

Family and Consumer Newsletter

Yadkin County Center

April 2009



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Successful Family Newsletter

As you are reading through this newsletter, you will find an addition of the Successful Family Newsletter contributed by our Family and Consumer Program Specialist, Carolyn Dunn, Ph.D. This additional newsletter will be published with our Yadkin County newsletter quarterly as well as in many other counties throughout the state. We hope that you will enjoy this direct link to North Carolina State University Cooperative Extension.

Schedule of Events

- Thursday, April 2 West Central District ECA Meeting. Attendees, meet at the county parking lot at 7:30 a.m.
- Thursday, April 23 Improve your heritage skills. Two Pie Basket class will be taught on April 23 at 5:15 p.m., Cooperative Extension Kitchen, call 679-2061 for details and to register.
- Tuesday, May 5 Yadkinville Farmers Market. Senior Center Parking Lot from 4:00 p.m. – 7:00 p.m.
- Friday, May 8 Farm Animal Day. Call 679-2061 to volunteer.
- Saturday, May 9 Yadkin County E-WASTE Day. County Parking Lot from 8:30 a.m. – 1:30 p.m. Bring old electronics to Recycle. Accepting computers, printers, radios, monitors and phones. NO TELEVISIONS.
- Monday, May 18 Area ECA Leader Training. 10:30 a.m. Surry Community College, Dobson.

Tips and Tidbits

- Spray plastic storage containers with cooking spray before pouring in tomato based sauces to prevent staining.
- To clean crayon marks off walls, take a damp rag dipped in baking soda, rub and wrap with a clean rag.
- Use empty paper towel roll to store appliance cord and write on the roll the appliance it goes to.
- To keep asparagus fresh longer, store in airtight bag in refrigerator with cut edges in water.

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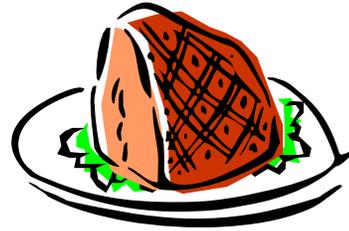
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Springtime Favorites

What would a holiday meal be without ham and eggs? Try the following recipes for a new even healthier twist to 2 old favorites.

Ham with Honey - Brown Sugar Glaze

1 (5 lb.) fully cooked sliced ham
¼ c. whole cloves
1 c. pineapple juice
1 c. brown sugar
½ c. honey
2 oranges, juiced



Preheat oven to 350 degrees F. Place the ham in a roasting pan and dot with cloves. In a saucepan, combine the pineapple juice, brown sugar, honey and orange juice. Stir and simmer over medium-low heat until thickened, about 10 minutes. Pour the glaze over the ham. Bake uncovered for 1 hour or as directed.

Egg Facts

One large egg has only 75 calories but provides protein and at least 13 vitamins and minerals. Eggs are one of the few foods that naturally provides Vitamin D. Did you know that the color of the shell doesn't have anything to do with the nutritional value of the egg? The color of the egg depends on the breed of the chicken.

Spinach – Bacon Deviled Eggs

12 eggs hard-cooked and peeled
½ c. frozen chopped spinach, thawed, drained & squeezed dry
¼ c. mayonnaise
¼ c. bacon bits
2 T. apple cider vinegar
1 T. sugar
1 t. ground black pepper
¼ t. salt



Cut the eggs in half lengthwise. Scoop out yolks into a small mixing bowl and mash with a fork. Add remaining ingredients and mix well. Spoon yolk mixture into egg white halves. Chill until ready to serve.

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

Marilyn C. Wells
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Family & Consumer Sciences



