



Kernels

Vol. 26

Summer 2019

**'EAT, DRINK,
AND BE MERRY'**

this Summer with these
Outdoor Party Ideas

MEMBER PROFILE:

Texas Wheat

**HOW TO
HEALTHFULLY
SURVIVE**

your family's summer vacation

PLUS:

*Breakfast Recipes &
Foodtown USA*



MESSAGE from the PRESIDENT

Looking for summer menus and entertaining ideas? You will find some good ones in this issue of *Kernels*, along with some great breakfast recipes from baking chef Gemma Stafford that will be instant family favorites. We also include a guide to healthfully surviving your summer vacation, a profile of our member organization Texas Wheat, and an interesting look at towns whose names are food inspired. Please enjoy, use, and share the information you find in *Kernels*.

We also invite you to visit our newly updated website, <http://www.wheatfoods.org>, and download our updated FoodFit app which features a NEW calorie counter. To download the app on your iPhone or Android, visit <https://www.foodfitapp.com/>.

Happy Summer!

Tim O'Connor
President, Wheat Foods Council



'EAT, DRINK, AND BE MERRY' this Summer with these Outdoor Party Ideas

Backyard summer parties are a great way to entertain. They can be simple or elaborate and serve up any combination of food, ambience, and fun. Check out these party themes and tips to get started.



An American tradition, summer barbeques are a time to socialize and enjoy platters of sizzling meats, cold salads, and plenty of apple pie and ice cream. Here are a few tips to spice up your next BBQ:

MENU

Most BBQs feature grilled fare wrapped in fresh buns as the main dish, but these **Mini Cheesy Pretzel Dogs** serve up fun as a 'pick-up' appetizer. Go gourmet with **Dressy Macaroni and Cheese** by combining a variety of different cheeses and create single-serving desserts like these **Mini Fresh Fruit Cups with Pastry Toppers**.

DECOR

For a festive, western style BBQ, checkered table cloths, mason jars for drinks or centerpieces, and cowboy hats filled with napkin-wrapped cutlery set the scene for a rootin' tootin' good time. More elegant outdoor dining calls for strands of twinkling lights and tables covered with "shabby-chic" linens, vintage-style plates, and whimsical glass containers filled with flowers.

ACTIVITIES

Games like Apples to Apples or classic Charades are perfect for the whole group. Some games can be set up to play throughout the party, for example corn hole and horseshoes; and don't forget the sparklers or glow sticks for nighttime fun!

Continued...



Mexican food is always a crowd favorite. Why not serve up a Summertime Mexican Fiesta at your next backyard gathering? Check out these fun ideas:

MENU

Make a big pot of **Mexican Chili**, or customize the food experience with a taco or nacho bar packed with fresh flour tortillas, crunchy corn chips, savory meats, and various toppings. Add pineapple or mangoes to salsa for a sweet/savory twist, and amp up the apps with these **Mini Party Pob-lano Quesadillas** and **Whole Wheat Tortilla Pinwheels**. Finish the meal with **Churros with Bittersweet Chocolate Dipping Sauce**.

DECOR

Festoon the backyard with colorful paper flowers and streamers, potted cactus for centerpieces, and lively Mariachi music playing in the background.

ACTIVITIES

Piñatas are a classic favorite, but get creative with fillers for both children and adults. Other unique games, include Mexican Train Dominoes or Mexican Kickball.

Summer Camp Potluck – Bring the “great outdoors” to your backyard, and invite guests to bring their favorite “camp inspired” dish to share. Here’s how to get started:

MENU

When camping, meals are usually cooked over an open fire, so traditional grilled meats and chicken work well. Other novelties might include classic “pigs in a blanket,” a make-your-own **Trail Mix Bar**, and definitely stock fixings for S’mores.

DECOR

To set the scene, rustle up some lanterns, flashlights, bed rolls, and cast-iron kitchenware. Serve food on plastic camp plates and drinks in tin mugs. Pitch a tent to house the buffet and make campsite signs to place around the venue.

