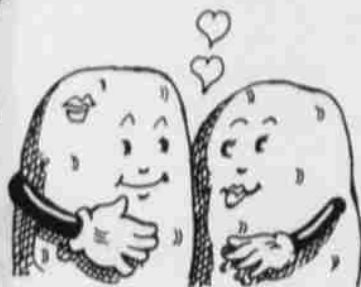


# FEBRUARY

## POTATO LOVER'S MONTH



Information on this page provided by the  
by the Warm Springs Office  
of the Oregon State University  
Extension Service  
Phone: 553-1161, ext. 238 or 239

### February—Potato lover's month

Here are some fun facts on the potato:

□ The potatoe originated in South America and most botanists and plant breeders agree that the white potato came from a species found in the high plateaus of Peru and Bolivia.

□ More than 400 years ago, the Inca Indians grew potatoes high in the Andes Mountains, where it was too cold for corn or wheat to grow. The potatoes were harvested, walked on to break the potatoes into pieces, then dried in the sun. A light floury substance, called chuno, was made from the dried potato. Chuno was not perishable, therefore, the Indians used it instead of wheat to make their bread.

Today, as we all know, the potato is a basic staple in most American households.

### Potato month hints

\* One medium-sized potato supplies 50 percent of a recommended daily allowance of vitamin C.

\* How do you dress a potato for dinner? Top a split and fluffed baked potato with: stir-fried, julienned vegetables, chicken and teriyaki sauce; grilled Italian sausages spread with good grainy mustard, crumbled bacon, shredded lettuce and chopped tomato; or thin slices of marinated, grilled flank steak and your favorite salsa.

\* For hash browns in a flash, coarsely grate a whole potato—skins and all. Rinse under cold running water and pat dry with a paper towel. In a non-stick skillet heat ½ tablespoon each of butter and oil. Add potatoes and ½ c

chopped onion. Heat until brown and tender. Season to taste.

\* A hot idea on a cold day! Scoop the pulp from hot, baked potatoes, leaving the shells intact. Mix pulp with one of the following: scrambled eggs, sliced green onions and shredded cheddar cheese or Monterey Jack cheese, canned green chiles, chopped onions and cilantro. Scoop mixture back into potato shells and enjoy!

\* The word potatoe originated with potatoes. It refers to the hole in the dirt floor of an Irishman's cottage in which they would rest heavy metal pots of just-cooked potatoes. Mashing the potatoes with wooden or iron mashers would force the pots deeper into the dirt, creating a large potatoe.

## Ten reasons to eat more potatoes

1. Potatoes are a vegetable, and didn't your mother always tell you to eat your vegetables?

2. Potatoes are low in calories—only 110 calories per medium-sized potato. At last, a diet food you can sink your teeth into!

3. Potatoes contain no fat or cholesterol and very little sodium.

4. Potatoes are versatile and easy to make. Anybody can bake, boil or microwave a potato.

5. Potatoes have lots of vitamins and minerals...50 percent of your USDA of vitamin C, 15 percent of vitamin B6 and iodine and eight percent of iron, thiamin and copper per medium potato, to be precise.

6. Potatoes add fiber to your diet, 2.7 grams per medium-sized potato.

7. Potatoes cost only pennies per serving.

8. Potatoes are a good source of complex carbohydrates, your body's best energy source. Just ask any member of the U.S. National

Women's Gymnastics Team. These women probably ate lots of potatoes on their way to the summer Olympics.

9. Potatoes taste good.

10. Potatoes are America's favorite vegetable. (On the average, we eat just about a potato a day.)

## Herbs add flavor to potatoes

Cooking with fresh herbs adds flavor and taste to foods without a lot of calories, fat or sodium. Potatoes adapt themselves well to just about any herb because they have such a mild, earthy taste. Some flavorful ideas:

\* Toss steamed red new potatoes in butter or margarine seasoned with fresh thyme and grated lemon peel.

\* Season your favorite vinaigrette with minced garlic and fresh chopped parsley and chives. Toss with warm cooked potato cubes.

\* Seasoned mashed potatoes with minced shallots or onions, chopped fresh savory and coarsely ground black pepper.

\* Dress potato salad with a blend of yogurt, prepared mustard and

chopped fresh dill.

\* Top hot fluffed baked potatoes with a splash of olive oil, chopped fresh basil and grated Parmesan cheese.

\* Heat canned or fresh tomato sauce with chopped fresh oregano and minced garlic. Drizzle over hot, fluffed baked potatoes.

## Ways to enjoy potatoes

1. **Hoppelpoppel**—Saute potatoes and onions in a little vegetable oil. Pour beaten eggs over the top and cook until the omelette sets. Serve in wedges.

