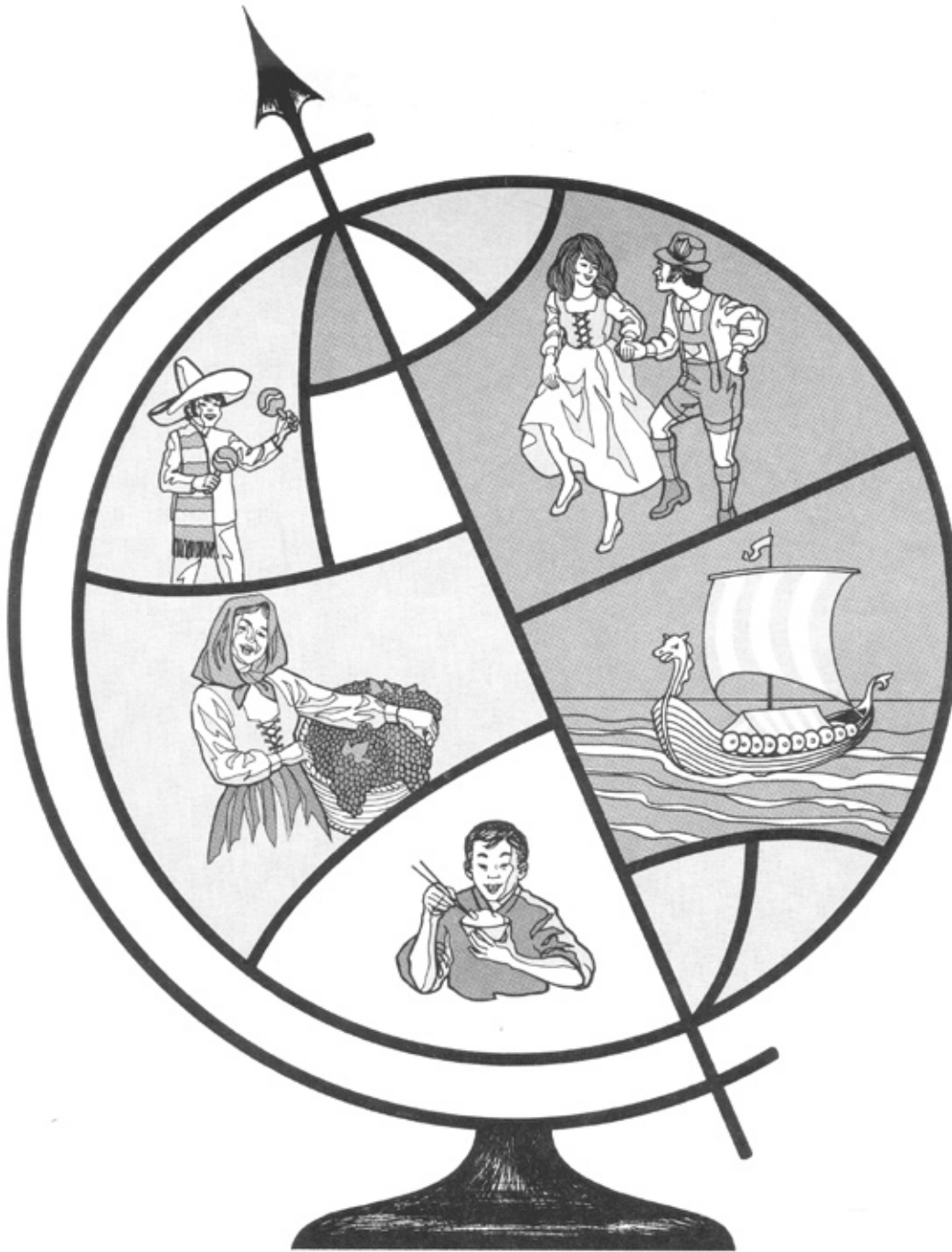




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Foods with an International Flavor

a 4-H Food-Nutrition Project Leader Guide



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This leaders' guide to the 4-H Food-Nutrition project, "Foods with an International Flavor," is based on material prepared by:

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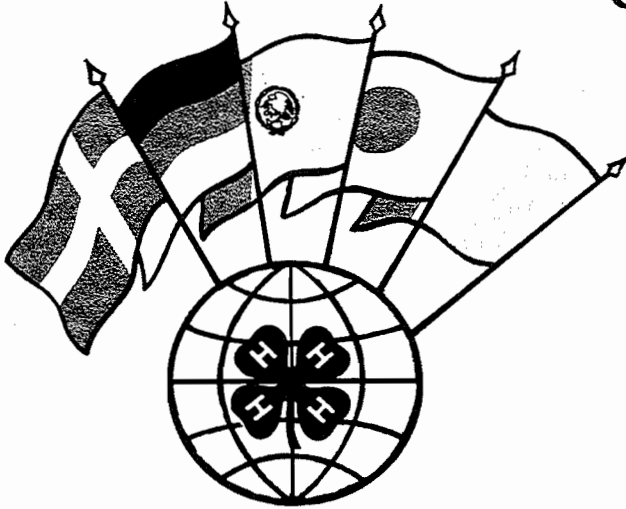
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CONTENTS

	Page
Welcome	1
Understanding Today's Youths	1
Using the Unit	2
Mexico	4
Germany	5
Scandinavia	6
Italy	7
Japan	8
Choose a Country	9
Resources	9

Understanding Today's Youths



Welcome to Mexico . . . Germany . . . Scandinavia . . . Italy . . . and Japan. You and your members are about to embark on a memorable adventure, meeting the people, sharing the customs and sampling the food of various countries around the world—each of which has had a great impact on our own.

“Foods with an International Flavor” guides your tour. The unit, in 4-H Food-Nutrition, briefs you on each land, its people and traditions, yet leaves you and your members free to “explore” on your own. As with other 4-H units on Food-Nutrition, the learning experiences are developed around menus and recipes. In this case, the foods are favorite dishes of other lands that your club members will enjoy.

“Foods with an International Flavor” has been designed especially for youths in their early high school years—for teens who are expanding their horizons beyond the home and are ready for challenging new experiences. You will note, however, the application of this unit to 4-H’ers of all ages and to many adults.

The unit meets the needs of youths in several ways:

- It introduces them to the language, foods and traditions of our neighbors around the world;
- It helps them understand and enjoy cultural likenesses as well as differences;
- If their parents, grandparents or more distant relatives came from a country being studied, it gives them insight and appreciation of their own heritage.

The material is informative and somewhat structured. However, the unit can be developed in many different ways and in line with the special interests and concerns of 4-H members of all ages.

Today’s young people have grown up in a time of jet travel, instant communications, nuclear threat and unprecedented social change. As a result, they are unlike any other generation. Today’s youths are better nourished, more physically mature, more sophisticated and better informed. They not only enjoy more freedom, but they are more aware of the needs of society than past generations.

For all their vitality and seeming maturity, youths are going through their development stages in a difficult and demanding period of history. As a leader of a group you may find the following relevant to your work with pre-teens as well as teens.

Working with Teens

- *These are the years when they must develop positive attitudes toward their changing bodies.* Suddenly, the shape they used to be has taken on new form and function—accompanied by feelings they never experienced before. As their interest in the opposite sex develops, so must an awareness of the social and moral considerations of sexual expression.
- *Increasingly, teens must stand on their own feet as they reach toward independence and adulthood.* They occasionally need the protective support of their families, but more and more they must make their own decisions and learn from the consequences of their actions. Teens need meaningful responsibilities and thrive on opportunities to show what they can do.
- *Teens must be able to relate successfully with their peers.* This involves a variety of social skills—making and keeping friends, being able to carry on a conversation, managing emotions, contributing to a group. Their need to identify with peers is expressed—often to the exasperation of adults—in style of hair and dress.
- *Finally teens must find themselves as persons.* Somehow in the confusion and conflict of adolescence, youths must resolve the questions: Who am I? What am I going to do with my life? The finding of a personal identity comes partly from the home and family background and partly from a growing self-confidence. Those who have had opportunities to make decisions, become involved and experience a variety of social situations with success, begin to feel that they are useful, contributing members of society. From such a base, a positive self-image can more easily develop.

What You Can Do

As the leader of a group, you have a special opportunity to bridge the "generation gap" and be the adult confidant and counselor outside of family that youths need. Here are ways to help them develop:

- Be sensitive to their "growing pains." Recognize the depth of their concern about how they look, how they act, how they feel. Laugh with them but never at them. Really listen to what they are saying. Show a genuine regard for their opinions and suggestions.
- Give them a chance to function. Let them plan programs, make decisions and follow through. Be available to guide them, but do not take charge.
- Help individuals feel comfortable in the group and be sure each has a chance to contribute.
- Expand your members' horizons by helping them become familiar with new foods . . . by introducing them to people of different national origins . . . by helping them enjoy cultural differences.
- Show by word and deed your confidence in teenage ability. Your faith in their potential may be the motivation needed to set goals and to reach them.

Organizing Your Club

Hold a planning meeting before the regular meeting schedule starts so that members can decide:

How often the club will meet—Meet regularly and often enough to maintain interest. The unit is planned for at least ten meetings. It can be expanded to more if the group wishes.