ACTIVITIES

Nothing says camping like ghost stories, songs and S’mores around a roaring fire, or backyard firepit. Have guests bring sleeping bags to get cozy on the ground. Potato sack races or a scavenger hunt can add to the fun.



MEMBER PROFILE

Texas Wheat

The Texas Wheat Producers Board and Association, or Texas Wheat, work together to advocate for the state's wheat farmers and promote Texas wheat products. The Board was established in 1971 as a statewide checkoff to support and fund wheat research, education and market development.

We recently caught up with Darby Campsey, Director of Communications and Producer Relations, to learn more about Texas Wheat.

How does Texas Wheat advocate for growers in regards to farm policy?

Our staff actively stays in touch with state and federal legislators. Our Director of Policy, Steelee Fischbacher, focuses time and energy monitoring legislation that directly impacts Texas agriculture. We meet with growers to get feedback about their needs, and we create opportunities for them to meet with congressional representatives in D.C. throughout the year. We also present the "Wheat Award" annually to government leaders and staff who have positively impacted the wheat industry.



What percentage of U.S. wheat is produced in Texas? How does the Association ensure that Texas wheat remains competitive?

Texas wheat farmers produce about 4 percent of U.S. wheat, averaging 80 million bushels per year. Eighty-five percent of our state's wheat crop is comprised of hard red winter wheat, used primarily for bread products. Texas grows a small percentage of soft red winter, which is suitable for products like crackers. About half of the wheat planted in Texas is grazed out by cattle.

Texas uniquely contributes to the wheat industry, because we are home to the Port of Houston, which exports a high volume of our nation's wheat, making it a vital channel to foreign markets for American wheat growers.

To promote Texas wheat exports, the Board invests in our Market Development initiative by bringing foreign trade teams to Texas to educate them first-hand about how our wheat is produced resulting in a high-quality product for their end-uses. This summer, we will host a group from Brazil. They will visit Texas A&M AgriLife Research facilities to learn more about wheat breeding and the development of new wheat varieties.

Texas A&M (TAM) AgriLife Research announced two new wheat varieties. How do they stand up to regional environmental challenges and improve quality end-uses?

TAM 115 and TAM 205 have been submitted to the state seed plant board and will hopefully be available for fall planting. TAM 115, is a hard red winter variety that

comes from the TAM 112 line, which provides better protection from leaf and stem rust and other diseases. It has a strong dough property resulting in higher quality end-uses making it a better buy for customers. TAM 205, which comes from an experimental line, is also rust resistant and is well-suited for baking whole wheat and pan breads. It also allows for good forage production and performs well in organic systems.

What are some educational initiatives offered to support and educate farmers?

We partner with the TAM Extension Service to offer the Master Marketer Program to growers. This program provides intense training on issues like risk management, marketing analysis, and how to create marketing plans. More often farmers want to be involved in the marketing process understanding that a smart, coordinated marketing effort increases profits.

We also host the Texas Wheat Symposium held annually at the Amarillo Farm Show for growers to meet and discuss current issues impacting the wheat industry. Additionally, our staff attends local meetings throughout the year to meet with farmers and distribute current materials.

How does Texas Wheat work to educate young people, and consumers in general, about wheat farming and foods?

I personally enjoy reaching out to 4th grade students at Ag Days. Texas Wheat hosts a display that explains how wheat is grown and what foods are made from wheat. We also do outreach to different levels of students, from high school to college, to discuss agriculture as a career choice and promote agriculture for the next generation of Texas professionals.

In addition, Texas Wheat works with the Wheat Foods Council to educate consumers about the nutritional value of quality wheat foods products, including help in reducing negative perceptions of wheat. Finally, we rely on the Home Baking Association to help promote wheat in the educational system.

Overall, what do you see as the most important challenges and the greatest opportunities for the wheat industry?

