In This Issue.

Cranberry Health Effects
Recent research, conducted jointly between Rutgers and the University of Michigan, suggests that regular consumption of cranberry juice cocktail could reduce the potential for development of urinary tract infections caused by either antibiotic resistant or susceptible bacteria, thus decreasing the need for antibiotics and potentially reducing the rate of resistance development. As a result of Rutgers New Jersey Agricultural Experiment Station (NJAES) research and publicity, more women and health professionals are aware of the benefits of consuming cranberry juice to combat UTIs.

Rutgers University

Join the Strong Women and Men Strength Training Program!
Choose from the opportunities below! All you have to do to get started is show up! Classes are restarting in January. Cost is $12 per year due in January.

**Harrison**
- Tuesdays and Thursdays, 7:30–8:30 a.m., St. John’s Episcopal Church, Parish Hall. Year-round class.
- Mondays and Wednesdays, 8:30–9:30 a.m., St. John’s Episcopal Church, Parish Hall. Year-round class.
- Tuesdays and Thursdays, 4:00–5:00 p.m., Harrison Middle School, Band Room. This class is only during the school year.
- Mondays, Wednesdays, Fridays, 9:00–10:00 a.m., Boone County Senior Center. Year-round class.

**Lead Hill**
- Tuesdays and Thursdays, 9:00–10:00 a.m., Lead Hill Christian Church.

**Bergman**
- Tuesdays and Thursdays, 4:00–5:00 p.m., Bergman Old Elementary Building at Bergman School.
The Strong Women Program was developed by Miriam Nelson, PhD, an associate professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The Strong Women Program is based upon years of research on how strength training and proper nutrition improve the health at all ages. “Strength is a critical factor in living healthier, more active lives. Our research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength,” states Dr. Nelson. The program is appropriate for both sedentary and very active individuals.

Winter Squash

A delicious and nutritious side item for fall is winter squash. Acorn squash provides vitamin A as well as many other nutrients and is an easy side for nearly any dish. It pairs well with pork or poultry. Here is a very easy way to prepare Acorn squash.

Baked Acorn Recipe

**Ingredients:**
- 1 acorn squash, halved
- 2 tablespoons butter
- 2 teaspoons honey, pure maple syrup, or Hickory Syrup
- 2 tablespoons firmly-packed brown sugar
- Salt and coarsely-ground black pepper to taste

**Preparation:**
Preheat oven to 375°F. Cut squash in half lengthwise (from stem to end). Use a spoon to scoop out the seeds and stringy stuff in the center of each squash half. Score the insides of each half several times with a sharp knife.

Add 1 tablespoon of butter, 1 teaspoon of honey, maple syrup or hickory syrup, 1 tablespoon of brown sugar, salt and pepper to the hollow scoop of each squash half.

Place each half in a large baking pan, cut side up. Add about approximately 1/4-inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out. Bake approximately 1 hour or until tender when flesh is poked with a fork. Remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas. Makes 2 servings.

**Variations ideas to add to the above recipe:**
- 1/2 teaspoon ground cinnamon
- 2 tablespoons raisins (or other dried fruits)
- 2 tablespoons chopped nuts (of your choice)
- Herbs of your choice

Foods That Fight Bad Cholesterol

The US Food and Drug Administration (FDA) has approved health claims for these foods for improving cholesterol and combating coronary heart disease:

- Plant sterol/stanol esters (at least 0.65 grams plant sterol esters per serving of spreads and salad dressings; at least 1.7 grams plant stanol esters per serving of spreads, salad dressings, snack bars and dietary supplements)
- Almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts, walnuts (1.5 ounces per day)
- Soy protein (at least 6.25 grams per serving)
- Soluble fiber or beta-glucan soluble fiber (at least 0.75 grams per serving) from oat bran, rolled oats, whole oat flour, whole grain barley or dry milled barley, Oatrim, psyllium husk (at least 1.7 grams per serving)
- Fruits, vegetables and grains that contain at least 0.6 grams of soluble fiber per serving

- Tufts University
The Latest on Cow’s Milk

It is now legal to sell raw cow’s milk but should you buy it?

Raw cow milk is now legal to sell in Arkansas. Arkansas’ new law allows the sale of raw cow milk straight from the farm but not anywhere else. Nor is the resale of raw milk permitted under the law, which requires dairy farmers to display signs at their operation informing consumers that the milk isn’t pasteurized or inspected by the state. Dairy farmers are limited to selling 500 gallons of raw milk each month. Before now, Arkansas law allowed limited sales of raw goat milk only.

What is Raw Milk?

Raw milk is milk that has not been pasteurized now homogenized (a process of breaking fat into smaller pieces so as not to separate and will distribute evenly). Raw milk laws typically refer to milk from cows or goats.

Why Do People Choose to Consume Raw Dairy Products?

Proponents of raw milk believe that the processes of pasteurization and homogenization decrease the nutritional value of the product. However, none of the nutrients in milk are harmed by the two processes.

Other reasons include:

Taste – Raw milk may be described as being richer and fuller than pasteurized milk which could be attributed to the higher percentage of milk fat.

Production conditions – Proponents may believe that producers of raw milk manage their dairy cows more naturally than conventional dairy operators.

Allergies and asthma – The farm environment has been repeatedly associated with a reduced prevalence of asthma and allergies during childhood. One study (Perkin and Strachan, 2006) indicated that the consumption of raw milk was the primary reason for lower levels of certain allergies. However, similar studies have not been able to replicate these claims.

What Are the Health Risks Associated With Drinking Raw Milk?

Infections related to consumption of contaminated milk were relatively common in the late 19th and early 20th centuries, prior to the widespread application of pasteurization of dairy products. Unsanitary conditions present during milking or storage of raw milk often introduced disease causing bacteria. The following health risks are associated with the consumption of raw dairy products:

Diarrhea, stomach cramping and vomiting due to disease causing herms such as Campylobacter, Salmonella, Listeria monocytogenes and Escherichia coli or E. coli. Certain strains of E. coli can cause hemolyticuremic syndrome, a disease that destroys red blood cells and can lead to kidney failure.

Tuberculosis caused by Mycobacterium bovis and Mycobacterium tuberculosis is also associated with raw milk products, though primarily due to products imported into the U.S. from other countries.

Unnecessary exposure to antibiotic residues if raw milk is not tested for residues.

Exposure to aflatoxins, which is carcinogenic to humans. Aflatoxins can contaminate grains commonly consumed by dairy cows. Milk sold commercially is checked for aflatoxins while raw milk may not be tested.

Secondary complications include kidney failure, paralysis, chronic disorders and even death as a result of these same germs. Certain germs, such as Listeria monocytogenes, can cause pregnant women to miscarry or threaten the health of the fetus if the mother were to develop Listeriosis.
Raw milk from a healthy animal does not inherently cause illness, but the milk can harbor harmful bacteria. Sick dairy animals can also pass on harmful pathogens. For example, Brucellosis or undulant fever caused by the bacteria Brucella abortus can be passed on to humans through consumption of unpasteurized milk and results in fever, sweating, and muscle pains. Failure to diagnose and treat the infection can result in chronic infection.

Before dairy farmers start selling raw milk or consumers start drinking raw milk, they may want to read a new fact sheet on the subject published by the University of Arkansas Division of Agriculture’s Public Policy Center. This is available online and at your local Extension office.

Sincerely,

Trudy G. McManus
County Extension Agent – Family and Consumer Science