

Family & Community Health



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The OSU Extension Family & Community Health program helps you take the best care of yourself and your family from cradle to rocking chair. Learn to make good decisions about food, nutrition, finances, homes, aging well and emergency preparedness. If you like to teach others, become a Master Food Preserver volunteer.

Pick of the Fall: Cranberries

Cranberries are one of the fruits native to North America and are grown in Oregon on the Southern Oregon Coast. These cranberries are high in quality and color because they can be harvested later than East Coast cranberries. The cranberry is native to swamps and bogs. It is a low growing woody perennial that has horizontal stems or runners that form a dense mat. The cranberry fruit is harvested in the fall months between September and November.

From juice to sauce and dried fruit snack, cranberries are a versatile fruit that add delicious flavor to a variety of foods. Cranberries are scientifically recognizable as potent sources

of antioxidants, specifically from a subclass of flavonoids called proanthocyanidins (PACs), which are unique to and abundant in cranberries. The great news is that these beneficial antioxidants can be enjoyed in different types of cranberry products.

Cranberries have long been valued for their ability to help prevent urinary tract infections by preventing E. coli from adhering to the cells that line the urinary tract. This same effect may help prevent other types of infections involving host-tissue bacteria such as *H. pylori*, a major cause of gastric ulcers. In addition, the antioxidant properties of PACs

may have a range of other health benefits, including the support of cardiovascular health and reduction of the risk for some cancers. Cranberries are naturally fat-free and have very little sodium, so adding them to a balanced diet is a delicious, refreshing, and nutritious way to meet the recommended servings of fruit daily.

Selection: Good, ripe cranberries will bounce. They should be shiny and plum and range in color from bright light red to dark red.

Storage: Store fresh cranberries in a tightly-sealed plastic bag in the refrigerator for up to two months. Cooked cranberries can last up to one month in a covered container in the refrigerator. Washed cranberries freeze very well and keep nicely up to one year in airtight bags.

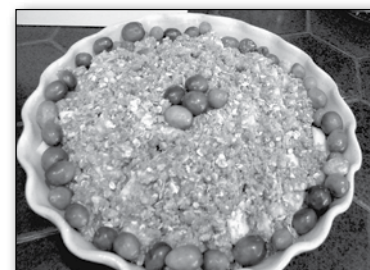
Make your own sauce by adding sugar to taste (About ½ cup sugar to 1 bag of cranberries for a tart-sweet sauce). Place cranberries and sugar in sauce pan and bring to boil, cook on medium until you have sauce. Use on toast, pancakes, turkey sandwiches, etc.

Dried cranberries can be used as a substitute for raisins or dried cherries. They are

Cranberries with Pears n' Apple Crisp

Ingredients:

- 4 medium almost-ripe pears
- 4 medium crisp apples
- 1 cup dried cranberries
- 3 tbsp. water
- 1 lemon, juice and grated peel
- 1 cup brown sugar, divided into 2 portions
- 1 tsp. cardamom, divided into 2 portions
- ½ cup whole rolled oats



- ½ cup all-purpose flour
- 2 tbsp. butter
- 1 cup vanilla yogurt, optional

Directions:

1. Preheat oven to 375 degrees F and place oven rack in middle position.
2. Peel and core pears and apples, cut into medium dice and place in lightly greased, shallow baking casserole. Sprinkle evenly with cranberries and water.
3. Grate peel from lemon and reserve juice. Sprinkle grated peel over fruit mixture.
4. Combine one half the brown sugar with one half the cardamom and sprinkle over fruit.
5. Meanwhile, combine rolled oats, flour, and remaining sugar and cardamom in medium bowl. Add butter and work with a fork until mixture is well-blended butter and crumbly. Add lemon juice and mix thoroughly. Sprinkle evenly over entire fruit mixture. Place in hot oven and bake for 45 minutes.
6. Remove from oven, cool slightly. Stir yogurt in a small bowl until creamy. Serve bowls of warm crisp, topped with yogurt if desired.



a great snack out of the bag and as an addition to any trail mix. Give your morning

oatmeal a kick by adding dried cranberries, or a tart zip with a few fresh or frozen berries.

Who we are...

The Benton County office of Oregon State University Extension Service offers practical, lifelong learning experiences. We sponsor conferences, workshops, demonstrations, tours, and short courses. We recruit, train and manage volunteers who assist us with community outreach and education, Our Extension faculty and volunteers answer questions and give advice by phone, in person, through e-mail and on our Website. We provide brochures and flyers with specific information on a variety of subjects. We are funded by a cooperative partnership between Oregon State University, the U.S. Department of Agriculture and Benton County.