While there are many challenges, remaining profitable in an increasingly competitive and saturated marketplace ranks among the top. U.S. wheat is one of the highest quality products on the market, but it's also one of the most expensive. More and more countries are able to produce a cheaper, lower quality wheat, and this trade-off is acceptable for countries that cannot afford higher prices. Maintaining and developing new relationships with foreign customers is essential for improving global market conditions. Our partnership with U.S. Wheat Associates helps foreign customers understand U.S. wheat is a valuable investment.

Additionally, the wheat industry battles a skeptical consumer who seeks to know the source of their food and how it is processed. We must continue using all communications channels to be transparent, build trust, and help the public understand that wheat producers are trying to feed everyone with exactly what customers demand. And that is safe, sustainable wheat that produces premium quality products.

Finally, what does Texas Wheat enjoy most about its association with the Wheat Foods Council?

The WFC does the heavy-lifting advocating to the consumer on behalf of wheat producers and the industry. Texas Wheat depends on this partnership, and the resources it provides. It's hard to get the public to listen and to trust the facts about wheat, so the WFC is effectively connecting with the public by reaching a secondary audience, i.e. scientists, RDs, athletes and personal trainers. In addition, I am very excited to represent Texas Wheat and serve as the new Secretary/Treasurer for the WFC.





BIGGER BOLDER BAKING:

A Fearless Approach to
Baking, Anytime, Anywhere

Gemma Stafford—chef and host of the top online baking show Bigger Bolder Baking—has worked as a pastry chef at a monastery in Ireland, a Silicon Valley tech startup, and a Michelin-starred restaurant in San Francisco. And us! We met her at our chef event at the Culinary Institute of America and worked with her to produce 20 delicious recipes that you'll find on our website. She'll be with us at IBIE this September on the stage, at our reception (more about that later), and visiting and signing her books at our members' booths.

Here she shares more than 100 sweet and simple recipes that result in maximum deliciousness with minimal effort, using just a few common ingredients and kitchen tools—for cakes, cookies, pies, puddings, and more. Surefire hits include Chocolate Lava Pie, Baked Cinnamon-Sugar Churros, "In Case of Emergency" One-Minute Mug Brownie, Raspberry Swirl Cheesecake Ice Cream, and many more.



HAVING BREAKFAST MAKES FOR A BETTER DAY

Try these delicious breakfast recipes, which were provided to the Wheat Foods Council from Gemma Stafford of Bigger Bolder Baking.



BUTTERMILK WAFFLES

INGREDIENTS:

3 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1/4 cup sugar
4 eggs
2/3 cup canola oil
2 1/2 cups buttermilk
2 teaspoons vanilla extract

SERVINGS: 8

SERVING SIZE: 1 waffle

CALORIES/SERVING: 426

NUTRITION: One serving/slice provides approximately:
11g Protein, 46g Carbohydrates, 1g Fiber, 22g Fat (3g Saturated),
98 mg Cholesterol, 317mg Sodium

DIRECTIONS:

In a large bowl combine flour, baking powder, baking soda, salt and sugar.

In a jug, whisk together eggs, oil, buttermilk, and vanilla extract. Whisk together the wet and the dry ingredients. Refrigerate for 10 minutes.

Pre-heat your waffle iron to medium heat then generously butter or grease it. Spoon roughly 1/4-1/3 cup of batter into a preheated waffle iron. Cook the waffles until golden and crisp. (all waffle irons are different but roughly around 3-4 minutes)

TIP: Resist the urge to open the waffle iron while cooking so you don't let out all that lovely steam that will give you a crisp, brown waffle.

Once cooked remove from the waffle iron and set aside. Repeat this process until all of the batter has been used. To serve: Stack the waffles, top with butter, maple syrup and enjoy! Cover and store in the refrigerator for 1 day.



