

Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | www.ofoinc.org

Middle Eastern Tomato Salad

Ingredients

- 1 C. finely diced cucumber (remove seeds if they are large)
- 1 C. finely diced tomato
- 1 C. finely diced onion
- 1 C. finely chopped parsley (more or less to taste)
- 1 C. finely chopped mint (more or less to taste)
- 2-3 Tbsp. olive oil, or more to taste
- 1-2 Tbsp. fresh lemon juice, or more to taste
- Salt, pepper to taste



Instructions

- Chop cucumber in pieces less than 1/2 inch and put in a colander. Add a generous amount of salt and let sit while you chop the remaining ingredients.
- Cucumbers, tomatoes, and onion should be cut in same-size pieces, and parsley and mint should be chopped very finely. (You can use a food processor to chop the mint and parsley if you wish.) When all the ingredients are chopped, combine in a mixing bowl.
- Mix in olive oil, lemon juice, salt and pepper. (Start with a little and add more until it suits your taste. You may not need much for it to taste good.) Serve immediately.

Wow-y Maui Pasta Salad

Ingredients

- 2 C. dry whole wheat rotini pasta (8oz)
- 1 C. fresh or frozen snow peas, thinly sliced on an angle
- 1/2 C. cucumber, peeled and diced
- 1/4 C. carrots, peeled and diced
- 1 can (8 oz.) pineapple chunks in juice, diced; set aside 1/4 C of juice
- 1/2 C. fat-free plain yogurt
- 1 Tbsp. fresh chives, rinsed, dried and chopped (or 1 tsp. dried)
- 1 Tbsp. fresh parsley, rinsed, dried and chopped (or 1 tsp. dried)
- 1/4 tsp. Salt
- 1/4 tsp. ground black pepper

Directions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside.
2. Place peas in a microwavable safe dish, add enough water to keep moist, and microwave for 1-2 minutes, or until warm.
3. Combine the remaining ingredients together in a separate bowl, and toss gently. Serve immediately, or refrigerate for later use.

Oh, the Tropical Fruit!

There are so many varieties of fruit seen in stores, even some weird looking ones. There are tropical fruits that we have become accustomed to seeing; mangoes, passion fruit, starfruit and papayas, to name a few. Some can be found in the grocery store and some that can only be found at specialty stores.

The **starfruit** or **Carambola** is one we often see. This bright yellow fruit resembles a star when looking at the end, is crisp and juicy like a watermelon and a texture similar to grapes. Starfruit has been cultivated in Malaysia and Asia for centuries and today can be found growing in Florida and the southern US. Starfruit is a great source of potassium, fiber and Vitamin C and are in season from September to April, so while some bigger stores carry them longer, we can usually find them starting in September.

There are some fruits we mostly find in specialty stores. Have you ever heard of **finger limes, longans, rambutans, loquats, or cherimoyas?** The **Finger Lime** is a small fruit in the citrus family native to Australia. They are filled with juicy greenish-white or pink sacs that burst when bitten, smell like a lemon or lime with a hint of herbs. They are in season in the fall and peak mid-winter, and are normally made into marmalade. They are a great source of vitamins C, D and A, and a great source of potassium.

The **Longan** is available year-round and related to the Lychee, another tropical fruit. They have a translucent white pulp surrounding a small black seed, giving it

the nickname Dragon's Eye. This fruit is often dried and used in teas for special occasions in China. They are a good source of riboflavin, potassium, copper and Vitamin C.

The **rambutan** is another fruit similar to the lychee, but not as juicy and covered in small dark, soft bristles. It is named after the Malay word for hair and has a sweet, delicate flavor and the texture similar to grapes. It is in season late fall into the winter. They are a great source of Vitamin C and a good source of Copper and Manganese!

The **Loquat** is a small orange fruit native to China and Japan. They are picked in their prime and spoil quickly, so are usually found fresh close to where they are grown. They are grown in Southern California and harvested from March to June. They are mostly found canned or dried in Asian markets. Loquats are a good source of Vitamins C & A, fiber, iron and potassium!

The **Cherimoya** is a green, round, scaly fruit native to Peru and grown in Spain and California. It has a delicate flavor thrown off by the sight of the peppering of black seed in its flesh. It is in season from July to January and is a great source of Vitamin C and B6, Riboflavin, Folate and Potassium.

There are so many fruits out there. Which new fruit will you try when you find it?

WOMEN, INFANTS & CHILDREN (WIC)

Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 6:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are open on the 4th Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, July 22nd.

