



HAPPY HOLIDAYS!

Brought to you by University of California Cooperative Extension, Stanislaus County (209) 525-6800

ALMONDS

December
2009
#7

DIRT fresh news

1 Serving = 1 Ounce (20-25 Almonds)

Nutrition Facts

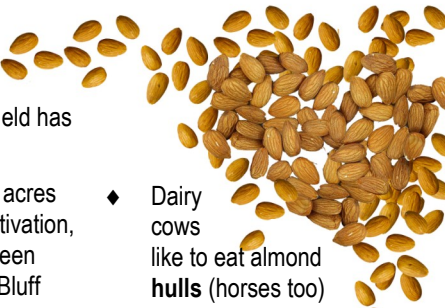
Amount Per Serving	
Calories 161	Calories from Fat 116
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	14%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 7%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Facts to know!

- ◆ 600-900 AD: almond trees flourished in areas such as Spain, Morocco, Greece, and Israel
- ◆ 1700 AD: almond trees brought to California from Spain in the mid-1700s by Franciscan Padres
- ◆ 1900 AD: the almond industry was firmly established in Sacramento and San Joaquin counties of California's Central Valley
- ◆ 2000 AD: in the past 30 years, California's almond yield has quadrupled
- ◆ More than 1/2 million acres are under almond cultivation, in the 400 miles between Bakersfield and Red Bluff
- ◆ Stanislaus County Farmers produced \$425,000,000 worth of almonds in 2008
- ◆ In 2008, almond farmers made \$41,000,000 from selling the shells and hulls
- ◆ The hull is the outer part of the almond



◆ Dairy cows like to eat almond hulls (horses too)

◆ Almond shells are used for bedding at dairies

STUDENTS-to eat YOUR almond: gently pull off the green hull. Crack the shell with your fingers, or place it on the floor and gently step on it. Don't step too hard or you will crush the almond! Clean up the mess to keep your teacher happy. ☺

Your UCCE Rep!

Anne Schellman

Anne works for University of California Cooperative Extension as a Nutrition and Garden Coordinator. UCCE is located in Modesto on the corner of Crow's Landing and Service Roads.

Anne grew up in Modesto. After high school, she went to Modesto Junior College (MJC). Anne really felt that MJC was a great place to start her education because she was not sure what she wanted to study. After taking agriculture and



science classes, she decided she wanted to study plants.

Anne transferred to Cal Poly in San Luis Obispo and chose Environmental Horticultural Science as her major. This is the study of how plants grow. Later, she went to UC Davis and got a masters degree.

Anne helps write Dirt Fresh News, meets with local farmers to find

donations of fruit and veggies, helps deliver produce to your school, and talks to teachers about nutrition education. She also gives presentations on how to grow fresh fruits and vegetables each season, as well as helps start school gardens. Anne can come to your class too. Just ask!

email: aschellman@ucdavis.edu

In her spare time, Anne likes to read, make jewelry, garden, bake, cuddle her cat Snuggles, crochet and spend time with family and friends.



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Low-Fat Almond-Cinnamon Biscotti

Ingredients

- 3 large eggs
- 1 c sugar
- 1 tsp vanilla extract
- 3/4 tsp almond extract
- 3 c all purpose flour
- 1/2 c chopped toasted almonds
- 1 tsp ground cinnamon
- 3/4 tsp baking soda
- 1/4 tsp salt



Preparation

Preheat oven to 350°F. Grease 18x12x1-inch baking sheet. Combine first 4 ingredients in bowl of heavy-duty electric mixer fitted with paddle attachment. Beat until well blended. Mix flour, almonds, cinnamon, baking soda and salt in medium bowl. Gradually add to egg mixture, beating until blended (dough will be soft).

Turn dough out onto floured surface and gather together. Roll dough between palms and work surface into 16-inch-long log. Transfer to prepared sheet. Flatten log to 1-inch thickness. Bake until light brown and cracked on top, about 30 minutes. Transfer sheet to rack; cool log 10 minutes. Reduce oven temperature to 325°F.

Transfer warm log to work surface. Using serrated knife, cut log on sharp diagonal into 1/4- to 1/3-inch-thick slices. Arrange on baking sheets. Bake 10 minutes per side. Transfer to racks and cool (biscotti will harden while cooling). Store for up to 1 week.