How long meetings will be—In general, more time will be needed than for meetings in other 4-H Food-Nutrition units. Therefore, with longer meetings, members may miss dinner at home. This should be discussed and cleared with mothers well in advance of the meetings.

When and where the clubs will meet—Will all meetings be held in your home? in members' homes? in other places?

How supplies will be provided for preparing food at the meetings—Members might want to conduct a money-raising event. This is especially recommended if the event offers an experience related to the unit.

A dotted line has been placed on each right-hand page of the members' manual. It provides a convenient guide for removing pages following completion of each section of the book. Such a procedure may be useful in working with members who find it difficult to bring the entire book to each meeting or lack a good storage space at home. The book can be reassembled at the conclusion of the project.

Using the Unit

Members' Manual

- *The Land and Its People.* Geography has had a strong influence on the history, culture, economy and food preferences of each country. A map of the country or a world globe can be a focal point of meetings, helping members understand why the people and their foods developed as they did. Posters, native costumes, music and art of the country help set the scene.

- *Agriculture and Food Production.* See if members can learn more about marketing, preparing and serving foods in the various countries. Be sure that the information is up-to-date. Technological advances have brought great changes in the way we do things and are affecting other countries, too.

- *Preparing the Foods.* Foreign dishes often require considerably more preparation or longer cooking than American foods. Some of the dishes in the manual cannot be completed in the time of one meeting and need to be started in advance. The recipes are authentic but have been simplified and adapted to American methods of preparation. Feel free to use another recipe or to prepare a different dish.

- *Nutrition.* You may want to review the Daily Food Plan and the nutrients provided by each group:

Milk Group—leading source of calcium; important for high-quality protein, riboflavin and vitamin A.

Meat Group—excellent source of protein; important for iron and the B vitamins (thiamine, riboflavin and niacin).

Vegetable-Fruit Group—valuable for vitamins and minerals, especially vitamins A and C.

Bread-Cereal Group—for worthwhile amounts of protein, iron, several B vitamins and food energy (calories).

The unit points out that the Daily Food Plan, based on foods most commonly available in our country, is only one way to make wise food choices. Those living in other places can meet nutritional needs by eating quite different foods. Whatever the country, studies have shown that persons who eat a wide variety of foods are usually better fed than those who eat only a few.

- *Holidays and Customs.* The manual suggests holiday festivities and customs members may want to share. Some may be celebrated by ethnic groups in your community. The holidays selected follow the calendar. If you start club meetings in the fall and take each country in sequence, these are holidays that quite possibly will coincide with your "tour."

This Leaders' Guide

The guide adds perspective to the members' manual. Whereas the manual is concerned mainly with the country itself, the guide concentrates on how each country influenced our own. Immigrants from all of the countries being studied helped build America. In coming here they faced not only the hardships of starting a new life in a strange land, but also the suspicion, fear and antagonism of those who had come before. Yet they persevered and in the process helped shape America.

Planning Meetings

Although "Foods with an International Flavor" is considerably more flexible than other 4-H Food-Nutrition units a general plan of what should be accomplished in regular meetings will save time and avoid confusion. Your plan might include:

- Ask members to report on what they have done since the last meeting.
- Discuss what will be done at this meeting.
- Prepare foods.
- Have members present material pertaining to the country.
- Include nutrition facts.
- Discuss serving as it relates to the meeting.
- Evaluate foods prepared.
- Have members leave kitchen and serving area neat with dishes, equipment and supplies put away.
- Make plans for the next meeting. Consider what needs to be done before the meeting. Be sure that all supplies and equipment needed will either be available or brought by members.

To Start a Discussion

The following questions may be helpful as discussion aids with any country, the land, its people, its foods and nutrition:

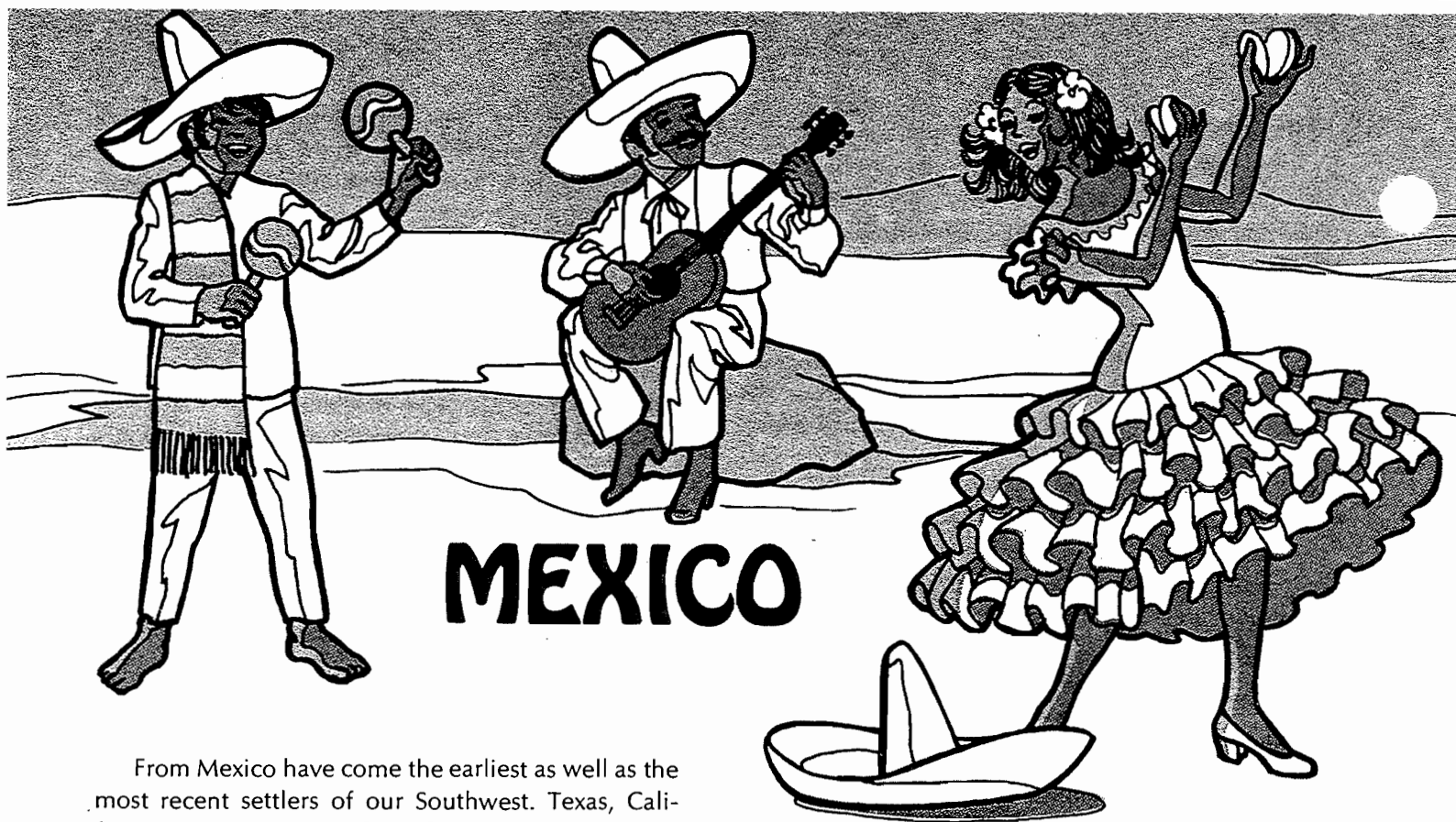
- How has geography influenced the social and economic development of the country being studied?
- What are some national characteristics of the people? How did these traits develop?
- What are some of the holidays and customs of the people? Why or how do these differ from our own? How have they influenced our customs?
- Why did people from the country come to America? How did conditions they found here compare with those at home? What hardships did they face? How have they helped shape our institutions and way of life?

- What are the most important agricultural products of the country? How does this influence diet?
- How has history or religion influenced food preferences?
- How can a homemaker of the country balance meals to provide adequate protein, calcium, iron and vitamins A and C?
- How are foods usually prepared?
- What seasonings are most commonly used? Name different dishes in which they are used.
- How have food preferences of the country influenced our own?

To Keep Interest High

"Foods with an International Flavor" offers many exciting possibilities for learning while having fun. Including some of the ideas below will add dimension and great pleasure to the learning experience:

- Have a special night out, dining in a foreign restaurant to observe menu, service and decor—for example, an oriental restaurant or Scandinavian buffet. Contact the manager beforehand and ask his help in selecting foods.
- Shop for supplies at specialty stores or the foreign food or gourmet sections of a supermarket.
- If there is an I.F.Y.E., Teen Caravaner or foreign exchange student in your community, invite him to tell your group about his experiences.
- Invite residents of the community who come from another country to tell about their family life and the meals and customs they enjoyed. Perhaps they can help in the preparation of a foreign dish.
- Make a display of the country using posters, materials from travel agencies, books from the library and samples of arts and crafts.
- Collect and try other recipes.
- Have a "famous person" meeting. Each member comes as a famous person from the country being studied and tells about that person. For example, persons from Italy might include Julius Caesar, Marco Polo, Juliet, a Pope, Beatrice, Michelangelo, Dante and Verdi.
- Have members answer roll with a current news item about the country.
- Find out about the life of youths in the country:
 - How they dress
 - Dating and marriage
 - What their schools are like
 - Leisure-time activities.
- Some members might want to become pen pals with young people of other lands.



