

Egg storage hints offered for Easter

How long can hard-cooked eggs be safely stored in the refrigerator? If hard-cooked eggs are discolored, should they be eaten? What should be done with eggs that crack while being hard-cooked?

These are some of the questions consumers frequently ask about hard-cooked eggs, a food item that is extremely popular with American consumers, especially during the Easter Holiday. To get the most value out of hard-cooked eggs, here are some helpful consumer hints:

*When refrigerated, hard-cooked eggs will last for over a month.

*If the eggs have a green discoloration between the yolk and

the eggs don't disappear. They are still perfectly edible. The discoloration is caused by a chemical reaction during cooking between the sulfur in the white and the iron in the yolk. While unattractive, it's harmless. (See cooking note*)

*Eggs that crack while being hard-cooked are still good. They should be used within one-to-two days, however, or they may dry out.

*All hard-cooked eggs should be refrigerated until ready for use, either in the shell or out. If the shells are removed, store the eggs in a tightly closed container or place them in plastic wrap to preserve freshness.

*If raw and hard-cooked eggs

become mixed in the refrigerator, try spinning them to discover which is which. Cooked eggs will spin, raw eggs will not. Why? The raw egg yolk is much heavier than the egg white so the egg is unbalanced. But when the egg is hard-cooked, the yolk is not moveable, so the egg spins easily.

Clean, graded eggs that have sound, unbroken or uncracked shells are the best choice for hard cooking. The USDA grade shield on the carton means the eggs have been certified for quality under USDA supervision, are of the specified quality grade and were packed in a plant that meets USDA's rigid sanitary requirements.

***Cooking Note.** Simmer the eggs for 20 minutes instead of boiling them. When finished cooking, plunge them into cold water and keep the water cold until the eggs are chilled. The rapid cooling prevents the greenish discoloration (ferrous sulfide) between the yolk and egg from forming.

Also, simmering is important because temperatures just below 212 F are ideal to coagulate the egg proteins in a reasonable time without toughening them. However, even at this moderate temperature, overcooking can make the egg tough. Simmering them 20 minutes produce a firm, yet tender white and a coagulated yolk.



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Fertilize your strawberry beds

Most berry planting in the home landscape will get a better start as spring growth begins if given an application of fertilizer. The exception is strawberries.

Fertilizing strawberries in the spring can cause too much vegetative growth and encourage soft, pulpy berries.

Strawberries are not heavy users of fertilizers and should be fertilized in August, after the berry crop is finished for the year.

On the other hand, red and black raspberries and a number of trailing berries can use a shot

of fertilizer in March or early April. Fertilizer recommendations are as follows:

Red raspberries: 10-20-10 fertilizer (ten percent nitrogen, 20 percent phosphorus, ten percent potassium), three cups per 100 square feet.

Black raspberries: 10-20-10 fertilizer, two-and-one-half cups per 100 square feet.

Marionberries, loganberries, and thornless evergreen blackberries: 10-20-10 fertilizer, four cups per 100 square feet.

Boysenberries: 10-20-10 fertilizer, two cups per 100 square feet.

Why ham for Easter Dinner?

Did you ever wonder how ham became the traditional meat for Easter dinner? The answer is that back in the days before refrigeration, hogs were traditionally butchered in the fall. This was done so that the meat could be cured over the cold winter months. The first hams were ready, then, in early spring. A welcome change from monotonous winter fare, hams were often a cook's choice for the

Easter menu.

The ham news for consumers is that several new "lean," low-fat hams, containing as little as five to seven percent fat, are now on grocery shelves. That's no more fat than you'd get in the lean section of a trimmed round steak, which averages about six percent fat for choice grade.

But ham, for all its fine flavor and nutritive value, is a delicate

meat requiring care. While shopping, look for the ham that is deep rose or pink color. Place it in the refrigerator for a week, or up to two months in the freezer.

Fresh ham must be cooked to an internal temperature 170 F to kill any trichinae parasites present in the raw meat. And, since ham is also vulnerable to food poisoning produced by the staphylococcus aureus, or "staph" bacteria, these safety

rules should also be observed:

*Don't leave ham at room temperature over two hours. Keep it cold (40 or lower in the refrigerator) or hot (140 or higher for re-heating).

*Use Tissues to cover coughs or sneezes. People with colds and sinus infections are prime staph spreaders. Use gloves to handle foods if you have any kind of cut or infection on your hands.

Recipe offered for bean dish Start transplants indoors now

Variety is the key to success in this Harvest Vegetable Dish. It is a vegetarian's dream and a flavorful way to make the most of your food dollar.

Among the contributors that provide the contrasting flavor are two famous members of the legume family—the lima bean and the kidney bean. Both beans are an excellent source of protein and introduce a warm, healthy glow of color to this hearty hot dish. Combined with fresh chopped tomatoes, celery and green pepper strips, it's a natural winner for the vegetable-lover crowd.

Serve big portions of this

meal so your guests won't leave hungry. Even "meat and potatoes" person will be back for more.

