

Visiting Hours

# Cooking For People With Allergies

EDITOR'S NOTE: This is one of a two part series.

BY SARA GERMAN, RD, RN  
Avera Sacred Heart Hospital.

A friend of mine has a son who is severely allergic to dairy and nuts. Merely touching a plate contaminated with ranch dressing caused him to develop a rash! Needless to say, I was very careful when picking out a snack I knew he would be eating.

Making a meal for someone with a food allergy can be nerve-racking, but by following several simple guidelines you can avoid a trip to the emergency department – and make sure everyone is safely well-fed.

1. Read the label carefully. If the product contains one or more of the eight major food allergens – milk, egg, fish, shellfish, tree nuts, wheat, peanuts and soy – it must include that information on the label. It will either be clearly indicated in the ingredients section or with a “Contains \_\_\_” statement. If the label says, “May contain” or “Manufactured on equipment that also processes,” it’s probably best to stay away. Because food manufacturers frequently change their products, don’t assume a food is safe simply because it was allergen-free the last time you checked. Read the label every time.

2. Avoid cross-contamination. If allergen-free food comes into contact with an allergen, it is no longer safe.

3. When in doubt, ask. Better to be safe than sorry! If you have a question about a particular ingredient while you are preparing an allergen-free meal for someone, don’t feel embarrassed to double check with them. They will appreciate it!

Because avoiding cross-contamination is so important, here are a few more things to consider:

1. Wash hands before preparing food and after touching any allergen-containing ingredients.

2. Make sure dishes, utensils and surfaces are clean and sanitized before you use them.

3. Prepare allergen-free food first. For example, if you are making a vegetable tray and someone is allergic to milk, cut up the veggies on a clean cutting board and get them safely covered and out of the way before slicing cheese on the cutting board.

4. Avoid using equipment with porous or hard-to-clean surfaces. You may not be able to remove all traces of an allergen from a wooden spoon or cast-iron skillet, so it’s best to avoid using them.

5. Watch out for bulk bins. Although you may get better prices buying in bulk, the change of cross-contamination with allergens can be a problem.

6. Fresh fruits, vegetables and meat should be safe – and probably won’t have a label, anyway. Just watch for cross-contamination. For example, be careful about deli meat that’s sliced behind the meat counter. It’s possible that the same blade used to slice your turkey was also used to slice someone else’s cheese.

# 2014 Is Good For Turnips

BY DR. MIKE ROSMANN  
Sponsored By Lewis & Clark Behavioral Health

The mostly cool and moist summer enabled my turnips to grow bigger than softballs this year. They would fill our basement storage area if I harvest and store all that I planted. Marilyn would have a fit.

She says “I’m not eating them.” I and a couple other folks with whom I’ve shared the turnips have been relishing them all summer long.

Served with cream cheese and a little salt and pepper melted into them after they are fully cooked and peeled, “Yum!”

Readers may remember that a while back I asked for advice about how to prepare rutabagas without having to apologize. Most of the advice I received also applies to turnips. It takes courage to approach them.

I usually have to cook turnips or rutabagas when Marilyn is gone for a while, like when she is looking after our grandchildren in Utah for a few days. Turnips stink up the house, but not as badly as rutabagas.

Sorry all you rutabaga fans! I don’t consider eating either “brassica” as a problem myself, because they make me feel well and tough. Football coaches should mandate turnip consumption for their teams.

Animals like turnips too. I have to fence my turnip patch so rabbits don’t eat the greens and deer don’t pull them up to consume the entire plant.

Turnips make a great cover crop after grains, like barley, wheat and rye, are harvested. They also grow well in corn and soybeans if they are sowed in the early fall and have enough moisture and warm temperatures to get a good start.

I noticed airplanes and helicopters seeding cover crops into some standing corn and soybean fields in my area, beginning around September 10th. Farmers in the northern states can plant any



Dr. Mike ROSMANN

of the following cover crops:

- Annual rye, winter wheat or oats for forage, weed suppression and erosion control

- Red clover, partridge peas or hairy vetch to fix nitrogen in the soil, as well as for forage and erosion control

- Brassicas such as turnips or radishes for forage, erosion control and to break up compacted soil because they have long taproots

- All these are savored by wildlife as well as livestock

The Midwest Cover Crops Council has a useful website to aid in the selection of cover crops for the Midwest: www.mccc.msu.edu. Another way to obtain useful information is to conduct an online search that includes the words “cover crops” along with your state and county. Cover crops are available for all parts of the country and outside the U.S. borders.

