Garden of Plenty

Is your garden providing a bounty of produce, do you have more tomatoes than you know what to do with, or do you have zucchini coming out of your ears? As the summer winds down, our gardens begin to show the fruits of our labor.

If you are not able to eat all of your produce before it goes bad, consider some of the following food preservation techniques.

**Freezing:** Freezing vegetables is a great way to preserve them for your favorite winter soup, stew, or chili. Frozen fruit is handy for smoothies or thawed for yogurt toppings. When freezing your fruit or vegetables, it is important to get the product from the garden to the freezer as quickly as possible for the best quality.

**Dehydrating:** Dehydrated fruits and vegetables make a delicious, healthy snack! Using a dehydrator is the best way to dry fruit and vegetables. Oven dehydrating can also be done, thought it is a slower, more time consuming process and may not always provide the best flavor.

**Canning:** Canning is making a comeback. Many food enthusiasts are taking on canning in various forms, from jam to pickled eggs. Be sure to use standardized recipes and follow recommended processing methods for each food item.

Visit the Colorado State University Extension website for fact sheets to help safely guide you through your favorite home preservation techniques:

[http://www.ext.colostate.edu/pubs/pubs.html#nutrition](http://www.ext.colostate.edu/pubs/pubs.html#nutrition)
Ratatouille

Ratatouille is a great dish for incorporating your bounty of produce.

Ratatouille is usually served as a side dish but may also be served as a meal on its own (accompanied by pasta, rice or bread). Tomatoes are a key ingredient, with garlic, onions, zucchini, eggplant, bell peppers, marjoram and basil, or bay leaf and thyme.

Ingredients:
- 2 eggplants (1 1/2 pounds), cut into 1/2-inch cubes
- 4 onions, chopped
- 1/2 cup olive oil
- coarse salt to taste
- 4 yellow squash (1 1/2 pounds), cut into 1/2-inch cubes
- 2 large red bell peppers, cut into 1/2-inch cubes
- 8 plum tomatoes, peeled, seeded, and chopped
- 7 garlic cloves, minced
- 1 teaspoon chopped fresh thyme
- 1 1/2 pounds penne rigate (with ridges)
- 1/2 cup finely chopped fresh flat-leaf parsley

Instructions:
Preheat oven to 450°F.

Stir together eggplants, onions, 1/4 cup oil, and kosher salt in a large roasting pan, then roast mixture in middle of oven, stirring occasionally, 15 minutes. Stir in squash, bell peppers, 2 tablespoons oil, and more kosher salt to roast mixture, stirring occasionally, until bell peppers are tender, 25 to 30 minutes.

While vegetables are roasting, simmer tomatoes, garlic, thyme, remaining 2 tablespoons oil, and kosher salt in a heavy saucepan, stirring occasionally, until thickened, 12 to 15 minutes. Stir tomatoes into roasted vegetables and season ratatouille.

Cook penne rigate in a 6-qt. pot of boiling salted water until al dente and drain. While pasta is cooking, stir parsley and basil into ratatouille and season. Toss penne rigate with 1/3 of ratatouille and serve topped with remainder ratatouille.

Mooooooo…. Do You Like Your Milk Raw or Pasteurized?

Despite its familiarity, many people do not know the true definition of pasteurization. Pasteurization heats milk to a high temperature for a very short time, killing the bacteria that cause illness. When the process became widespread in the 1950’s, there was a huge reduction in a number of illnesses, and it is still recognized as a significant medical advancement. Many medical and scientific organizations recommend pasteurization for all milk consumed by humans, including the CDC, the FDA, the American Academy of Pediatrics, and our Department of Food Science and Human Nutrition.

Why, then, are many people buying raw milk, thinking that it is better for them? Some websites claim that raw milk cures allergies and prevents cancer; completely untrue. Other sites promote raw milk as more healthful, claiming that pasteurization destroys vitamins, minerals, proteins, and immune factors. Although some nutrients are reduced slightly, pasteurized milk has all the nutritional benefits without the risk of disease. Think cramping, diarrhea, vomiting, and more serious illnesses such as kidney failure. Milk from all cows is susceptible – grass fed, grain fed, organic, and non-organic. The risks of drinking raw milk are such that many states have banned its sale, and most small, local dairy farms use pasteurization for the milk from their happy, organic cows. You can still have a natural product without making yourself ill. For more information, go to www.cdc.gov.
Programs and Services in the KANC!

**Nutrition Counseling and Education**
Our Registered Dietitians provide assessment of your diet along with individualized advice, goal setting, and meal planning for all needs, including gluten intolerance, diabetes, weight management, pregnancy, heart disease, other conditions, and of course prevention of disease. Cost: $50. See website or call for details.

**Resting Metabolic Rate**
Do you wish you knew how much to eat each day for optimal energy, performance, and balance? Our metabolic rate monitor can determine your basic calorie needs in a 30-minute appointment, and we can provide recommendations based on your activity or weight goals. Cost: $75. See website or call for details.

**Healthy You: Weight Management and Mindful Eating Program**
This fun (research-based) 10 week curriculum promotes healthy eating without deprivation or dieting. Hands-on activities, snacks, and exercises help you understanding hunger, portions, labels, menu planning, physical activity, and more. Tuesdays, September 11-November 13.

- **Time:** 12-1 pm or 6-7 pm
- **Cost:** $175 ($87.50 for CSU students and employees)
- **Special:** Register with a partner and each save $50 (not combined with CSU discount)

**Cooking Classes**
Our International Series continues as we travel around the world… at least with our nutritious, delicious recipes. Each class provides you with a packet of recipes and nutrition information, as well as a satisfying meal. Note we have added evening classes!

- **September 19** - Caribbean
- **October 24** - Spain
- **November 28** - Mexico
- **Time:** 12-1 pm or 6-7 pm
- **Cost:** $20 per class ($10 for CSU students and employees)
- **Special:** Register in advance for all 3 classes for just $50 ($25 for CSU students & employees)

**Location for all activities:** Room 114, Gifford building on the CSU campus

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Visit our website for more information!