BREAKFAST MUFFINS

INGREDIENTS:

12 eggs hard boiled
10 strips bacon, cooked until crisp then chopped
2 1/2 cups all-purpose flour
1/2 tablespoon baking powder
1 teaspoon salt
1/2 teaspoon onion powder
2 cups cheddar cheese, shredded
1 egg
1 cup milk
1/2 cup sour cream
4 tablespoons butter, melted and cooled
4 green onions, thinly sliced

SERVINGS: 12

SERVING SIZE: 1

CALORIES/SERVING: 264

NUTRITION: One serving provides approximately:
10 g Protein, 23 g Carbohydrates, 14 g Fat, (9 g Saturated),
55 mg Cholesterol, 223 mg Sodium

DIRECTIONS:

In a large bowl combine the flour, baking powder, salt, onion powder and cheese. In a separate large jug combine the milk, egg, sour cream and melted butter until evenly combined.

Using a spatula, combine the wet and dry ingredients until a thick batter is formed. Then, fold in the bacon and green onions

Preheat your oven to 375°F (190°C) then generously butter a 12 muffin muffin tin. Using 2 spoons drop heaped tablespoons of muffin batter into the bottom of each muffin. Next place 1 whole hard-boiled egg into the center of each muffin. Press down to ensure the egg is meeting the batter on the bottom of the tin.

Next, using the same two spoons, drop heaped tablespoons of batter on top of each egg, using the spoons to push the batter down the side of each muffin, this will ensure the egg is fully encased in batter. Repeat this process until all of the muffins are completed.

Bake for 25 minutes until firm and golden brown on top. Allow to cool slightly before removing from the tin. Enjoy immediately. Store in an airtight container in the refrigerator for up to 3 days.

PERFECT BUTTERMILK PANCAKES

INGREDIENTS:

4 tablespoons butter, melted
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
3 tablespoons sugar
1 teaspoon salt
2 cups Buttermilk
1 teaspoon vanilla extract
2 eggs

SERVINGS: 8

SERVING SIZE: 1 pancake

CALORIES/SERVING: 143

NUTRITION: One serving provides approximately:
3g Protein, 18g Carbohydrates, 6g Fat (3g Saturated), 49mg
Cholesterol, 494mg Sodium

DIRECTIONS:

First, melt the butter and set aside to cool. Mix together the dry ingredients in a large bowl.

In a jug, whisk together the buttermilk, egg, and vanilla extract. Add the liquid to the dry mix and starting lightly mixing together. Don't over mix.

Slowly drizzle in the cooled butter and stir another 3 times. Lumps are ok, resist the urge to mix more. Put in the fridge for 10 minutes. Put a heavy bottom frying pan or griddle on medium heat-low heat. Spoon one big spoon of the batter per pancake.

Cook for roughly 4 minutes on one side. It is time to turn them over when you see bubbles forming on the top of the pancake and the edges turn color. Flip and cook for another on the other side a little longer, until brown. Enjoy with butter and maple syrup.





HOW TO HEALTHFULLY SURVIVE YOUR FAMILY'S SUMMER VACATION

WRITTEN BY: MICHELE TUTTLE, MPH, RD, CSSD

Family vacations are great. What's not to love? Kids, parents, grandparents, cousins, aunts, uncles all in one place, enjoying each other's company, meals, and living space. What could possibly go wrong?

Vacations, while intended to be a relaxing break from normal routines, can be anything but that when the foundations of health are affected. The four basic requirements for health are water, sleep, food and exercise and your needs for each of these may not match those of your fellow vacationers. So, what can you do if you want to maintain a somewhat healthy routine while staying with relatives? Stay in a hotel? Bring separate foods? Go to the gym while everyone else is going to the movies? Maybe, but if you want to

maintain good family relations, you'll have to compromise a bit (but not too much!).

First, recognize that taking care of yourself is not "selfish": it's survival. It really is okay to understand what YOU need to make a vacation go well and then put the pieces in place to make it happen. After all, if your needs are met, you'll be way more fun and able to interact with others than if you are exhausted and grumpy.

