

Knowledge at Noon

FOOD IS LOVE

Favorites From Our Childhood

Wednesday, June 15, 12pm



Paola Extension Office

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Are you passing down your food heritage?

As the holiday season approaches, our thoughts turn to our families and to the traditions that are an integral part of our family's heritage. There is no better time to reflect upon the importance of family and strengthen family ties than during the holiday season.

Making Memories

We all cherish our memories as memories are what connect us to each other, to our past and to our future. We express our love for family in many ways, but the most universal way of giving back, giving thanks or appreciating those in our lives is through food. Food is truly a love story. It is a story that is unique to you and your family whether it is recipes passed down from one generation to the next, memories you have of favorite foods or special family meal memories. We are comforted by traditions that connect us to our family.

Family Mealtime

It is important for families to share meals together. Eating together makes family mealtime a tradition worth doing as often as possible. Family mealtimes have many benefits including fostering a sense of belonging and connectedness, providing routine and consistency, a sharing time for parents and kids, providing a chance to learn manners, social skills and values, learning food preparation skills and reducing the rates of many unacceptable behaviors. The kitchen has been the focal point of homes for generations and it can continue to be that pivotal point by making family mealtime important and by sharing your family's food heritage.

Sharing Your Food Heritage

There are several ways for you to pass your family's unique food heritage onto future generations including:

- Cooking and sharing while you cook with your children and grandchildren
- Cooking and sharing with "adopted" children and grandchildren
- Sharing the significance of heirloom china, silver or other special dishes with your children and grandchildren
- Cooking and serving family favorites throughout the year

- Creating a “favorite” family recipe scrapbook
- Creating a family keepsake cookbook
- Creating a family calendar that includes recipes for special foods for special days and holidays
- Making unique personalized family place-mats
- Creating a memory tablecloth to be used on special occasions
- Participating in oral history projects using audio or video tapes
- Visiting with family members and sharing “food memory” stories across generations
- Attending family reunions and providing special family foods and recipes
- Corresponding with family members by letters, email, Facebook, phone calls and family newsletters
- Doing a family recipe chain letter
- Writing in a diary or journal and documenting favorite foods, food stories and memories
- Observing special family traditions at holidays including foods served, decorations and more
- Creating your own family’s special traditions that your children can then pass down to the next generation

Importance

It is important to pass down your family’s food heritage. Many people feel that their family recipes are among their most valuable belongings that they can pass onto the next generation or that they could inherit from the previous generation. Your family’s food heritage is rich and full of flavor. Your family food specialties and special traditions that started many generations ago continue to become richer over the years, as each generation has added their special touch and their part of the history. Sharing recipes and traditions gives you a good window into your family’s own unique and rich history.

Written by Denise Smith, University of Wyoming Extension Educator

10 Ways We Use Food to Express Love

BY [LIZ WARD](https://www.bumblebar.com/food-love/) [HTTPS://WWW.BUMBLEBAR.COM/FOOD-LOVE/](https://www.bumblebar.com/food-love/)

And the secret ingredient is...spoiler alert: love.

1. Eating dinner as a family

There are tons of studies out there that highlight the emotional and physical health benefits of eating as a family. It's said to lead to better portion control, grades, stress levels, and happiness. Beyond studies and data, it's just such an enjoyable thing to do. Growing up, I would sometimes feel frustrated by my parents' insistence that all five of us eat together every night, but as an adult, it's one of my favorite things. When we all get together at the dinner table, it's an absolute party. I love that we made it part of our family culture to set aside that time to do nothing else but intentionally be together.

2. Waiting for your partner/roommate to get home to eat

There's something intimate about sharing most of your meals with a special someone, whether that's your beloved and quirky roommate, or your romantic partner. At a certain point in most close relationships, there's even an expectation that you'll break bread together. Beware if you fall short of that expectation.

3. Making casseroles for those having hard times

When life brings our friends struggles that no amount of love or support can fix, the best thing we can do is relieve some of their day-to-day burdens and show them that they aren't alone. It's beautiful to see communities come together to fill freezers with dishes and casseroles for families in hard times. Sometimes a good frozen quiche is the best way to say, "we're here, and we love you."

4. Adopting friends into the family by insisting they join for dinner

Growing up, a lot of us had that friend who had a standing invitation to family dinner time. They'd come home after school, play legos, stay through dinner, and even until it was absolutely past bedtime. My friend like that growing up is still a best friend of ours and has graduated to coming with us on most of our family vacations. It's crazy to think a life long friendship all started with, "Hey, do you like spaghetti?"

