Live with Intention

Walk to the edge.

Listen hard.

Practice wellness.

Play with abandon.

Laugh.

Choose with no regret.

Appreciate your friends.

Continue to learn.

Do what you love.

Live as if this is all there is.

Source: Kali Spoto as printed in “55 Plus” Issue 21, 6/7/09
Home Food Preservation Resources

Gardens are starting to produce fresh vegetables. A pressure canner is needed to ensure safe low-acid canned foods. There are no safe boiling water canning options for vegetables, meats and seafood, soups and some other mixtures of foods.

It is tempting to want to preserve your canned specialties in fancy jars and bottles. But the two-piece lid system and canning jars that take them are what is recommended for the home. When applied correctly, they are a good system for venting trapped air out of your jars during the canning process and can visually show that you have a vacuum seal when the jar cools.

For more information on basics of canning and freezing this season’s produce, plan to attend one of our sessions “Food Preservation 101” (see page 3 for more information).

The third edition of the “Herkimer County Farm Produce and Tourism Map” is now available at the Cornell Cooperative Extension office in East Herkimer. This map lists many farms, recreational and historical sights of Herkimer County and was made possible in conjunction with a grant from Herkimer County Mental Health Services. You can see a pdf of this map on our website at: www.cce.cornell.edu/herkimer/files/2009/04/farm-produce-map-20091.pdf

Also, for an interactive map of this information, see our link to the “Community Walk” site at: www.cce.cornell.edu/herkimer/2009/06/18/local-farmers-markets/

“Food Preservation Resources” lists all food preservation publications available from Cornell Cooperative Extension of Herkimer County including some commercial sources and web sites. Topics included are home canning, freezing, pickling, dehydrating, and making jams and jellies. Note that several resources were updated this year.

For your free copy, stop at our office at 5657 State Route 5 in East Herkimer, or get a copy at our website: www.cce.cornell.edu/herkimer/2009/04/02/food-preservation-resources/
Upcoming Programs

“Food Preservation 101”

These workshops will include basic home canning and freezing tips.

**When/Where:**
Wednesday, August 11, 2010
6:30 - 8:00 p.m.
St. John’s Catholic Church
7514 Main St, Newport

or

Thursday, August 12, 2010
1:00 – 2:30 p.m. OR 6:30 - 8:00 p.m.
Cornell Cooperative Extension of Herkimer County
5657 State Route 5, Herkimer

**Instructors:**
Linda Robbins and Mary Ann Walrath,
Cornell Cooperative Extension of Herkimer County

**Fee:**
No charge, but please call to register*

**To Register:**
Call Cornell Cooperative Extension at 866-7920
*(after hours, press 0 to leave message on general delivery voice-mail box)*

*Note that class size will be limited, so be sure to call early if you are interested.

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Cornell Cooperative Extension Master Gardener Training

To be a Master Gardener, you must complete a 55-hour training course. The course will cover: basic plant pathology, soils & fertilizers, garden botany, annuals & perennials, basic entomology, organic gardening & composting, vegetable gardening, fruits, trees & shrubs, pruning, ecological lawn care, nuisance wildlife, herbs, and more.

**When/Where:**
Tuesdays, beginning September 14 through November 22, 2010
9 am - 3:00 p.m.
Farmers' Museum, Cooperstown

**Contact:**
Bernie Armata
Cornell Cooperative Extension of Herkimer County
866-7920 ext 232

**Fee:**
$150, which will include your manual and all material (you are asked to bring a lunch for yourself and provide your own transportation)

**To Register:**
Call Cornell Cooperative Extension at 866-7920 by September 1. (space is limited)
“Eat³” - Eat Well, Eat Local, Eat Together

“Eat³” is a campaign to encourage families to Eat Well, Eat Local, and Eat Together. This project is designed to help you choose, prepare, and enjoy healthy family meals using locally-grown produce.

Starting this month, one meal will be featured July through November to give you ideas to help you “Eat³”. Be sure to check out the campaign website at www.eat3.org to find recipes, tips, games, and a chance to share your comments and questions about the recipes and eating together.

