

Torrance
Certified
Farmers'
Market

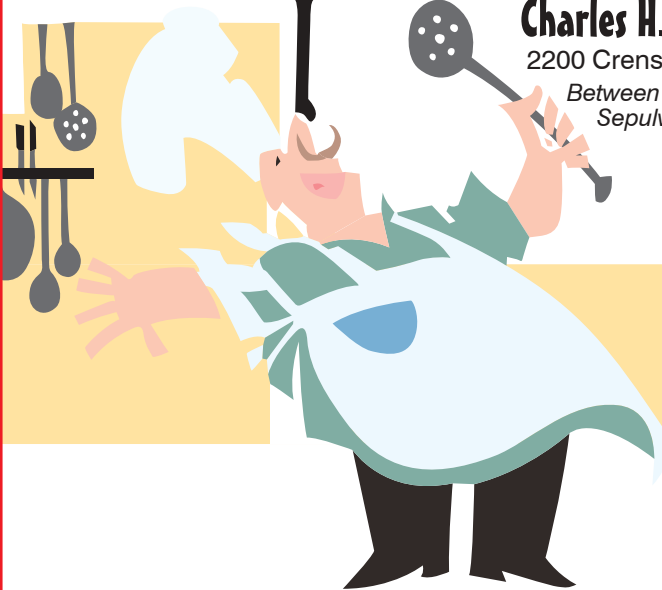
A to Z

Kitchen
Tips &
Tricks

Charles H. Wilson Park

2200 Crenshaw Boulevard

*Between Carson St. &
Sepulveda Blvd.*



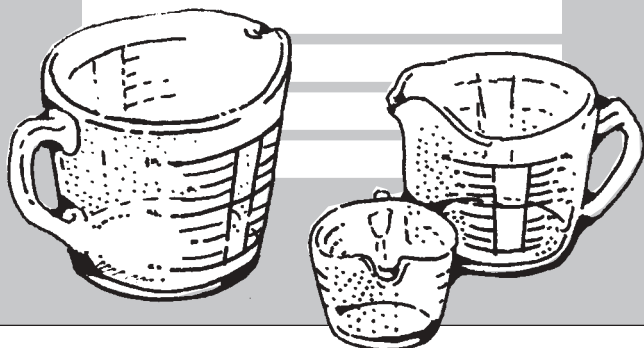
**Tuesday
&
Saturday**
8 a.m. - 1 p.m.

Open Year Round... Rain or Shine!

Conversion Reference Chart

U.S. TO METRIC SYSTEM

| | | |
|--------------|---|------------------|
| 1/4 cup | = | 60 milliliters |
| 1/2 cup | = | 120 milliliters |
| 1 cup | = | 2300 milliliters |
| 1 1/4 cups | = | 300 milliliters |
| 1 1/2 cups | = | 360 milliliters |
| 2 cups | = | 460 milliliters |
| 3 cups | = | 700 milliliters |
| 4 cups | = | .95 liters |
| 1.06 quarts | = | 1 liter |
| 4 quarts | = | 3.8 liters |
| 1/4 ounce | = | 7 grams |
| 1/2 ounce | = | 14 grams |
| 1 ounce | = | 28 grams |
| 1 1/4 ounces | = | 35 grams |
| 1 1/2 ounces | = | 40 grams |
| 2 1/2 ounces | = | 70 grams |
| 4 ounces | = | 112 grams |
| 8 ounces | = | 228 grams |
| 1 pound | = | 454 grams |
| 2.2 pounds | = | 1 kilogram |



Cooking Weights & Measures

| | | |
|---------------------|---|-----------------------------|
| 1 tablespoon (tbsp) | = | 3 teaspoons (tsp) |
| 1/16 cup | = | 1 tablespoon |
| 1/8 cup | = | 2 tablespoons |
| 1/16 cup | = | 2 tablespoons + 2 teaspoons |
| 1/4 cup | = | 4 tablespoons |
| 1/3 cup | = | 5 tablespoons + 1 teaspoon |
| 3/8 cup | = | 6 tablespoons |
| 1/2 cup | = | 8 tablespoons |
| 2/3 cup | = | 10 tablespoon + 2 teaspoons |
| 3/4 cup | = | 12 tablespoons |

