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## New Dietary Guidelines Will Help Americans Make Better Food Choices, Live Healthier Lives

HHS Secretary Tommy G. Thompson and Agriculture Secretary Ann M. Veneman announced January 12, the release of the *Dietary Guidelines for Americans 2005*, the federal government's science-based advice to promote health and reduce risk of chronic diseases through nutrition and physical activity.

The sixth edition of *Dietary Guidelines for Americans* places stronger emphasis on reducing calorie consumption and increasing physical activity. This joint project of the Departments of Health and Human Services and Agriculture is the latest of the five-year reviews required by federal law. It is the basis of federal food programs and nutrition education programs and supports the nutrition and physical fitness pillars of President Bush's *HealthierUS* Initiative.

"These new *Dietary Guidelines* represent our best science-based advice to help Americans live healthier and longer lives," Secretary Thompson said. "The report gives action steps to reach achievable goals in weight control, stronger muscles and bones, and balanced nutrition to help prevent chronic diseases such as heart disease, diabetes and some cancers. Promoting good dietary habits is key to reducing the growing problems of obesity and physical inactivity, and to gaining the health benefits that come from a nutritionally balanced diet."

"The new *Dietary Guidelines* highlight the principle that Americans should keep their weight within healthful limits and engage in ample physical activity," said Secretary Veneman. "The process we used to develop these recommendations was more rigorous and more



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transparent than ever before. Taken together, the recommendations will help consumers make smart choices from every food group, get the most nutrition out of the calories consumed and find a balance between eating and physical activity."

Eating a healthy balance of nutritious foods continues as a central point in the *Dietary Guidelines*, but balancing nutrients is not enough for health. Total calories also count, especially as more Americans are gaining weight. Because almost two-thirds of Americans are overweight or obese, and more than half get too little physical activity, the 2005 *Dietary Guidelines* place a stronger emphasis on calorie control and physical activity.

The *Dietary Guidelines*, based on the latest scientific information including medical knowledge, provides authoritative advice for people ages two years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases. The 2005 *Dietary Guidelines* were prepared in three stages. In the first stage, a 13-member Dietary Guidelines Advisory Committee prepared a report based on the best available science. In the second stage, government scientists and officials developed the *Dietary Guidelines* after reviewing the advisory committee's report and agency and public comments. In the third stage, experts worked to translate the *Dietary Guidelines* into meaningful messages for the public and educators.

The report identifies 41 key recommendations, of which 23 are for the general public and 18 for special populations. The recommendations are grouped into nine general topics:

- Adequate Nutrients Within Calorie Needs
- Weight Management
- Physical Activity
- Food Groups to Encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety

The *Dietary Guidelines* provide health education experts, such as doctors and nutritionists, with a compilation of the latest science-based recommendations. Consumer-friendly materials such as brochures and Web sites will assist the general public in understanding the scientific language of the 2005 *Dietary Guidelines* and the key points that they can apply in their lives. To highlight those points, a consumer-oriented brochure accompanies the 2005 *Dietary Guidelines*. USDA's Food Guidance System also will serve as a tool to educate consumers on the *Dietary Guidelines for Americans*. The Food Guidance System, currently called the Food Guide Pyramid, is undergoing revision and will be released in the spring of 2005.

The 2005 *Dietary Guidelines* and consumer brochure are available at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

## Be Snack-Wise ...

*These ideas work at home or “on the go.”*

### Snacks from the Grain Group

- Cracker snacks – wheat crackers spread with cheese spread
- Ready-to-eat cereals
- Flavored mini rice cakes or popcorn cakes
- Breads of all kinds such as multi-grain, rye, wheat
- Gingersnaps or fig bars
- Popcorn
- Trail mix ...ready-to-eat cereals mixed with raisins or other dried fruit
- Graham crackers

### Snacks from the Vegetable Group

- Vegetable sticks such as carrot, celery, green pepper, cucumber, or squash
- Celery stuffed with peanut butter
- Cherry tomatoes cut in small pies
- Steamed broccoli, green beans, or sugar peas with low fat dip

### Snacks from the Fruit Group

- Apple ring sandwiches...peanut butter on apple rings
- Tangerine sections
- Chunks of banana or pineapple
- Canned fruits packed in juice
- Juice box (100% juice)

