

# Spice it up with Ann

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Spring has sprung! Fruits and vegetables are starting to come back into season. Eating at least five servings a day has been shown to increase health and decrease disease. Eating a variety of fruits and vegetables provides different micronutrients called phytochemicals. Only a small percentage of known phytochemicals have been studied. Phytochemicals are powerful anti-cancer agents, each working in a unique way to prevent or stop cell mutation. In other words, the more types of fruits and vegetables eaten, the more ways the body has of staying healthy.

Unfortunately, many fruits and vegetables are grown with chemical pesticides, herbicides and fertilizers. Most students do not prioritize the extra financial burden of purchasing organic. Sometimes organic produce is a similar price to conventionally grown, especially if on sale. The 5-pound bag of organic carrots is often the same or a similar price to non-organic.

There are ways to decrease the chemical residue on non-organic produce. Produce departments often have special washes to use on produce, but there is a less expensive technique to accomplish the same ends. About a decade ago, the magazine *Consumer Reports* published that by washing the produce in slightly soapy water, 75-90% of chemical residues were removed from the skin of produce. More recent research, however suggests that the dish detergent is absorbed by the produce. Vinegar or lemon juice has also been shown to be more effective than plain water. Never use bleach to cleanse produce.

Vinegar is the least expensive. Use half vinegar and half water in a large pot or dishpan. Soak the produce for about 5-15 minutes for maximum effectiveness. A colander or strainer can be placed in the container to make it easier to soak and rinse. Higher pesticide produce, such as strawberries, green peppers, and

foreign-grown grapes have more residues to remove and a high surface area, so should be soaked the full 15 minutes. Be sure to rinse all produce well with clean water before eating. Mushrooms absorb water so should only be rinsed quickly with plain water, not soaked.

Apples, other fruits, and cucumbers often have a waxy coating to protect them. When washed, they may have a white residue on them. This wax is food grade and safe to eat. While it keeps the produce crisp longer, some folks prefer to buy non-waxed produce.

Some folks wash their produce after shopping before putting it in the fridge. Then it is ready for use when needed, without the extra step of washing then. Some people even cut up vegetables after washing and store in an airtight container so that they can "grab 'n go" or "grab 'n cook" more easily. By taking a few extra minutes ahead of time, produce can be healthier and easier to use.

Frozen and canned fruits and vegetables have almost as much nutrition as fresh. Since local fruit will not be in season for at least a month or so, focus on increasing canned and frozen fruits while waiting for the delicious fresh berry flavor. Save the washing procedure above for fresh fruits. In the next issue, the focus will be on vegetables. Below are fruity recipes with spring-like colors, and the health benefits of at least some fruits. The more sugary ingredients in the recipe, the less healthy it will be. Watergate Salad is so pretty and delicious that it is included, despite the preponderance of sugar!

Watergate Salad from Jeanette Christofic

15 oz can undrained pineapple  
1 small box pistachio pudding mix  
8-9 oz. cool whip  
12 oz bag of mini marshmallows  
Mix dry pudding and pineapple. Fold in cool whip and marshmallows. Cover and refrigerate till serving time.

Pineapple Jello Salad from Sue Croumer

15 oz. can drained crushed

pineapple  
Small box Jell-O, any flavor  
8-9 oz cool whip

16 oz. cottage cheese  
Mix dry Jell-o, pineapple and cottage cheese. Fold in cool whip. Cover and refrigerate until serving time. Pick a Jell-o color to match the event if possible, such as lime on St. Patrick's Day, or cherry to match or contrast with serving dishes.

Fruit Smoothie

Assorted frozen, canned, or fresh fruits such as:

Blueberries, Strawberries,  
Raspberries, Peaches, Pears, Fruit cocktail

Optional ingredients:

Plain or flavored yogurt, Frozen yogurt or ice cream, Milk, Sugar or honey

Mix and match the ingredients depending on what you have and your individual preferences. Blend ingredients until smooth, starting with milk and fruits you wish to be more liquefied. Gradually add fruits that you wish to have in larger chunks. Taste test towards the end and add sugar or honey only if needed. Serve immediately or freeze for a sorbet-like treat on a hot day.

Fruit dip from Linda Eban

8 oz. container of any flavor of yogurt

8 oz. block of cream cheese (lower fat Neufchatel cheese works fine)  
Soften cream cheese for several hours at room temperature. Mix softened cream cheese and yogurt. Add spices or sugar to taste, if desired. Serve with apple slices or other fresh fruits.

Other ways to use fruits

Add chopped apples or frozen berries to pancakes. A few bits can be placed on each pancake immediately after it is poured onto the griddle, or fruit can be stirred into batter. Serve apple or banana slices with peanut butter. Mash peanut butter and bananas together for a spread on toast or crackers. Freeze grapes for a delicious sensation on a warm Spring day. Carry fruit for a snack, instead of stopping at the vending machines—your wallet and health will appreciate it!

# Campus Calendar

Penn State Harrisburg will host the 9th Annual Conference of the Pennsylvania Chapter of the National Association for Multicultural Education on March 30 and 31. The conference is free to Penn State Harrisburg faculty, staff, and students. Contact Continuing Education at 948-6505 or e-mail [ksk1@psu.edu](mailto:ksk1@psu.edu). Read about the conference at <http://www.hbg.psu.edu/news/multiEd2007.html>.

