

Lubbock County Family Network



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EASTER TIME MEANS EGG TIME

History:

The Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called “Osterhase” or “Oschter Haws.” Their children made nests in which this creature could lay its colored eggs. The egg is an ancient symbol of new life and was associated with spring festivals in pagan cultures but came to represent Jesus’ emergence from the tomb and resurrection. Decorating eggs for Easter is a tradition that dates back to at least the 13th century, according to some sources. One explanation for this custom is that eggs were formerly a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting, then eat them on Easter as a celebration.

Health Benefits of Eggs:



Eggs are a great source of **protein** with about 6 grams per egg and contain all 9 essential amino acids making them a good muscle building food. They provide important nutrients such as **vitamin D** for bone strength and a healthy immune system, as well as **choline** for brain function. The antioxidants **lutein** and **zeaxanthin** are also found in eggs, they are important for cognition, eye health and help protect eyes from harmful blue light from monitors and screens. Eggs also contain many **B-vitamins** for energy and the important mineral **iodine** to balance thyroid hormones. The majority of the nutrition is found in the yolk so it’s best to eat the whole egg!

Popular Misinformation (Don’t be fooled):

Around Easter time when consumers are looking to buy more eggs, many are confused by the options in the egg case. From a nutrition perspective, the content of eggs is

similar regardless of color (white or brown), grade (AA, A or B), or how they are raised (organic, free-range and conventional).

Companies use labels such as these to make their eggs seem healthier or have a higher quality than a cheaper brand, but you sometimes end up paying more money for the same nutrition. Exceptions to this are eggs from chickens fed a diet higher in vitamin D or Omega 3 which do increase the amount of that nutrient in the eggs, but again comes at a higher price.

Eggs are high in cholesterol, but the effect of egg consumption on blood cholesterol is minimal when compared with the effect of trans fats and saturated fats. This means that when paired with other healthy foods and not bacon, sausage or ham, eggs can be enjoyed guilt free year round and especially on Easter...in moderation of course.

Key Tips:

- Hard-boiled eggs can last up to one week in the refrigerator, unpeeled, and make for an easy weekday snack or salad topper.
- Make time for healthy eating around the Easter holiday. Choose nutrient-dense foods, like eggs, to keep you feeling energized and full.

Food Safety:

- The risk of getting a foodborne illness from eggs is low, however proper handling and storage of eggs is important to prevent possible illness and disease.
- It is best to keep eggs stored in the refrigerator at or below 40°F to make them last longer. Do not eat decorated eggs that have set out longer than 2 hours.
- You should also keep eggs in the main body of the refrigerator and not in the door to make sure that they

stay at the same temperature, since the door items are further away from the cold when the door is left open.

- Discard any eggs that are unclean, cracked, broken or leaking and practice good hygiene like washing hands when preparing them.
- The use-by or sell-by date listed on the package is not strict for eggs. In fact, eggs can be kept beyond the use-by date for about 30 days and still be good to eat.



Sources:

<https://www.history.com/topics/holidays/easter-symbols>
<https://www.eggnutritioncenter.org/materials>
<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/cholesterol/faq-20058468>
<https://www.incredibleegg.org/recipe/buffalo-egg-salad-celery-sticks/>
<https://food.unl.edu/cracking-date-code-egg-cartons>

Created By: Jackson Scharf, TTU Dietetic Intern 2018

HOW TO AVOID A GREEN RING AROUND HARD-BOILED EGG YOLKS

Perhaps you've hard-cooked an egg only to discover a green ring around the yolk when you crack it open. Here's what happened and what you can do to avoid it, according to Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division:

“A greenish-gray ring may appear around a hard-cooked egg yolk. It's unsightly, but harmless, the ring is caused by a chemical reaction involving sulfur (from the egg white) and iron (from the egg yolk), which naturally react to form ferrous sulfide at the surface of the yolk. The reaction is usually caused by overcooking, but can also be caused by a high amount of iron in the cooking water.

“Eliminate the ring by avoiding overcooking and by cooling the eggs quickly after cooking. Run cold water over the just-cooked eggs or place them in ice water (not standing in water) until they have completely cooled. Then refrigerate the eggs in their shells until you're ready to use them. Hard-cooked eggs in the shell can be refrigerated up to one week.”

Get more information on times and temperatures on making hard-cooked eggs from the American Egg Board, (<https://www.incredibleegg.org/cooking-school/egg-cookery/hard-boil-eggs/>)

Source: University of Nebraska-Lincoln Institute of Agriculture and Natural Resources (<http://ianr.unl.edu>)

Questions or Comments? **Email author Alice Henneman** (ahenneman1@unl.edu), MS, RDN, Extension Educator



FOOD SAFETY TIPS FOR ELECTRIC MULTI-COOKERS

Have you jumped on the electric multi-cooker (such as an Instant Pot®*) craze? These appliances are used for slow-cooking, searing, sautéing, simmering, steaming, and much more. Probably the most talked-about use for electric multi-cookers, is the pressure cooking feature.