5. Spoiling Grandkids with food love

There's a running joke out there about how intensely Grandmothers want to feed their Grandkids, and for many of us, that joke is a wonderful reality. My Grandpa always brought the biggest strawberries to our house with me in mind, and my Grandma still stocks the freezer with parmesan crusted tilapia when she knows I'm visiting. What foods did your grandparents use to spoil you?

6. Bringing baked goods into the office

BumbleBar's resident recreational baker is our Administration Guru, Aimee, and she's brought in lots of delicious treats in my time here. I remember one day I was having a particularly hard morning, she brought me a piece of banana bread and said, "eat it before Patrick does." Not only did I beat Patrick to it, but it was delicious, and it considerably brightened my day.

7. Bringing ice cream to friends with broken hearts

It has been scientifically proven that chocolate can literally reduce pain, physically and emotionally. But for those who prefer vanilla, the simple ritual of eating your feelings with the friends who bring you comfort food can work just as well.

8. Sneaking some scraps to your pets

Some people may argue that giving your pet unhealthy human food scraps is less loving than resisting that urge. To those people I say, you're right, but I just want my fat cat to be happy. Look at him. He needs this.

9. Paying special attention to dietary preferences

A big way we show love through food is by observing our loved ones' dietary restrictions and preferences. I'm a pescatarian, which is by no means too tricky to navigate, but I've felt so loved by all my family and friends who constantly think about me when planning meals or outings. "They have fish there!" is the most common and wonderful thing I hear. But sometimes it can be really hard work. I know a woman who leads a family full of allergies. She wades through dairy, gluten, meat, and ever-changing nut aversions with impeccable grace and always a big loving smile on her face. Through all that hard work she says over and over again, "I see you. I love you. I want you here."

10. Sharing recipes

Not unlike sharing favorite books, music, and movies, sharing recipes is a way we share ourselves and make connections with others. Sometimes families will even hold special recipes secret, only to share them discreetly as wedding presents.

Make sure Grandma's recipes are safe

Jeannie Nichols, [Michigan State University Extension](#) - May 28, 2014

If you are using Grandma's recipes make sure they are still safe. Fifty years ago Campylobacter, Listeria and E. coli weren't recognized as sources of foodborne disease.

New bacteria have emerged and others have gotten stronger since some of our favorite recipes were developed. Look over your recipes and evaluate them for food safety. Following are four important checkpoints from [Michigan State University Extension](#) for you to use when evaluating your recipes so that you are preparing and serving safe food.

Checkpoint 1: Oven temperatures. Use a minimum oven temperature of 325 degrees Fahrenheit for cooking meat, poultry and casseroles that contain meat and poultry. Lower temperatures may not heat the food fast enough to prevent bacteria from growing.

Checkpoint 2: Eggs need to be cooked or substituted for pasteurized eggs. One hundred years ago, an 1898 recipe book by B.J. Kendall, M.D., offered a recipe for egg water to cure vomiting. Today we'd no longer consider giving a sick family member a glass of water mixed with raw eggs. But do you or your children still lick the cake batter from the bowl, taste raw cookie dough or make ice-cream with raw eggs? If so you have the real possibility of getting a foodborne illness.

Checkpoint 3: Meat, poultry and fish must be cooked to the correct internal temperature. Determining if meat is completely cooked by whether it's brown inside isn't a reliable indicator of a safe internal temperature.

A few years ago there was a campaign to educate consumers about the importance of cooking ground beef to 160 degrees Fahrenheit. The campaign included a poster that showed two burgers, one pink and one brown. “Which is done?” the poster asked. The poster provided the answer: The pink burger had been cooked to 160 degrees Fahrenheit; the brown burger, to 140 degrees Fahrenheit. The only way to really know if it’s done is to use a meat thermometer. A thermometer also helps you avoid overcooking a food and lowering its taste and quality.

Also, as a part of safe food preparation, do not partially cook or brown foods and then finish cooking them later. Any harmful bacteria present will not be destroyed. If you’re partially cooking food in the microwave, in the oven or on the stove top to reduce grilling time, precook it immediately before grilling.

Checkpoint 4: Marinades help flavor foods but do not kill bacteria. If some of the marinade is going to be used as a sauce on the cooked food, reserve a portion of the marinade and do not use it on the raw meat. Always store the marinade it in the refrigerator until you’re ready to use it.

When basting, don’t contaminate fully cooked meat and poultry by adding sauce with a brush that has been used on raw or undercooked foods.

If you haven’t looked over your recipes lately to make sure they are food safety safe, it is time to do that now.

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Grandmother's Spaghetti Recipe

(taken out of the San Francisco Bay Chronicle newspaper sometime in the 1950's)

1 large green pepper, finely chopped

8 cloves garlic, finely chopped

1 onion, finely chopped,

2 stalks celery

Saute all in olive oil on medium heat until tender. Set aside. Brown 1# ground beef. Drain off fat.