As part of “Eat Local”, check out our Farmers’ Markets in Herkimer County

<table>
<thead>
<tr>
<th>Market</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Dolgeville</td>
<td>Municipal lot, between Kinney Drugs and M&amp;T Bank</td>
<td>Friday</td>
<td>8:00 am - 12 noon</td>
</tr>
<tr>
<td>Frankfort</td>
<td>Frankfort Marina off Railroad St</td>
<td>Saturday</td>
<td>9:00 am - 1:00 pm</td>
</tr>
<tr>
<td>Herkimer</td>
<td>Across from Herb Philipson’s</td>
<td>Thursday</td>
<td>2:00 pm - 6:00 pm</td>
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<tr>
<td>Early Bird</td>
<td>Aubuchon Hardware lot</td>
<td>Thursday</td>
<td>9:00 am - 1:00 pm</td>
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<tr>
<td>Kuyahoora</td>
<td>Route 8, between Post Office and Poland School</td>
<td>Wednesday</td>
<td>2:30 pm - 6:30 pm</td>
</tr>
<tr>
<td>Little Falls</td>
<td>M&amp;T Bank lot</td>
<td>Saturday</td>
<td>8:00 am - 12 noon</td>
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<tr>
<td>Mohawk</td>
<td>Weller Park</td>
<td>Wednesday</td>
<td>3:00 pm - 6:00 pm</td>
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<tr>
<td>Old Forge</td>
<td>Park Ave, Between Crosby and Lamberton Streets</td>
<td>Friday</td>
<td>2:00 pm - 6:00 pm</td>
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<tr>
<td>Richfield Springs</td>
<td>Spring Park Main St</td>
<td>Thursday</td>
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<td>Saturday</td>
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Tantalizing Tomatoes

One of summer’s tastiest treats, tomatoes, are generally enjoyed raw but the possibilities are endless: pickled, roasted, broiled, stewed, sautéed, grilled, fried, or juiced.

**Tomato Tidbits:**
- Tomatoes are technically a fruit, but are eaten like vegetables.
- Tomatoes are rich in Vitamin A and C, trace minerals, and fiber.
- Tomatoes are best known for their high lycopene levels, which is a phytochemical that makes tomatoes red and may help prevent heart disease and some forms of cancer.
- Though tomatoes are generally red, there are also yellow, green, and purple tomatoes which are just as delicious and nutritious as red!

**Tips for Tomatoes:**
1. Select firm tomatoes with unblemished skin, vibrant color and that seem heavy for their size. Tomatoes should yield slightly to light palm pressure.
2. Store tomatoes stem-side up, away from heat or sunshine. Use within 4 days. Don’t refrigerate because the water in the tomato expands and the sugars turn to starch making the texture mealy.
3. Take advantage of tomatoes. Since tomatoes are plentiful during this season, can and freeze tomatoes to be used later.

**Tomato, Corn and Black Bean Salad**

1 (15 ounce) can black beans
1/4 cup onion, diced
3 tomatoes, diced (approximately 3 cups)
2 cups corn, cooked
2 Tablespoons lime juice
1-1/2 teaspoons ground cumin (optional)
2 Tablespoons olive oil

Combine lime juice, cumin, olive oil, garlic, and pepper. Drain black beans. Add all ingredients; mix and chill in refrigerator for at least one hour. Serve.

Yield: 14 servings; serving size 1/2 cup (60 calories, 2.5 gram fat, 0 grams trans fat, 3 grams fiber, 170 mg sodium)

**Gazpacho (easy cold tomato soup)**

2 pounds (6 medium) tomatoes, halved
1/2 pound crusty bread, cut into 1/2-inch pieces - approximately 5 cups (this is a great way of using day-old bread!)
1 red bell pepper, seeded and diced
1 cup chopped, peeled cucumber (1 small)
1/3 cup chopped red onion
4 Tablespoons olive oil
1 garlic clove, minced (3/4 teaspoon)
1/2 teaspoon ground cumin (optional)
1/2 cup water, set aside.

Over a bowl, gently squeeze tomato halves to release seeds and juices. Discard seeds. Transfer tomatoes along with juices to a blender and add all other ingredients except the water and puree until coarse. If you want the soup to be less thick, add small amounts of water at a time and continue to puree until you like the consistency. Refrigerate for 2 hours before serving.