### Snacks from the Milk Group

- Milk shakes – made with fruit and milk
- Cheese slices with thin apple wedges
- String cheese or individually wrapped slices
- Mini yogurt cups

### Snacks from the Meat Group

- Hard cooked eggs (wedges or slices)
- Peanut butter spread thin on crackers
- Bean dip spread thin on crackers

**Source: Color Me Healthy**

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## Pasteurized Eggs

Florida residents are the latest to have the opportunity to protect themselves from the potentially harmful effects of salmonella, thanks to Publix Supermarkets and Davidson's Pasteurized Shell Eggs.

Floridians can now purchase Davidson's eggs, which undergo a patented pasteurization process that destroys all harmful bacteria, including *Salmonella enteritidis* (SE), at more than 600 Publix stores. The Food and Drug Administration (FDA) estimates 2.3 million eggs contaminated with SE were sold last year, exposing a large number of people to risk of illness. More than 60 million Americans are at risk for severe reactions to egg-related Salmonella, including children under 10, pregnant women, older people, and those with compromised immune systems.

Recent regulatory action proposals from the FDA indicate that the incidence of outbreaks from egg-related Salmonella has not declined since 1999, despite the strong efforts of egg producers, the United States Dairy Association (USDA) and the FDA to affect improvements and controls from egg farms to the consumer.

"Consumers need to understand that this very dangerous bacteria is actually found inside the egg not just on the shell exterior as was previously thought. The consumption of lightly cooked or raw eggs containing SE could easily pass Salmonella poisoning on to individuals eating these dishes," said Greg West, executive vice president of National Pasteurized Eggs, producers of Davidson's eggs. "By offering our pasteurized eggs, Publix is taking a very proactive stance on this issue by offering shoppers, especially those in the high risk categories, a choice when purchasing eggs."

According to West, use of Davidson's eggs eliminates the risk of egg-related Salmonella when cooking eggs sunny-side up, over easy and poached, as well as in preparation of recipes where eggs are used raw or undercooked.

For more information, visit [www.safeeggs.com](http://www.safeeggs.com)

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## Check This Out

Google has implemented a new feature wherein you can type someone's telephone number into the search bar and hit enter and then you will be given a map to their house.

In order to test whether your phone number is mapped, go to:

<http://www.google.com/>

Type your phone number in the search bar (i.e. 555-555-1212) and hit enter. If you want to BLOCK Google from divulging your private information, simply click on the telephone icon next to your phone number. Removal takes 48-hours. If you are unlisted in the phone book, you might not be in there, but it is a good idea just to check.

## It's the Berries!

The results looked "berry" good for berries in 2004 when the United States Department of Agriculture (USDA) researchers released a list of the top 20 antioxidant-rich foods in a study of over 100 commonly consumed foods tested (*Journal of Agricultural and Food Chemistry*, June 9, 2004).

Wild blueberries, cultivated blueberries, cranberries, blackberries, raspberries and strawberries took six of the top 11 spots. Here's the complete top 20 list--from highest to lowest in antioxidant activity--based on serving size:

1. Small red beans, (dry, cooked), 1/2 cup
2. **WILD BLUEBERRIES**, 1 cup
3. Red kidney beans, (dry, cooked), 1/2 cup
4. Pinto beans, (dry, cooked), 1/2 cup
5. **BLUEBERRIES (CULTIVATED)**, 1 cup
6. **CRANBERRIES**, 1 cup whole
7. Artichokes (cooked), 1 cup hearts
8. **BLACKBERRIES**, 1 cup
9. Prunes, 1/2 cup
10. **RASPBERRIES**, 1 cup
11. **STRAWBERRIES**, 1 cup
12. Red Delicious apples, 1
13. Granny Smith apples, 1
14. Pecans, 1 ounce
15. Sweet cherries, 1 cup
16. Black plums, 1
17. Russet potato (cooked), 1
18. Black beans (dry, cooked), 1/2 cup
19. Plums, 1
20. Gala apples, 1

"Just like rust on a car, oxidation can cause damage to cells and may contribute to aging," states the American Dietetic Association. Antioxidants may help increase our immune function and protect against cancer and heart disease. They function by neutralizing the damaging effects of "free radicals" that form during cell metabolism as oxygen is burned.