When looking online for electric pressure-cooking information, a variety of cooking times are listed for foods such as meat, poultry, and fish. The cooking time needed varies with the size and model of the multi-cooker, size/cut of meat, amount of liquid, pressure release used, and other factors. However, the most important step is often left out—use a food thermometer to ensure food has reached a safe minimum internal temperature.

Using a food thermometer is the only reliable way to ensure safety of meat, poultry, and egg products. Place the food thermometer in the thickest part of the food, making sure not to touch bone, fat or gristle. According to USDA, food should be cooked to the following minimum internal temperatures as shown in the following chart. For personal preference, you may choose to cook food to higher temperatures.

If food has not reached the proper temperature after pressure cooking, it is important to continue the cooking process. Whether it is going back to pressure cooking, using the sauté feature on your multi-cooker or switching to using the stove top or oven, make sure a safe temperature is reached.

Product	Minimum Internal Temperature
Beef, Pork, Veal & Lamb (steaks, chops, roasts)	145°F (62.8°C) and allow to rest for at least 3 minutes
Ground Meats (beef, pork, veal, lamb)	160°F (71.1°C)
Ham , fresh or smoked (uncooked)	145°F (62.8°C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	140°F (60°C) for ham packaged in USDA plants 165°F (73.9°C) for all other hams
All Poultry (whole birds, parts, ground poultry and stuffing)	165°F (73.9°C)
Eggs	160°F (71.1°F)
Fish and Shellfish	145°F (62.8°F)
Casseroles	165°F (73.9°F)

Source: Safe Minimum Internal Temperatures, USDA, <http://go.unl.edu/05ny>

Check out more Food Fun for Young Children Newsletters at: <http://go.unl.edu.chi>

**Reference to commercial products or trade names is made with the understanding that no discrimination is intended of those not mentioned and no endorsement by University of Nebraska-Lincoln Extension is implied for those mentioned.*

Source: University of Nebraska, Lincoln. Article written by Cami Wells, MS, RD (cami.wells@unl.edu) Extension Educator.

WATCH OUT FOR TAX SCAMS

You shouldn't have to worry about crooks at tax time, but they get very active during tax-filing season. Crooks are looking to steal personal identification, scam you out of money or convince you to perform questionable tax behaviors, whether it is fake charities, phishing or phone fraud. Some are tapping into tax-reform related scams. Here are some topping the list.

Refunds: They phish to steal information from tax preparers, file fraudulent tax returns, get the refund deposited in a clients bank account and the pose as IRS agents getting the taxpayer to return the money to scammers.

Fake Returns: File as soon as possible so scammers cannot file a return in your name, stealing your refund.

Fake tax preparers: These scammers pose as legitimate professionals and prey on those that don't understand the U.S. tax system or who don't speak English well. Anyone with a Preparer Tax Identification Number (PTIN) can prepare taxes, so choose a good one carefully. The Better Business Bureau have tips and the IRS has a public directory to check credentials for some professionals. Some states have standards for tax preparers.

Seniors have been vulnerable to scams, but new data says millennials (ages 20-29) lost more money to fraud than seniors. About 40 percent of millennials lost money compared to 18 percent of those 70-plus. However, those 80-plus suffered the most (an average of \$1,092 per person compared to \$400 for millennials), as reported by the Federal Trade Commission's 2017 Consumer Sentinel Network Data Book.

Source: Scana Gram by Consumer Action News Alert, March 2018, www.consumer-action.org

MOVING NOTICE

The Texas A&M AgriLife Extension office in Lubbock County has moved to the 4th floor of the 916 Main Building. Our PO Box and phone number has not changed. The new physical address is: 916 Main Street, Suite 401, Lubbock, TX 79401.

NEWSLETTER OPT-OUT

If you no longer wish to receive this newsletter, please contact our office to be removed from the list.

If you have anyone that would like to be added to the newsletter, also contact our office, 806-775-1740.

ACI: PACKETS UP! = ACCIDENT PREVENTION

The American Cleaning Institute (ACI) has a simple reminder for parent and caregivers: "Packets Up! Is accident prevention."

PACKETS UP! Is ACI's consumer safety initiative to help reduce the number of accidents related to liquid laundry packets. As part of its **PACKETS UP!** Program, ACI launched an educational microsite, **PACKETSUP.com**, which offers resources to encourage safe laundry room practices.

