



ANNE ARUNDEL ASSOCIATION  
FOR FAMILY & COMMUNITY EDUCATION

# Newsletter

NOVEMBER - DECEMBER 2010

Dear Members,

UPCOMING EVENTS

Several members from Anne Arundel County attended the Region I meeting in Cumberland. Most of us traveled the day before and spent the night in a lovely hotel, Fairchild Inn. Allegany County hosted the meeting at the Cumberland Country Club. As a fund raiser for their county, they held an auction. The president did a great job as auctioneer. We were served a delicious lunch. The drive home was nice, too - clear and beautiful weather. We were very lucky because the next day it rained all day.

On November 4th, we are going to have a fun meeting. Ann will give us some interesting facts, stories, a little satire. Maybe it will remind you of some strange facts or bits of wisdom.

I'm looking forward to the Christmas party. It will be on December 10 starting at 11:00 a.m. We will be collecting food for NCEON so bring a can of food or a box of cereal for our basket.

- Nov. 2 Election Day
- 5 \*Meeting - Pgm. Bits and ... by Thelma and Ann
- 7 Daylight Saving Time Ends - Set clocks back one hour.
- 11 Veterans Day
- 25 Thanksgiving
- Dec. 7 Pearl Harbor Day
- 10 Christmas Party at Thelma Gore's home, 7000 Locust Drive and Dorsey Road, Timber Ridge, Hanover, at 11:00 a.m.
- 25 Christmas Day
- Jan. 1 New Year's Day

\*Meeting will be held at the Extension Office in the County Office Bldg., Glen Burnie, at 10:00 a.m. Bring a sandwich; dessert and beverage will be furnished.

\* \* \*

We will have games and lots of food. You may bring your favorite dish of food. What a great way to start the Christmas season with our friends of FCE.

Thelma Gore  
President



THANK YOU!

Thank you for continuing to save cancelled stamps, box tops for education, Campbell's products UPC's, and aluminum tabs from soda cans. The cancelled stamps go to a VA Hospital where they remove the stamps and sell them to stamp collectors. The Campbell's UPC's go to the Maryland School for the Blind, the box tops for education to the Wesley Grove Pre-school, and the soda tabs go to the Ronald McDonald House. Some question why we save only the aluminum tabs and not the entire can which would be more weight, and therefore more money for the cause. Those at the Ronald McDonald House have found that people are more willing to save the tabs and that they are cleaner and easier to collect than sticky soda cans.

Please continue to save these items for such worthy causes.

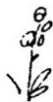
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IN MEMORIUM

We wish to extend sympathy to Margaret Atkinson whose daughter died recently. Our condolences to you, Margaret, and family.

Rose Wengert, 98 years old, who had been a member of Homemakers/FCE for many years, died October 26th. Our condolences to family.

\* \* \*



A Store Named Tiffany

Visitors strolling down Fifth Avenue in New York City pass right by Tiffany & Co., the luxury goods store famous for its bright blue boxes and expensive jewelry. However, it had more humble beginnings. When the store was founded on September 18, 1837, it mainly sold stationery. During the Civil War, it even sold military supplies such as swords, rifles, and ammunition. It wasn't until 1878, when Tiffany's won a gold medal for jewelry and a grand prize for its silverware during the Paris Exposition, that Tiffany's became a symbol of luxury.

The store has become so famous that it has starred in books, music, and movies. Audrey Hepburn window-shopped at Tiffany's in the film Breakfast at Tiffany's. Marilyn Monroe mentioned it in her song "Diamonds Are a Girl's Best Friend." The store is even mentioned in the James Bond novel, Diamonds are Forever. From humble beginnings, Tiffany and Co. has become a superstar amongst stores.

(FutureCare Chesapeake)

\* \* \*



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HOLIDAY RAMBLINGS

GOD'S GIFT

I awoke this morning,  
And autumn filled the air,  
The green leaves turned to  
    crimson,  
And God was everywhere.  
I strolled through field and  
    woodland,  
Ablaze on every knoll,  
A preview of God's heaven;  
It's beauty filled by soul.  
Tomorrow will be winter,  
And God will still be there;  
But I'm sure he sent me  
    autumn,  
The jeweled gift to share.

(Redstone Reader)

\* \* \*

WHAT'S IN A NAME?