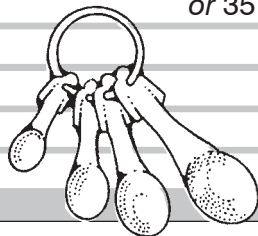
| | | |
|------------------------|---|-------------------------|
| 1 cup | = | 48 teaspoons |
| 1 cup | = | 16 tablespoons |
| 8 fluid ounces (fl oz) | = | 1 cup |
| 1 pint (pt) | = | 2 cups |
| 1 quart (qt) | = | 2 pints |
| 4 cups | = | 1 quart |
| 1 gallon (gal) | = | 4 quarts |
| 16 ounces (oz) | = | 1 pound (lb) |
| 1 milliliter (ml) | = | 1 cubic centimeter (cc) |
| 1 inch (in) | = | 2.54 centimeters (cm) |

CAPACITY

| | | |
|------------------|---|--------------|
| 1/5 teaspoon | = | 1 milliliter |
| 1 teaspoon | = | 5 ml |
| 1 tablespoon | = | 15 ml |
| 1 fluid oz | = | 30 ml |
| 1/5 cup | = | 47 ml |
| 1 cup | = | 237 ml |
| 2 cups (1 pint) | = | 473 ml |
| 4 cups (1 quart) | = | .95 liter |
| 4 quarts (1 gal) | = | 3.8 liters |

WEIGHT

| | | |
|------------|---|--------------------------|
| 1 gram | = | .035 ounce |
| 100 grams | = | 3.5 ounces |
| 500 grams | = | 1.10 pounds |
| 1 kilogram | = | 2.205 pounds or 35 oz |

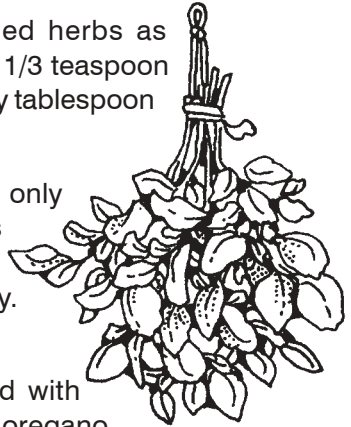


Uses & Storage Ideas for Homegrown Herbs

Drying Fresh Herbs

One thing to remember when using dried herbs as compared to fresh, is that you want to use 1/3 teaspoon powdered or 1/2 teaspoon crushed for every tablespoon of fresh.

Air drying is the simplest method requiring only rubberbands to secure the stems of herbs together. Just hang upside down in a dark, airy area with good air circulation until dry. This method takes the longest time.



Try this simple microwave drying method with herbs such as parsley, basil, thyme and oregano.

Wash and gently pat dry herbs picked in the morning just after the dew has dried. This is when your herbs will have the most oils in the leaves. Spread them out on a microwave-safe dish in a single layer between two paper towels. Place in microwave and cook on high for about a minute, then check them. Continue cooking for about 20 seconds at a time until the herbs are just crisp.

When drying with a conventional oven, begin by placing the clean herbs on shallow trays in oven, leaving oven door ajar and turning the heat to the lowest setting, about 150 degrees. Allow the herbs to dry, testing after each hour. A small electric fan placed to circulate air into the oven cavity will speed the drying time.

Storing Fresh Herbs

When storing, place herbs in airtight jars, out of direct sunlight.



Uses & Storage Ideas for Homegrown Herbs



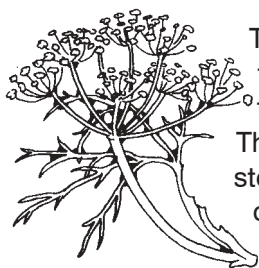
Many herbs will freeze or dry beautifully to extend their shelf life. For best flavor, use fresh out-of-the-garden when possible. Always pinch back basil, thyme, oregano and chives so that you get fullest production out of the season. Plants like rosemary need a good cutting now and then to keep them from getting too woody. If you haven't planned a meal around your pruning, try some of these ideas to preserve your herbs:

Freezing Herbs

Wash herbs very well and gently pat dry with paper towels. Wrap leaves or sprigs in freezer paper or place in freezer-proof ziplock bags, seal and freeze. These herbs can be chopped and thawed for use in cooking, but are not suitable for garnish as they will become limp when thawed. Flavor is best if herbs are used within a few months.