Yield: 16 servings; serving size 1/2 cup (80 calories, 4 gram fat, 0 grams trans fat, 1 grams fiber, 95 mg sodium)

Shared by: Alyssa Blaker, Summer Nutrition Assistant
Go green, yellow and purple. Now is when summer beans of all colors are at their crispest and sweetest.

In the summer, green beans are always on the dinner table. Fresh green beans taste nothing like canned or frozen. They have snap and texture. They are versatile enough to roast, sauté, or braise. They shine with a quick boil or steam and a dab of butter and a sprinkle of salt.

Although you can buy them year round in stores, eaten fresh from a garden or farmers’ market, they are smaller, sweeter and more velvety.

“Green beans” is a generic term for a long, skinny green bean, but many varieties and colors can be found.

1) **Green, wax, or snap beans:** Long and round, either yellow (cultivated for their pale yellow color), green or purple (will turn green when cooked).

2) **French green beans:** Baby green beans, very thin, either yellow or green, more intense flavor, but a little more pricey.

3) **Italian, Romano, or Roma:** Flat and wide. When sold young, they’re tender, but often sold more mature with visible seeds. At that point, they need to be cooked longer.

4) **Chinese long beans or yard long beans:** These belong to a completely different branch of the bean family. They are immature pods of a variety of cowpea (related to black-eyed peas). They grow to lengths of 12 to 36” long. They have a similar flavor to the green beans, but softer and starchier. These can be cut into 2” pieces and added to stir-fries or sautéed in sesame oil.

**How to choose:** Look for slender and brightly colored beans. They should “snap” when broken. Stay clear of those with individual seeds showing. They are overly mature and tough.

**Storage:** Refrigerate unwashed in plastic bag or container up to five days in vegetable drawer.

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**Fresh Picked Green Beans**

Chinese long should be kept in the warmest part of the refrigerator no longer than three days.

**How to use:**

- **Roasted green beans and pecans:** Toss with pecans, olive oil, salt & pepper. Roast at 400º, tossing once until beans are tender, about 12 minutes.

- **Lemony tuna and green bean salad:** Chop blanched green beans and olives. Combine canned tuna, olive oil and fresh lemon juice.

- **Green beans, tomato and bacon salad:** Cooked sliced garlic in olive oil until golden brown. Toss with steamed green beans, halved cherry tomatoes and cooked bacon, crumbled.

**Green Beans with Potatoes**

From “Just Say Yes to Fruits & Vegetables” cookbook

4 potatoes, cut into chunks
1 onion, sliced
1 cup low-sodium chicken broth
1/4 teaspoon garlic powder
Dash pepper
1-3/4 cup cooked green beans
1 Tablespoon vegetable oil
2 Tablespoons lemon juice (or yellow mustard)

In a medium pot, add potatoes, onion, broth, garlic powder and pepper. Bring to a boil. Reduce heat, cover and simmer 15 minutes or until potatoes are tender. Add green beans, stir gently. Heat on low for 5 minutes or until beans are heated through. Remove from heat. Drizzle with oil and lemon juice. Serves 6.

**Yield:** 10 servings; serving size 1/2 cup (70 calories, 1.5 gram fat, 0 grams trans fat, 2 grams fiber, 10 mg sodium)

Submitted by Mary Ann Walrath, Nutrition Program Educator, retired
Cooling Tips for Every Budget

The U.S. Environmental Protection Agency’s (EPA) Energy Star program offers low to no-cost energy-efficient cooling tips to beat the heat. A typical household spends almost 20 percent of its utility bill on cooling, and by taking steps this summer to improve energy efficiency, you can save energy, save money, and help fight climate change.

Try these simple tips to start saving today:

No-Cost

$ Program your thermostat to work around your family’s summer schedule - set it a few degrees higher (such as 78 degrees) when no one is home, so your cooling system isn’t cooling an empty house. With proper use, programmable thermostats can save you about $180 a year in energy costs.

$ Check your heating, ventilation, air conditioning (HVAC) system’s air filter every month. If the filter looks dirty, change it; but change the filter at least every three months. A dirty filter will slow air flow and make the system work harder to keep you cool, wasting energy.

$ Run your ceiling fan to create a cool breeze. If you raise your thermostat by only two degrees and use your ceiling fan, you can lower cooling costs by up to 14 percent. Remember that ceiling fans cool you, not the room, so when you leave the room make sure to turn off the fan.

