

Breakfast is served

Make the most of your morning with waffles **D3**



LIFE



WPSU Kid's Day this Saturday! Tons of family fun!

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Altoona Mirror

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Simply delicious

Chef offers up advice on how to cook farmers market buys at home

By AMANDA GABELETTO
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Altoona dad and resident Ryan Michaels was pretty sure he wasn't a fan of spinach, but he quickly became a convert during a cooking demonstration on a recent afternoon at the Altoona Housing Authority's Pleasant Village pavilion, thanks to Chef Michael Roddey and the Juniata Farmers Market. "All right, I like it," Michaels said after tasting the spinach, noting he keeps an open mind and his palate has matured over the years. "There's no bitter, which is what usually steers me away from spinach."

Roddey, an Altoona native and an executive chef, lecturer and industry and educational consultant who has his own business, Gastronomic Services & Consulting, Duncansville, led three cooking demonstrations in Altoona last week as part of an outreach of the farmers market.

The goal was "trying to promote health and increase the consumption of fresh fruits and vegetables and support the local farmers," said Pennsylvania Agriculture ombudsman Beth Futrick, who coordinates the Juniata Farmers Market.

The accomplished chef will also visit the market this season, she said. For updates on the market, check out its Facebook page.

Roddey's food service career has taken him to different parts of the country, including New York and Alaska. He has also cooked for celebrities such as Kathy Bates, Chris Pratt and Jane Krakowski, and music legends The Beastie Boys, according to his website, chefroddey.com.

The demonstrations were a new endeavor this year, Futrick said.

Market customers will often ask vendors about what to do with a product, and while recipe cards are available, cooking "whole food we thought was a lost art," with people, including the younger generation, not "cooking like they used to," Futrick said.

The outreach was already on their mind when Roddey walked in a couple weeks ago offering up his services, Futrick said. He did similar demonstrations in Alaska.

Roddey brought a small pantry to the demonstration that included vinegar, oil, chipotle tabasco sauce, raspberry preserves, locally-made Clover Creek cheese, honey, Mrs. Dash for low salt or no salt flavoring, and salt and pepper; and fresh vegetables from the farmers market, including rhubarb, collard greens, leaf lettuce, scallion, and garlic scapes, which are the green stalks of garlic.

During the demonstration, Roddey offered up cooking knowledge and tips.

Produce from the market has a longer



Mirror photo by Patrick Waksmundski

Chef Michael Roddey of Duncansville serves a sample of collard greens to Pleasant Village resident Robert Himes and his friend, Katie Turner of Altoona.

Roddey suggests taking a root-to-stalk philosophy, using the whole vegetable, such as with an onion that still has the green stalk on it.

shelf life because it goes directly to the consumer, he said. Pantry staples don't have to cost a lot either. Roddey bought his at a local discount store.

Roddey suggested taking a root-to-stalk philosophy, meaning using the whole vegetable such as with an onion that still has the green stalk on it. The greens can also add flavor to a dish, and throwing away part of the product is an unfortunate waste of money and food, he said.

The leaves of rhubarb are poisonous, however, and should not be eaten.

Roddey used oil sparingly during the demonstration.

Depending on what oil one uses, two tablespoons can add about 180 calories to a dish, he said. He suggested using condiments such as olives to add flavor to a salad instead of depending solely on dressing.

He didn't cook any of the greens too long, lightly sauteeing them in order to keep the vegetables from turning mushy. The spinach he covered for a couple minutes to steam them, too.

He added seasonings in layers along the way to develop the flavor he wanted and before serving tasted the food to make sure it was where he wanted it. He suggested classic flavor profiles such as sweet and sour and sweet and spicy.

"You can always add, you can't ever take it out" he said of seasoning the food.

Roddey wanted to take the fear out of cooking.

"You shouldn't be scared," he said. "If you have three (pantry staples) that go together, you can't go wrong."

Mirror Staff Writer Amanda Gabeletto is at 949-7030.