Herb Cubes



This is a very convenient way of storing herbs. Put the clean, dry herbs into the bottom of an ice cube tray and fill the compartments with water or stock. Then when you need herbs, just pop them into soups, stews or sauces. You can mix and match to make combinations that you use in your recipes.

Herb Reference Chart

| NAME | FORMS |
|---------------------|---|
| <i>Angelica</i> | <i>Stems:</i> Crystallized <i>Leaves:</i> Fresh & dried <i>Seeds:</i> Fresh & dried |
| <i>Bay</i> | <i>Leaves:</i> Fresh & dried |
| <i>Basil</i> | <i>Leaves:</i> Fresh & dried |
| <i>Chervil</i> | <i>Leaves:</i> Fresh & dried |
| <i>Chives</i> | <i>Stems:</i> Fresh, chopped, freeze-dried & frozen <i>Flowers:</i> Fresh, in season |
| <i>Cilantro</i> | <i>Leaves:</i> Fresh & dried <i>Fresh</i> <i>Seeds:</i> Whole, ground |
| <i>Coriander</i> | <i>Leaves:</i> Fresh & dried <i>Fresh seeds:</i> Whole, ground |
| <i>Dill</i> | <i>Leaves:</i> Fresh & dried <i>Seeds:</i> Whole & ground |
| <i>Fennel</i> | <i>Leaves:</i> Fresh & dried <i>Stems:</i> Fresh & dried <i>Seeds:</i> Dried |
| <i>Hyssop</i> | <i>Leaves:</i> Fresh & dried <i>Flowers:</i> Fresh |
| <i>Lemongrass</i> | <i>Whole stalk:</i> Fresh, dried & ground |
| <i>Marjoram</i> | <i>Leaves:</i> Fresh & dried |
| <i>Mint</i> | <i>Leaves:</i> Fresh & dried |
| <i>Oregano</i> | <i>Leaves:</i> Fresh & dried |
| <i>Parsley</i> | <i>Leaves:</i> Fresh & dried |
| <i>Rosemary</i> | <i>Leaves:</i> Fresh & dried <i>Sprigs:</i> Fresh <i>Flowers:</i> Fresh |
| <i>Sage</i> | <i>Leaves:</i> Fresh, dried & ground |
| <i>Savory</i> | <i>Leaves:</i> Fresh & dried |
| <i>Sorrel</i> | <i>Stems:</i> Fresh, chopped, freeze-dried & frozen <i>Flowers:</i> Fresh, in season |
| <i>Sweet Cicely</i> | <i>Leaves:</i> Fresh |
| <i>Tarragon</i> | <i>Leaves:</i> Fresh & dried |
| <i>Thyme</i> | <i>Leaves:</i> Fresh & dried |

Herb Reference Chart

TASTES GOOD WITH...

Fresh leaves: Vegetable salads, custards, tart fruit such as rhubarb & plums, court bouillon for poached seafood

Bouquet garnishes, soups, meat & poultry dishes, pasta sauces, fish dishes & even some desserts

Tomatoes, spaghetti sauces, mushroom dishes, soups, stews, salads, chicken, egg & rice dishes

Poached fish & shellfish, cream-based soups, omelets & scrambled eggs, chicken, cream cheeses, green salads

Stems: Eggs, salads, cream cheese, sauces, soups

Flowers: Salads

Fresh leaves: Soups, stews, curries, stir-frys, vegetables, salads, fish, poultry

Seeds: Meat & poultry, vegetables

Fresh leaves: Soups, stews, curries, stir-frys, vegetables, salads, fish, poultry