Second, taking care of yourself doesn't mean imposing your needs on everyone else. Meaning that if you need a special diet, that's great but don't expect anyone else to prepare and shop for you.

Or, if you want to include fitness activities into your vacation plans, don't expect everyone to jump on board with your plans for a 10 mile hike.

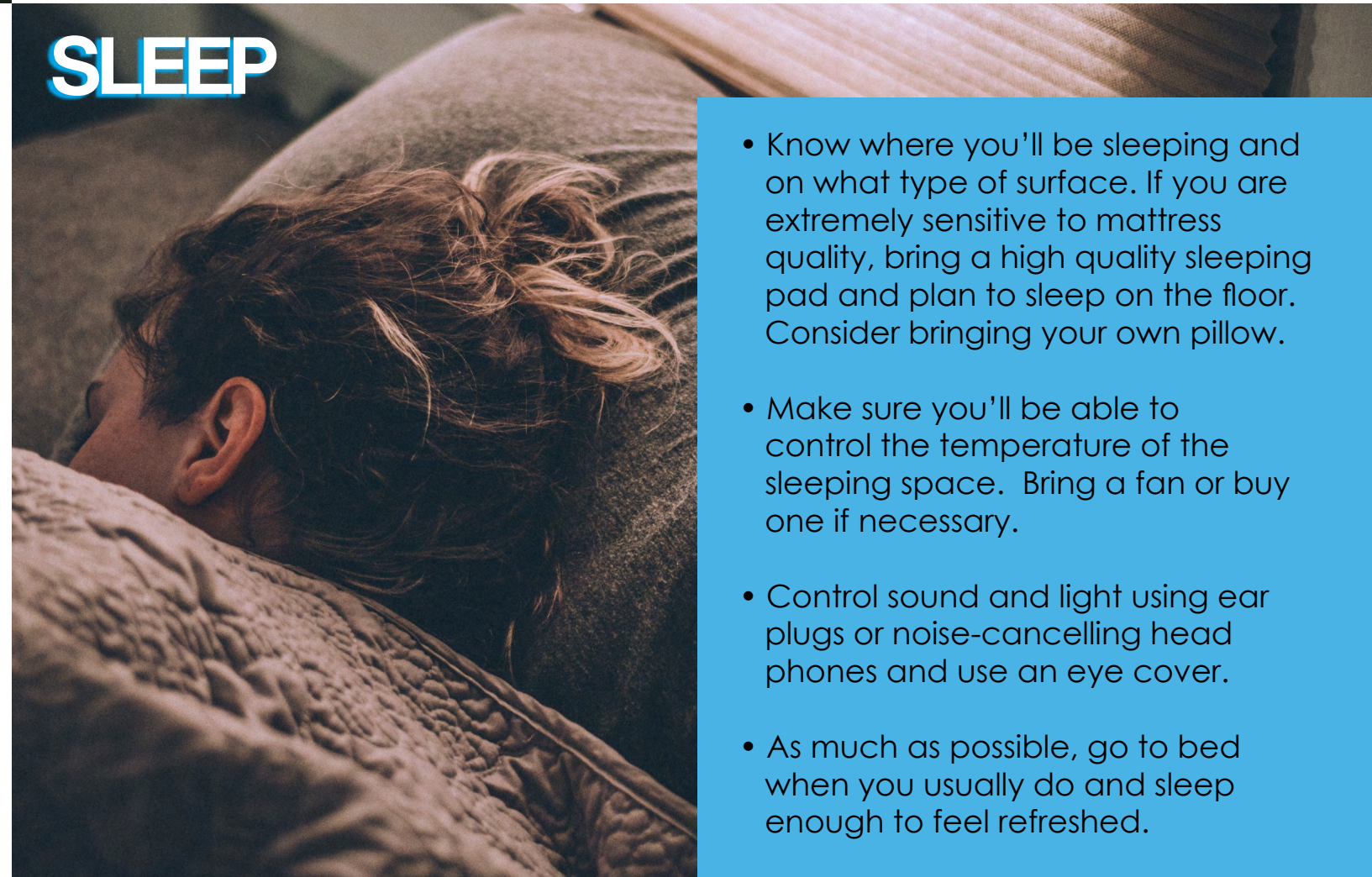
Third, be reasonable. You are on vacation....this requires flexibility and the ability to flow with conditions as they are. That said, you don't have to go so far off your usual routine that you require a vacation to recover from your vacation!!

