

Tips offered to lower fat content of ground beef

By Norma L. Simpson
We Americans are really addicted to hamburger, by whatever name you call it. Minced, or ground beef. And we are addicted to the fat in the meat that makes it taste good.

So it's a real strain when we know that we should reduce the amount of fat in our diet. Our favorite food has been attacked!

Recent research at Iowa State University shows that it's possible to reduce the fat content of ground beef by rinsing, or blotting cooked ground beef. A similar study was done in Minnesota school districts to develop "lunch power" in school cafeterias.

No special equipment is required other than hot water, a strainer or colander and white or microwave paper towels.

Many favorite recipes call for crumbled ground beef. Recipes for spaghetti sauce, taco filling, pizza topping and sloppy joes.

Four simple steps:
browning,
blotting,
rinsing,
draining

can remove 50% of the fat.
1) Brown the ground beef in a skillet on the top of the range. Or if you have large quantities to brown like at the Longhouse, put the meat in the oven, but remember to allow for the fat that will cook out of the meat. Break up the large chunks of meat so that they will brown easily and reach a high temperature to kill any E. Coli bacteria that may be in the meat. Cook it till no pink or red shows.
2) Remove crumbles with slotted spoon to a container lined with three layers of paper towels. Blot the top of

the crumbles with additional paper.
3) Transfer the crumbles to a strainer or colander and rinse with hot but not boiling water, then drain for 5 minutes.
It's especially effective in reducing

Nutrient Comparison	
3-ounce cooked portion pared to medium hamburger	
	Calories Fat(g)
Ground Beef - 70% Lean	
• Panbroiled patties*	243 18.0
• Panbroiled patties, after blotting	230 15.7
• Panbroiled crumbles, after blotting only	195 11.7
• Panbroiled crumbles, after blotting & rinsing	135 6.1
Ground Beef - 80% Lean	
• Panbroiled patties	228 15.2
• Panbroiled patties, after blotting	217 13.8
• Panbroiled crumbles, after blotting only	191 10.9
• Panbroiled crumbles, after blotting & rinsing	130 5.3

Sources:
Iowa State University, Dept of Food Science & Human Nutrition, Nov. 92
*Composition of Foods, USDA, HHS,
Agriculture Handbook 8-13, 1990

ing fat from regular ground beef with 70% lean and 30% fat ratio.

If you can not rinse and blot the meat, it is best to use lean ground beef or a low-fat ground beef product.

Pan-broiled burgers can also be improved by placing cooked burgers on paper towels for one minute and turning once for another minute. The

same applies to meatballs and meatloaf.

Try cooking meatloaf or meatballs on a rack in the pan so that some fat will drip away during the cooking. If the meatloaf is to be served later, don't let it sit in its own fat or it will absorb the fat again.

But what about the flavor?
When Iowa State researchers

evaluated the rinsed ground beef, they found only minimal flavor reduction. When the beef was combined with other ingredients, the differences were not noticeable.

And what about nutrition?
Nutrient values of protein, iron, zinc and vitamin B12 were retained well during the rinsing.

The clover speaks



The traditional clothing class was held May 22, 1993 on Saturday. If you are interested in coming, every one is welcome to come and learn or teach. The next "traditional clothing sewing class" does not have a date or time please call OSU Extension Services and let us know when the best time is for you to be able to join us. Ask for Crystal Winishut.

Just a reminder for all the Rainbow Dancers who have signed up this year, there is a Rainbow Dancers meeting June 15, 1993 at 3:30 p.m. in the 4-H Center. It is time to meet and get prepared for the summer events and dancing. We need everyone to come so please be there. Hope to see all your smiling faces. If you have any questions please feel free to call Arlene, Carol or Crystal. Better yet stop by and visit the staff.

Macrame Chair Class

I would like to give Liz Blann a heartfelt thank you for teaching us how to macrame lawn chairs. Warm Springs community members really had a talent for the class and enjoyed learning how to make use of worn out lawn chairs. They enjoyed the ability to personalize their new creations by incorporating their names or initials in the pattern of their chair. I look forward to seeing the many colorful patterns of chair this year at Pi-Ume-Sha. Many community

members were happy to gain this knowledge and said they planned on using the chairs for give aways and Christmas presents.