Seeds: Meat & poultry, vegetables

Leaves: Mild cheeses, omelets, seafood, cold soups, herring, salmon

Seeds: Breads, meat stews, rice

Whole fresh leaves: Seafood, bouillon *Leaves:* Mayonnaise, sauces, stuffings

Seeds: Breads, crackers, sausages

Dried leaves: Soups, stews, herbal teas *Fresh leaves:* Soft butters & cheeses

Flowers: Green salads

Curries, soups, stews & casseroles, particularly those made with chicken & seafood

Oil & vinegar salad dressings, fresh or canned anchovies, Italian & Greek dishes, poultry, game, seafood

Herb tea, soups, salads, sauces, plain meats, fish, poultry, stews, sweet dishes, mousse & tarts

Oil & vinegar salad dressings, fresh or canned anchovies, Italian & Greek dishes, poultry, game, seafood

Omelets, salads, stews, vegetables, soups, eggs, sauces, rice & pasta dishes, fish, shellfish meat & poultry

Meat dishes, especially lamb & pork, chicken, tomato-based sauces, breads, stuffed vegetables, pizza

Poultry stuffing mixtures w/onion, rich & fatty meats such as goose & pork, sausages, salads & sauces

Mixed green salads, sandwiches, cream-based sauces, soups, omelets, quiches & other egg dishes

Stems: Eggs, salads, cream cheese, sauces, soups

Flowers: Salads

Any sweet dish, especially those made with fruit, rice pudding, soups, stews, green salads

Classic French sauces, omelets, poached fish, mushrooms, poultry, mustard sauces & salad dressings

Any slowly cooked dish, stews, soups, baked vegetables, stuffings, poultry, breads, sauces

A to Z of Kitchen Tips & Tricks

Almonds: To remove the skin of almonds easily, soak them in hot water for 15 to 20 minutes.

Apples: Apply lemon juice on the cut surface of apples to avoid browning. They will look fresh for a longer period of time.

Bananas: Apply mashed bananas over a burn on your body to give a cooling effect.

Bee & Scorpion Sting Relief: Apply a mixture of 1 pinch of chewing tobacco and a drop of water. Mix and apply directly and immediately to the sting; cover with band-aid to hold in place. Pain will subside in just a few minutes.

Biscuits: Keep a piece of blotting paper at the bottom of the container of biscuits and it will keep biscuits fresh for a longer time.

Burnt Food: Place chopped onions in the container having burnt food. Pour boiling water in it. Keep in container for 5 minutes and then clean.

Celery: To keep celery fresh for a longer time, wrap it in aluminum foil and place in the refrigerator.

Chili Powder: Keeping a small piece of asafetida in the same container as chili powder will keep it lasting for a longer period of time.

Chopping: Use a wooden board to chop. It will not blunt the knife. Don't use a plastic board as small plastic pieces may get in with the vegetable.

Coconut: Immerse coconut in water for 1.2 hour to remove its husk.

Coriander/Mint: You can use dried coriander & mint leaves in coarse powder form in vegetable curry or chutney if fresh ones are not available.

Kitchen Tips & Tips Continued

Dry Fruits: To chop dry fruits place them in fridge for half hour before cutting. Take the fruits out and cut them with a hot knife (dip in hot water before cutting).

Dough/Rolling Pin: If the dough sticks to the rolling pin, place it in the freezer for a few minutes.

Egg Peeling Off: Make a small hole in the egg by piercing with a pin before boiling. You will be able to remove its skin easily.

Egg Fresh: Immerse the egg in a pan of cool salted water. If it sinks, it is fresh; if it rises to the surface, it is old.

Fruits: To ripen fruits, wrap them in newspaper and put in a warm place for 2 to 3 days.

Frying: Do not pour oil. Make a habit of spraying oil on the utensil for cooking. Heat the utensil first, then add oil.

Green Chiles: To keep chiles fresh for a longer time, remove the stems before storing.

Green Peas: To preserve green peas, keep them in a polyethylene bag in the freezer.

Lemon/Lime: If the lemon or lime is hard, put it in warm water for 5 to 10 minutes to make it easier to squeeze.

