

September 17, 2010  
Release Date: September 22, 2010

Deborah Rhoades, M.A., R.D.  
Extension Educator  
Family & Consumer Sciences

### MEET ME AT THE FAIR!

September is Whole Grains month and I will be highlighting this at the upcoming Great Frederick Fair. Come by my booth on Thursday, September 23, at the Farm and Garden Building, from 1:00 to 3:00 pm. You will not be able to miss me...I will be all dressed up in black and gold wearing the Whole Grain Stamp.

Whole Grain



100% Whole Grain



Walk down any aisle in your local grocery store, and you will see the ever-present Whole Grain Stamp, which is now on more than 4,000 products. "Before we introduced the Whole Grain Stamp in 2005, consumers found it really challenging to find significant sources of whole grain in their favorite products," said Kara Berrini, Program Manager for the Whole Grains Council (WGC). "The Stamp is a straight-forward tool that anyone can use, and because it has encouraged so many companies to produce such a wide variety of whole grain products, it's easier than ever for people to find and enjoy more whole grain options."

The Whole Grains Council has been focusing its efforts on promoting whole grains for better health since 2003. "Our approach has always been to find positive ways to nudge food manufacturers and restaurants to offer better options, while educating consumers on how 'healthy' and 'delicious' aren't mutually exclusive choices," said Director, Cynthia Harriman.

Spurred in many cases by the WGC's efforts, whole grains are becoming the new norm for grain foods. Many restaurants, including some fast food establishments, are offering whole grain choices on their menus. It may be an optional item so inquire when you place your order. The list of restaurants is too long to publish here. You can access it at the WGC website section, Eating Away From Home, at <http://www.wholegrainscouncil.org/find-whole-grains/eating-away-from-home> I am sure that many local restaurants in Frederick County are offering whole grains choices as well.

Supermarket data also show that, for the first time, sales of whole wheat bread have surpassed white bread in stores. Food manufacturers are quickly reformulating cereals, crackers, snack foods, breakfast items, etc. to add whole grain ingredients. The goal is to eat 48 grams of whole grains daily and with so many new products it easier than ever before.

During September, Whole Grains month, the Whole Grains Council is sponsoring a Chat 'Em Up Contest. Everyone who enters will receive a discount coupon for a delicious whole grain product to try, has a chance to

be featured on their website blog, and will have their name placed in the basket for a chance to win the wonderful Whole Grain Gift Basket. To enter go to <http://www.wholegrainscouncil.org/whole-grains-chat-em-up-contest>

Stop by to see me at the fair and pick up a copy of our *Kids Growing With Grains* recipe booklet. Try the recipe below from the National Cattlemen's Association's "The Healthy Beef Cookbook"  
<http://www.beefitswhatsfordinner.com/thehealthybeefcookbook.aspx>

**FARMER'S MARKET VEGETABLE, BEEF & BROWN RICE SALAD** (makes 4 servings)  
Marinade time: 6 hours or overnight Total recipe time: 50 minutes.

**Marinade:**

1/4 cup olive oil  
2 tablespoons fresh lemon juice  
1 tablespoon minced garlic  
1 tablespoon honey  
2 teaspoons fresh thyme, chopped  
1/4 teaspoon salt  
1/8 teaspoon black pepper

1 beef top round steak, cut 3/4 inch thick (about 1 pound)  
1 teaspoon olive oil  
2 cups asparagus pieces (2-inch pieces)  
1 medium yellow squash, cut lengthwise in half, then crosswise into 1/4-inch thick slices  
3 cups hot cooked brown rice  
1 cup diced, seeded tomatoes  
1 cup canned garbanzo beans, rinsed and drained  
1/4 cup fresh basil, thinly sliced  
1/2 teaspoon salt

Combine marinade ingredients in small bowl. Place beef steak and 1/4 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.

Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium-rare doneness, turning once. Remove; keep warm.

Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt, and reserved marinade in large bowl.

Carve steak into thin slices. Serve over rice salad.

For more information about the Frederick County Extension Office check out our website <http://Frederick.umd.edu/> The University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences.  
DR:ls