MEXICO

From Mexico have come the earliest as well as the most recent settlers of our Southwest. Texas, California, New Mexico and southern Arizona were all formerly Mexican lands. With the treaty of Guadalupe Hidalgo in 1848, all Mexicans living in these areas who did not claim Mexican citizenship within a limited time became citizens of the United States.

Since then many Mexicans have come to the United States seeking greater economic opportunities. They have settled in such widespread places as the Southwest, the Pacific Northwest, Montana, Iowa, Wisconsin, Michigan, Florida—every place, in fact, where there has been a need for their labor.

The Mexicans were our first cowboys. Much of our know-how in the handling of cattle, the breeding of horses and the tending of sheep came from them. Words such as ranch, bronco, stampede, va-moose, canyon and corral entered our language by way of the Mexicans in Texas. Many Mexicans have come to the United States to tend and harvest crops. Their hard work and willingness to travel across the land as various crops ripen have helped us become one of the best nourished countries in the world.

Mexican influence on our foods is very strong in the Southwest and has spread across the country. Tomato and other Mexican sauces and seasonings, especially chili powder, are commonly used in America. "Chips" and "dips" can be traced back to the tortilla. Barbecues are of Spanish origin and came to this country through Mexico. Barbecues are popular in Mexico for special occasions and have become a favorite way of preparing foods here, too.

Preparing the Foods

- Many supermarkets now carry Mexican foods. If this is true in your area, members may want to try such products as taco sauce and canned chiles. Your members may enjoy making the tortillas, but canned, frozen or other prepared tortillas, if available, will be more authentic.
- Be sure the guacamole is well covered until used. It will darken upon exposure to air.

More Holidays

The Mexicans celebrate Christmas in fascinating ways, quite different from our own. The season continues for nine days—from December 16 to 25—while the Mexicans simulate the Holy Family's search for shelter. Piñatas are filled with fruit, candy and small toys for the children, but even grownups join in the fun. The traditional Christmas dish is turkey mole—the mole being an unusual sauce of chiles, peanuts, garlic, chocolate, seeds and onion.

Other good times for your club to enjoy a fiesta might be September 16 (Independence Day) or December 12 (the feast of the Virgin of Guadalupe, national patroness of Mexico).

The celebration for Mexican independence starts on the night of September 15 when the president stands on the balcony of the Government Palace in

Mexico City and repeats the “Grito” or famous declaration of independence made by Father Hidalgo in 1810. Bells are rung and people all over the country add their voices to a great shout for independence. The 16th is a day of parades, rodeos and feasting.

December 12 is a day of religious processions, traditional dances and historical pageants. This might be an occasion for your members to present a pageant of Mexican history.

GERMANY

Germans came over before the American Revolution to settle the “back country”—New York, Pennsylvania, Virginia and the Carolinas. Those who came for the freedom to practice their religious beliefs were attracted to the gentle landscape and political climate of Pennsylvania. Their descendants, the colorful Pennsylvania Dutch, can still be found in and around Lancaster County.

Later, between 1830 and 1930, some six million Germans emigrated to America. Many of them cultivated the Mississippi Valley and the Midwest. One of their distinct contributions has been their knowledge of scientific farming and soil conservation. In urban areas, Germans founded scientific and engineering enterprises—brewing, food-processing, steel-making and printing, to name a few.

German-Americans built the first Conestoga wagon and in this way helped open the West. Germans introduced the kindergarten or children’s play school; many of our ideas on education, in fact, are German in origin. From Germany have come most of our Christmas traditions. Our glee clubs can be traced back to German singing societies. The first American symphony orchestra was composed of German immigrants.

Perhaps the most obvious German imprint, however, is on our choice of foods. German foods that we have come to consider our own include a wide variety of sausages, potatoes prepared in many ways, sweet and sour dishes, sauerkraut, pickles, dark



bread, fancy yeast breads and rolls, pastries and cookies. The preference of many Americans for “meat-and-potato” meals may be a reflection of the simple, well-prepared, hearty foods Germans traditionally prefer.