$ Pull the curtains and shades closed before you leave your home to keep the sun’s rays from overheating the interior of your home. If you can, move container trees and plants in front of sun-exposed windows to serve as shade.

Low-Cost

$ Remember to have your HVAC system serviced annually to ensure it’s running at optimum efficiency for money and energy savings.

$ Swap out incandescent bulbs with more energy-efficient lighting choices. Energy Star qualified lighting not only uses less energy, it also produces about 75 percent less heat than incandescent lighting, so cooling bills will be reduced, too.

$ Seal your air ducts. As much as 20 percent of the air moving through your home’s duct system is lost due to leaks and poor connections. Seal duct work using mastic sealant or metal tape and insulate all the ducts that you can access (such as those in attics, crawlspace, unfinished basements, and garages).

$ Make sure that connections at vents and registers are well-sealed where they meet floors, walls, and ceilings. These are common locations to find leaks and disconnected ductwork.

Other Tips

$ When buying a room air conditioner, look for one that has earned EPA’s Energy Star. If every room air conditioner in the United States were Energy Star qualified, they would prevent 900 million pounds of greenhouse gas emissions annually—equivalent to the emissions from 80,000 cars.

$ Add insulation to your attic to keep cool air in. If every American household did so, Americans would collectively save more than $1.8 billion in yearly energy costs.

$ Hire a contractor to seal and insulate the interior ductwork in your home (the ducts you can’t reach yourself). For help on choosing the right contractor, go to http://www.energystar.gov/homeimprovement

$ Replace your central air conditioning unit if it is more than 12 years old with a model that has earned EPA’s Energy Star could cut your cooling costs by 30 percent.

More information about keeping cool and comfortable while saving money this season: http://www.energystar.gov

Source: EPA press release 6/8/10
Barbecue Basics: Tips to Prevent Foodborne Illness

It's the season for picnics, cookouts, and other outdoor parties. But eating outdoors in warm weather presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important.

Fortunately, there are a lot of steps consumers can take to keep family and friends from becoming ill.

Wash hands.

It seems basic, but not everyone does it. Wash hands well and often with soap and water for at least 20 seconds, especially after using the bathroom and before cooking or eating. If you're in an outdoor setting with no bathroom, use a water jug, some soap, and paper towels. Consider carrying moist disposable towelettes for cleaning your hands.

Keep raw food separate from cooked food.

Don't use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water. Keep utensils and surfaces clean.

Marinate food in the refrigerator, not out on the counter.

And if you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Don't reuse marinade that contained raw meat.

Cook food thoroughly.

To kill any harmful bacteria that may be present, use a food thermometer. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink. Chicken should be cooked to at least 165°F. If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

Refrigerate and freeze food promptly.

It can be hard to remember while a party is going on, but food should not be left out of the cooler or off the grill for more than two hours. Never leave food out for more than one hour when the temperature is above 90°F.

Keep hot food hot.

Hot food should be kept at or above 140°F. Hot food should be wrapped well and placed in an insulated container. If bringing hot take-out food such as fried chicken or barbecue to an outdoor party, eat it within two hours of purchase. In addition to bringing a grill and fuel for cooking to an outdoor location, remember to pack a food thermometer to check that your meat and poultry reach a safe internal temperature. When re-heating food at the outing, be sure it reaches 165°F.

Keep cold food cold.

Cold food should be held at or below 40°F. Foods like chicken salad and desserts that are in individual serving dishes can be placed directly on ice or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Source: FDA's Consumer Update page, June 11, 2010
Summer means road trips, when families all across the nation pack up their cars, trucks and SUVs and take off for destinations across the country.

Why do they drive? To save money on airfare, airport parking and the stress of air travel, instead packing multiple family members into one over-crammed vehicle. But with gas prices reaching an average of nearly 60 cents more than this time last year, do the savings really add up?

At the current national average of $2.86 per gallon of regular gasoline, budget-conscious consumers will want to take steps to avoid filling up more often than necessary. So whether you’re traveling to the Rocky Mountains or to the grocery store for some Rocky Road, heed these efficient driving tips to avoid that old seasonal affliction – pain at the pump.

