

Extension Notes



from Pennie Littie and Clint Jacks

Money management Ideas

As the cost of nearly everything increases, it's more important than ever for families to develop systems to manage their money.

To start with, determine where the family income is being spent. Have everyone in the family keep a spending record. For one month each person can write down all expenses. This will show where unnecessary spending has taken place.

Another idea is to talk about spending with all family

members, including young children. This gives them first hand experience in money matters. One thing to talk about is an allowance—which can be a terrific learning tool. Discuss the amount of money they will receive and how often. But don't just decide for them, keep in mind that each child's age and situation is different.

Time spent on money management will help your family have much more control over its finances and control over their lives.

Keep outdoor food cold

If the weather ever stays hot and bacteria find their way into summer picnic and barbecue food, aftermeal stomach-aches and outbreaks of the 'flu' can result. Being aware of a few simple food-safety rules can prevent misery-causing bacteria from growing in party foods.

First, wash your hands before preparing, serving or eating food. Children may need to be reminded to wash before eating.

Second, keep foods cold until served. An insulated cold box with ice works well. Or, carry food and ice in a covered cardboard box lined with

several layers of newspapers—don't forget to line the top and bottom of the box.

Third, keep hot foods hot and serve them within an hour of when they are done cooking. If you must keep hot food longer than an hour, chill it thoroughly before leaving home, carry it in a cold box and reheat at serving time.

Fourth, place leftovers in the cold box as soon after eating as possible. This will slow the growth of bacteria and keep the leftovers safe to eat.

Fifth, plan your outdoor menus carefully; follow these simple rules and enjoy a summer of fun and safe eating.

Making recipes more nutritious

First of all read product labels! Avoid recipes that call for highly processed, (packaged ingredients, packaged cake or dessert mixes, canned soups or soup mixes, prepared salad dressings, etc.) Such ingredients tend to be high in added salt, sugar and fat, and low in essential fiber. They are generally costly as well.

Select recipes that use the following:

1. Whole grains and wholegrain (unrefined, undegerminated) flour.
2. Fresh fruits and vegetables, rather than canned.
3. Lowfat dairy products.
4. No more than ¼ cup of added sweetener (sugar, honey, molasses, etc.) per cup of flour.
5. No more than 1-2 tablespoons of added oil or fat per cup of flour.
6. Little or no added salt.

To adapt recipes that do not

meet the guidelines listed above, try the following:

1. In baking, for each cup all purpose white flour, use ½ cup unbleached plus ½ cup whole wheat flour or ¾ cup unbleached flour plus ¼ cup wheat germ and/or bran.
2. Use brown or converted rice in place of white rice. Increase liquid and cooking time as needed, according to package directions.
3. Substitute low-fat for high-fat dairy products. Ricotta, farmer or cottage cheese can be used, for example, in the place of cream cheese.
4. Reduce the total amount of added fat. Compensate by increasing lowfat moist ingredients. Buttermilk is a good way of adding moistness to muffins, pancakes, etc. Flavor and texture will change when some of these changes are made but results can still be quite pleasing. Experiment!

Insects you should know



Several species of social paper making wasps, which feed their maggot-like larvae on sweet solutions and bits of caterpillars or flies, are pests in Oregon. These include several species of yellow and black yellow jackets, several species of yellow and brown *Polistes* and the black and white bald faced hornet.

Yellow jackets make either aerial nests, under caves or in attics, or underground nests. Each nest contains several flat,

paper combs of hexagonal cells in each of which the queen lays an egg. The resulting larvae are fed throughout their lives by the smaller, sterile workers. The workers are most apt to sting people when they get too close to the nest entrance which may be a crack in the soil or next to a sunken water meter or stand pipe. Yellow jackets are strongly attracted to cooked meat especially salmon and can be a nuisance at picnics or outdoor meals.

The bald faced hornet makes large oval gray paper, aerial nests which contain several horizontal combs suspended one below the other. The nests are usually attached to a limb in a small tree or shrub.

Polistes wasps make only a single, naked paper comb which is usually attached under caves or other overhangs. There is no size difference between the queen and the

workers.

All social wasp colonies are annual affairs. At the height of summer activity, however, a yellow jacket or hornet nest may contain several thousand individuals. Males are produced toward fall and the mated females overwinter in protected places such as in soil crevices, about the home, or in decayed logs. New colonies of all species are produced solely by overwintering fertilized queens.

Control of wasps and hornets should be undertaken only after dark when they cannot and all individuals are at home. Use a flashlight to locate the nest or nest entrance and treat liberally with a pressurized spray containing .05% Baygon, dichlowos or pyrethrins or aerosols.

Commercial yellow-jacket traps are available as an alternate control method.