Outreach Days

July 7th & 17th Richfield Springs
9:45AM – 2:00PM

July 11th Cooperstown
9:30AM – 2:00PM

July 21st Cherry Valley
9:45AM – 2:00PM

We will be closed Tuesday, July 4th in observance of Independence Day. Stay safe and enjoy the day!

Looking for a job, check the OFO website for many opportunities. We'd love for you to join the family!

Breastfeeding Peer Counselor Section

Breastfeeding Parents & Babies are protected by law in New York State:

A mother can breastfeed her baby any place she has a right to be, including public and private places like shops, parks, or buses. A mother does not need to cover her breasts while nursing.

- A mother has the right to express milk at work until her child is 3 years old.

- An employer must provide a mother with breaks anytime she needs to remove milk from her breasts.

- A space must be provided that is:

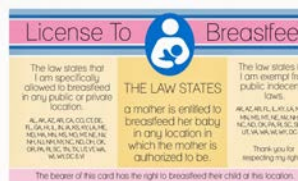
- Private
- Near her work area
- Lighted
- Clean
- Is not a bathroom

- Each woman's needs are different. The law states a break is no less than 20-30 minutes, depending on how near her work area she can pump. These breaks do not need to be paid.

- A mother must tell her employer she plans to express milk at work if she wants these accommodations.

If you have questions about your breastfeeding rights or are looking for creative ways to express milk at work, talk with a WIC Breastfeeding Peer Counselor.

Submitted by PC Emily



Cooking with Fruit

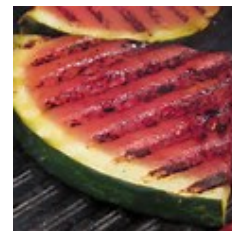
We normally see cooked fruit in pies or some baked dessert. Cooking fruit intensifies their flavor and creates appealing textures that you just can't get with some fresh fruit, especially if it is unripe. Cooked fruits can be used as side dishes, in main dishes, as sauces and even as desserts.

Different fruits benefit from different cooking methods. They can be poached, stewed, grilled, roasted, broiled, baked and sautéed. Fruits that are best poached are apples, pears, peaches, plums, nectarines and apricots. The key to poaching is using just enough liquid to cover the fruit and to make sure they are cut in uniform pieces for even cooking. After fruit is poached, letting it rest in the liquid for 20 minutes will help intensify the flavor by letting the liquid absorb. When grilling, roasting, broiling or baking any fruit it is important to not overcook ripe fruit or it will become mushy and won't hold its shape. These methods are best used for short cooking as it will retain its shape better: think pineapple, watermelon and peaches. These are the fruits you want to heat and not cook.

The type of fruit you want to use determines how you prepare it as any fruit can be cooked. If you want to poach fruit or use it to make a sauce and plan on adding sugar, choose under ripe fruits as they won't be as sweet and are firmer for poaching. The spices you use to enhance these flavors should do it naturally; they should complement each other, like apples and cinnamon. Other spices normally used to enhance flavor are: nutmeg, clove, star anise, ginger, cardamom, black pepper, chilies, vanilla and saffron. Herbs can also be used to complement and can depend on what fruit is being served with. Rosemary and sage work well with fruit served with meats, lemon verbena and lavender are great additions to poaching liquids and thyme goes great with oranges, rosemary with peaches and sage with strawberries!

There are so many ways to cook fruit. To add grilled pineapple slices to any kind of sandwich, take a can of sliced pineapple and take out the amount of slices you want and let the excess liquid drain off. Then grill a couple minutes on each side. It's even better with fresh pineapple! Take fresh peaches, cut them in half and take the pit out. Grill flesh side down for a few minutes until heated through and there are nice grill marks on the peach. Top with ice cream or whipped cream and you have desert!

Which fruit will you try cooked ?



The National Summer Food Service Program is offering **FREE Lunch for children through age 18!**

When: July 5-August 25th, Monday – Friday from 12pm – 1pm

Where: Neahwa Park Large Pavilion, Oneonta

Sponsored by Catholic Charities in a partnership with the First United Presbyterian Church of Oneonta and the United Ways of Delaware and Otsego Counties

Join them *all summer long* at the large pavilion in Neahwa Park every Monday through Friday for a complete *free lunch* of sandwiches, fruit, vegetables and milk.

Adults accompanying children eat free too!

All children through the age of 18 are welcome.

You do not need to pre-register, just drop in any day – or all days—between 12:00 and 1:00 pm. Meals must be eaten at the pavilion.

See you there!!!



USDA Nondiscrimination Statement

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.