Add: 1/3 tsp nutmeg, 1/3 tsp cayenne pepper, 1 tsp cinnamon, 1 tsp paprika

Add back in sautéed vegetables. Cook all together on medium heat about 5 minutes. Add 2 (16 oz) cans tomato sauce. Simmer for 20-30 minutes. Serve over spaghetti noodles.

Made-In-The-Shade Pork Chops

(I remember this recipe clipping because it had a picture of a pig on it, but I'm not sure where my dad found it. I believe it was a Pork Cookoff recipe winner sometime in the 1980's)

Ingredients

1. 12 oz. frozen lemonade concentrate, thawed
2. 2/3 c. soy sauce
3. 1-2 tsp. seasoned salt
4. ¼ tsp onion powder
5. ¼ tsp. garlic powder
6. 4 (1 1/2-inch thick) pork chops

Directions

1. In shaker jar, combine lemonade concentrate, soy sauce and seasonings.
2. Shake ingredients vigorously to blend.
3. Pour half of marinade into shallow pan and add chops in single layer.
4. Pour remaining marinade over steaks; cover pan and place in refrigerator approximately 24 hours.
5. Meat should be turned once or twice during refrigeration.
6. Remove from refrigerator three or four hours before grilling.
7. Grill over medium coals 40 to 45 minutes.
8. Baste steaks occasionally with remaining marinade.

Submitted by Franny Eastwood, FCS Agent

Shortcake

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1/2 cup shortening(I use butter)
2/3 cup milk

Cut butter into dry ingredients until mixture has appearance of coarse cornmeal. Add milk stirring only until combined. Turn out onto floured board and knead for about a minute. Pat or roll to 1/2 inch thickness. Cut with biscuit cutter. Place on cookie sheet and bake at 450 degrees for 10-12 minutes. While hot, break biscuits in half and serve with sweetened crushed strawberries. Yield:10-12 biscuits.

Submitted by Barbara Wilson, MFV

SUNSET SALAD

1 package (3 oz.) Jell-O Lemon or Orange-Pineapple Gelatin
1/2 tsp salt
1 1/2 cups boiling water
1 can (8 3/4 oz.) crushed pineapple or pineapple tidbits
1 TBS Lemon juice
1 cup coarsely grated carrots
1/3 cup chopped grated pecans (opt.)

Dissolve Jell-O Gelatin and salt in boiling water. Add undrained pineapple and lemon juice. Chill until very thick. Then fold in carrots and pecans. Pour into individual molds or 1-quart mold or 1-quart flat dish. Chill until firm. Unmold or leave in dish. Garnish with additional pineapple, if desired. Makes about 3 cups, or 6 side salads.

Submitted by Jerri Hefling, MFV

BOILED COOKIES (My mother's recipe called them boiled cookies rather than 'No Bake')

2 c. sugar
½ c. milk
½ c. butter
3 T. cocoa powder

Put all ingredients in a saucepan and bring to a boil. Boil for 1 minute. Remove from heat and beat in quickly

3 c. quick cooking oatmeal ½ c. creamy peanut butter ½ c. chopped nuts

Drop by teaspoonfuls on waxed paper. Cool at least 30 minutes.

JUBILEE JUMBLES (a favorite of my mom's to make and for my husband to eat-I sent a batch on many college football and track trips for him and his teammates)

½ c. soft shortening
½ c. white sugar
milk
1 c. packed brown sugar
2 eggs
1 t. vanilla
1 c. evaporated

2 ¾ c. sifted flour
½ t. baking soda
1 t. salt

Mix thoroughly shortening, eggs, sugars. Stir in milk and vanilla. Sift together flour, soda, salt and stir in. Blend in 1 c. chopped nuts. Chill 1 hour. Drop by teaspoons onto greased cookie sheet, 2 inches apart. Bake in a preheated 375° oven for 10 minutes.

Frosting (burnt butter glaze)

Heat 2 T. butter. Beat in 2 c. powdered sugar and ¼ c. evaporated milk. Ice while warm.

PICNIC CAKE (Fondly renamed 'chippy cake' by the kids)

1 heaping c. chopped dates 1 ½ c. boiling water 1 t. baking soda

Add dates to water and soda-stir and cool.

1 c. sugar ¾ c. shortening 2 eggs

Cream sugar and shortening; add eggs and beat.

1 ½ c. + 2 T. flour 1 t. cinnamon ¼ t. salt

1 t. vanilla

Add dates to creamed shortening mixture. Add dry ingredients, mix, and then add vanilla. Stir.

Pour into greased 9 x 13 inch baking pan. Before baking, add to top of batter a GENEROUS sprinkle of brown sugar, 1 c. chocolate chips, and ½ c. chopped nuts.

