

## How to Select the Right Cookware to Fit Your Needs

In the market for new cookware? Looking at cookware can be a confusing process. Do you select the ones that are on sale, the ones that look most like your old ones, the ones with the prettiest designs or the ones that are the cheapest? Knowing what you are looking for before you start shopping, to suit your needs, will help.



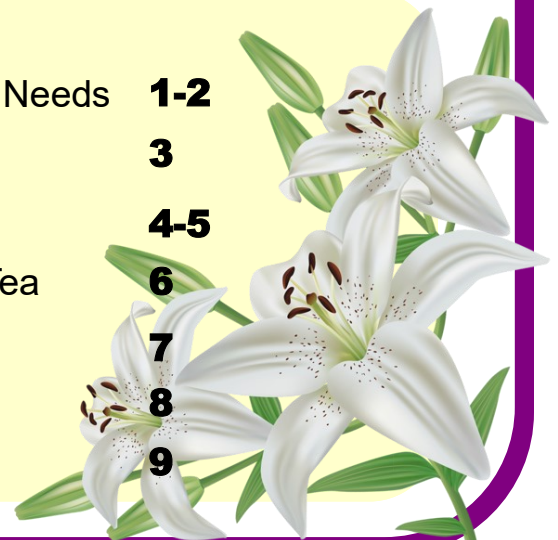
Cookware is made with many different materials. Some of which are good conductors of heat while lacking in durability, and the opposite is also true, bad conductors but great in durability. Each material has pros and cons for cooking.

Starting with cast iron, cast iron is one of the most known materials for old fashion cookware. Cast iron is very durable, affordable, capable of high heats, and able to go from stove top to the oven. Cast iron is porous and can create additional flavors to dishes. Cast iron can rust if it is not cared for properly and cooking with acidic foods is not ideal because it can strip away the seasoning. Also, cast iron is very heavy.

(Continues on Page 2)

### Inside this issue:

How to Select the Right Cookware to Fit Your Needs	<b>1-2</b>
Types of Pots and Pans	<b>3</b>
Fruit—Goji Berry	<b>4-5</b>
Recipe—Easy Nourishing Goji Berry Ginger Tea	<b>6</b>
Brain Exercise	<b>7</b>
April Monthly Observances	<b>8</b>
Monthly Motivator Tips	<b>9</b>



## How to Select the Right Cookware to Fit Your Needs

(Continued from Page 1)

Stainless steel is one of the most popular materials for cookware but all stainless steel is not the same. Stainless steel can vary in quality. Stainless steel does not change the flavor of the food that is cooking and can withstand acidic ingredients. Stainless steel heats quickly and is dishwasher safe. Unfortunately, stainless steel alone is not a good conductor of heat. Higher end cookware cores the pans with either aluminum or copper to make the cookware into a good conductor and distributor of heat.

Carbon Steel cookware is made mostly of iron and some carbon mixture. It is similar to cast iron but thinner. Caring for it is just like caring for cast iron with its seasoning but is much lighter. This material is not dishwasher safe and acidic foods should not cook in them.

Ceramic cookware is often aluminum material with a silicone finish. One benefit is that it is nonstick and it is chemical free which is more environmentally friendly. These are not dishwasher safe and the nonstick quality can decrease over time.

Copper cookware is a great conductor of heat and is used in coring of some pans. Copper cookware comes with a heavy price tag. It requires polishing with lemons or vinegar and salt. It is also reactive to acidic and alkaline foods so the foods can actually end up tasting like metal.

Aluminum comes in two forms—regular and anodized. Regular aluminum is lightweight and affordable but it reacts with foods to create a metal taste added to the flavor of the foods. Anodized aluminum is more expensive but takes away the metal taste. Anodized is slightly more durable and more scratch-resistant.

Nonstick is the most typical for people to purchase and affordable. The best part is that the cookware is nonstick and easy to clean. However, it is easy to scratch. Scratching the pans can cause other compounds to be released into the foods when cooking. Make sure the nonstick pans you purchase do not use harmful compounds.

Other things to consider, which type of cook top do you have, non stick versus stainless, are they dishwasher safe, can you use metal utensils with them, type of material the handles are, and what kind of lid comes with them. Always read reviews before buying. Some high end brands that once were great, now are not holding up to their reputation.

It might be a better value to buy your cookware separate for your individual needs rather than purchasing a set. Take inventory of what you are currently using and make sure to find replacements for the ones you use all the time. One good thing about buying a set is the lids usually fit more than one pot or pan.

