire your child for the job. Keep the relationship business-like and pay the child a fair wage for performing the service.

Often the money children earn gives them a greater sense of freedom and recognition than money that is given to them. Earning money, is good as long as the work is not too strenuous and there is still time for the child to study, play and take part in family activities, family chores and school life.

Using Gift Money

On birthdays and holidays, a child often receives money as gifts from relatives and family friends. The child needs to understand, however, that he or she should not count on gift money or expect it. You do not want your child to feel that his or her grandmother, or anyone else, is obligated to give regularly.

Remember that the gift money belongs to the child. You should not decide how the child will use it, even for such worthy purposes as a college education account or some expensive dental work, unless it was given specifically for that purpose.

On the other hand, do not let your child think of gift money as a windfall to waste. Instead, consult with the child about what to do with the money. You can help if you understand the child's feelings about the gift, and if you know what his or her current needs wants are.

Teaching Your Child to Save

Make it a point to discuss saving with you child. However, do not expect him or her to appreciate the value of saving

for a vague or distant goal. Children can understand saving for something near and definite, such as a new car or television set, but saving for family security may be meaningless to your child.

Remember that your example either encourages or discourages your children to save. If you regard saving as something you will do later, your child will regard it with an equal lack of interest. Find the middle road in saving.

Encourage Your Child to Share

With your help, children can learn not only to share, but also to enjoy sharing with the family, friends even with people they do not know. Within the family, children can buy treats, contribute to family projects and buy gifts for birthdays and special occasions. Taking friends to the movies, paying for their share of soft drinks and candy, and buying gifts for birthday parties will help your child to become more social person. Church and school also provide a child with opportunities to share with others outside of their own family and friends.



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Cream of Spinach Soup

Ingredients

- 2 cups chopped fresh spinach - packed - (or 1 10-oz package frozen spinach, thawed)
- 1 cup chopped onion
- 1/4 cup butter
- 3 medium potatoes, peeled and quartered (about 1 pound)
- 1 1/2 cups chicken broth (or vegetable broth for vegetarian option)
- 1 1/2 cups water
- 2 chicken bouillon cubes (or vegetable bouillon cubes for vegetarian option)
- 2 cups half-and-half
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup sour cream
- *Optional: chopped chives and/or ground allspice for garnish*

Method

1 In a large saucepan over medium heat, sauté onion in butter for 3 minutes or until limp. Add potatoes, chicken broth, water, and bouillon cubes. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until the potatoes are tender. Add spinach and cook for 2 to 4 minutes longer until spinach is tender.

2 Working in batches, purée soup mixture in a blender. Return to saucepan. Whisk in half-and-half, salt and pepper.

3 Over low heat, bring to just before simmering. Whisk in the sour cream. You may want to use an immersion blender to get the sour cream fully incorporated.

This soup can be served hot or chilled. Garnish with chopped chives, sprinkles of allspice, or a dollop of sour cream.

Yield: Serves 6 to 8.

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