Source: www.epicurious.com

Attend Anne's workshop January 17th at 6:30 p.m. on planting vegetables, berries and fruit trees in winter. Free raffle prizes of seeds and plants given to school garden participants! RSVP to (209) 525-6800 or aschellman@ucdavis.edu

Almonds

Here are a few of the many uses of almonds:



Whole
Eaten fresh or roasted



Slices or Flakes
Cereal ingredient



Slivers or Halves
Topping for salad



Diced or Chopped
Coating for ice cream bars and in candy bars



Meal or Flour
Sauce thickener



Paste and Butter
Eat it just like peanut butter



Almond Oil
Salad dressings



Green Almonds
Part of a salad

Don't Let the Cost of the Holidays Ruin Your Holiday

Try This At Home!

By Theresa Spezzano, Family, Nutrition and Consumer Sciences Advisor, UC Cooperative Extension

2. Food in a Jar: You can put all the dry ingredients for cookies, soups, brownies or for that animal lover pet biscuits into a jar. The

layers in the jars make an attractive gift and also provide the receiver with everything they need to make a quick meal or dessert. in a short amount of time. Tie a piece of Christmas fabric to the lid with some ribbon and it's even all wrapped!



3. Homemade Jams and jellies: Homemade jams and jellies make great gifts. If you have diabetics in your family, use an artificial sweetener in your recipe.

Make up a basket with jars of different types of jam. Add some crackers or homemade breads to the basket to make the gift complete. This can be a great family package gift as well.

4. Ornaments: Kids love to make ornaments and they can be made with just about anything! Beautiful ornaments can be made with old Christmas cards, leftover wrapping or scrap booking paper or twigs and pinecones from the yard. Usually all you need for these is paper, glue, scissors, and string or ribbon for hangers.

5. Greeting Cards: These are a great kid project. Have your kids draw pictures for different events or go out and take pictures. You will need to buy greeting card envelopes and a package of cardstock. Then print the art or the pictures on the cardstock and voilà, you have greeting cards. This is great for Grandparents, they LOVE to show off their grandkids' art work and what a great way to do it!

Homemade Gifts

This Holiday Season you may be feeling the pinch of the economy, but don't let it stress you out! At the end of the season, what do we truly remember best? Simple things like kids opening presents and playing with the box (instead of the toy) and Grandma's cookies! This begs the question; do you really save money by making Holiday gifts? I've found I often spend more money and time making gifts than buying them. This is because I usually try something new when I don't have supplies or experience to make the gift. Like the year I tried to make soap! Here are some ways to decide what homemade gifts to make:

1) - What do you already know how to do? If you enjoy doing something, you will most likely have everything you need.

2) - Keep it within a budget. Decide how much you want to spend and stick to it!

3) - Can it realistically be done? Don't try to make something at the last minute.

Here are some simple and inexpensive ideas:

1. Sewn Gifts: If you are a seamstress, use that talent. Lap quilts only take a few yards of fabric and a few hours of your time. Fleece blankets are easy and great for any age person. Plus you probably have a box filled with scrap fabric that is just begging to be used!

Smoked Almonds

Prep Time:
15 Min.
Cook Time:
30 Min.
Ready In:
45 Min.
Servings: 9



INGREDIENTS:

1 egg white
2 tsp garlic powder
2 tsp celery salt
1/4 tsp salt
1/2 tsp liquid smoke flavoring
3 c whole almonds,

DIRECTIONS:

In a bowl, whisk egg white until foamy. Add garlic powder, celery salt, salt and liquid smoke; stir until blended. Add almonds and stir until well coated. Evenly spread almonds in a cookie sheet coated with non-stick cooking spray. Bake at 300°F for 30 minutes, stirring every 10 minutes. Let cool.

Store in an airtight container.

Teacher Corner

Science Vocabulary:

Photosynthesis: a process in which plants use water and light energy to create food. Plants can't go to the store for food like we can!

Bloom: soft pink and white flowers cover almond trees



during spring. Bees are needed to help pollinate the trees.

Did you know? Bees aren't native to North America. They were brought from Europe by farmers and contribute greatly to all agriculture.

Pollination: the act of carrying pollen between plants by a pollinator.

Pollinator: insects/mammals that transfer pollen from one flower to another. Wind is also a pollinator!

Pollen: the fertilizing element of plants, often appears as yellow powder



History: and Geography:

Almonds were first cultivated in the Middle East around 1400 BC. They were taken to Europe around 100AD and to California on 1700AD.

Almonds travelled to China via the Silk Route. Map the route and learn more details about how food traveled throughout history.

Art:

Draw, color and paint the parts of the almond.

Parts of an Almond:

Hull: the hull is the fuzzy green coating, which protects the shell and the kernel.

Shell: the protective covering around the kernel.

Kernel: the seed is the part of the almond we eat.

Almonds contain protein, iron and calcium.



Teachers: Check out this fact sheet from the Almond Board

<http://www.cfaic.org/Commodity/pdf/Almonds.pdf>