The Benton County office is located at 4077 SW Research Way in Corvallis. Office hours are 8 a.m. until 5 p.m. Monday through Friday. Telephone: (541) 766-6750. Fax: (541) 766-3549. Website: <http://extension.oregonstate.edu/benton>.

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Safe Handling of Poultry

Dozens of Oregon residents were included in the 278 recently reported cases of Salmonella illness attributed to fresh chicken from California processors. With this recent outbreak and Thanksgiving around the corner, this is an appropriate time to refresh our understanding about the importance and methods of safe handling of poultry products.

All raw chicken, like all raw meats, can contain bacteria that can be harmful to human health. For this reason, all raw chicken must be fully cooked to ensure safety and quality. Bacteria on food, including Salmonella, are fully eliminated and present no risk with proper storage, handling and preparation.

The necessary steps are clear:

- **Clean:** Wash hands and surfaces often.*
- **Separate:** Separate raw meats and poultry from other foods.
- **Cook:** Cook all poultry to an

internal temperature of 165 °F (73.9 °C)—use a meat thermometer to be certain this temperature is reached.

- **Chill:** Refrigerate leftovers promptly.

** No need to wash poultry; that will not remove bacteria, but will spread germs around the kitchen. See the "Germ vision" video on <https://www.facebook.com/OSUExtensionFoodPres> posted Oct 7th.*



OSU Extension Service has a good publication with food safety guidelines for consumers. These guidelines are effective for preventing many types of food borne

illness, including salmonella.

- You Can Prevent Food Borne Illness PNW 250; <http://cru.cahe.wsu.edu/CEPublications/pnw0250/pnw0250.pdf>
- Online food safety self-study module: We Wish You Well; http://extension.oregonstate.edu/fcd/nutrition/ewfl/module_02/
- The USDA Food Safety and Inspection Service, home of the Meat and Poultry Hotline (1-888-MPHotline) has a factsheet with information about poultry products and safe handling; http://www.fsis.usda.gov/wps/wcm/connect/ad74bb8d-1dab-49c1-b05e-390a74ba7471/Chicken_from_Farm_to_Table.pdf?MOD=AJPERES
- Clemson Cooperative Extension has this factsheet to offer; <http://www.clemson.edu/extension/hgic/food/pdf/hgic3512.pdf>

Remember: Proper handling of poultry products will prevent illnesses from occurring!

Long Live Oregonians



Does that sound familiar? It is linked to Cover Oregon's effort to educate the public on Oregon's health insurance marketplace. Cover Oregon is a new online market place where you can compare and enroll in medical and dental insurance, and access financial help. Similar to shopping for airline tickets, one is able to see what insurance programs are available and related different pricing structures.

In Benton County, it is estimated that 12,386 residents do not have adequate health insurance. The OSU Extension Service and the College of Public Health and Human Sciences are committed to helping Oregonians learn about opportunities to secure health insurance through Cover Oregon.

What Cover Oregon offers

- Health insurance for more Oregonians – even those who already have a health condition
- Financial help to pay for insurance.
- Clear information about each plan offered.
- Side-by-side comparisons among a range of plans

and carriers so you can choose the one that is best for you and your family

- One-stop shopping to compare and enroll in plans from private insurance companies and public medical programs
- Quality coverage, including doctor visits, hospital stays, maternity care, mental health services, emergency room care, prescriptions, preventive care, vision coverage for kids and more. Some plans cover alternative care. Dental plans are also available.
- Help from trained specialist, certified insurance agents and community partners at no cost to you. Locally, Benton County Health Department is helping people find the right medical coverage for individuals and families. Leave a message at 541-766-2130.

For more information about Cover Oregon visit <http://www.coveroregon.com/>

Help Prevent Flu and Colds

Hand washing is the single best way to prevent colds and many other infectious diseases. Soap and water, along with the friction of rubbing your hands together, loosen dirt and create a slippery surface so germs slide off.

You should wash your hands often, before and after eating or preparing food, after using the toilet, blowing your nose, changing a diaper, playing with pets or cleaning up their waste, and after gardening.

How long should it take you to wash your hands? If you follow recommendations from the Centers for Disease Control and Prevention, you're supposed to lather up and rub all surfaces of your hands together for 20 seconds—the time it takes to sing "Happy Birthday" twice.

Does the water temperature matter? There's little research, but two studies suggest that water temperature has no significant effect on reducing bacteria under normal hand washing conditions.

