



# Quay County Extension Family Consumer Sciences Programs Serving Families



New Mexico State University Cooperative Extension Service  
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**November 2019**

## Important Dates Community Events

**Nov 9 – 10**  
**CRAFT FAIR**

**Nov 28**  
**Happy Thanksgiving**



**Jan 7**  
**Annual Luncheon**

**Club Education Program:**  
**It's A Scam**



## Extension Association News

### Community Service Day

Thank you to everyone that worked on the care bags and backpacks during our Community Service Day. There were 25 care bags made for men, women and children. That's a total of 75 care bags! The CYFD backpacks made were 5-infant, 5-toddler, 10-elementary and 10-teen. All the backpacks were delivered. We have received some nice thank you notes from the staff at CYFD.

Several members came back into the office to sort, count and repack the supplies left. Thank you for putting in the extra time. This should help us have things organized better for next year.

We have also received a sizable donation from the American Legion in Conchas to go towards next year's bag.

We were well represented at the State Meeting by four members and Brenda. The meeting was great and we have some cool ideas for our meeting next year.

Be sure to put the Annual Luncheon on your calendar for January 7, 2020. We will meet at the Pow-Wow.

**Please submit your dues for 2020 now. Be sure to fill out your enrollment form and the Volunteer Form for NMSU if there is one in your packet. Terry must have our county dues turned in by December 1.**

This Newsletter is brought to you by the Quay County Extension Service. To be added or removed from the mailing list, please call 461-0562.

*Joyce Runyan*

Joyce Runyan  
Extension Program Assistant

*Brenda Bishop*

Brenda Bishop  
Retired



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## Getting to Know Barley

The most recent Dietary Guidelines for Americans recommend that all adults eat at least half their grains as whole grains – that’s at least 3 to 5 servings of whole grains every day. The average American eats less than one daily serving of whole grains, and some studies show that over 40% of us never eat any whole grains. One whole grain that tends to be forgotten by many is BARLEY.

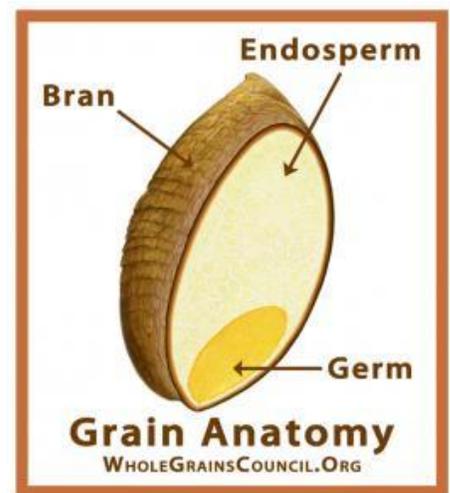
Do you remember the little white fluffy things floating in canned vegetable soup? That’s the barley. You may be surprised to know that it is the world’s fourth most important cereal crop after wheat, rice, and corn. Barley can be prepared in many ways in addition to soups and stews. It used as a hot side dish or served as a cold salad. Or eaten like oatmeal. Barley flour is used in bread, pancakes, muffins, and cookies. If you’ve never eaten barley plain, the flavor can be best described as “rich” with a mild sweetness.

Nutritionally  $\frac{3}{4}$  cup cooked barley contains 160 calories, 8 grams of fiber and 6 grams of protein. It is an excellent source of manganese, selenium, and thiamin and a good source of magnesium, phosphorus, copper, and niacin. There has been enough research documenting barley’s role in protecting heart health that the U.S. FDA allows barley foods to claim that it reduces the risk of coronary heart disease.

Barley has a particularly tough inedible hull that adheres to the grain kernel. This hull is difficult to remove without losing some of the bran. The easiest way to get this off is to scrape or “pearl” it. That’s why it’s called “pearled barley.” This process does remove some of the bran. Thusly, “pearled” barley is not technically a whole grain.

Kelly Toups, Director of Nutrition at the Whole Grains Council reports that pearled barley is different than other grains because the fiber is distributed throughout the grain kernel, rather than being concentrated in the bran. This means that even pearled barley has a rather impressive amount of fiber. Barley has 17% fiber which is the highest of all the whole grains. Comparing it to other whole grain foods: brown rice contains 3.5% fiber, corn about 7%, oats 10% and wheat about 12%.

Whole grain barley does offer higher levels of many essential nutrients when compared with pearled barley. One 45-gram serving of hulled (whole grain) barley has approximately an additional gram of fiber and protein, and has about twice as much magnesium as pearled barley. If you want to get the entire whole grain goodness of barley look for hulled barley or hull-less barley.



To prepare barley, combine one cup of dry uncooked barley with three cups of liquid. This will expand to about  $3\frac{1}{2}$  cups of cooked grain. Whole grain barley can take 45-60 minutes to cook when simmered slowly. It can be helpful to use a rice cooker since you can cook almost unattended.

