



Strengthening Oklahoma Families

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September 2009

Family and Consumer Sciences

Food. Nutrition. Health

Fruit of the Month:
Peaches

Vegetable of the Month:
Tomatoes

Family Economics

Estate Planning for
Oklahomans

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Cooking for One or Two

According to the most recent census, the United States has more than 61 million one-and two-person households. If you are part of this statistic, sometimes it may feel like cooking for one or two may not be worth the hassle; however, everyone needs to eat.

Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist, said preparing a meal for fewer people can be healthy and taste good. "When you are planning your meals remember to incorporate a variety of foods," Hermann said. "Homemade meals usually are more nutritious, better tasting and more economical compared to eating out." Hermann said frozen meals require little preparation, but you may need to add fruit, vegetable, bread, salad or milk to make it well-balanced.

Cooking for fewer people usually leaves leftovers. Change your leftovers to planned-over's by planning ahead on how they will be used. "If you have leftover ham, it can be used in an omelet, sandwich or in stir fry, or try serving it with BBQ sauce," she said. "Leftover baked chicken can be chopped up on a salad or used to make a chicken salad sandwich or a casserole. Chili may become the topping for a baked potato or used as enchilada sauce.

Leftovers can also be frozen in smaller portions for later use. Hermann said when keeping leftovers it is important to date and store them properly. Leftovers should be refrigerated within two hours. Use food storage containers and use the general rule for refrigerated leftovers - that is, that leftovers can be kept for one to three days and frozen leftovers can be kept for one to three months. "Most recipes can be cut in half or in thirds," Hermann said. "Also, look for cookbooks that have

Cutting a recipe in half:

- $\frac{1}{4}$ cup equals 2 tablespoons
- $\frac{1}{3}$ cup equals 2 tablespoons plus 2 teaspoons
- $\frac{1}{2}$ cup equals $\frac{1}{4}$ cup
- $\frac{2}{3}$ cup equals $\frac{1}{3}$ cup
- $\frac{3}{4}$ cup equals 6 tablespoons
- 1 tablespoon equals $1\frac{1}{2}$ teaspoons
- 1 teaspoon equals $\frac{1}{2}$ teaspoon
- $\frac{1}{2}$ teaspoon equals $\frac{1}{4}$ teaspoon
- One large egg equals one small egg or just the egg white

Cutting a recipe in thirds:

- $\frac{1}{4}$ cup equals 1 tablespoon plus 1 teaspoon
- $\frac{1}{3}$ cup equals 1 tablespoon plus 2 $\frac{1}{3}$ teaspoons
- $\frac{1}{2}$ cup equals 2 tablespoons plus 2 teaspoons

Source: Janice Hermann, PhD, Nutritional Sciences, Oklahoma State University

Oklahoma Fruit of the Month: Peaches

Originally from China, peaches were a symbol of fertility and affection.

Peaches rank 21 among Oklahoma agricultural commodities and Oklahoma peaches rank 25 nationwide. While peaches are not a big cash receipts commodity for Oklahoma, they are important to several counties in the state. Peaches are primarily grown in Wagoner county, near Porter, and in Garvin and Pontotoc counties near Stratford. Peach production in an average year totals around 12 million pounds.

Why peaches are good for you *

One medium peach has only 40 calories and no fat. It provides 8 percent of your daily requirement for fiber and 10 percent of your daily requirement of Vitamin C.

Buying and storing peaches *

Avoid bruised or discolored peaches. Green color indicates immaturity. Shriveling at the stem end or excessive softening are indications of overripe peaches. Choose bright, fresh-looking peaches. Skin color should be creamy or yellow with varying degrees or red blush or mottling, depending on the variety. Ripe peaches should yield to gentle palm pressure.

Unripe peaches should be stored on the countertop in a closed paper bag. Ripe peaches should be kept refrigerated. Peaches continue to ripen after harvest.

Microwave Breakfast Cobbler*

- 2 peaches, peeled and sliced
- 2 pears, halved
- 3/4 cup (6 ounces) prunes, pitted and halved
- 1 teaspoon orange peel, grated
- 1 1/2 cups low-fat granola cereal
- 1/3 cup orange juice

In 6-cup shallow microwave bowl toss peaches, pears, prunes, orange peel and orange juice. Top with granola. Microwave on HIGH 5 minutes. Let stand 2 minutes. Spoon into bowls. Serve with plain yogurt if desired. Makes 4 servings. Can substitute 2-16 ounce canned fruit for peaches and pears.