2. **Bubble & Squeak**—An English dish which combines mashed potatoes, shredded cabbage, sliced onions and leftover meat. The whimsical name refers to the noise the dish makes when it is cooked on a grill.

3. **Cullen Skink**—A Scottish soup-stew made with smoked haddock, potatoes and onions.

4. **Poundies**—Quite simply mashed potatoes and gravy—at least that's what they call them in Ireland County Tyrone.

5. **Boxty**—An Irish dish made of grated raw potatoes, mashed potatoes and flour. It's used in baking to add moistness to cakes, breads, dumplings and puddings.

6. **Skubanky**—A rich Bohemian dessert dumpling made by baking potatoes in oodles of butter and serving them with ground poppy seeds and sugar.

7. **Colcannon**—A popular Irish dish made by sauteing chopped cabbage and sliced onions in butter and then adding mashed potatoes.

8. **Potato Thistles**—Tiny mashed potato balls fried with a thin, crumbled noodle coating. The Italians call them patata spinose.

9. **Potato Bangers**—Grilled sausage split in half lengthwise and spread with prepared English mustard and mashed potatoes mixed with shredded cheese and raw egg. Bangers are then broiled and served.

10. **Potato Dinosaurs**—Split a baked potatoe in half. Stud the skin side with slivered almonds. Voila, a potato dinosaur! Use a lot of almonds and make a porcupine!

## Make potato biscuits

### Potato Biscuits

Preparation time: 15 minutes. Cooking time: 20 minutes. Yield: 12 small biscuits. Nutrient value per biscuit: 43 calories, 1.2 gm. protein, .018 gm. fat, 7.7 gm. carbohydrates, 0 gm. fiber, 0.1 mg. cholesterol, 22 iu. vitamin A, 2 mg. vitamin C.

1 medium potato, peeled and diced  
1 Tbsp. water  
¾ cup all-purpose flour  
1 Tbsp. baking powder  
1 Tbsp. reduced calorie margarine  
6 Tbsp. skim milk

Place potato and water in small bowl. Microwave, covered, on high for about 3 minutes, stirring after 1½ minutes. Put potato through ricer or mash. Set aside. In large bowl, stir together flour and baking powder. With pastry cutter, cut

in margarine. Stir in potato, then milk, blending lightly with a fork. Spoon into twelve mounds on an ungreased cookie sheet. Bake at 400 degrees F for 15 to 20 minutes or until golden brown.



## Be sure to vacuum regularly

No carpet lasts forever, but you can add years of life to your carpet with regular care. One of the reasons a carpet wears out is that dirt particles get trampled deep into the pile where they rub the fibers like sandpaper.

Protect your carpet by vacuuming it regularly. Heavy traffic areas may require more frequent cleaning. Here's where speed is no asset.

Vacuum slowly to let suction and the beater bars do the work.

A vacuum cleaner with a beater bar agitates the pile and is more effective in bringing dirt to the surface for easy removal.

And remember, no carpet lasts forever, even with excellent care. In seven to 10 years of moderate to heavy hallway traffic, even the best nylon carpet may look tired.

## Try some hot soup

### Potato Soup

Yield: 6 servings, 1 cup each  
1 large onion, chopped  
2 Tbsp. butter or margarine  
5 large potatoes, cut into small pieces  
1 cup water  
3 cups milk  
2 tsp. salt  
Pepper to taste  
3 medium carrots, cut into small pieces

Cook onion in fat until tender. Add potatoes, carrots and water. Boil gently, covered, approximately 15 minutes, or until vegetables are tender. Mash about ½ of the potatoes, leaving a few chunks of potatoes and carrots for a meatier soup. Add milk and seasonings. Heat slowly to serving temperature, stirring occasionally to prevent sticking.

Calories per serving: about 200.

## Prune fruit trees for vigorous growth

Invigorate fruit trees in home orchards by giving them a winter pruning. Pruning stimulates shoot growth, especially near the cuts. It reduces overall tree size and keeps fruit trees more manageable, easier to spray and to harvest.

In young trees, pruning improves structural strength and induces branching. In mature trees, pruning can increase fruit production and improve fruit quality.

Peach and apricot trees bear fruit only on one-year-old shoots. Sufficient pruning is required each year to stimulate new shoot growth for the following year's crop. Cutting back about half of the growth that took place last year in order to leave buds for this year's fruit will encourage new growth.

Apple and pear trees bear fruit on spurs or short shoots that grow on two-year-old wood. They require a more selective yearly pruning

than do peaches. In fact, apple and pear trees could, if desired, be pruned only every other year.

Cherry, prune and plum trees usually have more than enough blooms and therefore need relatively little pruning. The tops may need thinning every few years to reduce tree height. Otherwise, remove only dead, injured or diseased branches.