In identifying these foods, researchers cautioned their antioxidant activity in the laboratory may differ from their antioxidant activity in the body. Absorption capacity may vary, and cooking processes may affect antioxidant levels. For example, cooking increased the antioxidant content of tomatoes but decreased levels in carrots. While a food didn't make the top 20 for antioxidant activity, it may still be a source of other health benefits.

Foods offer advantages over supplements in supplying antioxidants. They may provide compounds that offer benefits of which we're presently unaware. Foods also may contain additional substances that work with antioxidants to make them effective.

The American Heart Association states, "At this time, the scientific evidence supports a diet high in food sources of antioxidants and other heart-protecting nutrients, such as fruits, vegetables, whole grains and nuts instead of antioxidant supplements to reduce risk of CVD (coronary vascular disease). AHA further advises, "Some studies even suggest that antioxidant supplement use could have harmful effects."

**Source: Food Reflections Newsletter, University of Nebraska Cooperative in Lancaster County**

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## Powerful Savings

The U.S. Department of Energy (DOE) and the Alliance to Save Energy (Alliance) announced a year-long *Powerful Savings* public education and awareness campaign designed to provide consumers with the information and tools necessary to make smart choices a part of their daily lives.

“This new effort will be a coordinated campaign to help consumers make smart energy choices,” David K. Garman, Assistant Secretary of Energy for Energy Efficiency and Renewable Energy, said. “Energy efficient improvements and tips are easy ways for Americans to save energy and money in their homes and in their cars, which supports our economy and protects our energy security.”

This new partnership with the Alliance continues Secretary of Energy Spencer Abraham’s “smart energy” campaign. Both DOE and the Alliance offer free consumer booklets with helpful ways to reduce home energy bills that are important elements of the campaign:

- DOE’s *Energy Savers: Tips on Saving Energy & Money at Home* is available in both English and Spanish by calling (1) 877/337-3463 or at [www.energysavers.gov](http://www.energysavers.gov).
- The Alliance’s *Power\$mart: Easy Tips to Save Money and the Planet* can be ordered by calling 1-888/878-3256. An animated version can be previewed at [www.ase.org/powersmart/](http://www.ase.org/powersmart/) where customization details can be found.

**Source: Alliance to Save Energy Website, [www.ase.org](http://www.ase.org)**

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## Protecting Water Resources with Smart Growth

EPA is releasing *Protecting Water Resources with Smart Growth*, a new report that will help communities protect water resources and achieve smart growth.

The report presents 75 innovative approaches such as redeveloping abandoned properties, encouraging rooftop gardens, allowing shared parking, and promoting tree planting.

Growth and development, including the loss of woodlands, meadowlands, and wetlands, can have adverse effects on water resources. Increases in developed land, including lawns and paved surfaces, can increase polluted run-off. To address these and other impacts, state and local governments are developing smarter approaches to growth. They are looking for, and using, policies and tools that enhance existing neighborhoods, improve schools, protect drinking water, and provide attractive housing and transportation choices.

The 75 approaches in this report will help state and local governments and water quality professionals achieve their smart growth and water quality goals.

To receive a free copy of the report, send an email to [ncepimal@one.net](mailto:ncepimal@one.net) or call 1-800-490-9198 and request EPA publication 231-R-04-002.

# Tackling Colds and Flu

*Keeping germs in check*

## **The Dreaded "Droplet Spread"**

The major culprit in spreading cold and flu germs is an unappetizing syndrome called "droplet spread." Tiny particles from the cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. These droplets can also land on a desk, countertop, doorknob, or other common surface. If you touch that surface, then touch your eyes, mouth, or nose before washing your hands, those germs can invade your body! To make matters worse, some viruses and bacteria can live two hours or longer on many surfaces.

## **Take Cover**

When a cough or sneeze shows up, keep those droplets under control. Cough or sneeze into a tissue, then throw it away. If there's no tissue in reach, "give your cough the shoulder." Lift your shoulder and arm and cough into your upper/arm shoulder. The idea is that people are less likely to touch each other's shoulders than each other's hands. Or, cover your mouth or nose with your hands. But no matter what cover-up you use, promptly wash your hands.