Harvest Vegetable Dish

- 1-11 oz. package frozen white and wild rice
- 1-10 oz. package baby lima beans frozen in butter sauce
- 1 medium onion, sliced
- 1 green pepper, cut into thin strips
- 1 cup sliced celery
- 3 tablespoons oil (omit for microwave)
- 1-15 oz. can kidney bean, drained
- 2 medium tomatoes, chopped
- Cook rice and lima beans

according to package directions. Meanwhile in a large frypan, saute onion, green pepper and celery in oil until tender crisp. Add rice, lima beans, kidney beans and tomatoes. Heat thoroughly. Serve 6.

Microwave: Microwave rice and lima beans according to package directions on high for 12 to 13 minutes. Combine onion, green pepper and celery in a 2½ quart casserole; cover; microwave on high four minutes or until vegetables are tender crisp. Add rice, lima beans, kidney beans and tomatoes. Cover; Microwave on high an additional two to three minutes or until hot. Serve 6.

Planting time for warm season garden vegetables is still about eight weeks away, but warm season crop transplants can be started anytime now.

Although vegetable transplants can be purchased, gardeners who grow their own will have a wider choice of varieties.

Tomato, pepper and egg plants require six to eight weeks from seeding to transplanting. To transplant them in Mid-May, start the seeds indoors during the March 15-20 period.

The cabbage family, including broccoli, brussels sprouts and cauliflower, and lettuce develops transplants in four to six weeks. Seeds started in Mid-March should be ready for the garden by May 1.

Cantaloupe, watermelon and pumpkins develop transplants in about four weeks. In their case, seeds should be started in early April so that transplanting can take place in May.

Seeds can be planted in a

homemade mix containing equal parts of sand, loam, and peat moss. Commercial potting or rotting mediums that are soilless and sterile may be purchased.

Fill the desired container with a lightly moistened soil mix. A four-inch flower pot may be seeded with 18-20 seeds. Cover the seeds with ¼" of the soil. The label the pot and place it in a plastic bag. Tie the bag so moisture does not escape. No further watering is needed until the seedlings appear. Keep the germinating seeds at room temperature (68-75 degrees F). As soon as plants emerge, remove the bag and expose the plants to a maximum of light.

Cabbages appear rapidly. Tomatoes may take four to six days and peppers 10-14 days.

After initial germination, pots with seedlings should be exposed to lower temperatures (55 degrees at night, 65-70 degrees F during the day). Unless the soil mix was fertilized previously,

weekly applications of a soluble plant food are necessary.

Once seedlings get their first true leaf, it is time to separate them. Carefully loosen the soil around the roots with a dull knife blade and place the plants one by one in three-inch pots, or space them in a plastic or pressed paper basket of six or eight plants. The soil in these containers does not have to be sterilized.

About ten days before transplanting time, expose the plants to cooler temperatures and give them slightly less water.

A stocky transplant six to eight inches high with dark green color should be the final product.

The day before transplanting, water the transplants well with a complete soluble fertilizer. When setting them in the garden, use plenty of water around the roots to be sure they are in good contact with the soil.

Nutrition important for athletes

Good nutrition is important for athletes for two reasons: 1. It helps the athletes to achieve his/her maximum performance and, 2. It helps the athlete in developing good eating habits for later life. There is no perfect athletic diet. In fact, the diet eaten by athletes should be exactly the same as for any normal individual—except for the fact that athletes need an increased caloric intake to provide them with enough energy for their extra physical activity. Everyone needs to eat a balanced diet. This includes servings from each of the basic food groups: Dairy products, four or more servings daily; fruits and vegetables, four or more servings daily; breads and cereals, four or more servings daily; and meat, fish, or poultry, two or more servings daily.

Proteins

Dairy products and meat, fish, poultry, eggs, etc. are the protein foods. These nutrients are used mainly for the growth and the repair of body tissue. Proteins are only a secondary source of energy. Therefore, athletic activity does not greatly increase an athlete's daily protein requirement. This means that athletes are not in need of protein pills or supplements in their diets. In fact, excessive levels of protein in the diet can hinder athletic performance. This may occur even when high protein meals, such as the traditional pregame steak and eggs, are eaten. Proteins, when broken down and used by the body, produce toxic waste by-products. These acids circulate in the body until filtered by the kidneys and are excreted via the urine. An extremely high level of such waste products in circulation may contribute to early fatigue and diminished performance in the athlete. A diet consisting primarily of protein foods also requires that an individual's fluid intake be increased to assist the

kidneys in filtering these acids from the blood.

Protein foods are also slow to digest and take four to six hours to work their way through the stomach and the upper bowel. For these reasons, proteins are not the recommended food for pregame goals. It is far more advantageous to replace the traditional high-protein steak and eggs with high carbohydrate content foods for pregame nutrition.