Preparing the Food

- One member will need to marinate and partially cook the pot roast before the meeting. Marinating for the shorter period gives a milder flavor that may be preferred by your members. Note the number of sauerbraten servings. If six are being served, there will be plenty of meat for second-helpings.
- Members may want to try a different recipe for the gravy—possibly one using crushed gingersnaps.
- Members may need help managing their time so that all the foods will be ready to serve together.
- Be sure that cooking apples are used for the tarts.
- Unless you decide to sell the cookies or use them as gifts, you may want to cut down on ingredients to make smaller quantities. Point out that many German Christmas cookies are made early so that they will have a chance to mellow. Pfefferneuse and lebkuchen improve with age.
- Apfelmost is simply hot apple cider, possibly stirred with a cinnamon stick.

More Holidays

Instead of celebrating Christmas in the German way, members might prefer a gay, colorful Oktoberfest in the fall—with much singing, dancing and good, hearty German food. The Oktoberfest is traditionally held in Munich. Predominantly German communities in the United States have Oktoberfests, too.

One of the gayest times in Germany is the carnival season preceding Lent. A foreign exchange student or someone who has lived in Germany might help your club members plan a party for their friends that will capture some of the “Mardi Gras” atmosphere. For either celebration, a table of typically German foods—cold cuts, hot potato salad, pickles, cabbage salad, dark bread and cake—would be sure to please teenagers.

SCANDINAVIA

Scandinavians, attracted by the vast lands and economic opportunities in the New World, began to emigrate to America in the 1840's, coming over in largest numbers in the 1880's. They pushed westward, settling a broad belt of land that reminded them of home—from Michigan, through Illinois, Wisconsin, Minnesota, Nebraska, Iowa and Kansas. Some Norwegians continued on to establish homesteads in the Dakotas, Oregon and Washington. Used to rigorous conditions at home, the Scandinavians made fine pioneers.

The Swedes became our lumbermen; the Danes brought us their knowledge of dairying and, with the Germans and Swiss, started the American cheese-making industry. The Norwegians who reached the West Coast often became fishermen. Many Scandinavians contributed to the development of our country as scientists, inventors and engineers.

Scandinavian influence can be seen in our public school system. Manual arts training, home economics classes and adult education programs were all introduced by Scandinavians.

Among Scandinavian foods that have found great favor here are Swedish meatballs, brown beans, filled coffee cakes, open-faced sandwiches, fruit sauces, marinated herring and other fish dishes, and Danish cheese and meat products. Scandinavians taught us



that in food preparation eye appeal enhances taste appeal. Finally, every time we enjoy a buffet dinner, "pot luck" supper or other variation of the smorgasbord we can thank the Swedes and their Scandinavian neighbors.

