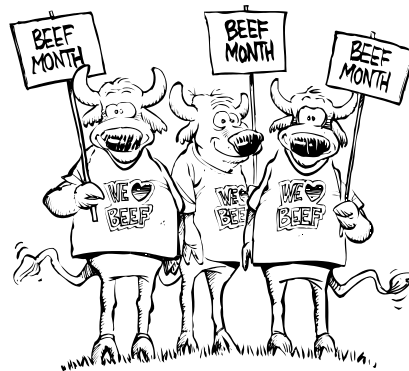


JUNE IS BEEF MONTH IN LOUISIANA

Beef farmers across the state will celebrate Beef Month in June. This serves not only as a reminder to eat beef in June but all year round. Most people shy away from beef because they think it's unhealthy, but there are 29 lean cuts of beef. Beef is loaded in nutrients. One 3 ounce serving of beef has an excellent source of protein, zinc, Vitamin B12, selenium and phosphorus. And that same cut of meat is a good source of niacin, Vitamin B6, iron and riboflavin. The 29 lean cuts of beef all have less than 10 g total fat, 4.5 g or less of saturated fat per serving.

When buying beef look for the words loin, lean, sirloin and top round, as they are all clues that you are buying lean cuts of beef. Beef is also graded for retail sale. There are eight beef grades but the three cuts mainly sold in stores are prime, choice and select. Prime cuts are higher priced and have a great degree of marbling. Choice cuts are less expensive than prime and has sufficient marbling for tenderness and juiciness. Select cuts of meat are lower priced than prime and choice and can be tougher and less flavorful.

Remember the slogan, "Beef it's what's for dinner!" and eat beef tonight.



SPOTLIGHT ON: PEACHES!

Summer and Louisiana peaches go hand in hand. Fresh Louisiana peaches are available from mid-May to early August, with the peak of peach season from mid-June to mid-July. Peaches are an excellent way to get a serving of fruit in your diet. Peaches are low in fat and calories and are sodium free. One medium peach has 38 calories. Yellow-fleshed peaches are good sources of beta carotene, niacin and potassium.

When buying peaches, choose ones that are firm-ripe and skin should be yellow or cream colored. The skin should be free of bruises and fresh looking. One pound of peaches yields 3-4 medium peaches. Store peaches at room temperature, away from direct sunlight until fully ripe. Refrigerate soft peaches and use them within 3-4 days. To enjoy peaches year round freeze them.

To Freeze Peaches Without Sugar

Dissolve ascorbic acid in a little water. Sprinkle over peaches and stir, being sure they are well covered. Fill container, leaving ½ inch headspace. Place a piece of crumpled waxed paper on top, seal airtight, label and freeze. If desired prior to eating, sprinkle with artificial sweetener or sugar. For more information on preserving peaches call our office for the Ways with Peaches publication.

SPOTLIGHT ON: BLUEBERRIES

Blueberries are a super food touted by nutritionists and dietitians. The reason they are a super food is because they have lots of antioxidants that protect against chronic diseases, cancer, aging and free radical cell damage.

One-half cup of blueberries has only 42 calories and are an excellent source of fiber and Vitamin C. The blueberry variety native to Louisiana is the rabbiteye blueberry. The rabbiteye blueberry is available early May to mid-June, but blueberries from other regions are available late June to August.

When handling blueberries you want to handle them gently to avoid bruising. Store berries unwashed in the refrigerator in a shallow container. Prior to using or eating your blueberries wash them under cool running water. The recommended storage time for blueberries in the refrigerator is 3-5 days.

Blueberries are very versatile and can be used in a variety of dishes: salads, muffins, pies and breads. You can even just eat them as a snack.

If you have an abundance of blueberries you can freeze them for later use. To freeze blueberries, do not wash them. Remove the stems and trash and package tightly in freezer bags, freezer containers or glass jars leaving ½" headspace. Seal airtight and freeze. Remove from freezer, rinse in cold water and use immediately. For more information on blueberries contact our office for the Louisiana Blueberries publication.











GRILLING FOOD SAFETY

Cooking outdoors or barbecuing is a year round activity, but in the summertime most people grill almost once a week. Following a few food safety tips can help prevent harmful bacteria from multiplying and causing foodborne illness.

- Always rush home from the store when purchasing meat and either refrigerate it if it will be used within 1-2 days or freeze it.
- You want to make sure cuts of meat are completely defrosted prior to grilling so they cook more evenly.
- Always marinate meat in the refrigerator, not on the counter. Poultry and cubed meat can be marinated for up to two days and beef, veal, pork and lamb roasts, chops and steaks can be marinated up to five days. Marinades help not only season the meat but tenderize it too.
- Make sure to keep cold food cold and hot food hot. If transporting it in a cooler, keep it out of the direct sun.
- Make sure to not use the same platter and utensils for raw and cooked meats and poultry. Use one platter for raw meats and a separate one for cooked meats.
- Make sure to cook all foods thoroughly: whole cuts of poultry 165°F; poultry pieces 165°F; ground poultry 165°F; ground meats (beef, pork, lamb and veal) to 160°F; beef, pork, lamb and veal (steaks, roasts and chops) to 145°F and let rest at least three minutes.