Nutrition information: 264 calories; 3g of fat; 0mg cholesterol, 7g fiber; 3mg sodium *Nutrition information and recipe courtesy of aboutproduce.com

Oklahoma Vegetable of the Month: Tomatoes

Tomatoes, once thought to be poisonous, love hot weather but stop producing fruit once temperatures get down to 50 degrees. They ripen best at temperatures around 75 degrees. Savvy gardeners start new plants in July, so there may still be some delicious tomatoes available at your local farmer's market.

The tomato no only thrills the taste buds and brightens the dinner table, it is so good for you. Tomatoes are an excellent source of Vitamins A and C and are considered one of the best sources of lycopene, an antioxidant that helps fight cancer and some other diseases. Lycopene is what makes a tomato red. Processed or cooked tomatoes are an even better source of lycopene because cooking breaks down cell walls, releasing and concentrating carotenoids.

The heaviest tomato ever grown weighed 7 lb, 12 oz. It was of the cultivar 'Delicious' and was grown by Gordon Graham of Edmond, Oklahoma in 1986.

Tomato Bruschetta

- 8 ripe firm tomatoes, washed and chopped (Roma tomatoes are an excellent selection)
- 2 cloves minced garlic
- 1/2 red onion, chopped
- 6 - 8 fresh basil leaves, chopped
- 2 Tablespoons extra virgin olive oil
- Salt and pepper to taste
- 1 loaf Italian or French bread cut into 1/2 inch diagonal slices or pita chips

1. Preheat oven to 400 °F.
2. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and pepper to taste.
3. Arrange bread on a baking sheet in a single layer.
4. Bake about 5 - 7 minutes until it begins to brown slightly.
5. Remove bread from oven and transfer to a serving platter. Let each person spoon tomato mixture on the toasted bread as they are ready to eat.

Optional: Serve tomato mixture with pita chips.

Managing Money In**Challenging Times Workshop****When: September 11, 8:00 am - 12:00 pm****Where: OSU Extension Center****Cost: \$25.00****Pre-registration required by Sept. 4****Call 746-3703 or come by the OSU Extension Center at 4116 E. 15th Street, Tulsa, OK.****Cash or checks are accepted.**

Estate Planning is Crucial

September is a great time to create an estate plan. It is well worth the time and effort. Death and disability are no respecters of age. Something can happen at any time without warning."

Every adult age 18 and older should have

- A will
- A durable power of attorney and
- A health-care directive

You may feel that since you do not own property, have children or are simply young, that you do not need an estate plan. "However, it is important to develop an estate plan or update an existing one, no matter what your personal circumstances are," said Sissy Osteen, Oklahoma State University Cooperative Extension resource management specialist.

"An estate plan is essential for anyone 18 or over because regulations governing estate plans routinely change and it is important to keep current with those changes," Osteen said. "It is always a good idea to consult professionals to help you develop the initial arrangement or review the one you already have. Make sure the attorney is one who specializes in estate planning. You also may need to contact a certified public accountant or a financial advisor."

Topics that should be discussed with your financial professionals include:

- making a will
- charitable contributions
- how to transfer wealth to reduce estate taxes
- establishing a guardian for minor children
- setting up a trust to manage money for minor children
- durable power of attorney and health-care directive (should you become incapacitated) and
- settling your estate.

Other considerations:

- Set up a joint checking account with one of your children or a trusted friend so bills can be paid should you become unable to do so.
- Make gifts of money, land or other valuables as a way to reduce the size of your taxable estate.

Osteen said individuals may gift up to \$12,000 per year to anyone and the giver will not have to pay tax on the gift. "For example, you and your spouse each can give \$12,000 to each child, for a total of \$24,000. If a child is married, you could give \$24,000 to the spouse as well," she said. "In addition, a gift could be given to each grandchild for \$24,000." However, Osteen said, this situation does not occur for most people.

It is a good idea to make note of what you want to do with other valuable or sentimental items such as jewelry, furniture or family heirlooms. Discuss your estate plan with your spouse, children, parents or others who may be affected. This will help avoid any surprises when they are emotionally distraught due to your death. It also helps these individuals understand the reasons behind the details in your will or trust document.