In concert with the annual observance of National Poison Prevention Week, March 18-24, 2018, ACI has been highlighting important messages for parents and caregivers whenever they are using liquid laundry packets in the home.

"Liquid laundry packets are used safely by millions of people every single day when they are used as directed and properly and safely stored. Simply put, accidents involving

liquid laundry packets can easily be prevented with safe use and storage,” said Nancy Bock, ACI Senior Vice President, Education.

“On PACKETSUP.com, our free “cling” - which you can put on your washing machine or cabinet - is a good visual reminder to keep laundry packets up high and away from kids. When caring for an individual living with Alzheimer’s disease or dementia, all cleaning products - including laundry detergents - should be secured in a locked cabinet or closet when not in use.”

PACKETS UP! Offers Free Activity Sheets, Videos on Laundry Safety

Besides the clings, PACKETSUP.com provides free activity sheets and info graphics to help parents teach children that laundry packets are not toys and safety posters.

Moms and dads active on social media can share ACI’s safety video showing hidden dangers in the home and what you can do to prevent accidents.

Reminder: Laundry Packet Safety is No Joke

ACI reminds everyone that intentionally biting or consuming liquid laundry packets is no laughing matter.

“It is important to remember that these products are highly concentrated detergent packets,” said ACI’s Nancy Book. “Their contents can cause serious harm if they are ingested or come into contact with the eyes or skin.

“They are not a toy and should not be used in pranks. Product safety is not a joke.”

Share ACI’s newest safety poster, Laundry Packets are for Cleaning Clothes, Not Playing

Source: Brian Sansanim, American Cleaning Institute, 202.662.2517 (office) 202.680.9327 (mobile) or bsansoni@cleaninginstitute.org

Recipe Corner

Here’s a healthy and easy yet interesting and flavorful Easter Time snack idea for the family:



Buffalo Egg Salad Celery Sticks

Ingredients: (Yields 6 servings)

- 8 hard boiled eggs, peeled and chopped
- 3 tbsp. regular or light mayonnaise
- 2 tbsp. chopped fresh chives, divided
- 1 tbsp. lemon juice
- 1 tbsp. buffalo-style hot sauce
- ¾ tsp. paprika, divided
- ¼ tsp. each salt and pepper

Directions:

1. Combine eggs, mayonnaise, 1 tbsp. chives, lemon juice, hot sauce, and ½ tsp. paprika, salt and pepper. Spoon into celery pieces.
2. Sprinkle remaining paprika and chives over the top.

Nutritional Information:

Per serving: (per 1/6 of recipe)

Calories 160; Fat 12g;
Cholesterol 250mg;
Sodium 330mg;
Carbohydrate 3g; Fiber 1g;
Sugars 1g; and Protein 9g.



Sources:

- <https://www.history.com/topics/holidays/easter-symbols>
- <https://www.eggnutritioncenter.org/materials>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/cholesterol/faq-20058468>
- <https://www.incredibleegg.org/recipe/buffalo-egg-salad-celery-sticks/>
- <https://food.unl.edu/cracking-date-code-egg-cartons>

Created By: Jackson Scharf, TTU Dietetic Intern 2018

Super Quick Brown Rice Pilaf

- 2 cups uncooked brown rice
- 2 ½ cups low-sodium chicken broth
- 2 Tablespoons minced onion
- 2 teaspoons dried parsley
- 1 teaspoon garlic powder
- Salt and pepper to taste

1. Add brown rice, chicken broth and minced onion to multi-cooker. Set device to 22 minutes of pressure cooking time.
2. When time is up, open the multi-cooker after a 10-minute natural pressure release. Add spices; salt and pepper to taste. Stir to combine and serve. Makes 8 servings (½ cup each). Each serving contains 123 calories, 0.8g fat, 174 mg sodium, 24g carbohydrate and 2g fiber.

Cook’s Notes: Fresh onions, garlic and parsley would be delicious if available. Dried fruits or nuts could be added after cooking the rice along with a few vegetables such as cooked carrots or peas.

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Source: University of Nebraska, Lincoln. Article written by Cami Wells, MS, RD (cami.wells@unl.edu) Extension Educator.

Texas A&M AgriLife Extension Strawberry Field Day

Free
of Charge



Free
of Charge

Saturday, April 21
9:00 am - 12:00 pm
A&M AgriLife Research & Extension Center,
1102 East FM 1294, I-27, Exit 11
Contact: Dr. Russ Wallace 806-746-6101;
rwallace@ag.tamu.edu

Topics to discuss: Visit high and low tunnel research production trials, Biocontrol of root and foliar diseases, Strawberry planting and fertilization, Strawberry varieties, Costs of production.



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Sincerely,

E. Kay Davis, M.S.
County Extension Agent - Family and Community Health
Lubbock County

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