*Adapted from Article by: Cheryle Jones Syracuse, MS  
Professor Emeritus, The Ohio State University*

Source: [https://news.nutritioneducationstore.com/getting-to-know-barley/?utm\\_source=Food+and+Health+CRM&utm\\_medium=Communication+Campaign+Email&utm\\_campaign=Getting+to+know+barley](https://news.nutritioneducationstore.com/getting-to-know-barley/?utm_source=Food+and+Health+CRM&utm_medium=Communication+Campaign+Email&utm_campaign=Getting+to+know+barley)



## Jicama

Jicama is a fun vegetable that's worth getting to know. It looks like a big flattened potato with brown bark-like skin. The "j" in jicama is pronounced like an "h"– (HEE-kah-ma). It is native to Mexico and is sometimes called a Mexican potato, Mexican turnip or a yam bean.

Technically jicama is a legume and its large tuber root is eaten raw or cooked. Peel off the brown skin and inside you'll find crispy juicy white flesh. Some people describe the flavor as a cross between an apple, a pear, and a water chestnut. It has a texture similar to a radish.

Jicama is frequently used raw because of its crisp texture and crunch. Quite often recipes call for it to be shaved thin, grated or cut into "matchsticks." Two great things about jicama: the white flesh doesn't discolor and turn brown like potatoes and it tends to stay crispy after mixed with dressings and/or cooked. A one-pound jicama yields about three cups of chopped shredded flesh.

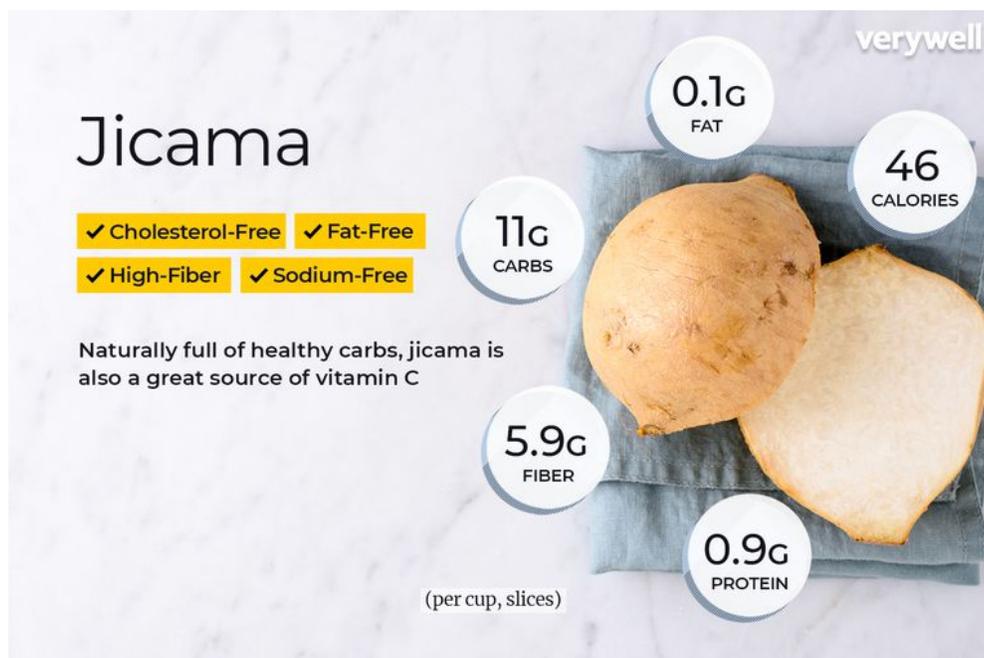
Jicama is available year-round in the produce section of most supermarkets. Select jicama that is firm, unblemished with a slightly silky sheen and free of cracks and bruises. Pick smaller vegetables, they tend to be sweeter and crisper. Sometimes stores display jicama in the area of the produce section that are misted. But, this is not a good idea, when exposed to water jicama tends to mold and become soft. These are ones to avoid. Jicama should be stored in a cool dry place. Once cut jicama should be stored in the refrigerator

Jicama does not contain any sodium, fat or cholesterol. It's a good source of fiber and an excellent source of vitamin C. One cup of sliced raw jicama contains about 50 calories.

Try it on your next vegetable platter, in a stir-fry or as a crunchy addition to a salad.

*Cheryle Jones Syracuse, MS  
Professor Emeritus, The Ohio State University*

[https://news.nutritioneducationstore.com/j-is-for-jicama/?utm\\_source=Food+and+Health+CRM&utm\\_medium=Communication+Campaign+Email&utm\\_campaign=Jicama+-+Two+Things+to+Love%21](https://news.nutritioneducationstore.com/j-is-for-jicama/?utm_source=Food+and+Health+CRM&utm_medium=Communication+Campaign+Email&utm_campaign=Jicama+-+Two+Things+to+Love%21)



Here's a recipe from the Food Network courtesy of Alton Brown for Baked Barley

Ingredients:

1 cup hulled barley  
1 tablespoon unsalted butter

1 teaspoon kosher salt  
2 cups boiling water

Directions:

Preheat oven to 375° F. Place the barley into a 1 ½ quart ceramic or glass baking dish (with a lid) and add butter, salt and boiling water. Stir to combine. Cover the dish tightly with aluminum foil and place lid on top of the foil. Bake on the middle rack of the oven for 1 hour. After 1 hour, remove the cover, fluff with a fork and serve immediately.

Source: <https://www.foodnetwork.com/recipes/alton-brown/baked-barley-recipe-1945702>



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