

## Take care when pickling

There seems to be some confusion among pickle makers as to the type of pickles they are making, says Nellie Oehler, Oregon State University Extension Home Economist. There are two types of pickles made at home, one being the fresh pack, made in one to three days; and the other being a brined or fermented pickles, which takes three or more weeks to make. The two methods of pickle making cannot be interchanged, says Oehler. If the proper proportion of ingredients and method of preparation are not matched, a dangerous product could result.

A quick or fresh pack pickle is one that is made in one to three days. The recipe includes a high proportion of vinegar (at least a 1-1 ratio of vinegar to water). A few tested quick pickle recipes have a little less vinegar, but these recipes also

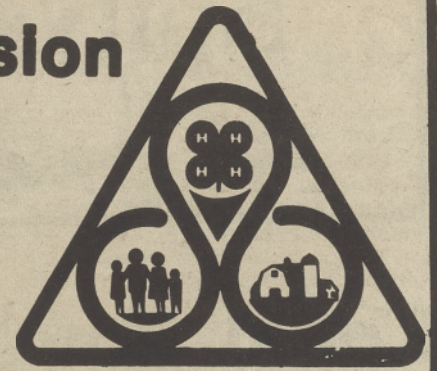
include a high quantity of salt. The vinegar in quick pickle recipes should never be diluted. It serves as the preservative. If a less tart pickle product is preferred, add sugar, says Oehler. Quick pickles are processed for five minutes in a boiling water bath as soon as they are made. Included in this group of pickles are the bread and butter, cross cuts, fresh pack dills, relishes, beet pickles and dilly beans.

The second type of pickles is the fermented or brined pickle. These pickles take three to six weeks to prepare. The recipes for these pickles have salt and often have a small amount of vinegar and spices for flavoring. These pickles are allowed to stand in a brining solution and make their own acid to preserve. The lactic acid bacteria present on the vegetable produces lactic acid which preserves the pickles.

The salt in this type of pickle plays an important role in the fermentation process. With this type of pickle plays an important role in the fermentation process. With this type of pickle it is essential that the pickles are allowed to stand and go through the fermentation process so enough acid is produced to preserve the vegetables, says Oehler. These pickles should not be processed until the fermentation is completed. Brined dill pickles and sauerkraut fall into this pickle group.

In order to assure a quality pickle and one safe to eat, use-to-date recipes and follow them exactly, says Oehler. Recipes passed down from generation to generation may not be safe today, warns Oehler. Your local Extension office has reliable recipes and up-to-date pickling information.

## Extension Notes



from Lee Hamilton and Doris Brackett

## Insurance discounts available for cars

To save money on auto insurance, check with your insurance agent to find out if you are eligible for discounts offered by many insurance companies.

Discounts are available to drivers with good driving records, young drivers who have passed approved driver education courses, students who do well in school, or motorists who insure two or more cars on the same policy.

You may want to consider

increasing your deductible. That is the amount you agree to pay if you have an accident or loss. Deductibles range from \$50 to \$500. Insurance companies can charge less when the deductible is higher because you are assuming more of the loss and because they don't have to handle as many small claims.

You also may want to consider eliminating collision coverage on an older car of relatively low value.

## Field burning to begin

Farmers will not be burning fields on Saturday or Sundays nor on holidays. They will also be under smoke management program which prohibits burning on days when smoke dispersal and wind directions are unfavorable.

Grass seed growers burn fields because diseases controllable only by fire will reduce yields by 50-70 percent. No alternate controls are available states Zimmerman.

The smoke management program is operated through

the Seed Growers Association in cooperation with the North Unit Fire District, Environmental Quality Department and Extension Service.

Field burning must be done in a timely fashion to promote regrowth which sets next year's crop. Normally this must be done before September 10 in order to build up root reserves within the plant and to establish tillers. If this is done too late the 1984 crop can be substantially reduced.

## Beware of false claims

Consumers need to be on the alert for claims made by manufacturers of cookware that their products are designed for canning foods warns Nellie Oehler, Oregon State University Extension Home Economist.

There is no substitute for a pressure canner when processing vegetables, meats, fish and poultry. A temperature of 240 F must be reached for the specified length of time in order to destroy the heat

resistant spores of Clostridium botulium. The length of time food must be processed is based on scientific research says Oehler. Only processing times based on research should be used, warns Oehler. Your local county Extension office has such reliable sources.

If proper preservation methods are not used, some botulism spores can survive, germinate and grow producing toxin. This toxin is one of the most dangerous substances in

nature says Oehler. A lethal dose consists of just a few molecules. Botulism food poisoning symptoms usually appear 18-36 hours after the toxin is consumed. However, they may appear as late as eight days afterwards. Early symptoms may include nausea, vomiting, dizziness, blurred vision and dry mouth. A fever is absent. If any of these symptoms occur, immediate medical attention is essential says Oehler.

