



**Wibaux County  
Extension Office**

## July 2011

Dear Homemakers,

I hope everyone's summer is going well. The Wibaux County Extension Office website address is: [www.wibauxextension.com](http://www.wibauxextension.com) or [www.msueextension.org/wibaux/](http://www.msueextension.org/wibaux/). We will be posting our newsletters on our website along with a local calendar of events. If you wish to receive your newsletters by e-mail or if you just want to read it online, please contact me at 796-2486.

With the theme of "WHERE FARM & FAMILY MEET", the **Wibaux County Fair** dates are **August 25-28**. The Friday evening night show will feature mentalists, Mystical Minds, opening for country singer, Gwen Sebastian. The rodeo will take place on Saturday night and the livestock sale and Derby/Bump-N-Run will be on Sunday. Pippi the Clown will be on the grounds Saturday and Sunday along with the limbing wall and various inflatable games. I would encourage every resident of Wibaux County to exhibit at least one item in the fair. Everyone's participation adds so much to small county fairs such as ours. If anyone has questions about these events, please feel free to contact us at the Extension Office.

*Montana State University,  
U.S. Department of  
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Counties Cooperating.  
MSU Extension is an equal  
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Sincerely,

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## **Prairie Fare: Making Fruit Leather is a Fun Family Activity**

*By Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist*

In early history, refrigerators and freezers were not readily available to help prevent food spoilage. Food dehydration became one of the earliest forms of food preservation. Dehydration allowed people to have portable, lightweight and safe food to enjoy during cold seasons.

Dehydration probably was discovered by accident when early civilizations left food out in the sun and wind. When food dries, the food will not spoil as quickly because bacteria and other organisms need some moisture to grow. Mold, however, grows on foods with little moisture.

Because of the renewed interest in gardening and local food production, food preservation has increased in popularity. Food varies in moisture content and density, so dehydration is less precise than other types of food preservation.

Drying fruits and vegetables and making fruit leathers are fun activities for kids and adults. If you have kids or grandkids, you may have noticed how quickly they gravitate toward the commercial fruit leathers. These snacks are easy to make at home with seasonal fresh fruit.

The following fruits were rated as "excellent" or "good" by the University of Georgia for preparing fruit leather: apples, apricots, berries, cherries, nectarines, peaches, pears, pineapple, plums and strawberries. Other fruits (blueberries, cranberries) in combination can provide a good end product, too.

Because of increasing concerns that bacteria may survive the drying process, fresh fruits must be treated properly so leathers are safe to eat. Not only does heating increase the safety, but color may be better retained as a result.

Follow this procedure for preparing fruit leathers provided by the Colorado State University Extension Service:

\* Select ripe or slightly overripe fruit. Thoroughly rinse soft-skinned fruits or scrub hard-skinned fruits under running water. Remove blemishes or defective parts, then peel apples, oranges, peaches, pears and similar fruits before pureeing. Remove seeds, pits and cores.

\* Cut fruit into chunks and place in the top of a double boiler. Place water in the bottom of the double boiler and bring to a boil. Cover and steam for 15 or 20 minutes or until the fruit is soft and a thermometer placed in the fruit mixture registers 160 degrees F.

\* Place cooked fruit in a blender. Add ½ teaspoon of ascorbic acid crystals or 2 tablespoons of lemon juice per 2 cups of fruit. If desired, add 1 to 2 tablespoons of honey, corn syrup or sugar per 2 cups of fruit. A small amount of spice (1/4 teaspoon cinnamon or a dash of nutmeg) also may be added per 2 cups of puree.

Note: Honey usually provides the best results when drying fruit leathers.

\* Fruit leathers can be dried in a home food dehydrator following the manufacturer's directions, or try an oven as long as the oven can maintain a temperature of 140 to 145 degrees.

### *Fruit Leather continued...*

Here's an antioxidant-rich fruit leather to try. Be creative in your fruit combinations. For more information about food preservation, visit <http://www.ag.ndsu.edu/food>.