Carbohydrates

Carbohydrates, the sugars and the starches, are composed of such foods as cereals, pancakes, waffles, spaghetti, breads, potatoes, etc. These foods provide the quickest and the most efficient source of energy for physical activity. Carbohydrates are easily broken down to glucose and used for energy—or they are converted to glycogen and stored for later use. How much glycogen is stored is important in determining how long an athletic can function prior to exhaustion. Trained marathon runners use a technique called "carbohydrate-loading" to insure ample supplies of stored glycogen or energy for their races. For the average sports participant, eating meals high in carbohydrate content is sufficient.

Pregame meals

The pregame meal should be eaten three to four hours prior to competition, and it should consist primarily of high-carbohydrate foods such as pancakes, waffles, spaghetti, macaroni, potatoes, breads, etc. The meal should consist of foods that are familiar to the athlete. The food should be nonirritating and pleasant tasting.

Milk and milk products have often been considered to be foods, that should be avoided prior to competition. Actually, milk and milk products pose no problem to the athlete and may

quite well to soothe a nervous stomach.

Foods and beverages containing high concentrations of sugar should be avoided prior

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Photography weekend planned for 4-Hers

A 4-H Photography Weekend for 4-H members, leaders, and parents is being planned for April 26-28, 1985.

Who's welcome to attend:

4-H members who are in 4th to 12th grades and who are interested in learning some of the following about photography: An introduction to the use of a darkroom (both beginning and advanced work); how to take black/white pictures of selected subjects such as buildings, scenes and people; taking pictures and making a print, black and white.

4-H leaders who want to gain additional skills and project ideas for your club as well as involve

some of their members in this activity.

Parents of 4-H Members who want an opportunity to gain an insight into what their child is doing in photography.

4-H leaders and Parents: If you have a family bring them along for the weekend. (We would like to have one adult with every four to five 4-H members.)

When and Where:

April 26-28. It starts—Friday, April 26 with registration at 4:00 p.m. and concludes at 1:00 p.m. on Sunday, April 28. It will be held at the Oregon 4-H Center, just outside of Salem.

The weekend will feature:

Skilled amateur photographers sharing their experience and knowledge in the following areas: pictorial and pictorial lighting; composition and impact; print mounting and display; darkroom techniques (both beginning and advanced); sharing of ideas with other 4-H members, leaders and parents.

Cost:

Registration/supplies: \$7.00 room and board: \$26.00 (Paid on arrival) total \$33.00.

Equipment to bring:

Camera, adjustable camera are desirable, but not necessary. All picture taking can be done with an instamatic; at least one

favorite negative, black and white; one roll of black and white film exposed but not developed (you will develop at workshop); at least one roll of black/white film. (For those with adjustable cameras, bring either panatomic-X or plus-X film); a tripod if available; a sleeping bag or bed roll, personal items; a change of clothing; there will be a place for campers to hook-up. Indicate on your registration if you are interested. The cost will be the same.

Registration deadline is Friday, April 12. For more information contact: Joni David, Warm Springs Extension office at 553-1161, ext. 238 or Madras Extension office 475-3803.

Treat hard-of-hearing with respect

Whether they're classmates at school, neighbors down the road, or "adopted grandparents" in nursing homes, remember to treat people with hearing impairments with respect.

*Include the person in all discussions about him or her. This helps alleviate feelings of isolation common in persons with hearing impairments.

*Speak to the person at a distance of three to six feet. Position yourself near good light so that your lip movements, facial expressions, and gestures may be seen clearly. Wait until you are visible before speaking. Avoid chewing, eating, or covering your mouth when speaking.

*Speak slightly louder than normal. However, shouting will not make the message any clearer and may distort it. Speak at

your normal rate—but not too rapidly. Do not overarticulate. This distorts the sounds of speech and makes it more difficult for the person to interpret visual clues.

*Never speak directly into the ear of the person with a hearing impairment. This pro-

hibits the listener from making use of visual clues.

*If the listener does not understand what was said, rephrase the idea in short, simple sentences. Keeping a pencil and paper handy is helpful in explaining difficult messages.

Muffin recipe offered

- Blueberry-Banana Muffins
- 1 package Betty Crocker wild blueberry muffin mix
- 1 egg
- ¼ cup milk
- ½ cup mashed ripe banana
- ¼ cup packed brown sugar
- ¼ cup chopped nuts
- ¼ teaspoon ground cinnamon
- Heat oven to 400. Grease bottom of about 12 medium

muffin cups, 2½ x 1¼ inches, or use paper baking cups. Drain blueberries; rinse and set aside. Blend egg and milk with fork; stir in banana. Stir in muffin mix just until moistened. (Batter will be lumpy). Fold blueberries into batter. Fill muffin cups ½ full. Mix remaining ingredients; sprinkle over batter. Bake until golden brown, 15-20 minutes.

Children's first aid kit tips given

You and your spouse both work? If your children are alone at times, would they know what to do in an emergency? Would they know what to say or do in potentially dangerous situations, such as if a stranger came to the door? After you teach them, reinforce the message with a free kit from the Red Cross. It contains posters, tip sheets, and guides that keep safety tips in mind and emergency information handy. For more information, contact your local Red Cross.