Press in slightly and bake 40 minutes in a preheated 350° oven.

MEATBALLS

2 c. quick cooking oatmeal 3 lbs. ground chuck 1 tall can evaporated milk (12 oz)

¾ c. chopped onion 1 t. garlic powder 1 ½ t. chili powder

Sauce:

2 c. catsup 1 ½ c. brown sugar 3 t. liquid smoke

½ t. garlic powder ¼ c. chopped onion

Mix ingredients for meatballs. Form and add to sauce. Put in large roasting pan.

Bake 1 hour at 350°.

These 4 recipes submitted by Beverly Burke, MFV

BBQ Meatballs

1 13 oz. can evaporated milk	1/2 tsp. garlic powder
3 lbs. ground. beef	2 tsp salt
2 c. oatmeal	1/2 tsp pepper
2 eggs	2 tsp chili powder
1 c chopped onion (opt.)	

Mix and shape into balls to the size you want. Place in a flat pan, only 1 layer. Make sauce of the following ingredients.

2 c, ketchup	1/2 tsp. garlic power
1 1/2 c. brown sugar	2 T. liquid smoke.

Dissolve and pour over meat balls and bake for 1 hour at 350 degrees.

Smaller version of BBQ Meatballs

1 lb. ground beef	1 tsp. chili powder
1 small egg	1/4 tsp. garlic powder
3/4 c. oatmeal	1/8 tsp. pepper
2 tsp. salt	

Sauce:

1 1/4 c. ketchup	1/4 tsp. garlic powder
1 c. brown sugar	1 T. liquid smoke

Mix and shape into the size of balls you want. Place in single layer. Mix sauce and pour over meatballs and bake 1 hour at 350 degrees.

Dressing

1 loaf bread crumbs	Handful of onions and celery, diced
Giblets, cooked and chopped	1 stick melted oleo
1/2 tsp. sage	

Combine and mix ingredients with enough water to make soppy. Pour over some of the giblet stock. Bake for 1 hour at 350 degrees or until brown.

This is a recipe from my mother-in-law that I use every Thanksgiving.

Recipes submitted by Gayle Plummer, MFV

Submitted by Cheryl Sigel, MFV Mardias des Cygne District

Some of my favorite things my Mother, Carol Goad, use to make for our family while growing up include the following:

Divinity

3 cups sugar

1 cup water

2/3 cup white corn syrup

3 egg whites, beaten

Mix water, sugar, syrup. Cook without tiring to hard breakable stage when dropped into cold water. Slowly, add to beaten egg whites beating constantly. (My mom did this by hand...I cannot...I use a standup mixer! This is an all-time favorite.)

Add: 1 teaspoon vanilla

1 to 2 cups of chopped pecans

Pour onto a buttered platter. Cool and cut into squares and/or bite size pieces.

This was our Mom's go to cookie recipe when growing up in Oklahoma.

Classic Raisin Oatmeal Cookies

(Sunmaid Raisin Box Recipe)

Ingredients:

$\frac{3}{4}$ cup softened butter

1 cup packed brown sugar

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup milk

1 large egg

1 teaspoon vanilla

1 cup all-purpose flour

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon salt

3 cups quick or old-fashioned oats

1 cup Sun-Maid Natural Raisins

1 cup coarsely chopped nuts (optional)

Also optional:

1 cup chocolate chips

1 cup flaked coconut

Heat oven to 350 degrees.

Beat butter, brown sugar, granulated sugar, milk, egg and vanilla until light and fluffy.

Combine flour, cinnamon, baking soda and salt. Add to butter mixture and mix well.

Stir in oats, raisins and optional items if using. Drop by tablespoonfuls onto greased cookie sheets.

Bake 12-15 minutes. Cool slightly (1-2 minutes). Remove from cookie sheets onto wire racks.

This recipe was never a favorite of mine growing up. However, I do make it now and my kids like it! Ha!

Still not a big fan but I do eat it when served. It is a healthier salad recipe...I have also added a layer of hard cooked eggs sliced to this as well.

Seven-Layer Salad

1 head lettuce, shredded

1 cup celery, chopped

1 cup green pepper, chopped

1 large onion, chopped

1 package frozen peas, thawed

1 cup mayonnaise

$\frac{1}{2}$ cup parmesan-cheese

$\frac{1}{2}$ cup bacon crumbles

Place half of lettuce in a deep covered dish (9X13). Put a layer of celery, green pepper, onion, peas, etc. Cover with rest of lettuce. Spread mayonnaise on top and sprinkle with cheese and bacon bits. Cover and refrigerate 24 hours before serving.

Serves 12-15.