# TYPES OF PANS

## (AND WHAT TO USE THEM FOR)



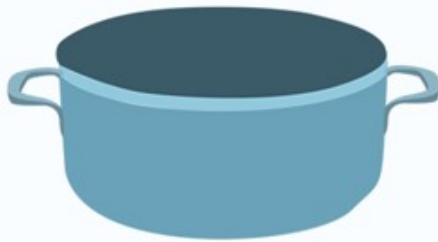
### SKILLET OR FRYING PAN

Best for fast cooking: sautéing, frying, browning and searing.



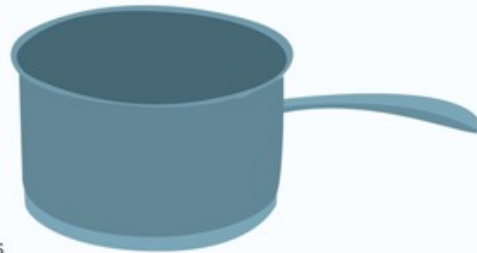
### SAUTÉ PAN

Best for fast cooking larger amounts: sautéing, frying, browning and searing.



### DUTCH OVEN

Best for slow cooking: roasting, stews, braises and casseroles.



### SAUCEPAN

Best for cooking with liquid: simmering, boiling, poaching cooking grains and making sauces.



### STOCK POT

Best for cooking with large amount of liquid: boiling, cooking pasta, steaming and making large amounts of sauce or soup.



### WOK

Best for many cooking techniques: large stir-fries, deep frying, stewing, braising, boiling and making soups.

## FRUIT—GOJI BERRY

Goji berries are a less common berry in the American diet. However, they are becoming increasingly popular. Goji berries are native to Asia and are sometimes called wolfberries.

Goji berries are a tiny, red berry that are very flavorful. They are sweet with a mildly sour flavor. Most often, the berries are found dried or powdered and not fresh. The berries are often added to supplements and superfood blends.

Even the smallest amount of goji berries have noted nutritional value. A serving size of one-ounce contains dietary fiber, vitamin A, vitamin C, riboflavin (vitamin B2), iron, potassium, copper, and selenium.

The Goji berries can be found dried and in powdered form in most large chain grocery stores. You can enjoy dried goji berries as you would other dried fruits. You can soften the goji berries and rehydrate them by soaking them in water for a few minutes. These would be great in salads, smoothies, and other manors. For the powdered version, you could make them into drinks, smoothies, and shakes.

Goji berries have been linked to a few potential health benefits. They are said to support immune function and promote eye healthy. Goji berries may interact with certain medications. Speak with you doctor before to find out more.



### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Goji Berries (Tibetan)

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

40%	7%	53%
Carbs	Fats	Protein



### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

**The good:** This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin and Calcium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Riboflavin, Iron, Potassium, Zinc, Copper and Selenium.

**The bad:** A large portion of the calories in this food come from sugars.



## Goji Berries (Tibetan)

Serving size: 1 ounce (28g) ▼



### NUTRITION INFORMATION

Amounts per 1 ounce (28g)

#### Calorie Information

Amounts Per Selected Serving		%DV
Calories	23.2 (97.1 kJ)	1%
From Carbohydrate	9.2 (38.5 kJ)	
From Fat	1.7 (7.1 kJ)	
From Protein	12.3 (51.5 kJ)	
From Alcohol	~ (0.0 kJ)	

#### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	5.9 g	2%
Dietary Fiber	2.2 g	9%
Starch	~	
Sugars	3.6 g	

[More details ▼](#)

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	~	
Polyunsaturated Fat	~	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	~	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

#### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	3.1 g	6%

[More details ▼](#)

#### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	2520 IU	50%
Vitamin C	5.4 mg	9%
Vitamin D	0.0 IU	0%
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	3%
Riboflavin	0.4 mg	21%
Niacin	0.0 mg	0%
Vitamin B6	~	~
Folate	~	~
Vitamin B12	~	~
Pantothenic Acid	~	~
Choline	~	~
Betaine	~	~

[More details ▼](#)

#### Minerals

Amounts Per Selected Serving		%DV
Calcium	28.0 mg	3%
Iron	2.5 mg	14%
Magnesium	~	~
Phosphorus	~	~
Potassium	235 mg	7%
Sodium	6.7 mg	0%
Zinc	0.8 mg	5%
Copper	0.6 mg	28%
Manganese	~	~
Selenium	17.8 mcg	25%
Fluoride	~	~

## Recipe– Easy Nourishing Goji Berry Ginger Tea

### Ingredients

- ♦ 1/4 cup goji berry
- ♦ 3 cups hot water
- ♦ 1 inch ginger, thinly sliced
- ♦ 1/4 cup sugar



### Directions

Good quality goji berry is easy to spot. It's large and has a bright red color. Wash the goji berries in cold water a few times. Drain off water. I use organic goji berries that have been pre-washed. Bring 3 cups of water to a rolling boil. Turn off heat and remove from the stove. Add goji berries, ginger, and rock sugar. Cover with the lid and let them steep for 1 hour for maximum flavor. You can do as little as 10-15 minutes too,

### To serve:

Uncover the lid and pour them into cups with the berries if you like and ready to enjoy!