Milk: Moisten the base of the milk container with water to reduce the chances of milk sticking to the bottom. Keep a spoon in the pan while boiling milk at medium heat. It will avoid sticking to the bottom.

Mixer/Grinder: Grind some common salt in your mixer/grinder for a short time every month. This will keep your mixer blades sharp.

Mosquitos: Put a few camphor tablets in a cup to water and keep in the bedroom, near your bed, to keep mosquitos away.

Kitchen Tips & Tips Continued

Noodles: When noodles are boiled, drain all the hot water and add cold water. This will separate the noodles.

Onions: To avoid crying when preparing onions, cut onions into two parts. Place them in water for 15 minutes before chopping. Wrap onions individually in newspaper and store in a cool and dark place to keep them fresh for a longer time.

Open: Watch from the oven window to conserve energy because the oven temperature drops by 25 degrees every time the door is opened.

Open Cleaning: Apply a paste of sodium bicarbonate and water on the walls and floor of the oven. Keep oven on low heat for about 1/2 hour. Dried food can easily be removed.

Pickles: To prevent growth of fungus in pickles, burn a small grain of asafetida over a burning coal and invert the empty pickle jar for a short time before putting pickles in the jar.

Popcorn: Keep corn seeds in the freezer and pop while still frozen to get better pops.

Potatoes: To bake quickly, place them in salt water for 15 minutes before baking. Use the skin of boiled potatoes to wipe mirrors sparkling clean. Do not store potatoes and onions together. Potatoes will rot quickly if stored with onions.

Refrigerator: To prevent formation of ice, rub table salt to the insides of your freezer.

Rice: Add a few drops of lemon juice in the water before boiling the rice to make a whiter rice. Add a teaspoon of canola oil in the water before boiling to separate each grain after cooking. Don't throw away rice water after cooking. Use it to make soup. Add 1 teaspoon of dried powdered mint leaves to 2 pounds of rice, a small paper packet of boric powder, or a few leaves of mint in the container of rice to keep insects at bay.

Kitchen Tips & Tips Continued

Sugar: Put 2 or 3 cloves in the sugar to keep ants at bay.

Tomato: To remove the skin of tomatoes place them in warm water for 5 to 10 minutes. The skin can then easily be peeled off. When tomatoes are not available or are too costly, substitute with tomato puree or tomato ketchup/sauce. Place overripe tomatoes in cold water and add salt. They will become firm and fresh overnight.

Tamarind: Tamarind is an excellent polish for brass and copper items. Rub a small amount of wet tamarind with some salt sprinkled in it on the object to be polished. Gargling with tamarind water is recommended for a sore throat.

Utensils: Use non-sticking utensils Use thick-bottom utensils (they get uniformly heated). For electric stoves, use flat-bottom utensils. Add a small amount of common salt to the washing powder for better cleaning of utensils.

Vegetables: Don't discard the water in which the vegetables are soaked and cooked. Use it making soup or gravy. To keep vegetables fresher longer, wrap them in newspaper before putting them in the freezer. Chop vegetables only when ready to use them. Do not cut them in advance. It spoils their nutritional value.

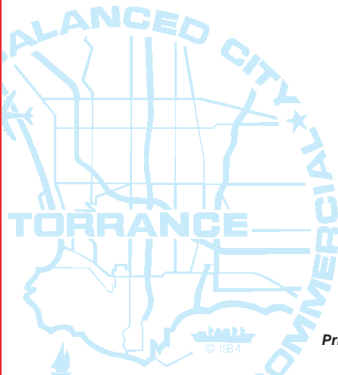
Yogurt: If yogurt has become sour, put it in a muslin cloth and drain all the water. Add milk to make it as good as fresh in taste. Use the drained water in making tasty gravy for vegetables. To keep yogurt fresh for many days, fill the container of yogurt with water to the brim and refrigerate. Change the water daily.



City of Torrance
**Community
Services
Department**

RECREATION DIVISION

*"Creating and Enriching Community
Through People, Programs and Partnerships"*



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