Meet Our New Extension Educator!

Hello, my name is Jackie Amende, and I am the new Family and Consumer Sciences (FCS) Extension Educator at the Canyon County Extension Office.

I grew up in Post Falls, Idaho. If you are familiar with northern Idaho then you know that many of the adventures that happen there include lakes, rivers, and mountains. Because of that, I have always enjoyed spending time outdoors whenever possible (and when the weather permits). I am a diehard Vandal. I graduated from the University of Idaho with a bachelor’s degree in Family and Consumer Sciences, with an emphasis on Food and Nutrition. I also completed the Coordinated Program in Dietetics at UI which allowed me to earn my Registered Dietitian Nutritionist (RD/RDN) credential. I went on to earn my master’s degree in Nutrition and Dietetics from Saint Louis University in St. Louis, Missouri. I was thrilled at the opportunity to come back to Idaho to build a rewarding career in Extension.

It is exciting to be a part of the Southern District team and I look forward to creating innovative programming while building strong community relationships in Canyon County and the surrounding counties! My programming will focus primarily on nutrition, health, and food safety. I have always been passionate about community health and nutrition, and enjoy working with anything food-related; to be honest, I am kind of a “foodie.” I eagerly anticipate what my career in Extension holds. If you have a group that is interested in learning about nutrition, health, or food safety, I would be happy to come and teach a class. Please contact me at jamende@uidaho.edu to schedule.

Jackie Amende
Canyon County Extension Educator
Eating Seasonally

More consumers are making the choice to “eat seasonally,” allowing local agriculture to dictate what they select to eat. This translates to eating a variety of local foods when in they’re in season and at peak flavor—which is shortly after harvest. It also means making locally grown foods the foundation of daily meals and consciously deciding to support local farmers and growers by choosing as many foods as possible from the local region. Along with experiencing new flavors, the benefits to buying locally grown, in-season produce are many.

Improves Health & Nutrition

• **Variety:** The greater the variety of fruits and vegetables in your diet, the greater the variety of vitamins, minerals and phytonutrients you consume.
• **Quality:** The quality of the nutrients in your fruits and vegetables is related to how long produce has been sitting since it was harvested. Food starts to change as soon as it’s picked, and delicate nutrients begin to deteriorate with time. Locally grown fruits and vegetables reach your plate sooner than those from far away, meaning that the nutrients are preserved and intact.
• **Freshness:** Produce that is harvested hundreds or thousands of miles away is picked before it’s fully matured to prevent spoilage during transport. In-season, locally grown produce tends to be fresher because it is picked at its peak of quality and nutritional value, often the same day you buy it. Fresher produce tastes better—which makes eating fruits and vegetables more appealing.
• **Food Safety:** Buying locally grown produce offers you the ability to know exactly how and where your produce was grown. If there is a need to track the origin of your produce due to a food safety scare, locally grown produce is easier to track and ascertain safety than food that has traveled long distances and passed through more handling steps.

Builds the Local Economy

Buying local, seasonal produce ensures that the profit from the sale is going right back into the area’s economic system.

Protects the Environment

Fuel is conserved when it is not necessary to transport produce long distances and the amount of packaging needed to ship is reduced.

Plan ahead by establishing freezing or canning practices that allow you to buy in bulk and save for the winter months when fresh, local produce is not as widely available. Consider U-pick farms where you can take the family to harvest fresh produce. It is a fun day out and a way to save money on food. It also helps children understand the origin of their food and may encourage them to eat more fruits and vegetables. The following links list U-pick farms in the Treasure Valley.

https://idahoprefered.com/products/ or http://www.pickleyourown.org/IDsw.htm

To see what’s fresh and when, here is a seasonal produce availability chart.

Because You Asked:

Q. Can you clarify what counts as dark chocolate?

A. Camille Finn, a master’s student and a dietetic intern at Tufts Medical Center, says: “The main differences between dark chocolate and milk chocolate are that dark chocolate does not contain milk or milk solids, and dark chocolate is typically lower in added sugars. However, there is not a specific minimum cacao percentage (the amount of cocoa solids in a product) for dark chocolate in the US; in Europe, dark chocolate is defined as chocolate containing at least 35% cocoa solids. As the cacao percentage increases, the chocolate becomes stronger in flavor and contains more compounds from the cocoa beans that may be beneficial.