Preparing the Food

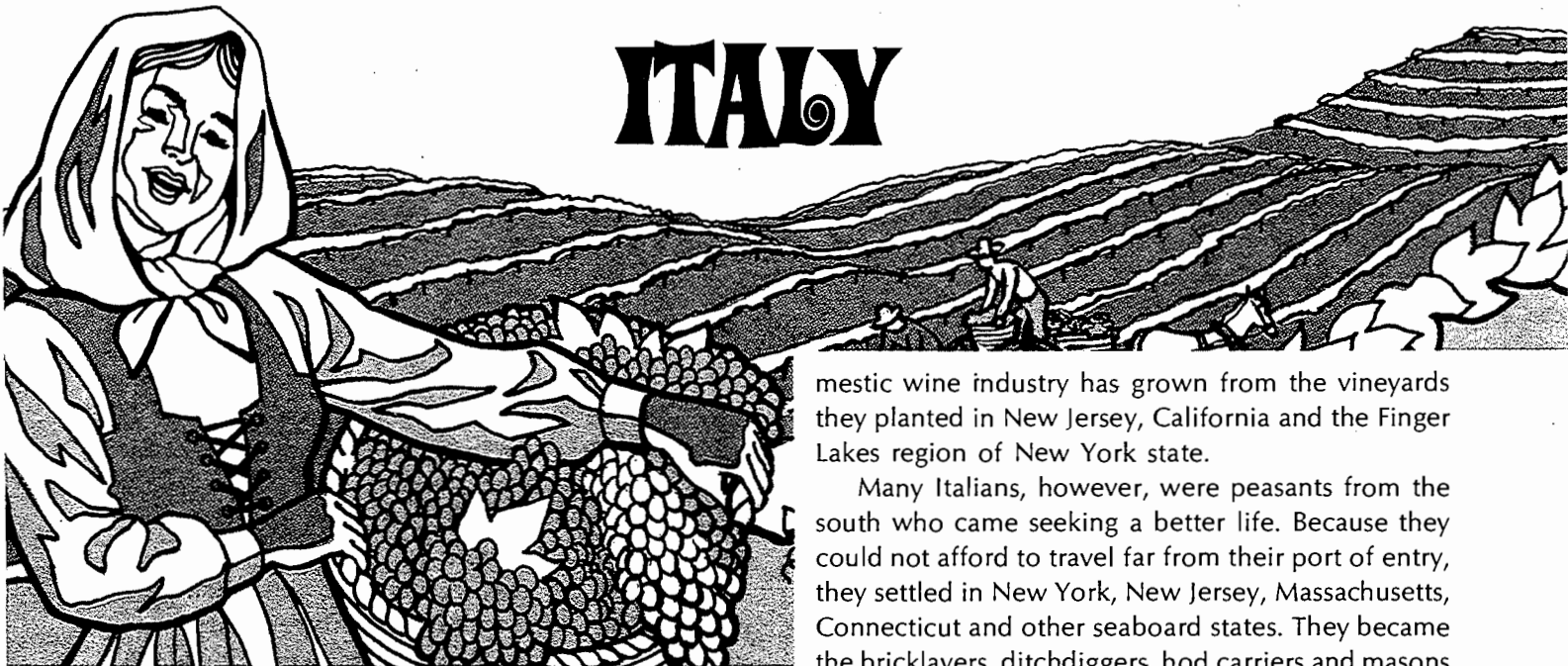
- Smorrebrod are not delicate tea sandwiches, but meals in themselves. The topping should be hearty and cover the entire slice. These sandwiches are best if prepared immediately before eating. If they must be prepared ahead of time, place a leaf of lettuce between the buttered bread and the topping. Arrange neatly and attractively. Sometimes allow ingredients to hang over the sides.
- Members will probably need help managing their time for the fish meal. The sauce and dessert could be started first. Be sure members are careful lowering the fish into the boiling stock.
- If a Danish cook is available, your members might want to learn how to caramelize sugar for the brown potatoes.
- The pudding may be prepared in either custard cups or a baking dish. Note the extra time needed if a baking dish is used. You, or a member, may need to demonstrate how to separate eggs and beat the whites.

More Holidays

Throughout Scandinavia, the custom is to celebrate "name days" rather than birthdays. Every day is a name day for someone. For example, on July 1, all the Arons celebrate. Name days are celebrated in many special ways that might range from breakfast in bed to flying the flag.

A holiday all Scandinavians look forward to is Midsummer Day, the longest day of the year. Festivities include dressing in native costumes, raising of a maypole and folk dancing most of the night. A huge midnight bonfire climaxes the festivities.

In Sweden, Saint Lucia's Day, on December 13, starts a month-long Yule celebration. Girls dressed in white wear wreaths of whortleberry leaves to which lighted candles are fastened. Guests in the house are served coffee and saffron bread. Very often in Sweden a "julbock" or Christmas goat made of straw is used for a table decoration. This may be a straw figure your members will want to make.



Over five million Italians have emigrated to the United States since 1840, the largest numbers arriving around the turn of the century. The first Italians were farmers and artisans of northern Italy. Our do-

mestic wine industry has grown from the vineyards they planted in New Jersey, California and the Finger Lakes region of New York state.

Many Italians, however, were peasants from the south who came seeking a better life. Because they could not afford to travel far from their port of entry, they settled in New York, New Jersey, Massachusetts, Connecticut and other seaboard states. They became the bricklayers, ditchdiggers, hod carriers and masons who built our cities. Some worked on the railroads or in the mines and factories. Wages were so meager that women and children worked, too. Today, citizens of Italian descent are among our leading bank-

ers, government officials, educators, contractors, sculptors, musicians and architects.

Many of our favorite macaroni and spaghetti dishes originated in Italy. We have also borrowed from the Italians our liking for grated Parmesan cheese as a seasoning, bread sticks, crusty white bread and rolls, tossed salads of leafy greens and simple desserts of fruit and cheese.

Preparing the Food

- The minestrone recipe is a short-cut version with authentic flavor, but use another if you prefer. There are countless minestrone variations. Some call for rice instead of pasta; some use ham or bacon, others chicken or beef; green vegetables might be as varied as Swiss chard, zucchini and green beans—and sometimes all of them are used. Italian cooks follow a basic family recipe but use whatever food is on hand. Use ditalini (a small, short pasta tube) in place of the elbow macaroni, if available.
- Italian bread (pane bianco) takes few ingredients and is easy to make. Some members might want to bake a loaf at home and bring it to the meeting.
- You or a member may want to demonstrate how to cook spaghetti. To avoid confusion at serving

time, the spaghetti could be made before the last minute, then drained and set aside in a pan of cold water. Before serving, reheat by rinsing with very hot water.