Leave a letter of instruction for how you want things to occur. It might be the only way you can ensure your wishes are granted. This letter also will help in the decision-making process during what could possibly be a stressful time for family members and friends. More information on estate planning is available at the OSU Extension Service.

MAKING HOMEWORK ACTIVE HAS LONG TERM BENEFITS

One way to describe young children is that they are like sponges. They are constantly absorbing the world around them. This is one reason why it is so important for parents to practice a healthy and active lifestyle and a love for learning.

“By setting a good example for your children when they are young with an active lifestyle and learning, you can set them on a good course for life,” said Debbie Richardson, Oklahoma State University Cooperative Extension parenting assistant specialist. “Not only is physical activity great for the body, it also provides many opportunities for the family to spend time together and it is good for the mind.”

Moving more boosts energy, promotes sound sleep, enhances learning, and builds a lifestyle for parents and children to stay healthy. Children need physical activity most days and it is important to their overall development.

Now that school has started, it may be more challenging to make sure children are active. Try incorporating actions into homework. This works well with math facts. For example, if your child is learning addition, add a few jumping jacks or stretches to the answer. Example: $2+2 = 4$. Try four jumping jacks or $2 \times 3 = 6$. Do six toe touches. You can join in the fun and get active, too!

It can be challenging during a busy school year to set aside time each day with your child, however, it is extremely important. Get some sidewalk chalk and study outside if that provides the motivation your child needs to study. Practice spelling words on the sidewalk.

Most dollar-type stores have items such as flying discs, jump ropes and balls of various sizes. Keep a stash of these inexpensive items on hand. These toys can become tools to learn with while having fun!

Keep in mind that spending time together as a family does not have to cost much money. Activities such as these are geared to keep the whole family active and healthy while teaching a love for learning.

Finally, making homework fun with activities can eliminate the struggles many parents have

August is “Older Americans Month” PLEASE JOIN US FOR A “Health Fair Focusing on the Older Adult”

When: August 27, 2009 – 10:00 am to 2:00 pm

Where: OSUMC Auditorium, 744 W. 9th Street, Tulsa

Health Screenings by:

OSUMC Healthcare Professionals

Advanced Practice Nurses

Blood Pressure

Foot Clinic

Depression

“Get up and go!”

Blood glucose

Dementia

Vendors, Prizes, Surprises!

Please join us and meet with community agency representatives. This will be a great opportunity for you to keep up to date on your Health Promotion Activities.

Time Saving Tips for Busy Households

- Freeze leftover food in individual microwavable plastic containers. This is a great way to have mini-meals or after-school snacks.
- Boil water and baking soda for 5 minutes in the pan to remove stubborn or burned on food items. Let cool and wash away in soap and water.
- Add 1/4 cup white vinegar to rinse cycle for excellent and inexpensive fabric softener.
- Bake meat loaf, casseroles, soufflé's, etc., in muffin tins to cut down on baking time and create individual servings.



**Kathy's
Notes**

The Fair is always such a great event. There were so many exciting activities, from the Membership tea and style show from Zella's, to free classes in Watercolor painting, needlecraft, flower arranging and much more.

Everyone worked so hard on their Fair entries and you are all to be congratulated! Special thanks goes to Rena and Judith on organizing the Fair, to all the Superintendents for their hard work, to Charlotte and Pamela for their support, and everyone who volunteered in any way to make the Fair such a big success.

Be sure to attend the Business Meeting on TUESDAY, September 15. The nominations committee chair, Coe Ann Patton, has been working to find candidates for Vice President and Treasurer to serve in 2010 and 2011. We will be voting on these as well as the budget for 2010. Don't forget to bring your favorite covered dish! The Jenks club will be hostesses for the luncheon.

Family & Literacy Committee



The members of OHCE are having a sewing day on September 24 from 1:00 to 4:00 pm to make tote bags for the Tulsa County Emergency Shelter. Fabric has been donated by members of OHCE. Please bring your machine, or come and assist in other ways. If you checked out materials for tote bags at our May meeting, please bring them to the September 15 Business Meeting.

76 bags have been made and we have 60+ more cut out to be made. The bags are for families who come to the Shelter with their few belongings in paper or plastic bags. The tote bags will be given to them. We are making all sizes and colors for any age.