The only way to know if meat is cooked safely is check the internal temperature with a food thermometer. When reheating foods like hot dogs, make sure they are cooked to 165°F and once foods are cooked keep them hot and do not let them sit out for one hour in temperatures above 90°F. Source: www.fsis.usda.gov

USDA Recommended Safe Minimum Internal Temperatures						www.IsItDoneYet.gov	
							
Steaks & Roasts	Fish	Pork	Ground Beef	Egg Dishes	Chicken Breasts	Whole Poultry	
145 °F	145 °F	160 °F	160 °F	160 °F	165 °F	165 °F	
 United States Department of Agriculture Food Safety and Inspection Service						USDA Meat & Poultry Hotline 1-888-MPHotline (1-888-674-6854)	

CENTSIBLE NUTRITION BUYS FOR JUNE-AUGUST

Beets	Chicken	Milk and Milk Products	Bell Peppers
Broccoli	Snap Beans	Peaches	Okra
Cabbage	Summer Squash	Bell Peppers	Sweet Corn
Collard and Mustard Greens	Tomatoes	Eggplant	Butter Beans
Cucumbers	Turnips	Green Beans	Peas
Pork	Strawberries	Blackberries	Figs
Blueberries	Beef	Irish Potatoes	
Watermelon	Cantaloupe	Chicken Leg Quarters	

MELON FACTS

The summertime brings along an abundance of melon fruits in your grocery store: cushaw, cantaloupe, watermelon and honeydew just name a few. Melons are actually in the same gourd family as squashes and cucumbers. Melons are sweet, juicy and have a good source of Vitamin C, potassium and Vitamin A. They are low in calories, fat and cholesterol free, but high in water content. Below are a couple of different types of melons available for purchase at your local farmers market, fruit stand or grocery store.

- Cantaloupes have an orange colored flesh and a tan netted skin, that is usually available year round though the peak season for them is June-August.
- Casaba melons do not have an aroma. They are large and a pale yellow, with a white flesh and a sweet taste. Casaba melons are available through July-December.
- Crenshaw melons can weigh up to ten pounds and have a sweet and spicy taste. The peak season is July through October.
- Honeydew melons have a yellow rind with green flesh, its best available from June through October.
- Santa Claus melons are available during the month of December. It's similar to a watermelon with the green and gold stripes but it's only a foot long.

Remember to keep your uncut melons at room temperature for 2-4 days to fully ripen, then cut up and refrigerate for five days.

Source: www.cdc.gov

TIPS TO REDUCE THE SALT, SODIUM AND ADDED SUGARS IN YOUR DIET

As Americans we love salt and sugar in our diets. The problem with salt is that it plays a role in high blood pressure and everyone including children should eat less than 2300 mg (about 1 teaspoon) of sodium per day. The other problem is that sweet treats and sugary drinks have a lot of calories but few nutrients. The majority of our added sugars in our diets come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy and other desserts. To make small changes for a healthier diet, try incorporating these tips to reduce the salt and added sugars in the diet.

1. Go fresh - most of us eat lots of processed foods so decrease your intake of processed foods.
2. Cook at home more, where you can control the seasonings and salt in your foods.
3. Choose dairy products and protein foods that are low in sodium. Now many dairy products and protein products are offered in reduced sodium varieties.
4. Adjust your taste buds by cutting back little by little on the salt - eventually your taste for salt decreases over time.
5. Skip the salt. When you are cooking pasta or rice don't add salt to the water and that is one way you can decrease the sodium content in your foods.
6. Read the food label to find the sodium content of a serving of food. If the food product has 400 mg or more of sodium in one serving it's considered to be high sodium.
7. When eating out, request foods be made with less salt and ask for sauces and dressings on the side so you eat less.
8. Watch out for condiments like soy sauce, ketchup, pickles, olives, salad dressings and seasoning packets that are high in sodium. Opt for reduced sodium soy sauce and ketchup.
9. Increase your potassium intake, which can help with lowering your blood pressure. Potassium is found in foods like potatoes, beet greens, tomato sauce, sweet potatoes, white/kidney/lima beans, bananas, yogurt, clams, halibut, orange juice and milk.
10. You can not completely cut out all sweets and desserts; but you can serve smaller portions of these items.
11. Instead of sodas; offer water, 100% juice, of fat-free milk when kids are thirsty.
12. Do not offer sweets as rewards, when kids get food rewards for good behavior they may think some foods are better than others. Offer rewards that are non-food items.
13. Instead of serving sweet, sugary foods for dessert, serve fruit instead.
14. Look for breakfast cereals that are low in sugars instead of ones high in sugar.

For more information visit www.chosemyplate.gov

For more information on any topic in this newsletter or any other topic please contact our office at :

337-898-4335

Cooperative Extension Service

Vermilion Parish

1105 W. Port Street

Abbeville, LA 70510

Phone (337) 898-4335, Fax (337)893-7165

Website: www.lsuagcenter.com

This material is partially funded by USDA's

Supplemental Nutrition Assistance Program.

**HAVE A SAFE AND
HEALTHY SUMMER!**

Next Issue Features:

**Rice Month, Back to School Lunches, National
Cholesterol Month and Much More!!!**

Kindest Regards,

*Mandy G. Armentor, MS, RD, LDN
Assoc. Extension Agent (FCS-Nutrition)
Vermilion Parish Extension Service*