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## A Note from Glen

Summer is over and the kids are back to school. Peace and quiet at last!! The Autumnal Equinox comes officially on September 22 at about 3:40 P.M. TDT (Terrestrial Dynamical Time) so get ready for those shorter days and longer nights. Fall is here so you may want to keep the leaf rake handy!

## Fun Facts and Trivia

The average person in North America eats 29 pounds of bananas each year.

Over 96% of American households purchase bananas at least once each month.

Bananas are one of the few fruits that ripen best off the plant.

## Brain Teaser

A babysitter came over one day to babysit 10 children. She decided to give them a snack. In a jar there were 10 cookies. She wants to give each one a cookie, but still keep one in the jar. How will she do it?

See page 3 for the answer.

## Saving at the Supermarket



With prices continuing to go up, more people are trying to find ways to save at the grocery store. Here are 5 ideas to consider.

1. Use grocery store cards. You should get one now from your supermarket if you don't have one already. (Get one from each supermarket at which you shop.) It is the single easiest way to save money on items that are on sale each week.
2. Check the Sunday paper. Newspapers are still an important source for store and product coupons.
3. Buy one, get one free. Such sales are even better deals if you can use coupons with the purchase. Stock up!
4. Try store brands. These products are often from the same factory as the large consumer labels and can be less expensive than a more famous label.
5. Don't be loyal. There is no reason to be wedded to one grocer. Check the ads each week to see who has what you need on sale.

## Brewing Great Coffee at Home

The principles of brewing great coffee are always the same, no matter which type of equipment you use:

- ✓ Always make sure your coffee maker is clean
- ✓ Use fresh water to brew the coffee
- ✓ Rinse the coffee pot well before you start
- ✓ Use fresh coffee. After opening the packet, keep the coffee in a tightly-sealed container
- ✓ Use the same amount of coffee each time for consistent flavor
- ✓ Make sure the coffee is evenly distributed within the filter
- ✓ Serve the coffee directly after being brewed.
- ✓ Stir the coffee in the pot before pouring.
- ✓ Do not leave coffee standing on the hot plate for too long, or the fine aromas will be lost.
- ✓ Remember to de-scale the coffee machine every so often.
- ✓ Use clean cups or mugs

## Tips and Techniques

For flavorful, juicy burgers try these tips:

- For beef burgers, use ground chuck with 15 to 20 percent fat. Ask the butcher to grind it for you and then cook it the same day.
- Use your hands to form the patties but avoid over handling the meat and don't compact it, which can cause the burgers to become too dense.
- Cook the burgers over a medium-hot fire in a grill. Turn them only once and don't press down on them when cooking.

## Food Fact

Who would have thought that a little green fruit with fuzzy brown skin would help your heart big time? It's true that eating lots of kiwifruit is like putting a tag team of heart helpers on your cardio-health case. Kiwifruit appear to put the kibosh on artery-clogging plaques in two ways: They help lower triglyceride levels, and they reduce platelet clumping. The platelet effect could be particularly good for your ticker. Although platelets aid in blood clotting, when these cells stick together too much, it could set the stage for a heart attack or stroke.

There's plenty of heart-helping nutrition in kiwifruit to explain these positive impacts. You may be surprised to learn a kiwi has more vitamin C than an orange, more potassium than bananas, and is chock-full of vitamin E and magnesium.

## Quotable Quote

You can complain because roses have thorns, or you can rejoice because thorns have roses. ~Tom Wilson, Ziggy

## Bananas: Nearly an Ideal Food



Did you know that Americans have made bananas their favorite fruit? Bananas have a lot to offer nutritionally. They contain less water than most other fruits, so their carbohydrate content, by weight, is higher, which is one of the reasons that bananas are a favorite of endurance athletes.

Bananas are one of our best sources of potassium, an essential mineral for maintaining normal blood pressure and heart function. The average banana contains a whopping 467 mg of potassium and only 1 mg of sodium. A banana a day may help to prevent high blood pressure and protect against atherosclerosis.