Though it may sound menacing,  
Black Friday - the day after  
Thanksgiving that traditionally  
marks the beginning of the holi-  
day shopping season - is great  
news for retailers. The name  
harkens back to old accounting  
practices, when losses and gains  
were written in red and black  
ink, respectively. Companies  
were said to be "in the black"  
when earning a profit. Though  
still considered the busiest  
shopping day of the year, Black  
Friday is not necessarily the  
day with the highest sales vol-  
ume. That's usually either the  
last Saturday before Christmas  
or December 23.

\* \* \*

CHRISTMAS

He sees you when you're sleeping

The practice of leaving Santa  
Claus a Christmas Eve snack started  
back in the late 1930's. The jolly  
old fellow has probably taken a  
bite from every kind of cookie,  
but what might his favorite be?  
According to the folks at Nabisco,  
it's most likely the Oreo. The  
company has sold some 363 million  
cookies since the brand hit stores  
in 1912. And because it's the best-  
selling cookie in America, chances  
are a good many Oreos have made  
their way to the hearth on Christ-  
mas Eve. As for how Santa eats  
them, he's probably a "dunker".  
Research shows that men tradition-  
ally dunk their Oreos in milk,  
while women are more likely to  
twist the two cookies apart and  
eat the cream filling first.

(Woman's Day)

\* \* \*

Christmas! 'Tis the season for  
kindling the fire of hospitality  
in the hall, the genial flame of  
clarity in the heart."

Washington Irving

\* \* \*

Christmas arrives with the wonder  
of childhood, and the love that  
we never outgrow."

\* \* \*

It isn't the size of the gift that  
matters, but the size of the heart  
that gives it.

E. Freeman

\* \* \*



## RECIPES

### PUMPKIN BARS or CUPCAKES

Judy Ammenhauser

4 eggs  
2 cups sugar  
1 cup oil (I use Berio extra light  
tasting olive oil - Costco, of  
course  
15 oz. can (2 cups) pumpkin  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon soda  
3/4 teaspoon salt  
2 teaspoons cinnamon  
1 cup raisin or chopped nuts  
(optional)

#### Frosting

3 oz. pkg. cream cheese  
1/3 cup butter, softened  
1 tablespoon milk (I use heavy  
whipping cream for frostings\*)  
1 teaspoon vanilla  
2 cups powdered sugar

Heat oven to 350 degrees. (Recipe  
can be made into 30 cupcakes, The  
actual recipe calls for a 15x10  
inch jelly roll pan which would  
need to be greased. In a large  
bowl, beat eggs until foamy. Add  
sugar, oil and pumpkin; beat two  
minutes at medium speed. Add  
flour, baking powder, soda, salt  
and cinnamon; beat 1 minute at low  
speed. Stir in raisins. Pour  
into prepared pan. Bake at  
350 degrees F. for 25 to 30 min=  
utes (about 5 minutes less for  
cup cakes) until tooth pick in=  
serted comes out clean.

\*I use heavy whipping cream in=  
stead of milk for all my frost=  
ing because if you get too much,  
beating the icing longer will  
actually turn the whipped cream  
into butter and the icing will be  
of good consistency.

### PUMPKIN WHOOPEE BARS

Martha Moser

1 pouch (1 lb. 1.5 oz) Batty Crocker  
sugar cookie mix  
1 tablespoon Gold Medal all-purpose  
flour  
1/4 cup canned pumpkin (not pumpkin  
pie mix)  
1/3 cup butter or margarine,  
softened  
2 teaspoons ground cinnamon  
1 egg

Heat oven to 375°F. In large bowl,  
stir together cookie mix and flour.  
Add remaining cookie ingredients,  
stir until stiff dough forms.

Onto ungreased cookie sheets, drop  
dough by 36 rounded teaspoonfuls  
2 inches apart. Lightly press tops  
with floured fingertips to flatten  
slightly.

Bake 8 to 10 minutes or until set.  
Cool 2 minutes, remove from cookie  
sheets to cooling racks. Cool  
completely, about 15 minutes.

In medium bowl, beat filling in=  
gredients with electric mixer until  
light and fluffy. For each whoopie  
pie, spread about 2 teaspoons of  
the filling on bottom of 1 cooled  
cookie. Top with second cookie,  
bottom side down; gently press  
together. Store tightly covered in  
refrigerator. Sprinkle with addi=  
tional powdered sugar just before  
serving.

#### Filling:

1/4 cup butter - softened  
4 oz. cream cheese, softened  
1/2 teaspoon vanilla  
2 1/2 cups powdered sugar

In medium bowl, beat butter, cream  
cheese and vanilla with mixer until  
blended. Gradually add powdered  
sugar, 1 cup at a time, beating on  
low speed until smooth. Spread  
1 tablespoonful on cookie and  
follow the directions above.