Camper Alert

Tri-County camp will be held June 20-25, this year. The theme for this year's camp is "Music Along the Oregon Trail". Campers will enjoy a variety of fun crafts including loom beading, basket making, songs and dancing. The camp will be held at Crystal Springs Organization Camp set 25 miles east of Prineville. The camp has cabins and electricity, but campers need to come well prepared for all types weather. Campers include youth from Warm Springs, Jefferson, Deschutes, and Crook Counties. There is a fee of \$75.00 and we have scholarships available thanks to the Johnson O'Malley committee. It's a great experience for youth to meet and make new friends, gain in self esteem and learn about the world around us. If you have any questions please contact OSU Extension Services at 553-3238.

Cloverbud news

We have great information for you on child development through Clover Buds a 4-H discovery program for six to eight years old. This program uses experiential learning to educate youth. Here is a model of the experiential learning process.

The Cloverbud program has activity units on Animal Science, Expressive Arts, Home Economics, Mechanical Science, Natural Resources, Personal Growth and Development, Plant and Soil Science, Science and Technology.

These units are geared just for the 6-8 year old. You can have a Family club consisting of the child and parents or guidance or any one willing to

Physicist develops "Braille" for math

By Norma L. Simpson
When you are a professional person devoted to your profession, you can be overwhelmed when your health alters your ability to contribute to society. The secret to overcome, is to find ways to help others cope as well as yourself.

John Gardner, a materials physicist at Oregon State University, is a perfect example. At age 49 he lost his eyesight but he didn't give up. Instead he has developed a new system of "Braille" for blind students which makes it easier for them to develop their talents in advanced math and science.

Previously existing systems of the dot system of Braille were highly limited and complicated. Gardner's "dotsplus" system is already being used to translate some high school and university math and science textbooks. His system is being refined in Oregon, and further tests will be carried out in Germany and Holland.

"Dotsplus" includes the usual raised Braille dots, plus graphic symbols on the page. If you have never felt a page of Braille script, come to my home economics extension office in the Education Center. I have the sample from Dr. Gardner.

Gardner is also involved in using talking computers, optical character recognition scanners, digitizing pads and other technology so that he can contribute in his highly specialized field of materials science.

Officials of The National Science Foundation, which funds some of his studies in super conducting materials, ceramics and semiconductors, plans a national promotional campaign to increase awareness of Gardner's "Dotsplus."

The Moral of the story, "Don't give up." Move ahead despite your adversity.

You can do it!

Using Σ -notation, this theorem can be stated more succinctly. If

$$\sum_{n=1}^{\infty} r^n = \frac{r}{1-r}$$

$$\sum_{n=1}^{\infty} n r^{n-1} = \frac{1}{(1-r)^2}$$

Stockman's Roundup



By Bob Pawelek
OSU Extension Agent
Livestock and Range

Range Management for the cow herd

Ask any good cattle raiser how many cows are in a particular pasture and the producer can, either from memory or a book in a shirt pocket, immediately reply with the correct answer. Ask that same producer how much forage is present as the growing season has now arrived, and the reply is often available less readily.

Range forages and cattle are two primary resources for beef production. While most cattle producers are excellent livestock managers, sometimes they forget their primary occupation. Whether you like the term or not, beef producers are actually grass farmers. The harvesting equipment acquires its own fuel and comes

complete with full-time four wheel drive and fertilizer spreader at no extra cost.

If management is a ranch goal, preservation and improvement of the range resource must also be a strategic ranch goal of high priority. Preservation and improvement of that resource begins with determination and implementation of an appropriate stocking rate.

Higher levels of range condition help ensure sustained ranch productivity by reducing soil erosion, slowing down the invasion of noxious weeds into pastures, maximizing water-use efficiency and providing a productive and stable plant base.

In addition to providing for improvement in range condition, appropriate stocking rates:

- promote optimal animal performance,
- reduce demand for supplemental feeding, and
- reduce toxic plant consumption.

Determining appropriate stocking rates must be related to and supportive of other ranch goals. The appropriate stocking rate is a destination; arriving at that destination requires definition of the current position and identification of the most efficient route.

There are a number of range management professionals at Warm Springs who are easily accessible. There are also a variety of publications available free of charge here at the OSU Extension office at 1110 Wasco St.

You'll never see a wild critter feeling sorry for itself.



Extension agent Bob Pawelek prepares station for students during annual natural resources field trip at He He.



Information provided by:
Warm Springs OSU
Extension Office
1110 Wasco Street
553-3238

pick an activity and complete it with the child. For more information or copies of activities give Carol Stevens a call 553-3238 or stop by the office at 1110 Wasco Street.