Dr. George E. Stevens, Dean of the College of Business Administration at Kent State University, will discuss "Achieving Excellence as an Underrepresented Faculty in Academia" Thursday, March 29 from noon to 1:30 p.m. in the Gallery Lounge. For information, contact [cqm5@psu.edu](mailto:cqm5@psu.edu). The Learning Center is recruiting

tutors and supplemental instruction leaders and mentors for fall 2007. Please apply by April 6. Tutors are needed for accounting, biology, chemistry, finance, math, PHIL 12, physics, Spanish, and statistics. Supplemental instruction leaders are needed for ACCTG 211, CHEM 012, MATH 110, and PSYS 211. Mentors are needed for the First-Year Seminar. See Employment Options at <http://www.hbg.psu.edu/LearningCenter/> for qualifications and application forms. Contact Janice Smith at [jes57@psu.edu](mailto:jes57@psu.edu), 948-6475, or stop in Olmsted C-216 for information.

A community Easter Egg Hunt sponsored by the Lion Ambassadors comes to campus at 2 p.m. Saturday, March 31. The event will be on Vartan Plaza adjacent to Olmsted

Building and will feature egg hunts for the following groups: ages 2 to 4, ages 5 and 6, and ages 7 to 10. In the event of rain, the hunt will be in the first floor of the college library.

The songs and stories of Ireland come to campus Tuesday, March 27 when award-winning Harry O'Donoghue takes to Stack's Stage at noon. A native of Ireland, O'Donoghue, with guitar in hand, engages his audience with stories, anecdotes, and songs relating to Irish history and culture.

The Pennsylvania State Government Job and Intern Fair will be from 11 a.m. to 3 p.m. Thursday, March 29 in the Special Events Room of Olmsted Building. For information, contact the Office of Career Services.

## Things You Need To Know

The Alpha Sigma Lambda Adult Education Foundation announces applications are available for its \$1,200 national scholarships for 2007-2008. Applicants must be current students age 24 or older working toward undergraduate degrees, have already completed at least 30 credits prior to the current semester, and have a GPA of at least 3.2. Students do not have to be members of the campus ASL chapter to apply. Applications and further information are available on the ASL web site at: [www.alphasigmalambda.org](http://www.alphasigmalambda.org) or from the Student Assistance Center, W-117 Olmsted. Deadline for submission of all information is Monday, April 16 in the Student Assistance Center. Contact Charlotte Spector, 948-6260 or [cspector@psu.edu](mailto:cspector@psu.edu).

The Learning Center offers online scheduling for any writing or math course up to and including Calculus II. Reserve a time at <https://www.rich15.com/psuh>. For other courses:

E-mail: [tutorrequest@psu.edu](mailto:tutorrequest@psu.edu). Be sure to include the course number! We can't guarantee a tutor, but we will try to find one.

Interested in playing varsity soccer this fall? Coach Mark Brown will conduct spring workouts on the campus soccer field for any interested student from 4 to 6 p.m. on Wednesdays, April 4, 11, 18, and 25 and 8 to 10 a.m. Saturdays, April 7, 14, 21, and 28. The main focus will be on technical skills and preparation for the fall. Anyone wishing to participate must contact coach Brown as soon as possible at [mrb35@psu.edu](mailto:mrb35@psu.edu).

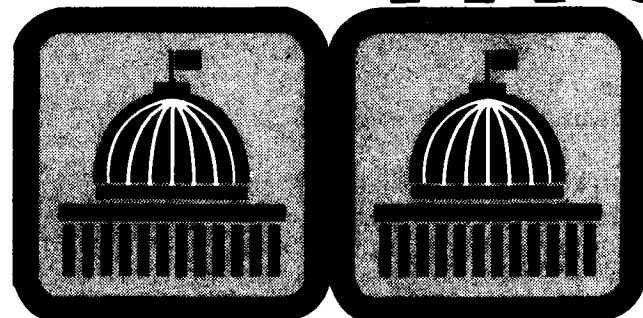
Intramural Co-ed Softball registration has begun. Entry roster forms can be obtained at the CUB front desk. Completed rosters must be submitted to the Intramural Office, Room 121 CUB by 5 p.m. Tuesday, March 27. There is a mandatory captains' meeting on Thursday,

March 29 at 1 p.m. in room 217 CUB. Lunch will be provided. Discussion at the captains' meeting will include one-pitch versus regular play softball.

The second in a series of Traditional Music of Pennsylvania concerts hosted by the college library will feature The Keystone Rebels at 6:30 p.m. Monday, March 19 in the Morrison Gallery. This quartet plays fiddle tunes collected by Penn State folklorist Samuel Bayard from the southwest region of the Commonwealth and gathered in two books. Free and open to the public. Read more about the concert series at <http://www.hbg.psu.edu/news/LibraryConcert2007.html>.

Research participants are being sought for an experiment to answer the question: How do people identify nonsense? Each participant will receive \$10 cash. Phone 948-6035 to schedule an appointment or stop by room 203 in the EAB.

## PA State Government



## Job Fair

### Thursday, March 29, 2007

### 11 am – 3 pm

### Special Events Room

( off the Food Court )

Meet recruiters from various departments and agencies of state government

Learn about full-time and internship opportunities

Civil Service and non-Civil Service positions

Information booklet available at the Fair

Questions? Contact Career Services, W117, 948-6260 or [cmg11@psu.edu](mailto:cmg11@psu.edu)