Area farmers markets

Juniata Farmers Market

2 to 6 p.m. Thursdays
Penn State Altoona's Rider parking lot

Altoona Farmers Market

9 a.m. to 2 p.m. Thursdays and Saturdays
Heritage Plaza, 1300 11th Ave.

The Hollidaysburg Farm & Craft Market

Open until Oct. 17
3 to 7 p.m. Tuesdays and 10 a.m. to 2 p.m. Fridays
Montgomery Street next to the Diamond

FDA prepping long-awaited plan to reduce salt

By MARY CLARE JALONICK
The Associated Press

WASHINGTON — Food companies and restaurants could soon face government pressure to make their foods less salty — a long-awaited federal effort to try to prevent thousands of deaths each year from heart disease and stroke.

The Food and Drug Administration is preparing to issue voluntary guidelines asking the food industry to lower sodium levels, FDA Commissioner Margaret Hamburg told The Associated Press. Hamburg said in a recent interview that the sodium is "of huge interest and concern" and she hopes the guidelines will be issued "relatively soon."

"We believe we can make a big

impact working with the industry to bring sodium levels down, because the current level of consumption really is higher than it should be for health," Hamburg said.

The food industry has already made some reductions, and has prepared for government action since a 2010 Institute of Medicine report said companies had not made enough progress on making foods less salty. The IOM advised the government to establish maximum sodium levels for different foods, though the FDA said then — and maintains now — that it favors a voluntary route.

Americans eat about 1 1/2 teaspoons of salt daily, about a third more than the government recommends for good health and enough to increase the risk of high blood pressure, strokes

and other problems. Most of that sodium is hidden inside common processed foods and restaurant meals.

In addition to flavor, companies use sodium to increase shelf life, prevent the growth of bacteria, or improve texture and appearance. That makes it more difficult to remove from some products, Hamburg noted.

Once the guidelines are issued, Americans won't notice an immediate taste difference in higher-sodium foods like pizza, pasta, bread and soups. The idea would be to encourage gradual change so consumers' taste buds can adjust, and to give the companies time to develop lower-sodium foods.

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The Associated Press

This Feb. 7, 2012, file photo shows a shopper walking down the canned soup aisle at a grocery store in Cincinnati.

HAPPY BIRTHDAY

Musician Paul McCartney, 72
Actress, Isabella Rossellini, 62
Actress Carol Kane, 62
Singer Alison Moyet, 53
Country singer-guitarist Tim Hunt (Yankee Grey), 47
Singer Nathan Morris of Boyz II Men, 43
Singer-songwriter Ray LaMontagne, 41
Rapper Silkk The Shocker, 39
Country singer Blake Shelton, 38
Guitarist Steven Chen of Airborne Toxic Event, 36
Actor David Giuntoli ("Grimm"), 34



McCartney

CELEBRITY SNIPPET

Michael Stipe will honor Ugandan gay rights activist John Abdallah Wambere at the Logo network's "Trailblazers" event this month.

The former R.E.M. frontman will appear at the event Monday in New York. Wambere is the leader of the gay rights group Spectrum Uganda Initiatives.

Singer-songwriter Sia will perform with the New York City Gay Men's Chorus at the event, where Daniel Radcliffe will appear.

The inaugural "Trailblazers" salutes pioneers in the gay rights movement. Honorees include NBA player Jason Collins, Laverne Cox and Lea DeLaria of "Orange Is the New Black" and the woman who challenged the federal Defense of Marriage, Edie Windsor and her lawyer Roberta Kaplan.

"Trailblazers" will air June 26.



Stipe

QUICK TIP

If the frost buildup inside your freezer is about 1/4 inch thick, it is time to defrost it. Clean it out ASAP because the cooling effectiveness decreases when there is buildup and energy usage increases because the motor has to run more.

Heloise Hints

WORD OF THE DAY

illimitable (adj) \i-,i(l)-li-mə-tə-bəl\ — incapable of being limited or bounded

Merriam Webster's Collegiate Dictionary

DID YOU KNOW?

Did you know that Greece's currency, the drachma, was 2,650 years old and Europe's oldest currency? The drachma was replaced with the Euro in 2002.

randomhistory.com