When Planning a Vacation…

$ Choose the Right Vehicle. Whether you’re using your own or a rented vehicle, pick the one that gets the best gas mileage possible. For the most up-to-date stats on fuel economy, visit www.fueleconomy.gov.

$ Know Where You’re Going. Getting lost while driving can lead to an expensive waste of gas, as well as time. Consider investing in a GPS navigation system or using an online map service to find good directions.

$ Lighten the Load. Vacation travel usually means packing a full trunk. But an extra 100 pounds will reduce a typical vehicle’s mileage by up to 2 percent and cost you up to 12 gallons of gasoline per year – worth over $30 – if you fail to remove it.

$ Avoid Traffic by Shifting Driving Times. Plan to leave on the weekdays during off-peak work hours, in the very early morning or in the late evening to avoid rush-hour traffic jams and stop-and-go traffic. If you’re traveling on the weekends, try to beat the holiday crowds by hitting the road before the crack of dawn.

When You Hit the Road…

$ Ease Up on the Gas Pedal. Speeding, rapid acceleration and rapid braking can lower gas mileage by 33 percent at highway speeds. Drivers can save up to 91 cents per gallon of gasoline by driving sensibly on the highway.*

$ Use Cruise Control. Making use of a car’s cruise control feature cuts fuel consumption in most cases.

$ Slow Down! Gas mileage usually decreases rapidly above 60 miles per hour. In fact, each five mph over 60 is like paying an additional 24 cents per gallon for gas. So keep a moderate and steady pace on the highway.

$ Don’t Idle. You can’t get worse than 0 miles per gallon – which is what you get when your car is idling. So unless you’ll be stopping for less than a minute or so, turn off the engine while at the roadside.

Maintenance Tips before You Drive…

$ Inflate Your Tires. Keeping your tires properly inflated is a simple measure to improve gas mileage by around 3 percent, for annual savings of up to 20 gallons of gasoline, or up to $45.

$ Use the Right Oil. Using the manufacturer’s recommended grade of motor oil, including re-refined motor oil, improves gas mileage by 1 to 2 percent, resulting in annual savings of up to $30.

$ Get a Tune-Up. Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4 percent – saving up to 25 gallons of gasoline and about $55 in a year’s time. Fixing a faulty oxygen sensor can improve mileage by as much as 40 percent – saving up to 245 gallons of gasoline or up to $570.


* Cost savings are based on an assumed fuel price of $2.86/gallon.

Source: Alliance to Save Energy 5/25/10
How to Develop a Family Disaster Plan

State and Federal emergency management professionals encourage individuals and families to be ready in case there is an emergency. Every one should have a plan – know what to do and when to do it during an emergency – and have a fully-equipped emergency supply kit packed and ready-to-go.

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You should be prepared to take care of yourself and family members for the first 72 hours – that’s three days – following a disaster, such as a severe storm or hurricane. An emergency preparedness kit should include food and water for each family member, a battery-powered or hand-held radio, flashlight, spare batteries, first aid kit, non-electric can opener, dry clothes, bedding, toilet paper, and garbage bags for personal sanitation. Don’t forget extra eye glasses, medications, copies of prescriptions and special products for babies, the elderly and medically fragile or disabled family members.

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Other items to consider include sleeping bags or blankets, paper towels, books, puzzles and games for children and food for family pets. It’s helpful to have cash in case banks are closed and ATMs are not open. Have important insurance information and other important documents readily available.

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Make an evacuation plan and learn the evacuation routes in your neighborhood. Traffic congestion is inevitable. Plan for a significantly longer travel time to reach your destination. If possible, evacuate using only one vehicle. Have a communication plan with phone numbers of family members in case people get separated. Identify a friend or family member in another town, who can be contacted during an emergency.

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Store the emergency supplies in an easy-to-carry plastic storage container or duffel bag, so that you can grab it quickly and go when an emergency forces you to leave your home. Putting together an emergency kit isn’t expensive. Many of the items are probably in your home already. Any additional supplies you may need can be purchased over a period of time.

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Herkimer County Living

Summertime is a great time to get on a path to better health (and a better attitude) with a family activity plan! In May 2010, the National Physical Activity Plan was launched to get Americans up and moving. The goal is to help us all enjoy the physical and mental benefits of being active every day.