Source: Clara Perkins, Family Issues Chairman

What's Happening in OHCE

SEPTEMBER

Display Case - Owasso Pioneers

Hostess for Business Meeting - Jenks

- 7 Extension Office Closed for Labor Day
- 15 Business Meeting 9:30 am Extension office Election of Vice President and Treasurer
- 16 Group Treasurers collect Nickels for Leadership, Pennies for Friendship, Brumbaugh Scholarship and 2010 Membership dues
- 24 Sewing Day 1:00 - 4:00 pm Extension Center

OCTOBER

Display Case - Candleliters

- 1 Leadership Training in Oklahoma City
- 9 2010 Membership dues to County Treasurer
- 16 2010 local group officer & committee lists due Groups select Heart of OHCE, Member, Rookie, and Young Member of the Year
- 27 Painting Workshop 1:00 - 4:00 pm Extension

**It's time to join
Oklahoma Home
and Community Education**

Sincerely,

Charlotte L. Richert

Sciences

OSU Extension Educator-Tulsa County



Family and
Consumer

This newsletter is published by OSU Extension Service/Tulsa County Family and Consumer Sciences Department. Information about Oklahoma Home and Community Education (OHCE) groups may be obtained by contacting Tulsa County Extension, 4116 East 15th St., Tulsa, OK 74112-6198 918-746-3703 or log onto: www.oces.tulsacounty.org

LEADERSHIP TRAINING

Date: October 1, 2009
 Location: Clarion Convention Center,
 Oklahoma City
 Cost: \$15.00
 Present and future leaders of the Oklahoma Home & Community Education organization should plan to attend as well as the extension educator. (limit of 10 per county)

DEADLINE: is Wednesday, September 9, 2009

From the Promotions Committee

(OHCE) Oklahoma Home and Community Education’s Mission is to: *Develop individuals and communities to reach their full potential through leadership, service, and social activities. *Provide continuing education through the OSU Extension Service on matters affecting the individual, family, home, and community. Some reasons to join OHCE are: *Learn up-to-date, research-based education in the areas of family relations; family finance; food, health, wellness; and leadership development *Build life-long friendships. *Have FUN! Dues are \$16.00 per year which also includes a copy of this monthly newsletter delivered to your mailing address. If you are interested in joining or learning more about OHCE, call the Tulsa County OSU Extension Center at 746-3703.

A big Thank You goes out to everyone who contributed items, bought items, and worked for our SILENT AUCTION at the 2009 Fair. We successfully raised \$1,600.25. This money will be used in many ways including College Scholarships, 4-H Gatesigns, and for various OHCE events which benefit the OHCE members.

Donna Pelkey Retires

On July 3, Donna Pelkey, Tulsa Area Coordinator for the Community Nutrition Education Program (CNEP) plunged into retirement! Donna plans to spend time gardening and catching up on things she enjoys. We wish her the best and know that she will be missed in the Tulsa County Extension Office and throughout the state.

Cultural Enrichment Committee

A visit to the “Frank Home” in Sapulpa is planned for Wednesday, September 23 . Clubs will go separately to the home. Please be there by 1:15 pm for the tour. The cost is \$5.00 and will be approximately 1 1/2 hours.

DIRECTIONS:

- **South on US-75 to OK-117 W121st St S Exit toward Sapulpa**
- **Turn Right (West) onto OK-117 for 4.4 miles to Luker Lane**
- **(landmark is church with big white cross)**
- **Turn Left (South) onto South Luker Lane**
- **3rd house on the Right is Frank’s House (1300 S Luke Ln)**

This house is not just any house. It was designed with attention to detail that only an artist could create — and in this case, the artist was a potter. The house was specifically created for a potter and is designed to

FLY the American Flag on September 11

On Friday, September 11th, 2009, an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this eighth anniversary of one of our country's worst tragedies. We do this to honor those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

Kitchen in Need - Help Needed!

There are very few days that go by that someone doesn’t mention that “no one teaches kids how to cook anymore!’ Well, the Glenpool School System does through the Family & Consumer Sciences classes. The new teacher, Jessica Marlow, is in need of supplies to equip the kitchens in her FCS lab. Here’s how you can help... You can make a donation by going to the web site below. By reaching the goals through this web site, matching funds will be received from the Schusterman Foundation and kids will effectively “learn how to