## **Clean Up**

As a major deterrent to the spread of germs, use soap! When paired with the proper handwashing technique, it's one of the best ways to protect yourself from cold and flu germs. Here's how to do it:

- Wet hands with warm water and apply liquid, bar, or powder soap.
- Rub hands together vigorously for the amount of time it takes to sing the "Happy Birthday" song twice.
- Rinse hands well under warm running water.
- Dry hands with a paper towel or air dryer.

If there's no soap and water nearby, use an alcohol-based, disposable hand wipe or a hand sanitizer.

## **Exercise Good Habits**

During cold and flu season, time-honored ways to stay healthy apply! Get plenty of sleep, exercise regularly, drink plenty of water, and eat a balanced diet. These activities can help your immune system better resist the germs that cause illness.

**Source: Soap and Detergent Association Online Newsletter**

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# Do You Know Your Vitamins From Your Minerals?

Do you know your vitamins from your minerals? Have you heard of a trace element?

## What are vitamins?

Vitamins are essential nutrients that your body needs in small amounts to work properly. There are two types of vitamins: fat-soluble and water-soluble.

### Fat-soluble vitamins

Fat-soluble vitamins are found mainly in fatty foods such as animal fats (including butter and lard), vegetable oils, dairy foods, liver and oily fish. Your body needs these vitamins every day to work properly. However, you don't need to eat foods containing them every day. This is because, if your body doesn't need these vitamins immediately, it stores them in your liver and fatty tissues for future use. This means the stores can build up so they are there when you need them. But, if you have much more than you need, fat-soluble vitamins can be harmful.

These are all fat-soluble vitamins:

- vitamin A
- vitamin D
- vitamin E
- vitamin K

### Water-soluble vitamins

Water-soluble vitamins are not stored in the body, so you need to have them more frequently. If you have more than you need, your body gets rid of the extra vitamins when you urinate. Because the body doesn't store water-soluble vitamins, generally these vitamins aren't harmful. Water-soluble vitamins are found in fruits, vegetables and grains. But unlike fat-soluble vitamins, they can be destroyed by heat or by being exposed to the air. They can also be lost in the water used for cooking. This means that by cooking food, especially boiling, we lose lots of these vitamins from the food we eat. The best way to keep as much of the water-soluble vitamins as possible is to steam or grill, rather than boil.

These are all water-soluble vitamins:

- vitamin B6
- vitamin B12
- vitamin C
- biotin
- folic acid
- niacin
- pantothenic acid
- riboflavin
- thiamin

## What are minerals?

Minerals are essential nutrients that your body needs in small amounts to work properly. We need them in the form they are found in food. Minerals can be found in varying amounts in a variety of foods such as meat, cereals (including cereal products such as bread), fish, milk and dairy foods, vegetables, fruit (especially dried fruit) and nuts. Minerals are necessary for three main reasons: (1) building strong bones and teeth; (2) controlling body fluids inside and outside cells; and (3) turning the food we eat into energy.

These are all essential minerals:

- calcium
- iron
- magnesium
- phosphorus
- potassium
- sodium
- sulphur

## What are trace elements?

Trace elements are also essential nutrients that your body needs to work properly, but in much smaller amounts than vitamins and minerals. Trace elements are found in small amounts in a variety of foods such as meat, fish, cereal, milk and dairy foods, vegetables and nuts.

These are all trace elements:

- boron
- cobalt
- copper
- chromium
- fluoride
- iodine
- manganese
- molybdenum
- selenium
- silicon
- zinc.

**Source:** <http://www.foodsafetynetwork.ca>

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# Reduce, Reuse, and Recycle

## Part 3 of 3

### Three great ways YOU can eliminate waste and protect your environment!

Waste, and how we choose to handle it, affects our world's environment -- that's YOUR environment, everything that surrounds you including the air, water, land, plants, and man-made things. And since by now you probably know that you need a healthy environment for your own health and happiness, you can understand why effective waste management is so important to YOU and everyone else. The waste we create has to be carefully controlled to be sure that it does not harm your environment and your health.