INDIAN ROASTED PUMPKIN SOUP

Thelma Gore

- 2 cups chopped pumpkin
- 4 shallots
- 2 carrots, chopped
- 1 Granny Smith apple, peeled and sliced
- 1 med. onion, chopped
- 4 cloves garlic
- 2 Tbsp. olive oil
- 1/2 tsp. group coriander
- 1/2 tap. ground cumin
- 1/2 tsp. turmeric
- 2 c. vegetable broth
- 1/2 c. coconut milk

Preheat oven to 425°F. In 18" by 12" jelly-roll pan, combine pumpkin, shallots, carrots, apple, onion, garlic, olive oil, coriander, cumin, and turmeric, tossing to coat. Spread in single layer, Roast 30 minutes or until tender.

Transfer mixture to blender. Add broth and coconut milk. Cover, with center part of blender cover removed: blend until smooth. Stir in 1/4 teaspoon salt and 1/2 teaspoon pepper, or to taste. Makes 5 cups, or 6 first-course servings.

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PUMPKIN BREAD/MUFFINS

Marian Whitman

Dry Ingredients:

- 1 1/2 cups sugar
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 teaspoon ground cloves
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 3/4 cup unsifted flour

Wet ingredients:

- 1/2 cup oil
- 2 unbeaten eggs
- 1 can pumpkin (small can of pumpkin is about 1 3/4 cups)

Mix dry ingredients in a bowl. Make a well in dry ingredients, add wet ingredients, mix well.

Greased loaf pan: 325<sup>9</sup> F. 1 hour.

Greased muffin tins: 350<sup>0</sup> F. depending on size. Check with toothpick. (12 or so minutes for the small muffin tines.) Makes about 36 small muffins, fewer regular sized muffins. Bake longer for regular size muffin tins. I make some of each, using the pans I have.

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FROSTING (Like a 7-minute)

5 tbsp. flour and 1 cup milk - shake real well in jar.

Put in small pan and keep stirring to make a paste (very thick). Cool.

Stick of butter, 1/2 cup shortening and 1 cup sugar. Beat until fluffy. Add cool paste to it and continue to beat it until fluffy. Icing freezes well.

(Thelma Mercer gave me this recipe a few years ago. I made it recently and found it wonderful on my chocolate cake. (Ann))



## Black beans

**What they taste like** Black beans have a mild, earthy flavor and a dense texture.

**How to serve them** These Caribbean and South American favorites, also known as turtle beans, are often served with rice. They're great with the spicy, hot seasonings of Tex Mex dishes.

**Pro tip** TV chef Paula Deen serves black bean salsa made with corn, avocado, tomato, onion, and a squirt of lime juice alongside chicken. Or form the mashed beans into patties, pan-fry, and serve with lettuce and tomato on burger rolls.



## Cannellini

**What they taste like** Cannellini are small, white, kidney-shaped beans that have a delicate flavor and tender skins.

**How to serve them** They're great with the season's fresh herbs, but they have thin skins, so be careful not to overcook them or they'll get mushy.

**Pro tip** Chef and cookbook author Cesare Casella tosses cannellini into a summer salad with tuna, tomatoes, onion, chopped parsley, and basil. The beans can also be pureed with fresh herbs into a refreshing cold soup.



## Chickpeas

**What they taste like** These hard, yellow, round beans, also known as garbanzos, have a dense and creamy texture.

**How to serve them** Used whole, they lend meaty substance and earthy flavor to salads, soups, and stews. Pureed, they're a great base for dips.

**Pro tip** Chef Bobby Flay of the Mesa Grill in New York City spreads spicy hummus (made with chickpeas) instead of tomato sauce on grilled pizza topped with veggies and feta cheese.

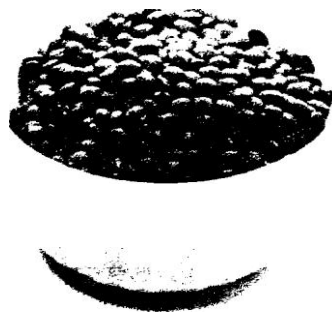


## Great Northern

**What they taste like** These oblong, white beans are a bit grainy, with slightly tougher skins.

**How to serve them** They can be substituted for cannellini beans in recipes and they hold up better in soups and stews, sopping up flavors.

