



Williams County  
Courthouse, 205 E Broadway  
P.O. Box 1109  
Williston ND 58802-1109  
Phone: 701-577-4595  
Fax: 701-577-4597  
maryf@co.williams.nd.us

# THIS 'N THAT

Williams County Extension Homemakers & Friends Newsletter  
Family & Community Education

AUGUST 2010

## TIDBITS

### INSIDE THIS ISSUE:

SKIRT STEAK	2
PEACHES	3
FOOD WISE	3
ADVANCE DIRECTIVES	4
HOMEMAKER CLUB PROGRAMS	4

Greetings,

The fair season is over for us and it is time to start thinking back to school and routines. Our Williams County 4-H members exhibited fantastic projects in both the county and state fairs. I hope that you had an opportunity to view them.

I was invited to judge the open class baked goods at the Richland County fair in Sidney this month. WOW! There were over 400 entries and I tasted baked goods for 8 1/4 hours! I couldn't help but wonder why they have so many entries and the Williams County open class is so small. I know that our residents are every bit as talented in the culinary arts. Have you ever entered our county fair? If not, why not? I'd really like to know how we can build our numbers. If you have any suggestions, please let me know.

I also helped at the BBQ Boot Camp in Minot last week. I wish we could have scheduled one for Williston again this year. They are so much fun and provide great information. I will try again next year— I assume that such a successful program will continue. I have included a recipe inside from the NDSU Meat Lab and information from one of the Boot Camp presenters.

Williams County 4-H will be the showcased youth group at the Chokecherry Festival next week. Two Outstanding 4-H members will be the color guard in the parade and we will have a booth at the park. Stop by to see our display and visit on Saturday.

The peaches are in season now and I bought a lug of excellent peaches. Made a pie and have been eating them like candy. You will find information on peaches inside. We have great publications available in our office on canning and freezing!

*P.S. If you happen to know where there are some chokecherries available for the picking I'd love to find some. The bushes in our yard & pasture didn't bear any fruit this year and we are out of jelly!*

### DATES TO REMEMBER:

- **August 20 & 21** Chokecherry Festival at Harmon Park; Parade 10:00 Saturday
- **September 10** College for Seniors (11:00am "Nourish Your Bones & Joints")
- **October 11** Fall Homemakers Council Meeting, 7:00pm Courthouse 2nd floor conference room
- **October 29-30** Women in Ag Conference, Dickinson

## HOT TOPIC FROM THE NDSU MEAT LAB: SKIRT STEAK

### What is it?

Skirt Steak: A beef cut that comes from the flank/plate portion of a beef carcass

The Skirt is long, narrow, and thin with very visible muscle bundles (meaning it can be slightly chewy if prepared improperly)

It is very popular in creating Hispanic dishes

### What can I do with it?

Skirt Steak can be *GRILLED* and sliced across the grain (muscle bundles) for Fajitas or as a main meat course

Skirt Steak can be sliced prior to cooking used in stir fry or pan fried for Fajitas or other dishes

Skirt Steak is great marinated or done with a dry/wet rub

### Why should I cook it?

Because it is fun and gives a twist on Lunch or Supper

Because it will easily impress a group of friends or family

Because it is quick, easy, and good for you

Great source of protein, potassium, iron, and other minerals and vitamins

### Easy, Fun, Tasty – Recipe

Skirt Steak – Buy according to servings needed. (1/4 to 1/3 lb. per person)

#### The “RUB”

1/4 cup salt

2 tablespoons paprika

1 tablespoon black pepper, coarsely ground

1 1/2 teaspoons onion powder

1 1/2 teaspoons garlic powder

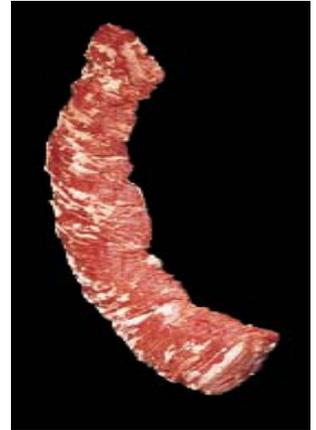
1 1/2 teaspoons cayenne pepper

1/2 teaspoon coriander

1/2 teaspoon turmeric

This rub is going to have some heat to it so if you don't like “HOT” cut back on the cayenne pepper and put in 1/2 tsp. or a 1/4 tsp. You don't want to eliminate the spice because it will add flavor. Bring your steak to room temperature before you grill. Grill the steak over a high heat (450°F - 550°F) for 5 min. on each side or until desired degree of doneness. **ENJOY**