#### What exactly is "waste"?

Simply speaking, waste is anything discarded, rejected, surplused, abandoned, or otherwise released into the environment in a manner (or quantity) that could have an impact on that environment.

#### How can you help?

You can help by learning about and PRACTICING the three R's of waste management: **Reduce**, **reuse**, and **recycle**! Practicing all three of these activities every day is not only important for a healthy environment, but it can also be fun too. So let's take a minute right now to learn more about waste and waste management, so you can become a key player in making our world a safe and healthy place. In this issue we address recycling materials.

#### Recycle

Recycling occurs when you save and take reusable materials to places where they can be remade into either the same product or new products, rather than to just toss them in the trash. Making new items from recycled ones also takes fewer energy and other resources than making products from brand new materials.

Just about anything in your home (or office or school, etc.) that cannot be reused CAN be recycled into something else. You'd be amazed what can be done with a recycled product ... a recycled soda bottle, for example, can be made into T-shirts, combs, or hundreds of other plastic goods that can be used for many years. Even your brand new computer case might be made from ordinary recycled plastics. And paper products can take on different forms as well – an old phone book or coloring book might become one of your school books or a composition notebook.

Your recycling mission is not impossible! In fact, it is very simple:

Don't throw away anything that can be recycled!

Here is a list of things you should always recycle (or reuse) ...

## Recycle (continued)

- Acid Batteries
- Aluminum Cans
- Building Materials
- Cardboard
- Chemicals
- Electronic equipment
- Glass
- Lead
- Magazines
- Metal
- Newspaper
- Oil
- Paint
- Paper
- Plastic Bags
- Plastic Bottles
- Steel Cans
- Tires
- White Goods (Appliances)
- Wood
- Writing / Copy Paper
- Yard Waste

Some of the items listed above will require special handling procedures and special recycling places or events. Just ask your local recycling office for assistance and information.

Now isn't that easy? There is so much that YOU can do with very little effort. And the best part is you will probably save yourself a lot of money while you are at it!

**Source: National Institute of Environmental Health Sciences, National Institutes of Health (NIH) Department of Health and Human Services (DHHS)**

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## There's A Picky Eater At Home

Children need specific nutrients such as calcium, vitamin A, and iron for adequate growth. Parents all around the country know that they need to offer a variety of foods to their children. But what is a parent to do with a picky eater? As a parent, you may not believe it now, but your child probably won't always be a picky eater. Strange or difficult eating habits are often just phases that pass with time.

It is normal for a child's appetite to vary from day to day. Children's bodies tell them how much to eat. They usually eat only when they're hungry and stop when they're full. Hard as it is, it's okay for your child to skip a meal once in a while.

He will ask for food when his stomach is empty. In setting the stage for a positive mealtime, consider these three factors:

1. Environment. Turn off the TV and any other distractions. Provide a firm, comfortable table and chair. Kids should not have to strain to reach their food.
2. Be aware of child-size food portions. Children have smaller stomachs and need to eat smaller portions of food frequently throughout the day. As a general rule, serve one tablespoon of each food per year of life.
3. Respect food preferences. Children, like any individuals, have food likes and dislikes. Be aware of the foods your child will not eat. Instead of forcing foods or ignoring the issue, look for food substitutes he's more likely to eat. For example, if your child does not like milk, try cheese and yogurt for his source of calcium.

### Feeding responsibilities:

It is important to learn the division of feeding responsibilities among parents and children.

Parents and care givers have the responsibility of offering nutritious foods. Children are responsible for deciding what to eat from those food choices presented by the parent and how much to eat.

Here are four important feeding jobs for parents:

- Buy **healthful** foods.
- Serve **regular** meals and snacks.
- Make mealtimes **pleasant**.
- Set a **good** example.

### New foods:

Many times children will rely only on favorite foods that they feel comfortable eating. They may refuse to try new foods. Children, picky eaters included, need to expand their food choices, and this can be accomplished gradually.

- Offer a new food together with a favorite food.
- Bring new foods in slowly, one at a time.
- Offer new foods at the beginning of the meal because that's when children are most hungry.
- Serve small portions the first few times – it is less intimidating than a full plate.
- Encourage children to taste at least one bite, but do not force them.