Follow these pruning guidelines: Prune young trees lightly. Prune mature trees more heavily, especially if they have shown little growth.

Prune the top portion of trees more heavily than the lower portion.

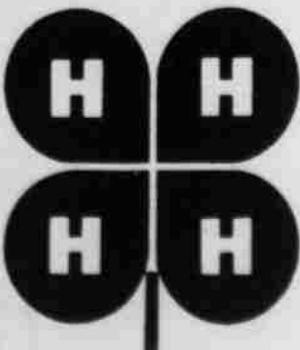
When removing large limbs, cut part way on the under side. Then cut from the top, removing the limb back to the collar ring where the limb branches.

To keep a tree small, prune moderately every year and don't apply fertilizer. This recommendation does not apply to dwarf fruit trees.

To reduce the height of an old tree, cut back the main limbs to a vigorous side limb, even if it is necessary to cut two or three feet lower than desired.

## Prevent bottle tooth decay

To prevent baby-bottle tooth decay, do not put a baby or young child to bed with a bottle of milk, formula, juice or other sweet liquid or use such a bottle as a pacifier during the day. During sleep, this liquid stays in the mouth and gathers around the teeth. Exposure of the teeth to sugars in these liquids for extended periods of time, day or night, leads to a high risk of tooth decay.



## \$START \$AVING FOR:

4-H Leadership Camp

in Central Oregon

February 25 & 26

Challenge Camp Counselor

Training

In March

Know Your State

Government

April 5-7 in Salem

Camp Counselor Training

May 19 & 20 in

Central Oregon

OSU Summer Week

in Corvallis

June 19-23

4th, 5th & 6th Grade

4-H Camp in Central Oregon

June 25-30

## Getting along with people

A happy personality is much more attractive than an unhappy one. You may find it difficult getting along with others if you have a bad disposition or a lack of caring for others.

However, when someone hears kind words or compliments from you, they also get a higher sense of self-esteem and have a higher regard for you. In this way, you may make others feel confident and worthwhile.

You can choose to be pleasant. By deciding to control what you say and concentrating on positive things. You can change your attitude.

Negative thoughts and reactions are rehearsed until they become

habit. Positive habits can be learned, too.

Don't worry about your negative habits. Concentrating on negative things only makes the habit worse and makes you feel unhappy.

It may be helpful to concentrate on the new behavior when trying to change a habit. Focus on finding the good in everything. The negative things will seem less important after you have concentrated on the positive things.

Your mind, like magic, will focus on good things and you automatically become more likeable and nicer to be with. What you do for others is sometimes more important than what you do for yourself.

## Children learn financial management from adults

We live in a world where money is essential. Children learn this at an early age as they observe their parents talking about and spending money.

What are you teaching your children about money? What are they learning from watching you spend money? What are they learning from what you say about money?

Children need to learn that money does not make people happy. Ideally, children will come to understand that money is used in exchange for goods and services, and that when used wisely, money contributes to a good family life.

Children need to learn that there is never enough money to buy everything they want. Children also need to know that not all families have the same amount of money.

You may not want to share all of your financial information with your children, but you should share some of it. Sharing information and decisions with children tends to make them more cooperative in working toward family goals.

Children who are aware that the hot water costs money may be more interested in water conservation than those who think hot water is free. Also, the child who knows how much electricity costs may remember to turn off lights more often than the child who thinks electricity is free.

If family spending must be cut back because of employment, major illness or divorce, children will also be affected. They need to know there is less money and that family routines may be affected. Include children in discussions about the changes that will be made.

When there are family financial pressures, avoid telling your children that "nothing is wrong." When children are not told why things are

different, they often make up reasons. To build trust, it's important to tell your children the truth about money.

Children learn by observing and imitating you. What are your attitudes about money? The way that money was used in your parents' home has influenced the feelings and attitudes you have about it now. A husband and wife raised in different families are likely to have very different feelings about saving and spending. Communicating about money increases understanding and may prevent serious arguments. Along with your feelings about money, discuss your goals. Distinguish between short-term, intermediate, and long-term goals and between your goals, your spouse's goals and family goals.

How much money is needed to reach these goals? What will it take besides money to reach them? How well are you managing the family money? Some common financial mistakes often made by young families are:

Over-commitment of income to installment debt.

Lack of plans for education expenses and continued job training.

Emphasis on current needs and failure to anticipate future changes.

Lack of sufficient insurance.

Failure to investigate housing alternatives.

Lack of emergency funds and savings.

Are you making any of these mistakes? If so, now is the time to have a family meeting to discuss finances. An important part of money management is communicating about money and goals among all family members.

In addition, it's an important part of your child's education.