- Although there is no special recipe given for the salad, instructions are included in the members' manual. A commercial Italian salad dressing could also be used.
- A basket of the fruit to be served for dessert would make an appropriate centerpiece.

More Holidays

Italians celebrate many religious holidays. Befana, or Epiphany, on January 6 is a day children especially enjoy. According to legend, La Befana is a kindly hag who leaves presents at night for children who have been good. During the day children go from house to house singing carols and receiving gifts of decorated, hard-cooked eggs, sweets and nuts.

The Feast of Saint Joseph on March 19 is a time of merrymaking, but also of sharing with the needy. In Sicily, villagers often prepare a feast table at which persons portraying the Holy Family are guests of honor. Orphans, widows and beggars are also guests.

JAPAN



In the 1890's young Japanese men began coming to Hawaii, where there was a great need for plantation workers, and the West Coast, where there was a similar need for laborers on the railroads, in the can-

neries, in logging and in the mining, meat packing and salt industries. They were soon followed by young Japanese women whom friends and relatives had selected for them as brides. In all, about 200,000 had come to America by 1924 when immigration restrictions were imposed.

Many of the early Japanese became small shopkeepers. The largest numbers, however, had an agricultural background and eventually went into farming or contract gardening. As independent farm operators they helped reclaim and make extremely productive thousands of acres of worthless land in California. They pioneered the state's rice industry, planted the

first citrus orchards in the San Joaquin Valley and helped California become one of the great farming states of the nation.

Today, Japanese-Americans can be found in every state—generally as landscapers, farmers, teachers, engineers, dentists, doctors, nurses, pharmacists, businessmen, civil servants or architects.

The influence of the Japanese can be seen in our landscaping, architecture, home furnishings, floral arranging and, increasingly, in our preparation of foods. Soy sauce has become a favorite seasoning. We have learned from the Japanese how to pan vegetables to retain color, texture and flavor. Cooking at the table is a Japanese custom we are adopting with our electric frypans and hibachis.

Preparing the Food

- The goma zu needs time to marinate. It could be made by one or two members at home. Or have it prepared at the meeting first and refrigerated until time to serve.
- Be sure members allow plenty of time to prepare the sukiyaki. The meat and vegetables should be uniformly and precisely cut.
- To capture some of the atmosphere of a Japanese meal, members may want to improvise a low table, with cushions for seating. Unmatched dishes selected to enhance the foods they contain could be used for serving. A simple Japanese floral arrangement would make an appropriate centerpiece. Members may want to use chopsticks or "o-hashis" as the Japanese prefer to call them. Knives and forks might be kept handy, too.

More Holidays

The New Year's celebration, starting January 1, is the most significant holiday of the year. Each year is a unit and the new one a beginning. On Omisoka, or Great Last Day, long, slender noodles called toshikoshi soba are eaten to assure longevity and to bring good luck and prosperity in the coming year.

In order for the homemaker to be free of tasks, traditional foods for the first three days of the celebration are prepared in advance and stored in a tier of boxes. Throughout the holiday, friends greet each other with the phrase "ome-deto gozaimasu"—which means "Thank you for your kindness in the past year; please be good enough to bestow your graciousness upon me in the year to come."

Choose a Country

With this section, your members have a chance to explore a country of their own choosing. Have them learn all they can about the land and its people, food preferences, meal patterns, how nutritional needs are met, interesting customs and traditions. Plan a menu and prepare foods for at least one meal.

Resources

National 4-H Council
7100 Connecticut Avenue
Washington, D.C. 20015

(For ideas and materials on exchange, service and study projects; information on pen pal programs.)

Your State International Program Leader
(For current information on exchange programs, service projects and study ideas.)

The U.S. Committee for UNICEF
331 East 38th Street
New York, New York 10016

(For information on "Hi Neighbor" series, International Cookbook, costumes and foods books and international service programs.)

The United Nations
Sales Section
New York, New York 10017
(For purchase of country flags, dolls and other international materials.)

Cokesbury
Fifth and Grace Streets
Richmond, Virginia 23216
(For "World of Fun" series of folk dance records and instructions.)

Cooperative Recreation Service, Inc.
Radnor Road, Route 1
Delaware, Ohio 43015
(For "Work and Sing" and "Amigos Cantando.")

National Geographic Society
17th and M Streets, N.W.
Washington, D.C. 20036
(For a list of publications and up-to-date maps.)

Pan American Union
Department of Public Information
Washington, D.C. 20006
(For "Program Aids" and information on any Latin American country.)

Your Local Library



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