It's always fun to try something new and we can still enjoy the grilling season for awhile. Why not give skirt steak a try. When I was visiting with Austin Germolus, the manager of the NDSU Meat Lab, he told me that he loves to cook skirt steak and can't understand why so few of us use this cut of meat. I intend to give it a try... I do enjoy fajitas and this cut is often used in them. If you eat in a Mexican restaurant and order any of the items with steak rather than ground beef, there is a good chance that you have eaten skirt steak already.



The grain runs across the narrow side and so for serving, the steak should be cut into serving-size pieces with the grain so that it can then be cut into bites against the grain.



## AUGUST IS PEACH MONTH

The peach is a member of the rose family. It was first cultivated in China and revered as a symbol of longevity. Travelers along caravan routes carried the peach seed to Persia before it was cultivated in Europe. In the early 1600s Spanish explorers brought it to the New World and by the 1700s missionaries had established peaches in California.

Peaches are available almost all year. The season dictates the variety. Fresh varieties are sold as freestone while clingstone is usually used for canning. The fruit inside these peaches is either yellow or white. The white flesh is a "sub-acid" fruit its flavor is more sugary sweet. The more traditional color is yellow. It's more acidic, which does give it a bit more flavor. Half of the United States crop comes from the South and the other half from California.

### Selection

When selecting fresh peaches, look for ones that are soft to the touch, blemish free, and have a fragrant smell. Peaches that are mildly fragrant ripen into sweet and delicious flavors. Choose fruit that has a background color of yellow or cream and has a fresh looking appearance. Peaches may have some red "blush" depending on the variety, but this isn't a sign of how the fruit will taste after it's ripened. At home peaches can be ripened at room temperature in a brown paper bag in 2 to 3 days. Peaches are highly perishable, so don't buy more than you plan to use. When selecting can peaches, choose those labeled "packed in it's own juice" and "no added sugar"; these are the healthier choices.

### Storage

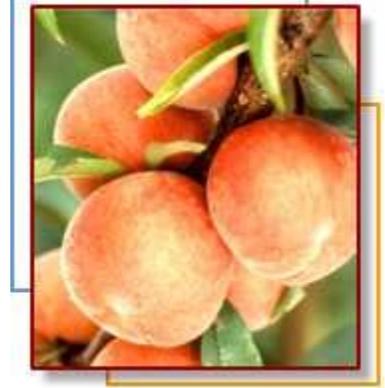
The best way to ripen stone fruit is to place the fruit in a paper bag, fold the top of the bag over loosely, and place the bag on the counter for one to three days. Never store hard fruit in the refrigerator, in plastic bags, or in direct sunlight.

Check the fruit daily. When it is ripe, it will be aromatic and will give slightly to gentle pressure. Once ripened, it can be stored in the refrigerator for about a week.

### Use

Wash peaches carefully in cool soapy water, then rinse well before eating or using. Unless a recipe calls for it, you never need to peel the fruits; in fact, many of the nutrients found in stone fruits are contained in the peel, and it's highly recommended that the peel be consumed along with the flesh. If used in cooking they peel really fast if blanched in boiling water for a minute then plunged into ice water to cool. In fruit salads or platters, sprinkle cut peaches with lemon juice to help them keep their great color.