## Children's self-esteem important for growth

Sensitivity to the needs of children shown by modern parents and teachers could be called the greatest invention of this century. The old authoritarian ideas of raising children are giving way to a new point of view that the better children feel about themselves, the greater their success in learning and the more faultless their behaviors.

In addition, a child who feels worthwhile is more pleasurable to be around, says Teresa Hogue, Jefferson County Extension agent.

"Almost half of all young American mothers and fathers were designated as new breed parents by Yankelovich, Shelley and White in their 1977 survey of 1,230 families with children between the ages of six and 12," says Marcelle Straatman. Traditional childrearing patterns often held such high expectations and aspirations for children that the result was often guilty feelings and limited confidence in both children and parents.

The new emphasis is on the power of positive talk.

"When children hear they are important, responsible, creative, or thoughtful, they are getting the best tonic available for acceptable behaviors," Straatman emphasizes.

Parents are deeply concerned with how to go about improving feelings of self-worth in their children, she adds. Here are three suggestions for communicating your belief in their growth.

Hold realistic expectations

for each individual. Many problems stem from expectations of performance that no one can meet. Standards are devastating when they lead to constant failure. Encouragement such as, "You're doing better everyday," makes anyone from tot to teen feel good.

Communicate honestly and positively. You may feel negative about a behavior and want to offer criticism but don't make everything a high crime. Express your feelings without belittling the other person. A statement such, "I feel displeased about the clothes you are wearing," is less damaging to self-worth than, "You're making a spectacle of yourself with that outfit."

Positive statements reveal your performance or expectations without attacking a child's view of himself or herself.

Support individualism. Enjoy the imaginative thoughts and questions of children. Encourage a child's desire to do things differently unless the consequences could be harmful. When their efforts fail, help children to see another way to try. Encourage them by saying, "One more time and you'll have it!" or "Keep up the good work." This helps keep the self-image high in the face of difficulties.

By responding to children with positive talk, their inner pictures of themselves are of one who is valued and worthwhile, Straatman observes.



## Sugar can be reduced in jams and jellies

More and more people are becoming concerned about the amount of sugar in their diet and are searching for ways to satisfy their sweet tooth while reducing their total sugar and calorie intake, says Teresa Hogue, Jefferson County Extension agent. Low sugar jams and jellies are one way to reduce the sugar for those who enjoy these common sweet treats.

Special recipes are needed if one is to make successful low sugar spreads. If you reduce the amount of sugar in regular jams and jelly recipes you will probably get a soft product, says Hogue. Sugar is a vital ingredient in regular jams and jellies and is needed in the correct proportion if the product is to gel.

There are several methods that can be used to make successful low sugar spreads according to Hogue. With many of the methods some experimentation is necessary to produce a product suitable to your family's taste and needs.

A popular method of making low sugar spread is with the use of low-methoxyl pectin. Low-methoxyl pectins are pectic substances derived from fruits as are regular pectins. The difference is that regular

pectins require sugar and acid to form a gel whereas low-methoxyl pectins rely on a calcium salt to form the gel. Therefore the amount of sugar can vary to meet the individual needs for flavor.

Low-methoxyl pectin and the calcium salt that is needed to make the gel are often sold in health food stores and co-op food centers. There are also mail orders places that sell the combination of pectin and salt. Places that sell the product will have recipes available for making the jams and jellies. Making low-methoxyl pectin spreads is not an exact science says Hogue. There are many factors that influence the quality of the product, including the hardness of the water. One needs to experiment with varying amounts of the calcium salt and sugar to gain a satisfactory product in both taste and texture.

There are several commercial preparations on the market using vegetable gums to make jams and jellies without or low in sugar. These preparations can be found with the canning supplies in the grocery store. Follow the manufacturer's directions given on the package.

Another method of making

low sugar spreads is with the use of unflavored gelatin. The gelatin can be used to thicken fruit pulp or juice to make the unsweetened products. The products have a texture similar to gelatin dessert and must be stored in the refrigerator.

With regular jams and jellies the product is high in sugar. The sugar serves as a preservative and gives the product a long shelf life. With low sugar products special precautions need to be taken to prevent spoilage, says Carolyn Raab, Foods and Nutrition Specialist for the Oregon State University Extension Service. Low sugar jams and jellies need to be sealed and processed in a boiling water bath canner for 5-10 minutes, or they can be stored in the freezer for long storage. For short periods of time they can be stored in the refrigerator. These products will spoil quickly if left at room temperature.

The Oregon State University Service has information available on making low sugar jams and jellies as well as information as to where low-methoxyl pectin can be found in your area.