Here’s what your family can do:

♦ Set some screen time limits. Here’s a simple approach to screen time (TV, DVDs, computers, and video games): Do more, watch less together! While the transition may be a little rough, families are happier and healthier when they pull the plug or cut back. The American Academy of Pediatrics says no screen time for children under two years of age and for children over age 2, no more than 1-2 hours of screen time total per day. One effective way to limit screen time is to remove TV sets from children’s bedrooms.

♦ Make a list of easy, everyday activities. Since it can be hard to get some kids (and adults too!) off the couch, make a long list of fun activities that are close by, free or inexpensive, and easy-to-do as a family. They can be in your own backyard, around the neighborhood, or at a local park. Keep the list in an easy-to-access location - like on the refrigerator - and add more activities as you think of them.

♦ Get equipped for active family fun. Easy-to-use equipment is another great way to get your family off the couch and having fun. There’s no need for brand-new, expensive things from a sports store or catalog. Check out the possibilities at used-equipment stores, thrift stores, and yard sales. Look for Frisbees®, balls, hula hoops, soft spongy stuff (like Nerf® and Koosh®), and sprinkler toys for summer fun.

♦ Schedule time for weekend activity. Weekend schedules can easily fill up with chores and errands. Make fun plans for plenty of activity early, especially on hot summer days. Use a family dinner in the middle of the week to discuss the possibilities. A hike? A bike trip? A little canoeing and fishing at a lake? A family treasure hunt?

♦ Plan an active vacation. If you’re planning a family vacation or a “staycation” this year, make sure that some fun physical activity is built into every day. That’s easy on a backpacking or camping trip, but also lots of fun if you are visiting relatives or touring a city. Just plan ahead. Check out the activity options online or in a guidebook. See page 12 for more ideas.

Make active fun a family priority every day and have a great summer.

Source: Eat Right Montana newsletter, June 2010

Mark Your Calendar!

Herkimer County Fair
August 17-22 at the fairground in Frankfort

Garlic & Herb Festival
September 11 at Canal Place in Little Falls

Central New York State Farm Progress Show
September 15 & 16 at Len-Lo Farms in Mohawk

Herkimer County Living
Active “Staycations” Can Save Money and Still Be Fun

There are lots of really good reasons that so many families are taking a “staycation” this summer and staying close to home for vacation. “Staycations” are a great way to save money - and still have a ton of family fun. “Staycations” can also help reduce family stress in these tough times, both by helping the budget and by limiting long, noisy hours in a car or the hassles of airplane travel.

New York is the perfect place for an active “staycation”. Just think how many people travel hundreds or thousands of miles to take a vacation here. We’ve got it all - hiking, biking, boating, fishing, and more - practically right in our backyards.

Active “staycations” are the polar opposite of sit-on-the-couch-and-play-video-games. Here are some super tips on making any “staycation” - from a long weekend to a whole week - as adventurous and spontaneous as out-of-state travel.

1. Start with a map of New York (online, in an atlas, or the highway map available at visitor centers).
2. Decide the maximum distance you want to travel in a day (5, 10, or 50 miles, for example). Draw a circle on the map of your chosen distance in all directions.
3. Make a family list of all the places and events within the circle that you would like to visit. If you need help finding things to do, go to www.iloveny.com for a searchable New York State database, or www.herkimercountychamber.com for Herkimer County.
4. Write each of the destinations on a piece of paper and put them into a hat or bag.

Pick one fun destination every time you need a place to go. Give all family members a chance to pick the place-of-the-day, the picnic-of-the-day, and how to make the day as active as possible.

Here are ideas in Herkimer County*:
- Golf (there are over 40 golf courses in Herkimer County!)
- Hiking (just a few: Nature Trail along the Otsquago Creek in VanHornesville, Moss Island in Little Falls, the Herkimer County Community College Interpretive Trail) See “Herkimer County Trails Guide” at www.herkimerhealthnet.com/pdf/NEWTRAIL.pdf
- Digging for “Herkimer Diamonds”
- Little Falls Diamond Dawgs collegiate baseball
- Fishing - lakes and streams abound in this county (Fulton Chain of Lakes, Erie Canal, West Canada Creek)
- Enchanted Forest Water Safari, Old Forge
- Canal Place, Little Falls
- Erie Canal Cruises, Herkimer
- Remington Arms Gun Museum, Ilion
- Herkimer Home State Historical Site, Little Falls

There are lots of “staycations” you can enjoy without getting in the car. Kids and adults love scavenger hunts and obstacle courses. What about a neighborhood Olympic games with a variety of wacky races (three-legged, egg-on-spoon, etc.) or 3-point basketball in a driveway.

