

# MAKE YOUR FOOD DOLLARS COUNT

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## "Egg-citing" Easter Eggs

Easter is a time to celebrate the coming of spring and the new life that's all around us in the flowers, trees, animals and birds. Along with the deep religious meaning, it's also an occasion for gifts and games, and many involve Easter eggs. The egg has always been a symbol of new life, and people have believed that eggs given at this time of year will bring good luck. It's been a custom to color, decorate and exchange eggs for hundreds of years.

### How to Hard-Cook Eggs

Put eggs in saucepan and add enough water to come at least 1" above eggs. Cover; bring to just boiling. Turn off heat; if necessary, remove pan from burner to prevent further boiling. Let stand in the hot water 15 minutes for large eggs - adjust time up or down by approx. 3 minutes for each size larger or smaller. Cool immediately and thoroughly in cold water - shells are easier to remove and less likely you will have a dark surface on yolks. To remove shells easily, shake the pan vigorously to crack the shells. Roll the egg between hands to loosen the shell, then peel, starting with the large end. Hold egg under cold, running water or dip in a bowl of water to ease off the shell.

### Coloring Eggs

Coloring eggs can be more fun if you try new and different designs along with solid colors. How about a plaid egg, or a striped one? For this effect, wrap eggs with rubber bands or strips of narrow masking tape before placing them in the dye. Be sure the egg is completely dry before removing the bands. For designs from nature, choose small leaves or pieces of fern, and wrap them around the egg with a piece of nylon net or an old nylon stocking before coloring it.

It's easy to make a personalized egg, which is a delightful place card or favor for an Easter party. Write on the egg with a light colored crayon before coloring it.

### Coloring Hints

\*Save cans from vegetables to hold egg dye, then rinse and recycle after using.

\*Color small-sized eggs. There are usually 18 eggs in a carton, so there are more to color and less to eat.



### Deviled Eggs

Hard cook eggs. Drain. Shake pan vigorously to crack shells. Peel under cold water. Chill. Cut eggs in half, placing the whites on a serving dish. Place the yolks in a small mixing bowl, mashing with a small amount of mayonnaise. Season to taste with prepared mustard and black pepper. Fill whites with yolk mixture. Cover loosely and refrigerate until serving. Promptly refrigerate leftovers.

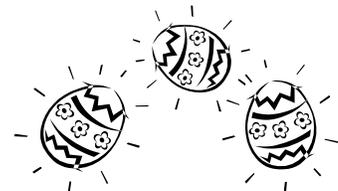


### Bunsteads

1-6 ounce can tuna in water, drained and flaked  
 3 hard cooked eggs, chopped  
 6 slices American cheese  
 mayonnaise  
 your choice of additions:  
 chopped onion, chopped celery, chopped green or red peppers, pickle relish, dill or sweet  
 hamburger or hot dog buns  
 Stack American cheese. Cut into cubes. Mix tuna, eggs, mayonnaise and your choice of additions. Gently fold in cheese. Spread on buns. Wrap each bun in foil. Bake at 350° about 20 minutes or until cheese melts.

### Pink Pickled Eggs

Boil 5 minutes:  
 1 cup sugar  
 1/2 cup beet liquid from canned beets  
 1/2 cup white vinegar  
 1/4 teaspoon pepper  
 2 bay leaves  
 1 teaspoon whole cloves  
 Pour over shelled, hard cooked eggs (and beets from can, if desired). Refrigerate 2-3 days before serving. Keep refrigerated and use within 2-3 weeks.



## Easter Egg Safety

All eggs should be cooked until firm to prevent Salmonella infections. After cooking, eggs should be refrigerated until used. If you plan to put colored eggs in Easter baskets, keep the baskets [or just the eggs] refrigerated. If the eggs have been at room temperature for more than two hours, **do not eat them!!** Salmonella is a special risk to infants and the elderly who may have a lower tolerance for this type of food poisoning.

### Ideas for using up the extra Easter eggs:

- creamed eggs on toast
- add to creamed dried beef
- sausage bread
- egg salad
- macaroni salad
- potato salad



## Household Helpers

### Cedar chips vs. moths

Here's an easy and inexpensive way to make moth repellent. Purchase a bag of cedar chips from a pet supply shop where a large bag is only a few dollars. Put one or two cupfuls into resealable bags and poke small holes in them. Hang the bags in your closets and drawers. The lovely, fresh scent repels moths.

### Cinnamon in vacuum

Place a cinnamon stick in the vacuum bag before vacuuming to naturally deodorize your home.



*Shared by: Joan Clanton, N.T.A*

*Prepared by: Barbara Johnson*

## Kid's Corner

**Food for thought:** Glue small jelly beans, mini marshmallows, red hots, colored sprinkles, cake decorations, or little dry-pasta shapes to your egg.



Create designs with glue on your egg. Let dry then dye the egg. When the dye is dry, rub off the glue. Or create a glue design on a colored egg, then roll in glitter before the glue dries.

### "Cedric Celery" the Garden Snake

Cut up celery into one-inch chunks and spread with cream cheese, peanut butter, or a cheese spread. Assemble "Cedric" in a wavy shape on a platter, cookie sheet, or tray. After everyone has admired him, pass "Cedric" around for everyone to munch a section.



## Free Nutrition Education Programs

Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources  are also available by mail.

### Topics include:

- ◆ Budgeting and stretching food dollars.
- ◆ Basic nutrition and menu planning.
- ◆ Preparing low cost, easy recipes and menus.
- ◆ Preserving, storing and preparing food safely.

### Contact:

Cornell Cooperative Extension  
5657 State Rt. 5,  
Herkimer, NY 13350  
(315) 866-7920

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of Herkimer County  
5657 NYS Rt. 5  
Herkimer, NY 13350

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