Using your freezer wisely

—Have you thawed meat, changed your plans for dinner and then wondered if it was safe to refreeze?

—Did someone tell you that you can only keep beef in the freezer for 12 months and yours has been there longer?

—Do you worry about using meat that was frozen to make a casserole that you're going to freeze?

—Are you concerned about the electricity for the freezer being interrupted or the door being left open?

To know the answer to questions like these it helps to understand some principles about the freezer:

If it's safe when you put it in the freezer, it will be safe when you take it out as long as the freezer is working properly.

So, if you take the meat out to thaw and change your mind, it is safe to refreeze IF you haven't let it thaw completely and then stand for 3 more hours at room temperature. You need to keep things cold to the touch, even while thawing. Sometimes, for fish and poultry, it's good to thaw in the refrigerator or put in a paper bag so the cold air is trapped around the surface of the meat.

It's never a good idea to leave perishables on the counter for three hours after thawing. This gives enough time for food spoilage to occur. Even when you refreeze meat safely, though, the quality will be lower.

The charts that tell how long to keep foods in the freezer refer to **quality**. The meat is still safe if it's stored longer but will be better tasting and nicer texture if used within the suggested time schedule.

It is safe to freeze foods that have been made from thawed meats. It is important to cool the main dishes promptly and freeze quickly. This is done fastest by setting the slightly cooled pan or casserole dish into cool water. Stir occasionally if possible. Don't let it sit on the counter for long periods of time—before freezing or while thawing because bacteria can grow to a hazardous level in an accumulated three hour at room temperature.

If you know that the electricity is off or your freezer stops running, keep the freezer closed. A full freezer can stay frozen about 2 days. You may need to find dry ice if repairs

cannot be made immediately. Twenty five pounds of dry ice will hold a ten cubic foot freezer for 2 or 3 days.

Sometimes you don't know when the freezer stopped running—how do you decide what you can keep. If there are still ice crystals in things, they can be re-frozen. If things are thawed but still refrigerator temperatures, you can probably refreeze but pay attention to ground meat, fish, poultry and vegetables. Fruits will be lower quality but not unsafe. They can usually be salvaged in jam or fruit sauces.

The best way to use your freezer wisely is to mark each item with the food and the date. This will help you use the items while their quality is still good.

Wrap things carefully. Bread sacks and most sandwich bags are not heavy enough plastic to be used in the freezer. The moisture passes through them even when you use a double layer. The meat from the meat counter should also be rewrapped. Use containers and plastic bags labeled for the freezer or wrap in foil or freezer wrap paper and seal with freezer tape.

Maximum storage time for freezer items

Beef Roasts	12 months	Chicken, Turkey parts	9 months
Steak	12 months	Cooked Chicken, Sliced	6 months
Ground Beef	3 months	Fried Chicken	4 months
Lamb Roasts	12 months	Perch Fillets (Pacific Ocean)	2 months
Lamb Patties	3 months	Shrimp, Fresh	12 months
Fresh Pork Roasts	8 months	Shrimp, Cooked Creole	3 months
Pork Sausage, Cured Pork	2 months	Fruit Juice Concentrate	12 months
Bacon	1 month	Asparagus, Beans, Peas	8 months
Veal Roasts	8 months	Cauliflower, Corn, Spinach	8 months
Veal Chops, Cutlets	4 months	Ice Cream, Sherbet	1 month
Cooked Meats	3 months	Bread, Rolls	3 months
Whole Chickens, Turkeys	12 months	Unbaked Berry, Apple Pie	8 months
Chicken Livers	3 months	Pound Cake	6 months

Youth attend 4-H camp New Aide

Nature studies, crafts, outdoor cooking, fly tying, fishing, swimming, canoeing, archery and many other fund-educational activities made up a successful week at 4-H camp, June 22-26th.

Those attending will have trouble forgetting the beautiful setting of the camp at Round Lake near Suttle Lake and Jack Lake in the Cascades. Also, hard to forget will be the many new friends made at

camp and of wild deer coming down from the mountains each night to feed right outside the meal hall.

The week of camp ended with a potluck dinner for parents of campers and goodbyes from Andrew and Audrey Allen, Glenn Bobb, Jr., George Ike, Sandra Johnson, Deanie Smith, Juliane Smith, Jessica and Jolene Tufti, Pearl Wyman, Greg and Jennifer Pinkal and Alfredine Smith.

The Extension Service office is happy to welcome Phyllis Skyhawk as the new 4-H/Home Economics Extension Aide as of Monday, June 15. Phyllis will be working about halftime to help Pennie Albrandt with programs in Home Economics and in developing the 4-H Program. She will be working with Pennie at the office, at Extension Programs, and out in the community on her own.

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