Bananas are recognized for their antacid effects that protect against stomach ulcers and ulcer damage. Bananas work their protective magic in two ways: First, substances in bananas help activate the cells that compose the stomach lining, so they produce a thicker protective mucus barrier against stomach acids. Second, other compounds in bananas called protease inhibitors help eliminate bacteria in the stomach that have been pinpointed as a primary cause of stomach ulcers.

Enjoying bananas frequently as part of your healthy way of eating can help improve your body's ability to absorb calcium which helps to build better bones.

Bananas are not grown commercially in the United States. They are grown in tropical regions, mostly in Central and South America. Bananas entering the United States come from Columbia, Costa Rica, Ecuador, Guatemala, Honduras, Panama and Nicaragua. Yellow bananas are available year-round. Exotic varieties are more seasonal. Bananas are harvested green, because if vine-ripened, the starch in bananas doesn't turn to sugar and they become bland with a cottony texture.

Bananas are best if purchased when they are 75% yellow, with a small amount of green at both ends. They should be plump, firm, brightly colored, without blemishes. Occasional brown spots on the skin are normal. There is no difference in the quality between small and large fruit. Bananas should be kept at room temperature because they will not ripen any further if stored in the refrigerator and they will turn black. You can refrigerate ripe bananas for a couple of days to keep them from spoiling, however, the skin will turn a dark brown. The flesh will remain firm and white, although the flavor may be affected slightly. For best flavor it is best to return the fruit to room temperature before eating.

## The Wine Corner



Decanting is a strange word to many people. Some do not even know exactly what it means. Literally, it means pouring the wine from the bottle to a special glass container to enrich it by exposing it to oxygen.

Wine experts do not always agree on whether or not all wines benefit from decanting. Some say wine should be decanted in order to allow it to “breathe” and develop fully before consumption. Others claim decanting contributes nothing to the quality of the wine.

So who is right? Well, the truth may be somewhere in the middle. Decanting does seem to benefit certain wines more than others. Most red wines, except for the very aged and some white ones would definitely benefit from decanting 1-2 hours before serving. Young red wines which are light and fruity and low in tannins would not improve if allowed to oxidize. There are also wines that would actually suffer from decanting. Those are the aged reds. Their quality could worsen if allowed too much contact with air.

Another important factor in decanting is keeping the right temperature of the wine until it's time to serve it. When it comes to white wine, one could easily place the decanter in a bigger bucket filled with cold water or ice. That would guarantee a crisp wine ready to serve and enjoy. However, when it comes to red wine, keeping the ideal temperature for serving is more difficult. Don't be afraid to experiment! Sooner or later you'll be surprised to find that you also have an opinion about decanting which you could adamantly defend!

## Recipe of the Month

Good fat? Bad fat? Omega-3 fatty acids are the good fat. Salmon is one of the best sources of omega-3. Here is a recipe for you to try.

### Grilled Salmon with Ginger-Orange Glaze

1/4 cup orange juice  
1/4 cup soy sauce  
1/4 cup horseradish mustard  
2 tablespoons grated fresh ginger  
2 tablespoons honey  
4 salmon fillets (about 1 inch thick)  
Hot cooked rice  
Lemon slices  
Garnish: green onions, chopped fresh parsley

Combine first 5 ingredients in a shallow dish; add salmon. Cover and chill 30 minutes, turning once. Remove salmon from marinade, reserving marinade. Bring marinade to a boil in a small saucepan. Grill salmon, covered with grill lid, over medium high heat (350 degrees to 400 degrees) about 6 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade. Arrange salmon over rice; drizzle with any remaining marinade. Serve with lemon slices, and garnish, if desired. Makes 4 servings.

## A Final Word

Thanks again for reading the Glen's Place Newsletter. I hope you found something of value here. Remember to check out [Glen's Place](#) from time to time. Did you know that the entire Glen's Place Cookbook is available on the site—and it's free! Why not download your own copy and have it handy. You can get it [here](#).

You may also want to check out my newest site—[Glen's Oasis](#). There are lots of photos from around the house, the neighborhood, and the City of Irvine.

Remember, comments are welcome and appreciated. Express yourself [here](#)!

Until next time remember: The easiest way to avoid criticism is to do nothing, say nothing, and be nothing.

**Answer to Brain Teaser:** She hands the 10th child the jar with one cookie left in it.

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