Farm and Tractor Safety Classes

Today is the last day to register for Farm and Tractor Safety Classes.

If you are between the ages of 14 and 17 years of age, you will need to complete this class if you plan on operating power-driven farm machinery. Remember this is for your own safety.

If you have any questions please call Marvin Bulter at 475-3808 for more information. You will need to fill out two forms plus a \$20.00 fee for The safe Operation of Agricultural Equipment Student Manual these are available at the Warm Springs OSU Extension Services office located at 1110 Wasco St. Education Center.

4-H Leaders Needed

Now is the time to start thinking about what hobby, skill or knowledge you can share with Warm Springs Youth this year. We are always looking for community members who would like to give something back to their community. The something that you can give is your time and skill. You may be wondering, "What skill do I have?" Well can

you bake cookies or bread, how about pizza or tacos? The youth in our community love to learn how to bake or cook anything! How about dumpings? Kunkum or fry bread? Is there anyone willing to teach the youth about care for roots? Fish? And deer or elk meat?

We would like to have someone who would teach parents and their child how to make a dip net. There is a great need for men who are willing to teach boy's how to dance and help the parents learn how to make their outfits. Bunsky had 25 youth sign up for his club with more people showing an interest. Someone is needed to teach Indian games, is there any one who can help? How about another drumming group? Can anyone help?

4-H Projects available

How about learning pet care or learning how to take care of a pig, goat or guinea pig? Animals are a great way to teach kids responsibility. It's so much fun to care for an animal and it teaches commitment, components of a healthy life style, and the giving of and receiving of love. Maybe you would like a pet that is more contained.

Have you ever thought of a gold fish or turtle? Birds make wonderful pets too.

We have all the information you need ask for Carol or Crystal.

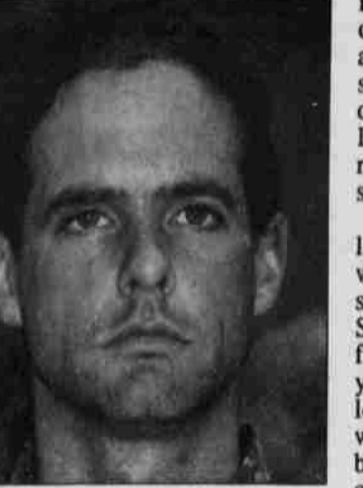
SUMMER CAMPS

June 20-25: for grades 4-6
August 11-15: for grades ??

WHERE: Crystal Springs - Mitchell, Oregon
COST: \$75 (Scholarships available)
CALL: Arlene or Carol at the OSU Extension office, 5533238

New OSU Extension Agent

My name is Tim Wojtusik and I am the new OSU Extension Agent here at Warm Springs. I can be found on the first floor of the Education Center on Wasco Street and I share an office with Bob Pawelek, Livestock Extension Agent. Bob and I are



Tim Wojtusik

involved with many types of programs that Clay Penhollow was working with when he was here.

I am here to serve the People of Warm Springs with education and technical support on matters dealing with plants and soils. This will also involve coordinating with a variety of livestock and 4-H projects. I am also the Extension contact for research into juniper control which is ongoing with the Warm Springs Department of Natural Resources and researchers at Oregon State University.

My interests include horticulture, landscapes and gardening, but I would especially like to find out what sorts of things the folks of Warm Springs are interested in. Please feel free to give a call (553-3238) or better yet, stop by if you are in the area. I'm looking forward to meeting and working with you and will do my best to answer your plant and soil questions and get you the information that you need.

Find a sweet melon with a tip from Norma

By Norma L. Simpson
Watermelon thumping has really begun in the supermarkets. While the cost per pound is still quite high, the flavor is delicious. I'm not a melon thumper. I'd rather caress the watermelons with my fingers. Why you say? The bees have the ability to find the sweet melons long before we do. If the melon is sweet, bees sting the melon many times, leaving welts on the surface. Now that you have my secret, it might be harder for me to find the perfect melon.

But there are lots of fruits. Remember to eat 2-4 servings every day, to get the daily Vitamin A food value that your body needs to keep skin and eyes healthy, and Vitamin C that gums and blood vessels healthy. The fiber in the fruit prevents constipation.

Fruits
2-4 servings

Fats, Oils, and Sweets Use Sparingly

Milk Group	2-3 1/2-3	Meat Group
Vegetable Group	3-5	Fruit Group
	6-11	Bread Group