Source: Adapted from Eat Right Montana newsletter, July 2009

* Taken from www.HerkimerCountyChamber.com
When the lazy, hazy days of summer are in full swing, it’s natural to want to give household chores short shrift. Who wants to spend time doing dishes when the outdoors beckons?

While it’s tempting to stock up on paper and plastic dinnerware, it’s not necessarily the best solution. In addition to environmental concerns and the extra expense involved in purchasing these disposable products, pots and pans still need to be cleaned! So here are some tips for getting those dishes done at warp speed.

**By hand:**
- **Preplan.** Dishwashing is easier if food doesn’t have a chance to dry on the dishes. So, when cooking or baking, fill the sink with dish soap and hot water before you start. When you finish with a pot, pan or utensil, put it directly in the water.

- **Presoak so it’s easier to remove burned-on stains and cooked-on soils.** This gives the detergent’s ingredients time to break down soils. As a result, it’ll minimize the amount of detergent required and the scrubbing time needed.

- **Use hot water when washing dishes by hand.** The hot water helps cut grease and lift dirt away, which reduces scrubbing time. If you have sensitive hands, wear a pair of rubber gloves.

- **Air-dry your dishes.** It’s a time-saver.

**In the dishwasher:**
- **Load promptly.** Make it a habit to put dirty dishes into the dishwasher as you use them. It gets clutter off the counter and keeps the process from becoming overwhelming.

- **Follow the directions on the automatic dish detergent label so you use only as much detergent as is necessary to clean your dishes.**

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**“Friendship Day”**

Since 1935, thanks to a proclamation made by the U.S. Congress, the first Sunday in August is “Friendship Day”. No longer just a U.S. observance, this lovely custom has spread to many other parts of the globe. It’s a day for honoring and celebrating the friends we hold dear.

There are many ways to celebrate the day. There’s the expected exchange of cards and flowers. But sometimes the best way to show you care is to lend a helping hand in an unexpected way. Here are some ideas:

- **Make a cleaning date.** Done alone, cleaning a closet, an attic, a storage bin – something that holds forgotten treasures – can be a chore. Done with a friend, it’s an opportunity to share stories and experiences.

- **Share cleaning supplies.** With the economy on everyone’s minds, people are looking for ways to maximize budgets. One way is to buy cleaning supplies in multi-packs and split them up among your friends. Just be sure these products are properly labeled in case of an emergency.

- **Be the cleaning elf.** If someone dear to you is having life difficulties that are making it hard to cope with household cleaning, think about how you could make their burden lighter. It could be anything from doing a few loads of laundry to a top-to-bottom dusting and cleaning.

- **Share cleaning resources.** If you have a great cleaning service, share their contact information with your friends. Both parties will be grateful. If you’re looking for a service, please patronize “Cleaning for a Reason” Foundation partners. These companies donate cleaning services for women with cancer. Learn more about the “Cleaning for a Reason” Foundation at www.cleaningforareason.org.

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Source: “Cleaning Matters,” from the American Cleaning Institute, July/August 2009
5 Quick Ways to Prepare Vegetables with Maximum Flavor

Summer is the perfect time to find an abundance of fresh vegetables and fruits at farmers’ markets, roadside stands or local supermarkets.

For optimal nutrition, virtually every American family needs to eat more vegetables. Poor preparation can be a serious obstacle to vegetable enjoyment, since no one likes to eat over-cooked, soggy, mushy produce. Here are some tips for maintaining vegetable flavor and texture, so you can increase vegetable variety in your family meals.

1. Crunch into raw vegetable power.
Crisp fresh vegetables are popular as nutrient-rich snacks and in entrée and side salads. The key to safe and tasty fresh vegetables is storage and cleaning. Purchase high quality items without bruises at the grocery store or farmer’s market. Keep them wrapped in the refrigerator crisper drawer and wash them thoroughly under running tap water just before eating.

