

SUPER SALAD

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• **PURPLE/BLUE:** Blueberries, blackberries, red cabbage, raisins.

• **YELLOW:** Corn, yellow peppers.

For more information: Visit the web sites of the Produce for Better Health Foundation (PBHF) (<http://www.5aday.com>) and the National Cancer Institute (NCI) (<http://dcccps.nci.nih.gov/5aday>). For specific information—plus recipes—for more than 50 fruits and vegetables, click on “links” on the PBHF Web site. Also, check the Dietary Guidelines for Americans, 2000 Web site (<http://www.usda.gov/cnpp/Pubs/DG2000/Index.htm>) for more information about the benefits of fruits and vegetables.

2. FIX IT LOW FAT

Dress your salad skinny with nonfat or low-fat dressings. Or—if you use a fat-based dressing—reduce the fat in other parts of your meal. A fourth cup of a high-fat dressing can quickly add 300 or more calories to your salad!

Likewise, emphasize lower fat forms of meat, poultry, seafood, and dairy products in salads. Or, balance them with lower fat choices in the rest of your meal.

For a flavorful oil-based dressing, consider olive oil. Olive oil is high in monounsaturated fat. It can help lower total blood cholesterol without lowering HDL or “good” cholesterol when consumed according to the new Dietary Guidelines for Americans, 2000 recommendation:

“Choose a diet that is low in saturated fat, cholesterol, and moderate in total fat.”

3. PUT THE PYRAMID ON YOUR PLATE

Move salads from side dish to main dish status for some of your meals. Include foods from the other Food Guide Pyramid Groups in addition to fruits and vegetables:

• **MEAT GROUP:** Mix in meat, poultry, seafood, cooked dry beans, eggs and/or nuts.

• **DAIRY GROUP:** Slip in slivers of cheese. Drizzle on a yogurt-based dressing.

• **BREAD GROUP:** Add croutons for crunch—store bought or home made. Put in pasta or rice as the base for some of your salad.



FOCUS

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or handling pets.

• Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.

• Wash surfaces often. Cutting boards, dishes, utensils, and counter tops should be washed with hot soapy water and sanitized after coming in contact with fresh produce, raw meat, poultry, or seafood. Sanitize after use with a solution of 1 teaspoon of chlorine bleach in 1 quart of water.

• Don't cross contaminate.

Use clean cutting boards and utensils when handling fresh produce. If possible, use one clean cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. During food preparation, wash cutting boards, utensils or dishes that have come into contact with fresh produce, raw meat, poultry, or seafood. Do not consume ice that has come in contact with fresh produce or other raw products.

• Use a cooler with ice or use ice gel packs when transporting or storing perishable food outdoors, including cut fresh fruits and vegetables.

As an extra measure of precaution, you may wish to wash pre-packaged salads, especially if you are uncertain about how they were cleaned. Don't assume that because a food is pre-packaged it's ready to eat.

Even if you don't eat the peel of a fruit or vegetable—such as melons—it's still important to wash them. Bacteria from the outer surface can be transferred to the inside of the fruit or vegetable. Discard the outer leaves of leafy vegetables before washing them.



WATCH

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Sheriff's Department will post Neighborhood Watch signs. An area map of people from the neighborhood should be supplied.

The services of a Neighborhood Watch

1. During the organizational meeting, the Lancaster County Sheriff's Department will compile a list of participants and distribute additional information to all members in the watch area.

2. Once all guidelines are met, Neighborhood Watch signs will be posted.

3. When the Lancaster County Sheriff's Department has information pertinent to your neighborhood watch area, the

drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge that you are making full use of your gardening space and season. (MJM)

Healthy Eating From Your Home Garden!

As we reap the harvest of our gardens, we may eat more veggies during the summer than we do the rest of the year. Here's an update on how those good-tasting veggies are good-for-you too!

• **Tomatoes.** (Tomatoes are technically a fruit—why they're classified as a vegetable is another story!) Tomatoes are an excellent source of lycopene, a substance that may help reduce the risk of cancer of the prostate, cervix and colon. Lycopene also may help protect against heart disease. Processed tomatoes provide more lycopene than raw ones. Cooking breaks down cell walls and makes lycopene more available to your body. For extra lycopene, you might enjoy some of your fresh tomatoes in a sauce.

• **Broccoli and cabbage.** Harvard researchers found men who ate more than five servings of cruciferous vegetables weekly were half as likely

to develop bladder cancer as those eating one or fewer servings a week. These vegetables include cabbage family members such as broccoli, cauliflower, kale, and Brussels sprouts. Broccoli and cabbage seemed especially protective.

• **Kale, collard greens, Swiss chard, spinach, broccoli, turnip greens, leaf lettuce and other dark green lettuces, cabbage.** Eating your greens may help your bones. Cooperative research by Harvard and Tufts Universities suggests that vitamin K, found in the highest amounts in dark green vegetables, may help protect against hip fractures. A 10-year study of middle-aged women showed those eating the most vitamin K were 30% less likely to have a hip fracture.

Calcium and vitamin D are still important for bone health. Vitamin K is thought to help promote a chemical change necessary in bone development.

Green vegetables also tend to be high in folate, vitamin C and carotenoids, equally important nutrients. A daily trip to your garden for your greens makes good sense.

• **Carrots, pumpkin, leafy greens, winter squash, tomatoes, sweet peppers, spinach, brussels sprouts, kale, broccoli.** Diets rich in antioxidant vitamins may help protect against cancer and heart disease.

This list gives some common vegetables high in antioxidant nutrients. Notice how these green vegetables keep popping up on almost all the lists!

To keep the health benefits coming year round, enjoy frozen or canned versions of these veggies when fresh ones aren't available. Aim for three to five servings of veggies daily. For a free fact sheet on freezing so you can enjoy your garden vegetables throughout the year, send a self-addressed, stamped envelope to: Freezing (# 108-94); c/o Alice Henneman; NU Lancaster County Extension; 444 Cherrycreek Road; Suite A; Lincoln, NE 68528-1507. (AH)



MARKETS

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processed under state inspection. Game animals (rabbits, buffalo, pheasants, etc.) are not amenable to USDA regulations, therefore, inspection by the USDA is not required. Similar to poultry processing, the processing area must meet food safety and sanitation requirements including smooth, cleanable work surfaces, walls, floors and ceilings, adequate clean-up facilities, hand sinks with hot and cold water, and adequate refrigeration facilities. This area would be permitted as a processor.

What about selling shell eggs?

Eggs must be clean, graded, and kept refrigerated at 45 degrees F and be labeled with the Nebraska Egg Code number, grade, size, pack date, and name and address of packer. The egg code number is a registration number provided by the Department of Agriculture at no charge. A person may sell eggs of their own raising to stores, restaurants, and institutions without a permit.



OPERATIONS

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• How will your business handle growth?
• How long will it take from the time an order is placed to when the customer receives it?

These questions and many others need to be addressed as you look at the operation of your business. You will find your

production operations have a direct bearing on your financial planning. In our next article, we will look at the financial structures you must create to support the business operations you have identified in this section of your plan. (DJ)