A child should not be bribed to try new foods or even to eat a meal. Offering him a dessert if he tries the new food sends the message that dessert is more important than the food. Parents need to promote the social aspect of mealtime and positive eating behaviors.

### Tips for getting your child to eat better:

- Serve foods that appeal to kids. Include a variety of colors, textures and forms.
  - Combination of colors makes meals attractive
  - Offer meals that combine foods that are crunchy or crispy .
  - Cut foods in interesting shapes.
- Offer plain, unmixed foods. Some children prefer to eat foods separately instead of all together in a dish.
- Encourage children to practice serving themselves. They can try pouring water or milk, spreading peanut butter on bread, or spooning food from a serving bowl to their plate.
- Give kids enough time to eat. They are less skilled at eating by themselves.
- Involve your child in food shopping and preparation. Children are more willing to try foods they helped prepare.
- Allow hot foods to cool down and cold foods to warm up before offering it to your child.
- Make eating and family time the focus of mealtime. This is a good opportunity for the family to talk about the highlights of the day or future plans for family activities.

**Source: Isabel Valentine-Oquendo, M.S., R.D., L.D/N, Family Nutrition Program, Cooperative Extension Service, University of Florida**

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# Florida Food Fare

By Mary King

University of Florida – Sarasota County Extension

## Pineapple

**Description:** The pineapple has served as both a food and a symbol throughout the history of the Americas. Originating in Brazil and Paraguay, it grows in all the tropical and warm subtropical areas of the world. Christopher Columbus is believed to have encountered the fruit in 1493 at Guadeloupe and introduced it to Europe upon his return. Highly prized because of its delectable flavor and aroma, it was cultivated in hothouses in Europe in the 17<sup>th</sup> century. Used by the wealthy to adorn banquet tables, it soon became a symbol of elite social standing and hospitality. Pineapple art motifs carried to the New World by the Colonists perpetuated the "friendship" and "welcome" image retained even today.

The pineapple or *Ananas Comosus* is a member of the Bromeliaceae family. Related to Spanish moss which grows on trees, pineapple is the only plant in this family which bears edible fruit. The plant is a small herbaceous perennial, with long sword-like leaves arranged in a spiral around a short stem. The fruit develops from the cone or bud that grows above the leaves. Size of mature fruit varies from 1 to 10 pounds or more. The shape can be oval to cylindrical and yellowish to orange in color. The surface of the shell is textured and covered with "eyes", which are pointed at first but as the fruit matures, they smooth out. The fruit itself consists of many small seedless fruits fused together on a central core.

**Availability:** In the tropics, fruit is produced almost continuously throughout the year. It takes about 18 to 22 months to produce ripe fruit after a pineapple has been planted. In Florida greatest production occurs during the summer months but fresh pineapple can usually be found year round in the produce section of the supermarket. The climate of Florida is not suited to large-scale commercial production of pineapples.

Many Florida residents like to grow their own pineapples and all it takes is a fresh pineapple or the crown (the top leafy part) and a little patience. Cut or twist off the crown and trim away any of the fruit that may still be stuck to it. Find a dry shady spot and place the crown upside down for several days to allow the cut end to dry out and prevent rotting. Plant in a porous clay pot or in the ground making sure it has good drainage and plenty of light. Place the crown in the soil and firmly press down the soil around the base trying not to get soil into the leaves. Fertilize every two or three months and water once a week. If your pineapple is in a pot bring it indoors if there is a chance of frost. You should see the fruit starting to develop after about 18 months. For more information on growing pineapples contact the County Extension Office.

### Tropical Chicken Salad

2 cups diced cooked chicken breasts	2 tablespoons low fat sour cream
1 cup mandarin oranges, drained	1/4 cup sliced water chestnuts
1/2 cup chopped celery	1 teaspoon coconut extract
1/4 cup low fat mayonnaise	2 cups diced fresh or canned pineapple
1/2 cup chopped mango	

In a mixing bowl, combine the above ingredients. Mix well and refrigerate. This can be served on salad greens or stuffed into a whole wheat pita bread. Serves 6

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