2. Steam vegetables quickly on the stovetop.
However you cook vegetables, the goal is to make them tender but crisp, while retaining a natural bright color. The time necessary to steam vegetables (after the water has boiled) varies depending on the type and size of pieces. Steaming can take as little as 5 minutes for small green beans or cauliflower florets to as much as 45 minutes for whole beets or an artichoke.

3. Cook vegetables rapidly in the microwave.
According to the experts, today’s microwave ovens are marvels of engineering, miracles of convenience, and great at preserving the nutrient content of vegetables and other foods. This is because microwave cooking can be done quickly (3-8 minutes on HIGH per pound of vegetables) and with minimal amounts of water (a few drops to a couple of teaspoons).

4. Stir-fry vegetables for a few minutes.
Stir-frying in a wok or non-stick pan is another wonderfully quick and easy way to prepare fresh or frozen vegetables. Thin slices, small pieces, and leafy greens, such as spinach and bok choy, take only 1-3 minutes. Carrots, onions, snow peas, and whole green beans may take a bit longer, like 4-6 minutes. Small amounts of olive oil and/or sauce help speed cooking. (See page 15 for more stir-fry ideas.)

5. Roast vegetables in a hot oven.
Oven roasting takes longer than other methods of cooking vegetables. However, it is easy and convenient when you’re already cooking meat or whole poultry in a hot oven (375-400 degrees F). It takes about 45-50 minutes to roast root vegetables (beets, carrots, turnips, parsnips, whole garlic, small potatoes, etc.) that are drizzled with a little oil.

Source: Eat Right Montana newsletter March 2010
# Simple Stir-Fry Formula

<table>
<thead>
<tr>
<th>Choose one MEAT/PROTEIN (1 lb.)</th>
<th>Choose as many as you like VEGETABLES/FRUITS</th>
<th>Choose one SAUCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Mushrooms</td>
<td>Low-sodium soy sauce</td>
</tr>
<tr>
<td>Beef</td>
<td>Broccoli, cauliflower, asparagus</td>
<td>Teriyaki sauce</td>
</tr>
<tr>
<td>Pork</td>
<td>Variety of mixed frozen vegetables</td>
<td>Low-sodium soy sauce + chicken broth</td>
</tr>
<tr>
<td>Tofu</td>
<td>Carrots or sugar snap peas</td>
<td>Peanut sauce</td>
</tr>
<tr>
<td>Shrimp</td>
<td>Peppers and onions</td>
<td>Curry sauce</td>
</tr>
<tr>
<td>Eggs (1-2 beaten)</td>
<td>Coleslaw Mix</td>
<td>Any commercial glaze or Asian sauce</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
<td></td>
</tr>
</tbody>
</table>

**Instructions:**

1. Prepare meat/protein by cutting into bite-sized strips.
2. Prepare vegetables by washing and cutting into bite-sized pieces.
3. Heat a 12-inch non-stick pan, cast iron skillet, or wok on high heat.
4. Add 1 tablespoon of vegetable oil or olive oil to pan and let it get hot.
5. Add meat/protein to pan and cook for 3-5 minutes or until cooked through. Put onto a clean plate.
6. Add chopped produce to pan (you may need to add a little water or oil) and stir-fry for 2-3 minutes. If vegetables begin to stick add a little water to the pan. You can also add a teaspoon or two of chopped garlic or ginger.
7. Add meat/protein back into pan. Add sauce or glaze of your choice and heat 1-2 minutes.
8. Serve over brown rice.

**Nutrition Analysis:**

**Example: Beef and Broccoli and Rice**

1 lb. lean beef + 1-1/2 cup fresh broccoli + 1/4 cup reduced sodium soy sauce. Served with 3/4 cup cooked instant brown rice per person.

- **Serving Size:** 1-1/2 cup
- **Calories:** 337
- **Dietary Fiber:** 3.6 grams
- **Total Fat:** 6.5 grams
- **Sodium:** 608 mg
- **Protein:** 30 grams
- **Saturated Fat:** 2.2 grams
- **Calcium:** 64.5 mg
- **Trans Fat:** 0.0 grams
- **Iron:** 3.2 mg

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