Turnips thrive in cold weather and will continue to grow until the ground and the plant are frozen solid. They take about 50 days after germination to grow to consumption size. They’re biennials and will resume growing when the soil thaws, and sometimes even when the ground seems frozen, as long as there is sufficient sunlight.

They also can withstand drought well too, once they get started, for they develop extensive feeder roots off the bulb as well as a deep taproot.

Turnips are high in omega 3 fatty acids, fiber, vitamin C and trace minerals. Like other brassicas, they are known for their cancer-retardant properties.

Cattle, pigs, sheep and farm fowl like chickens and geese eat them zestfully. I’ve seen cattle with noses black with

dirt heartily chewing turnips as they pulled them from the ground in the fall and again whenever the ground thawed enough for them to extract the turnips from half-frozen earth.

Turnips flourished during the most recent great glacial era in Europe and Asia as the ice receded across the northern halves of these continents some 100-200 centuries ago. The predecessors to modern-day cattle, the aurochs, as well as huge elk, mammoth and bison herds, bears and wolves, and the human inhabitants that followed these migrating animals, feasted on turnips as well as the animals the human hunter/scavengers procured.

Some historians of the Roman Empire say the Roman Army depended on turnips and meat for sustenance and attributed their prowess in war to the vegetable, for turnips usually were readily available and eating them was considered manly. The earliest settlers from Northern Europe brought turnips to the Western Hemisphere.

Turnips are a metaphor for what it might take during the next couple years of farming in the U.S. and Canada. Turnips have survival capacity. Midwestern farmers who produce mainly grain will have to toughen up as grain prices recede.

With much of the food-producing parts of North America either too dry or too wet, we need to look for cheap ways to produce livestock food, green manure for fertilizer and willpower to survive. Studies show they do not hamper yields of other main crops.

Look at it this way, even if you don’t have livestock to consume the cover crops, they will improve the soil, wildlife production and hunting and you can always eat them yourself if necessary.

Dr. Mike and Marilyn Rosmann live near Harlan, Iowa. Share your thoughts at: www.agbehavioralhealth.com.

## National Paper Clover Campaign Continues Support Of Yankton 4-H Youth

The National 4-H Council has announced the launch of the fall 2014 4-H Paper Clover Campaign in partnership with Tractor Supply Company (TSC). This event marks the fifth year of collaboration between the organizations on the national in-store fundraiser, benefiting state and local 4-H programming in each of the communities where a TSC or Del’s Farm and Feed Supply store is located.

“The Clover Campaign is a great way for the community to learn about 4-H and for 4-H’ers to learn about the community,” said Stephanie Siebrandt, Yankton County 4-H youth development programing assistant. “In the past, the money our clubs have received from the Clover Campaign have helped with numerous educational and enjoyable activities for the youth.”

The fall 2014 4-H Paper Clover Campaign will take place Oct. 8-19. Shoppers at the Yankton store will have the opportunity to support 4-H in Yankton County by choosing to purchase paper clovers for a \$1 or more at checkout. All funds raised will be donated to 4-H, and will support 4-H youth development program activities in Yankton County.

“For many years, the fundraising event has allowed us to provide thousands of 4-H youth across the country greater access to 4-H programs,” said Jennifer Sirangelo, president and CEO, National 4-H Council. “We are thrilled about our continued partnership with Tractor Supply Company as it drives the excitement of local community

participation and support for 4-H programs, and therefore the success of the 4-H Paper Clover Campaign.”

Last year, across 48 states, the TSC 4-H Paper Clover Campaign provided more than \$1.4 million to 4-H across the country. All proceeds raised directly benefit 4-H, with 70 percent of funds being returned to state and local 4-H programs. The effort has provided direct support for local camps, after-school programs and other activities, and has granted scholarships to these events that youth can explore their interests in everything from animal science to robotics.

“The Paper Clover fundraiser is a significant part of Tractor Supply Company’s support of 4-H programs throughout the 1,300 communities we serve,” said Christi Korzekwa, vice president, Marketing, Tractor Supply Company. “We are proud to be able to provide essential funding to more than 1,000 county 4-H programs. These programs make a positive impact on young people that last a lifetime. The continued success of the Tractor Supply Paper Clover fundraisers demonstrate the importance of our 4-H partnership with our customers, team members and communities.”

Once again, funds donated during the national campaign will be tracked online and recorded by state and by store. Visit www.tractorsupply.com/4H for more information on the fall 2014 4-H Paper Clover Campaign and to view the donation tracker.