#### **Blueberry-Applesauce Fruit Leather**

- 1 c. blueberries
- 1 c. unsweetened applesauce
- 2 Tbsp. honey

Prepare blueberry puree by heating the berries to 160 degrees F in a double boiler. Place the heated berries in a blender and puree, then add the applesauce and honey. Spray a cookie sheet or similar flat tray with vegetable spray, or line the tray with plastic wrap or parchment paper and spray with vegetable spray. Another option is to use the specially designed plastic sheets for electric dehydrators, and follow the directions of the manufacturer. Be sure the tray has edges so the puree will not spill, and be sure that the dimensions of the trays are about 2 inches smaller than the dimension of the oven to allow for good air circulation. Spread puree evenly onto drying tray about 1/8 inch to 1/4 inch thick. A 12-inch by 17-inch cookie sheet holds about 2 cups of puree. Dry in an oven at 140 degrees or in a food dehydrator. The drying time for fruit leathers varies from 6 to 8 hours in a dehydrator and up to 18 hours in an oven.

Leave the oven door open 2 to 6 inches, and place a fan near the open door to circulate air. Test for dryness by touching the leather in several places; no indentations should be evident. Lift the edge of the leather, which will adhere tightly to the surface, and peel it back about an inch. If it peels readily, it is dried properly. Roll it in plastic wrap and store in a cool, dry place for up to two months. If it molds, discard it.

Makes four servings. Each serving has 80 calories, 0 grams (g) of fat, 1 g of protein, 22 g of carbohydrate, 3 g of fiber and 0 milligrams of sodium.

**Wibaux County Fair:**  
**Where Farm and**  
**Family Meet**



## Prairie Fare: July is National Ice Cream Month

By Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist

July is National Ice Cream Month. According to U.S. Department of Agriculture statistics, more than 1.5 billion gallons of ice cream were produced in 2009. When March rolls around, ice cream production and consumption increases and continues through the summer and into fall.

About 90 percent of U.S. households purchase frozen desserts, according to the Mintel Product and Market Research group. Despite all the flavors that are available, vanilla tops the list and it's followed by chocolate, strawberry and chocolate chip, according to the NPD Group, a market research company.



To be labeled "ice cream," a food has to contain at least 10 percent milk fat. Along with the added sweeteners and other ingredients, ice cream becomes an energy-dense food.

If you are looking at ice cream as a main calcium source, consider this. One cup of fat-free milk has 300 milligrams of calcium and 90 calories, while a cup of ice cream has 120 milligrams of calcium and 240 calories. You can lighten the calories in your dessert by paying attention to food package labels. For example, you may see "light," "reduced" or "low-fat" as descriptors on ice cream or frozen desserts.

According to the Food and Drug Administration, a "reduced fat" ice cream has 25 percent less total fat than an average national product. "Light" ice cream will have 33 percent fewer calories than an average product. A "low-fat" ice cream will have no more than 3 grams of fat per 1/2-cup serving, and a "nonfat" ice cream will have less than 0.5 gram of total fat per serving.

On the other hand, if you want to indulge in a very creamy frozen dessert with more calories, you can opt for "superpremium" or "premium" ice cream. Both types of products have less air (called "overrun" in the ice cream industry) whipped into the product and higher fat content. Premium ice cream also uses higher-quality ingredients and usually is more expensive than regular ice cream.

If you're ready to celebrate National Ice Cream Month with a refreshing, creamy frozen treat, take some steps to keep your ice cream at its best. Follow these tips from the International Dairy Foods Association:

- \* Stop last at the ice cream aisle during your grocery-shopping trip.
- \* Check that the supermarket freezer is minus 20 degrees F or colder.
  - \* Choose the ice cream product that is below the freezer line.
  - \* Bring an insulating bag or a cooler so your ice cream stays cold on the way home.
  - \* At home, be sure your freezer is set at 0 degrees F or lower.
  - \* Remember that softening and refreezing ice cream causes changes in the texture and quality of the ice cream. (A warmed scoop can help you dip hard ice cream from the container.)
- \* Store ice cream in the main part of the freezer, not in the freezer door.
- \* For best quality, use ice cream within a month of purchase.

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Remember moderation as you enjoy a serving of your favorite frozen treat.

Consider topping a bowl of berries or fresh peaches with a dollop of ice cream, instead of the other way around.

### *Ice Cream continued...*

You can make your own ice cream, too. If you decide to make custard-style ice cream at home, be sure that your recipe does not include raw eggs, which can be a source of Salmonella bacteria. Here is a recipe courtesy of the American Egg Board at <http://www.incredibleegg.org>.