“Some research suggests that milk may interfere with the absorption of flavanols from chocolate. Thus, dark chocolate can be a better source of flavanols since it does not contain milk. Jeffrey Blumberg, PhD, a senior scientist in Tufts’ HNRCA Antioxidants Research Laboratory has found that high intake of cocoa flavanols may contribute to vascular (blood vessel) health and also may help reduce blood pressure.” Although high in calories, small amounts of dark chocolate can be included as part of a healthful diet.

Source: Tufts Health & Nutrition Newsletter, April 2017

Q. After acute inflammation of the gallbladder and pancreas, I was told to eat a low-fat diet. Do these organs distinguish between good and bad fats?

A. Alicia Romano, MS, RD, a clinical dietitian: “Fats in all forms, ‘healthy’ or ‘unhealthy,’ require emulsification (breakdown into smaller particles) and digestion in order to become usable in the body, and that involves the gallbladder and pancreas. As food moves from the stomach into the small intestine [where the majority of fat digestion occurs], hormones stimulate the gallbladder and pancreas to release digestive juices. Large, complex fat globules in the small intestine are emulsified by bile from the gallbladder and then acted on by pancreatic enzymes. Therefore, any fat consumed in the diet will stimulate secretions from the gallbladder and pancreas, regardless of how healthy the fats are.” Still, for the small amounts of fat you can eat, prioritize healthy ones: vegetable oils (such as soybean, canola and olive) nuts, seeds, avocados and omega-3-rich fish.

Source: Tufts Health & Nutrition Newsletter, April 2017

Source: https://elpnet.org/sites/default/files/portfolio/Eating%20Seasonally.pdf
Kale Salad with Fresh Strawberries & Toasted Almonds

As a great source of beta carotene, vitamins C and K and calcium, as well as vision-friendly lutein and zeaxanthin, raw kale makes a nourishing, colorful and intensely-flavored salad ingredient!

**Ingredients**
- 1 large bunch kale leaves (9 cups bite-sized pieces)
- Juice of 1 medium orange, divided
- 2 tsp honey
- Pinch of salt
- ¼ cup plus 1 tbsp extra-virgin olive oil, divided
- 1 Tbsp orange zest
- Freshly ground black pepper
- 1 cup sliced strawberries (or blueberries, blackberries or raspberries)
- ¼ cup dried currants or raisins
- ¼ cup slivered almonds or pine nuts, toasted
- ¼ cup crumbled feta cheese, if desired

**Directions**
- Remove and discard center ribs and stems from kale leaves. Tear leaves into bite-sized pieces.
- Combine kale, half of orange juice, 1 tablespoon olive oil and salt in a large bowl. Massage kale by scrunching small amounts with your clean hands, then releasing and repeating. With massaging, kale will soften, somewhat deepen in color and become more fragrant.
- **Dressing:** Whisk remaining orange juice, orange zest, honey and pepper in a small bowl. Gradually whisk remaining ¼ cup olive oil into the juice mixture to combine well. Set aside.
- Pour the dressing over kale. Add strawberries, currants and toasted almonds. Toss gently. Let salad ingredients marinate for 15 to 20 minutes before serving. If desired, top with goat cheese.

**Nutrition Information**

Serves 6.  Per Serving: Calories: 220; Calories from fat: 130; Total fat: 15g; Saturated fat: 2g; Trans fat: 0g; Cholesterol: 0mg; Sodium: 120mg; Total carbohydrate: 21g; Dietary fiber: 4g; Sugars: 12g; Protein 5g.

Source: Roberta Duyff, MS, RD, FAND, is author of Academy of Nutrition and Dietetics Complete Food and Nutrition Guide and 365 Days of Healthy Eating.

Fish Tacos without Frying

When shopping for fish, freshness is everything; choose the fish that is freshest that day.

**Ingredients**
- 1/3 cup nonfat plain Greek yogurt
- 2 Tbsp low-fat mayonnaise
- 1/4 cup chopped fresh cilantro or parsley
- 3 Tbsp lime juice, divided, plus lime wedges for serving
- 1 cup thinly sliced red or green cabbage, or prepared coleslaw mix
- 2 Tbsp minced seeded jalapeno pepper (1 medium)
- 1 Tbsp vegetable oil
- 2 tsp vegetable oil
- 1/4 tsp salt, divided
- 2 tsp chili powder
- 1 tsp ground cumin
- 1/4 tsp garlic powder (not garlic salt)
- 1 pinch of ground red pepper (cayenne)
- 1 lb moderately firm white-fleshed fish fillets, (i.e., catfish, cod, grouper, halibut, mahi mahi, pollock, red snapper, striped bass, or tilapia)
- 8 (5½-inch-6½-inch) corn tortillas
- 1 avocado, quartered, pitted, peeled and sliced

