



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

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Chief and Rays Supermarkets

BAD NEWS-GOOD NEWS ABOUT APPLES

Apples are more likely to have pesticide residue than other common fruits and vegetables, according to the Environmental Working Group. 98% of apples tested positive for pesticides according to data gathered by the U.S. Department of Agriculture and the Food and Drug Administration, even though most samples were washed and peeled before testing. Other items most likely to contain pesticides include celery, strawberries, peaches, spinach and imported grapes. The good news is that U.S. health authorities say that all the pesticide levels were within recommended limits. To avoid pesticides altogether, purchase organic produce, for which pesticide use is prohibited.

Source: Weill Cornell Medical College for Women's Nutrition Connection, August 2011.

PS: I've watched many a person simply rub an apple on his sleeve before eating but not me! Always scrub with a fruit and vegetable brush whether it's organic or not.

WHY DO THEY?

I've been out to breakfast a couple times recently. Most menus feature three egg omelets. Why three eggs when two egg omelets are adequate for anyone!

That makes me wonder why there are 10 hot dogs per package and eight or a dozen buns in which to put them?

Why do Bob Evans and Johnsonville continue making sausage products with MSG when most food companies are phasing it out?

Why doesn't Ballreich stop processing potato chips in hydrogenated fat so they'll be trans fat-free like leading competitor, Lays, that are Trans fat and MSG-free except Lays Baked Potato Chips? Having said that why the MSG in them?

LIKE HUMANS, OUR DOGS HAVE A WEIGHT PROBLEM!

I hate to say it but the same problem that plagues half the human population affects about 35 million dogs in the US. It's even worse for cats because 54 million of them are overweight or obese! You're not doing your pet a favor by feeding them table scraps and extra treats. I've had four miniature dachshunds. Maggie is the most slender of the four. Although she gets a spoonful of ice cream when I have it for dessert and about 1.5" of my daily banana chopped, that's about it for human food. She's on Hill's Light dog food. Her treats for doing her duty are a few pellets of dog food or her daily vitamin. She weighs in between 7 and 8 pounds. Like humans, dogs need exercise. When I'm tired I could talk myself out of walking but Maggie is the prime motivator more days than not and the sooner we do it, the more likely it will happen!

FROM THE COOKBOOK SHELF

I have close to a dozen of Gwen McKee and Janet Mosely's *The Best of the Best State Cookbook Series* featuring recipes from some of each state's community cookbooks. My latest is from Washington. Apple Blackberry Crisp caught my attention because 'tis the season for apple desserts and fresh blackberries add a new dimension to an old dessert favorite.

APPLE BLACKBERRY CRISP

FILLING:

- 6 Golden Delicious apples, peeled, cored and cut into thin slices
- 2 cups fresh blackberries
- 1/2 cup sugar
- 2 tablespoons flour

Preheat oven to 350°F. Butter a 9x13-inch baking dish. Arrange apples in baking dish. Top with blackberries. Sprinkle with sugar and flour.

TOPPING:

- 1/2 cup rolled oats (not instant)
- 1/2 cup flour
- 1/2 cup chopped walnuts
- 1/3 cup butter, melted
- 1/2 cup packed light brown sugar
- 1 teaspoon cinnamon

Combine oats, flour, nuts, butter, brown sugar and cinnamon in a bowl till crumbly. Sprinkle Topping evenly over Filling. Bake until fruit is soft and bubbly and Topping is browned, about 35 to 40 minutes. Serve warm, topped with ice cream (optional). Recipe makes 6 servings.

Source: *Best of the Best from Washington Cookbook*, via *Favorite Recipes from Our Best Cooks*, St John Vianney Altar Society, Spokane, WA.

RED MEAT INCREASES RISK OF COLORECTAL CANCER

Forty-five percent of colorectal cancer cases could be prevented if people ate less meat, drank less alcohol, ate more foods high in fiber and exercised more frequently. These findings were announced in a report released in May 2011 by the World Cancer Research Fund and American Institute for Cancer's Continuous Update Project (CUP) panel of experts. "This report is the most comprehensive and systematic review ever conducted on the overall body of evidence linking red meat, fiber and colorectal cancer," says Elisa Bandera, MD, PhD, one of the panel members who reviewed new and existing evidence gathered by scientists at Imperial College London. Dr. Bandera is Associate Professor of Epidemiology at the Cancer Institute of New Jersey.

Source: *DukeMedicine Health News*, September 2011.