Recipe Received From: <https://whattocooktoday.com/gUncover%20the%20lid%20and%20pour%20them%20into%20cups%20with%20the%20berries%20if%20you%20like%20and%20ready%20to%20enjoygoji-berry-tea.html>

# Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

## Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S					T
		O		S	
	T	R	P		
	P				U
					O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U		N					I
							K
L					K	I	
K		U					S
					C	L	I
C	U	I	K		L	S	
			G		N		U

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
I				L	S



# APRIL 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 April Fool's Day	2 Good Friday	3 Find a Rainbow Day
4 Easter Sunday	5 Deep Dish Pizza Day	6 Sorry Charlie Day	7 Caramel Popcorn Day	8 Zoo Lover's Day	9 Name Yourself Day	10 National Siblings Day
11 National Pet Day	12 Grilled Cheese Sandwich Day	13 Scrabble Day	14 National Pecan Day	15 World Art Day	16 National Eggs Benedict Day	17 National Cheesecake Day
18 International Juggler's Day	19 National Garlic Day	20 Volunteer Recognition Day	21 Kindergarten Day	22 Earth Day	23 Take a Chance Day	24 Pig in a Blanket Day
25 National DNA Day	26 National Pretzel Day	27 Babe Ruth Day	28 Kiss Your Mate Day	29 Greenery Day	30 Arbor Day	

## Monthly Observances

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month



## Health Motivator Tips

April

## Calcium for Life

By Cheryl Kaczor, WVU Extension Agent – Marshall County

**Monthly Challenge:** Include two to three calcium-rich foods in your daily diet.



## Health Motivator Talking Points

- Calcium is the most abundant mineral in the human body. Calcium is important for many of the body's systems.
  - 99% of the body's calcium is in the bones and teeth. It helps keep them strong.
  - Calcium is necessary for muscle function and movement. It works with the nerves to transmit information from the brain to other parts of the body.
  - Calcium is important for healthy heart function and blood circulation.
  - Some studies indicate that calcium, in addition to vitamin D, may help protect against cancer, diabetes and high blood pressure.
- Calcium is found in several food sources, with the main source being dairy products, calcium-fortified foods, sardines and salmon, dark green leafy vegetables and tofu.
- Lifestyles and conditions that may lead to calcium deficiency are eating disorders, long-term use of laxatives, women who have gone through menopause, high consumption of soda, caffeine or alcohol, and digestive disorders
- Too little calcium leads to health problems. It is recommended most adults get approximately three servings of dairy-rich foods each day.
  - Not consuming enough calcium may increase the risk for having low bone mass and puts adults at risk for osteoporosis – a disorder that causes frail and brittle bones.
  - Calcium supplements may be recommended if levels are too low.
  - Vitamin D and calcium work together. Vitamin D is necessary for sufficient calcium absorption.

**Chuckle of the Month:**

Why is calcium vital in the brass instrument manufacturing industry?  
*Because calcium helps build trombones.*

**Quick Club Activity:**

This is a fun Health Motivator-led stand up/sit down activity.

- ... you ate a calcium-rich food for breakfast. Sit down (share what you ate).
- ... you ate yogurt this week. Sit down.
- ... you choose low-fat cheese.
- ... you drank milk (not coffee creamer) this week. Sit down.
- ... you like canned sardines or salmon. Sit down.
- ... you think ice cream is a calcium rich-food. Sit down.
- ... you drink orange juice fortified with calcium. Sit down.
- ... you usually get three servings of calcium-rich foods each day. Sit down.

**Learn More**

[www.nof.org/patients/treatment/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/](http://www.nof.org/patients/treatment/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/)  
[ods.od.nih.gov/factsheets/Calcium-HealthProfessional/](http://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/)

**Kathrine J. Clark, MS, RD,  
LD**

**Nutrition Consultant  
1 John Marshall Drive  
Huntington, WV 25575**



## **Brain Exercise Answers**

# **Easter Sudoku**

### **SOLUTIONS**

#### **SPROUT**

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

#### **BASKET**

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

#### **SPRING**

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

#### **DUCKLINGS**

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

#### **TULIPS**

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

© 2016 puzzles-to-print.com

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.