Here are some specific ways you may be able to improve the healthfulness (and sanity!!) of your vacation without alienating your family:



SLEEP

- Know where you'll be sleeping and on what type of surface. If you are extremely sensitive to mattress quality, bring a high quality sleeping pad and plan to sleep on the floor. Consider bringing your own pillow.
- Make sure you'll be able to control the temperature of the sleeping space. Bring a fan or buy one if necessary.
- Control sound and light using ear plugs or noise-cancelling headphones and use an eye cover.
- As much as possible, go to bed when you usually do and sleep enough to feel refreshed.



FOOD & BEVERAGE

- If you will be eating out at restaurants for most of your meals, be sure to look for menus that include plenty of vegetables. Plan to eat half of your entrée, saving the rest for the next day's lunch.
- If meals will be prepared by you or other family members, plan meals that allow for a range of choices and vegetables. If possible, get involved in the shopping and cooking so you can influence the menu. Plan to have a cooked vegetable as well as salad and fresh fruit available at lunch and dinner on most days.
- Be mindful of your fluids. If you drink alcohol, set a limit on amounts and types you will consume regardless of what others may be doing. Remember to drink plenty of water especially if you are in a hotter or drier climate. Avoid caloric beverages if you can: for most of us they simply add calories to the diet. Flavored, non-caloric seltzer waters can replace most sodas and add a refreshing non-caffeinated boost.



EXERCISE



- At the beach or in the mountains, you can easily incorporate walks, runs and hikes into your day.
- At a resort or hotel, use the pool, tennis or basketball courts.
- If golf is on the agenda, walk as much of the course as you can and include some glute and low back stretches before and after.
- If there are no "natural" gyms, seek a local indoor fitness center that you can pay a daily rate to use or turn a local park into your outdoor fitness center using simple bands and a yoga mat.
- In other words, be creative with your exercise routine! Plan to move for at least an hour every day, and be careful with activities that you don't usually do (water skiing, golf, tennis, kayaking, mountain biking, etc). Vacation is great time to branch out in terms of exercise, but going home injured is not fun.



FOODTOWN USA :

Hungry to hit the road this summer? Maybe these locations will quench your appetite

CEREAL, PENNSYLVANIA

In 1903, the Jersey Cereal Food Company set up shop in a three-story brick building, in an area that was formerly farmland. The Jersey Cereal Food Company went on to manufacture a cereal called "Jersey Flake," and led the industry in the manufacture of corn and wheat flakes.



TOAST, NORTH CAROLINA

People from Toast, North Carolina will tell you that their town name has nothing to do with food. When trying to come up with a name for their rising town in the 1920s, local residents couldn't agree on anything and they began squabbling. An impromptu decision was made when one gentleman spotted an old shoebox. The color of the shoes inside was labeled "Toast," and according to local legend, the man said, "What the hell, let's just call it Toast!" and so they did.



SANDWICH, MASSACHUSETTS

Sandwich, Mass., is not only Cape Cod's oldest town, but it is also one of the oldest towns in the United States, founded almost 150 years before the American Revolution.



COOKIETOWN, OKLAHOMA

Cookietown is a small Oklahoma community named after a business owned by resident Marvin Cornelius. In 1928, Marvin Cornelius named his general store "Cookietown, USA" in 1928 to try to get some attention. He would hand out cookies to the children, and they were often heard saying how they "didn't want to leave Cookietown." The name stuck.