#### **Frozen Custard Ice Cream**

6 eggs  
3/4 c. sugar  
2 to 3 Tbsp. honey  
1/4 tsp. salt  
2 c. milk

Make custard by beating eggs, sugar, honey and salt in a medium heavy saucepan until blended and then stir in milk. Cook over low heat, stirring constantly, until the mixture is just thick enough to coat a metal spoon with a thin film and the temperature reaches 160 degrees F, about 15 minutes. Do not boil. Remove from heat immediately. Cool quickly. Set the pan in a larger pan of ice water, gently stirring for a few minutes to hasten cooling. Press a piece of plastic wrap onto the surface of the custard. Refrigerate until thoroughly chilled, at least one hour.

Add the following ingredients to the cooled custard and stir gently:

2 c. whipping cream  
1 Tbsp. vanilla

Place into a 1-gallon ice cream freezer can and freeze according to manufacturer's directions, using six parts crushed ice to one part rock salt.

Serve topped with fresh fruit or your other favorite ice cream topping.

Makes 12 servings (about 1/2-cup each). Each serving has 240 calories, 15 grams (g) of fat, 6 g of protein, 21 g of carbohydrate and 120 milligrams of sodium.



## **Prairie Fare: Nourish & Protect Your Skin**

*By Julie Garden-Robinson, NDSU Extension Food & Nutrition Specialist*

When I was young, sun tanning was a popular pastime among my peers during the warm summer months. My friends had a golden glow. However, I couldn't stand the heat, and I thought lying in the sun was boring. I stayed in the cool shade and maintained my ghostly pallor. As an excuse, I remember telling people that I would stay younger-looking longer. I don't think they cared. Who wants to look young when you're a teen, anyway?

Through the years, tanning beds became popular. I received a coupon for a free tanning session when I was in college. My skin turned pink and I felt claustrophobic in the coffin-like enclosure. As soon as the pinkness subsided, I was pale again.

After someone thought I was wearing white knee-highs with my shorts, I tried self-tanning lotion. My legs turned a shade reminiscent of tangerine.

Now we know that excessive sun tanning and tanning beds are linked to skin cancer. Instant tanning lotions, however, are considered safe. Fortunately, most of them do not turn your skin orange anymore.

Skin cancer is the most common malignancy in the world today. There are more than 1 million cases in the United States alone. That is more than lung, breast, prostate, colon, bladder and kidney cancers combined.

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. Melanoma is the deadliest form of skin cancer.

Are you at higher risk for skin cancer? Ask yourself these questions. Do you have previous skin cancer history? Are you fair-skinned? Do you have a family history of skin cancer? Do you have congenital nevi, which are birthmarks, moles and light tan spots? Do you have freckles? Are you male, older, a smoker, tanning bed user or have a tendency to burn? If you answered yes to any of these questions, you may be at a higher risk for skin cancer.

Be sure to perform self-checks regularly to look for abnormal skin conditions. Know your skin and when it changes. Be sure to discuss any concerns with your health-care provider.

Recently, the Food and Drug Administration released new rules for sunscreens. In the future, sunscreen products labeled as "broad spectrum" will have to provide protection against both UVA and UVB light. UVA light is linked to skin cancer and aging, while UVB light is linked to sunburns and cancer. In addition, sunscreen labels that state they reduce the risk of skin cancer and early skin aging should have a sun protection factor, or SPF, of 15.

We have good reasons to take care of our skin. Skin is the largest organ in the body, consisting of many different kinds of tissues that have numerous functions.

Our skin protects underlying tissues from bacterial invasion, drying out and harmful sun rays. It also helps control body temperature and prevents excessive loss of moisture. Our skin excretes salt and water when needed, stores chemical compounds and even synthesizes important compounds such as vitamin D.

### *Nourish Your Skin continued...*

However, in northern areas, we cannot depend on sun exposure for our vitamin D, so many people need a supplement.

Eating a nutritious diet and staying well-hydrated help keep our skin and the rest of our body in good condition. In some cases, poor skin condition may indicate nutrient deficiencies. For example, physical signs of iron deficiency include eczema in the corners of the mouth, skin irritation, itching, loss of skin tone, impaired wound healing and skin infections.

Sometimes skin eruptions, such as rash, can indicate food allergies or excessive stress.

Many nutrients, including fats, protein, vitamin A, beta carotene, calcium and vitamin C, are involved in skin maintenance. Eating a variety of healthful foods can help keep your skin and the rest of your body healthy.

When you eat a heart-healthy diet, you also are nourishing your skin. Eat plenty of fruits and vegetables, which are good sources of protective natural antioxidants. Enjoy fish rich in omega-3 fatty acids, whole grains, nuts and other healthy fats. Include low-fat dairy and lean protein sources in your diet. Drink plenty of water.