## Smooth Benediction



SUBMITTED PHOTO  
The River City Harmony Sweet Adelines annual show is slated for Sunday, Oct. 26 at 3:00 p.m. with ‘Smooth Benediction’ of Mount Marty as our special music. Fun will be had by all.

## Organization Joins Millions In Taking A Part In Make A Difference Day

Make a Difference Day is Saturday, Oct. 25, and there are numerous groups within our community and throughout the country who are making an impact through this nationwide event.

Held annually on the fourth Saturday of October, the United Way & Volunteer Services and Yankton Volunteer Leaders join millions of Americans on this day of action to help improve the world.

The biggest Make a Difference Day project within the region is the Coat & Winter

Wear Giveaway, where hundreds of winter clothing items will be distributed to those in need. In preparation for this event, an Annual Community Collection Drive is conducted. Community members are being asked to drop off gently used and clean winter coats, boots, snow pants and winter hats and gloves to the Boys & Girls Club, Payless Shoes, Maurice’s or Avera Sacred Heart Hospital, main lobby entrance through Oct. 17. School-aged students can drop off their donations at

participating schools from Oct. 13-17. Children’s coats are most in need. If you are uncertain about drop off locations, contact the United Way & Volunteer Services’ office at 665-6766.

Upon collection of the items, they are sorted and displayed for the Coat & Winter Wear Giveaway at the Human Services Center, South Training Center (Old Chapel) on Oct. 25 from 9-10:30 a.m. The Clothing Closet will also be having a free voucher day from 9 a.m.-noon.

## Veterans Seek Donations For Buddy Poppies

Friday and Saturday, Oct. 10-11, members of Ernest Bowyer Post 791 Veterans of Foreign Wars and its Ladies Auxiliary will be out and about soliciting donations for Buddy Poppies.

Since 1922, the Buddy Poppy has been an integral part of the VFW community. As VFW’s official memorial flower, the Poppy represents the blood shed by American service members. It reiterates that VFW will not forget their sacrifices.

Today, disabled veterans assemble poppies and VFW pays them for their work. In most cases, this extra money provides additional income for the worker to pay for the little luxuries that make hospital life more tolerable.

Poppies are also important because all proceeds from their distribution are used for veteran’s welfare or for the well being of veteran’s dependents and orphans.

Show your thanks for the men and women who have sought to restore hope and to protect the possibilities for freedom for the future. Make a contribution to the VFW Buddy Poppy Program and remember to wear your Buddy Poppy proudly.

### Thank You

Thanks to everyone who helped make my fundraiser a success. Special thanks to Leo and Kathy Harts, Ernie and Gary Gullikson for working the auction and providing music for the evening. Thanks to my friends, sister, cousins and my aunt and uncle who worked hard to make my day a success. Thanks to everyone who donated items and participated in the day’s events. Thanks to Happy Hourz for hosting the event. A special thanks to the Pink Ladies who were always there for me. ~ Jeannette Eide Leeper

Thank You

The family of **Donald Kennedy** would like to thank everyone for the food, cards, flowers and memorials given in his name. A special thank you to Father Randy Phillips for a very meaningful service, and the St. Boniface Catholic Church Altar Society who provided and served the lunch. A special thank you for all the support, prayers and concerns of St. Boniface Church, friends and relatives. Thanks to Kevin Opsahl of Opsahl-Kostel Funeral Home for their assistance at this difficult time. You all hold a special place in our hearts and your kindness will never be forgotten. An extra special thank you for the airplanes that buzzed the church and the cemetery.

**Donna Kennedy, Michael Kennedy  
Dr. Jeffrey and Dr. Vanessa Kennedy  
Brian and Valerie Kennedy and family**

### 40th Anniversary Celebration

**Mr. & Mrs. Pinkelman**

Mr. and Mrs. Mike and Janet Pinkelman will celebrate their 40th wedding anniversary on October 11, 2014. Mike Pinkelman and Janet Kathol were married on October 11, 1974, in Crofton, NE.

The couple has **four children**: Christine (Scott) Eisenhauer of Center, NE; Phillip Pinkelman of Anchorage, AK; Katie (Aaron) Jones of Lincoln, NE, and Anne (Craig) Wuebben of Fordyce, NE.

They have two **grandchildren**: Jesse Eisenhauer and Jakob Eisenhauer.

Their family requests a card shower. Greetings may be sent to P.O. Box 280, Brewster, KS, 67732.

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