PIE TOWN, NEW MEXICO

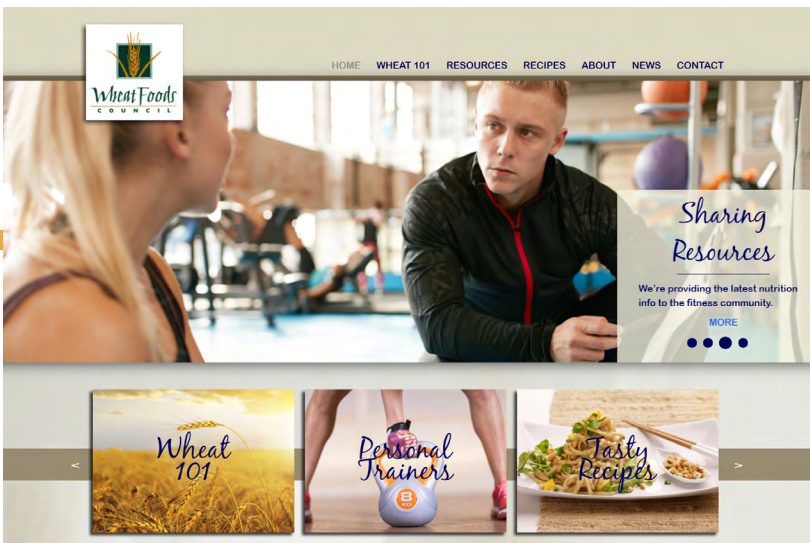
In the 1920s, Clyde Norman began selling supplies and snacks, notably pies, to hungry travelers and the name stuck. Pie Town is the location of a "Pie Festival" on the second Saturday of each September. Pie Town is also home to Good Pie Cafe and Pie-O-Neer, two cafés that have been featured on television.



LET'S GET FOODFIT

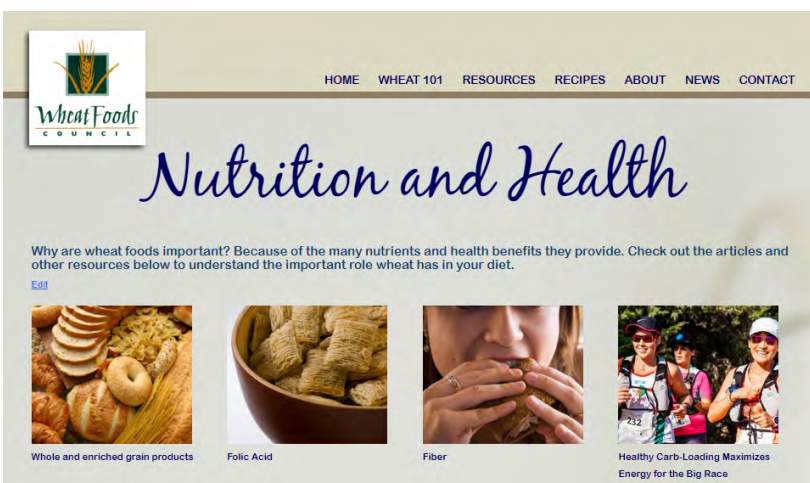
The newest version of FoodFit, our free Personal Trainer app, went live in May. The FoodFit 2.0 version contains new features, including a calorie counter tool. This tool allows people to keep track of their food and calories for each daily meal and you can even e-mail the results to yourself at the end of the day! Other improvements consist of additional infographics, meal plans, and more videos from our favorite experts!

To download the FoodFit app to your iPhone or Android, visit: foodfitapp.com



WHEATFOODS.ORG HAS A NEW LOOK

June saw the release of the redesigned Wheat Foods Council website. A mobile-friendly design with a new layout, simpler navigation, and more useful resources and sections, which means a more pleasant and useful user experience for our growing group of followers. Keep checking back as we are committed to adding more resources in the coming weeks and months.



Visit the new Wheat Foods site at www.wheatfoods.org



Find the Wheat Foods Council on Social Media!