Information from the USDA



**Smell is the best indicator of ripeness for this fruit. Another good sign? The flesh slightly indents when you press it.**

## FOOD WIS\$E

This 'N That August 2010

Did you know that medical costs associated with obesity in the United States have risen to \$147 billion? (Finkelstein et al., 2009) And in 2009, approximately half of the young men and women interested in joining the military could not because of weight and health issues. (Dilbeck, J. 2009) The problem of obesity is heard through the media, but even more often we hear about the countless miracle diets or weight loss programs that promise great results in a flash. It is difficult to know which are true and which are not. Keep reading in this month's Food Wi\$e to learn research based information on weight management and try the Gazpacho Soup for a healthy and cool summertime soup!

Heather Wisness  
NDSU Extension Service  
Family Nutrition Program

**I will be enclosing the Food Wi\$e publication beginning with this issue. This comes from the Family Nutrition Program and our FNP agent, Heather Wisness. Heather works with low income people to improve their diets in Williams and McKenzie counties. However, the information in her newsletter is important for all of us.**

## ADVANCE DIRECTIVES

If you are like a lot of people, you haven't taken time to complete or discuss documents known as advance directives of durable power of attorneys. Advance directives include a living will and durable power of attorney for health care. They allow you to plan for and communicate your end of life decisions. A durable power of attorney can assist with financial matters.

Should you become unconscious or too ill to write or speak, a durable power of attorney for health care can give you a voice in your medical treatment. Without advance directives, these critical decisions could be made by people including doctors, judges, and family members with whom you have never shared your wishes.

A **living will** allows you to document your wishes concerning medical treatments at the end of life. A **durable power of attorney for health care** allows you to appoint a person you trust as your healthcare agent. This person is authorized to make medical decisions on your behalf if accident or illness prevents you from communicating.

In addition to your advance directives for healthcare, you also want to consider having a **durable power of attorney for financial matters**. It is an effective way to arrange the handling of your business and personal affairs if you become unable to do so.

Power of Attorney (POA) is a grant of authority to another person to manage your affairs on your behalf. A POA expires when your ability to manage your affairs expires unless it is a "durable POA," which survives your incapacities. Having a durable POA avoids the need for the court to appoint a guardian to manage your affairs if or when you become unable to manage your own affairs.

A POA may be contingent and become effective only upon your inability to manage your own affairs, or it may be present and become effective immediately upon execution. A POA may be revoked as long as you are competent enough to revoke it.

Power can be plenary (complete and unqualified) or express (specific and limited). Some important powers to think about when creating a POA include express powers for: \*Health care decisions, \*Life insurance matters, \*Tax returns, \*Making gifts, \*Transferring property into a trust, \*Accessing a safe deposit box, \* Signing checks, \* Retirement plans, \* Social Security.

Keep your original documents in a secure, but accessible, place. Give photo copies of the signed, dated originals to whomever you have designated to carry out your wishes. In addition to your healthcare agent, the recipient of these copies should include your doctor, key family members or close friends who might become involved with your health care and medical treatment.

Our ability to handle medical or financial affairs can be diminished by degenerative diseases such as Alzheimer's, dementia, or serious accidents. It can happen to the young or the elderly. We never know if or when tragedy might strike. The choices you make as you prepare these documents should be based on your personal values, beliefs, preferences, and discussions with loved ones. Since it's impossible to foresee future circumstances or illness, think in general terms about what's important to you.

## PACKAGED PROGRAMS AVAILABLE FOR LESSONS

The programs that will be available for Homemakers Club programs for 2010 are:

- D-Coding Vitamin D
- Investing with Small Dollar Amounts
- Sexting: What Every Caring Adult Should Know
- Wanna Be My Friend? The Ins and Outs of Online Social Networking
- Ten Strategies for Better Time Management
- Water Awareness: Don't Be Scammed
- Nourish Your Bones and Joints

Each club will receive a CD containing Power Point lessons on each topic. Please share this CD with the person responsible for your monthly meeting. **This CD should be used for all lessons.**

Club presidents will be receiving a form asking which lessons they will want the printed materials for and how many copies. These orders should be mailed, or e-mailed, to our office prior to the fall council meeting so that materials can be picked up at that time.

If you would like me to present any of these lessons to your Homemakers Club or any other community organization please call our office.



**Each Homemakers Club will receive ONE disc containing all of the lessons for the year.**