**Directions**
- Preheat oven to 425°; coat a baking sheet with cooking spray.
- Mix yogurt, mayonnaise, cilantro (or parsley) and 2 Tbsp lime juice in small bowl.
- Combine cabbage (or coleslaw mix), jalapeño, remaining 1 Tbsp lime juice, 1 Tbsp oil, and 1/8 tsp salt in medium bowl; toss to mix (The yogurt mixture and cabbage mixture can be made up to 1 day ahead. Cover and refrigerate.)
- Mix chili powder, cumin, garlic powder, ground red pepper and remaining 1/8 tsp salt in small bowl. Cut fish into 2 pieces, if easier to handle. Brush 2 tsp oil over both sides of fish. Sprinkle spice mixture evenly over both sides of fish. Place fish on prepared baking sheet.
- Bake fish just until it flakes with a fork, 10 to 20 min. Cooking time will vary, depending on thickness of fish.
- Meanwhile, stack tortillas and wrap in foil. Place on separate rack of oven and bake until heated through, about 10 minutes.

**To serve:** Break fish into large flakes. Fill each tortilla with fish and top with yogurt mixture, cabbage mixture and avocado slices. Serve with lime wedges.

**Nutrition Information**

Serves 4 with 2 tacos each.  Per Serving: Calories: 350; Saturated fat: 2g; Unsaturated fat: 14g; Cholesterol: 45mg; Protein: 23g; Sodium: 300mg; Total carbohydrate: 32g; Dietary fiber: 7g; Sugars: 4g.

Source: Adapted from Tufts Health & Nutrition Newsletter, February 16, 2016
Navigating the New Nutrition Facts Label

A year ago (May 2016) the new nutrition facts label was finalized and updated. This label may already be out on some food packages you see in the grocery stores, but all food manufacturers will need to use this new label by July 26, 2018.

Look for the following changes that have been made to assure that consumers have access to more recent and accurate nutrition information about the foods they are eating.

**NEW NUTRITION FACTS LABEL UPDATES**

**Refreshed Design**
- The “iconic” look of the label remains, but important updates have been made to promote informed decisions about the foods being eaten. These changes include increasing the font size for “calories,” “servings per container,” and the “serving size” declaration, and bolding the number of calories and the “serving size” declaration to highlight this information.
- Manufacturers must declare the actual amount, in addition to percent Daily Value of vitamin D, calcium, iron and potassium. They can voluntarily declare the gram amount for other vitamins and minerals.
- The footnote is changing to better explain what percent Daily Value means. It reads: “*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice."

**Updated Information about Nutrition Science**
- “Added sugars,” in grams and as percent Daily Value, will be included on the label. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10% of your total daily calories from added sugar.
- Vitamin D and potassium will be required on the label. Information about calcium and iron will continue to be mandatory. Vitamins A and C are optional.

- “Calories from Fat” is being removed because research shows the type of fat is more important than the amount.
- Daily values for nutrients like sodium, dietary fiber and vitamin D are being updated based on newer scientific evidence. The %DV helps consumers understand the nutrition information in the context of a total daily diet.

**Revised Serving Sizes & Labeling Requirements**
- By law, serving sizes must be based on amounts of foods and beverages that people are actually eating, not what they should be eating. The amount people eat and drink has changed since the previous serving size requirements were published in 1993. For example, the reference amount used to set a serving of ice cream was previously 1/2 cup but is changing to 2/3 cup and a serving of soda is changing from 8 ounces to 12 ounces.
- Package size affects what people eat. So for packages that are between one and two servings, such as a 20-ounce soda or a 15-ounce can of soup, the calories and other nutrients will be required to be labeled as one serving because people typically consume it in one sitting.
- For products that are larger than a single serving but could be consumed in one sitting or multiple sittings, manufacturers will have to provide “dual column” labels to indicate the amount of calories and nutrients on both a “per serving” and “per package”/”per unit” basis. Examples would be a 24-ounce bottle of soda or a pint of ice cream. The dual-columns make it easy to understand how many calories and nutrients you are getting if you eat or drink the entire package/unit at one time.

Source: [https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#dates]