How should you dry your hands? Drying your hands reduces bacteria levels further, but it's debatable whether using paper or cloth towels or a warm-air dryer is best. A study from the Mayo Clinic in 2000 found no differences between these methods.

Is hand sanitizer a good substitute? Hand washing is generally preferable, but alcohol-based hand sanitizers are a convenient option when soap and water are not available. They kill most bacteria and viruses on contact, but not bacterial spores. Look for products with at least 60% alcohol.

Hand washing is also recommended instead of sanitizers after going to the bathroom and before and after handling food.


What about antibacterial soaps? We don't recommend them for ordinary household use. Soaps that contain antibacterial agents kill or inhibit bacteria, as well as help physically remove them. There's concern that such soaps contribute to the growing problem of bacterial resistance.

What should you do if you can't wash your hands? The aim of washing is to get the germs off your hands so that they won't get into your body. If you can't wash your hands right away—and if you don't have hand sanitizer—take special care not to rub or scratch your eyes or nose or touch your mouth.

Here's wishing you a cold and flu-free holiday season!



The OSU Extension Sustainable Living program provides education to increase your knowledge around energy savings and sustainable practices at home. If you like to teach, become a Neighborhood Sustainability Steward volunteer.



Jody Einerson

Neighborhood Sustainability Stewards

Simple Steps to Save Money and Green Your Life

by Anne Catlin, Neighborhood Sustainability Steward

You may already be using some of these tips and not every tip will work for you, but I am sure you can find a couple to try. Changing behavior can be difficult, but most of the ideas here are simple, practical everyday things that you can do to save money and reduce your carbon footprint, a win-win. To see the entire sheet of tips, visit our sustainability resource webpage at: <http://extension.oregonstate.edu/benton/sustainability/resources>

Weatherizing & Energy Efficiency

- Switch all incandescent and halogen light bulbs to CFL or LED. Turn lights off when leaving a room for 15 minutes or more (save 10-120% on electric bill). If every US household replaced

- 1 regular light bulb with a CFL it would eliminate 90 billion pounds of greenhouse gases (= to taking 7.5 million cars off the road).
- Get an energy audit. Check www.energytrust.org for help to prioritize improvements based on cost and return on investment.
- Turn off computer, monitor and printer at night (1035 kWh yearly). Shut down iPads overnight or close applications.
- Use a power strip or unplug electronics when not in use (stereo, VCR, TV, etc). (60 kWh) Appliances running on standby power and lights consume a great deal of energy.
- Use task lighting; instead of lighting an entire room, focus the light where you need it. (23 kWh) Have dinner by candlelight regularly.
- Take advantage of daylight

- read near a window. For privacy, use light-colored, loose-weave curtains that allow daylight in while preserving privacy. (8 kWh yearly)
- Install motion sensors and/or photocells on outdoor lights. (164 kWh yearly)
- Switch to energy star appliances as you can afford to. Donate used appliances.
- Improve insulation and seal air leaks, starting with the attic. Go to <http://www.energystar.gov/> for detailed steps and/or hire someone. (90kWh yrly, cut 1,000 pounds of greenhouse gas emissions/year)
- Caulk and weather strip doors and windows that leak air. (180 kWh, 18 therms yearly)
- Block crawl space vents with foam blocks in the fall and remove in the spring.
- Tape clear plastic film to

the inside of your window frames in winter. (510 kWh, 16 therms yearly) Save more w/ storm windows.

- Only print what you need to. Sign up for e-bills, etc. Print double-sided. Reuse single-sided sheets in printer. (save trees & energy)
- Recycle whatever you can.

- Reformed new products reduce mining, drilling or harvesting the raw resources and the energy to convert.
- Ask to work from home at least one day a week. This will save you gas, money and time, and your employers a bit of electricity.

The OSU Extension Benton County, Neighborhood Sustainability Stewards & Grace Lutheran Church are hosting an Earthkeeping Lecture Nov. 17th



FOR THE BEAUTY OF THE EARTH: The Moral Urgency of Climate Action

Kathleen Dean Moore, Distinguished Professor of Philosophy at Oregon State University, author, & inspiring speaker

Global warming is a scientific and technological problem, but it is fundamentally a moral problem. It calls for a moral response, based on our duties of compassion and justice, and our love for our children and for the Earth. How shall we respond?

The public is invited to this free event:
Don't miss Kathleen's inspiring message
Sunday Nov. 17th, 9:45 – 10:45 am.
Grace Lutheran Church, Ronnenkamp Hall,
435 NW 21st St. Corvallis