**Pro tip** Chef Deen cooks white beans in chicken stock with a slice of ham and an onion and purees the mixture into a "creamy" soup. For a lighter, whiter chili, team white Northerns with ground turkey, tomatillos, and green chilies.



## Lentils

**What they taste like** Small brown lentils, the most common, have an earthy flavor and act like a sponge for spices. Also look for French green lentils, which hold their shape and don't get mushy.

**How to serve them** There's no need to soak these little guys. They're great in soups and sides with strong seasonings.

**Pro tip** Anne de Ravel, a food writer with a cooking school in France, serves warm lentil salad made with scallions, tomatoes, cilantro, cumin, and mustard vinaigrette alongside grilled sausage.



## Lima

**What they taste like** These are also known as butter beans. They're meaty, with a chestnut-like flavor. Limas are usually sold dried or frozen. Fresh ones might be found at farmers markets.

**How to serve them** Limas are great mixed with corn in a classic succotash, but also try them in soups and salads.

**Pro tip** Janet Mendel, author of "Cooking from the Heart of Spain" (Morrow, 2006), simmers dried limas with clams and a paste of saffron, garlic, and bread crumbs. Or simply toss with garlic butter.



### Strawberry Beans

**What they taste like** These speckled beans have a complex flavor. Look for full pods if you're buying them fresh. Otherwise use dried, where they most often go by their Italian name, borlotti.

**How to serve them** If they're still in their pods, shell them, gently simmer until tender, then add to soups or salads.

**Pro tip** Chef Casella makes a colorful salad of cranberry beans, green pepper, red onion, celery, and sauteed squid, scallops, or shrimp; dress with lemon juice, olive oil, and chopped parsley.



### Fava

**What they taste like** Also known as broad beans, they have a nice bright flavor and a buttery texture. Look for fresh beans in their long, green pods in the summer.

**How to serve them** Serve favas as you would lima beans in soups and salads or toss into veggie pastas. If the pods are young and tender, they can even be grilled whole.

**Pro tip** Mendel likes to cook fresh, young fava beans with chopped escarole and fresh mint.



### Pinto

**What they taste like** These speckled beans have a hearty flavor and texture.

**How to serve them** Sturdy pintos are a Tex Mex staple and are great in chili, refried beans, and burritos.

**Pro tip** Chef Nina Simonds, who runs the Web site [Spicesoflife.com](http://Spicesoflife.com), tosses pintos into a salad with chopped cooked chicken or seafood, avocado, corn kernels, tomatoes, and a bit of salsa.

For a different twist, she then serves the colorful mixture *in* vegetarian wraps or flour tortillas.



### Red Kidney Beans

**What they taste like** Kidney beans have a tough skin and a satisfying flavor.

**How to serve them** This sturdy bean will hold its shape well when cooked, making it a good choice for salads, chili, long-cooking stews, and baked beans.

**Pro tip** Chef Casella makes an Italian version of chili with red kidney beans and serves it with a dollop of mascarpone cheese and sun-dried tomato corn bread. Mendel simmers them, Basque-style, with mixed veggies, potatoes, and a bit of chorizo sausage.

## THE BEST WAY TO COOK BEANS

No matter which variety of dried beans you choose, the cooking method is the same: Bring beans to a boil, reduce the heat to low, put the lid on the pot at a tilt, and simmer till tender. Usually the smaller and thinner the bean, the quicker the cooking time. Tiny lentils take as little as 20 minutes; larger, tougher kidneys and Great Northerns can take a good 60 to 90 minutes or more. Check package instructions, and keep these tips in mind:

- **GIVE THEM A SOAK** Rehydrating cuts the cooking time, improves texture, and helps beans cook more evenly. Most types will benefit from an overnight soak in cold water or even a shorter soak in hot water, according to package directions.
- **HOLD THE GAS** Changing the soaking water a couple of times reduces the indigestible sugars in beans that can cause flatulence.
- **PUMP UP THE FLAVOR** Beans will soak up more flavor if you add broth, a ham bone, or aromatic seasonings—such as bay leaf, garlic, or onions—to the cooking water.
- **KEEP THEM TENDER** If you add flavoring like lemon juice, vinegar, tomatoes, chili sauce, ketchup, or wine, wait until after the beans have been soaked and are fully cooked because acid can prevent beans from becoming tender.
- **STORE THEM RIGHT** Dried beans stored in airtight containers and away from heat, light, and moisture should keep for at least a year. They won't go bad, but old beans take longer to cook.