

Family and Consumer Newsletter

Yadkin County Center

February 2010



Inside This Issue

- Radon Test Kits
- Heart Month
- Southern Spring Show Tour
- Diabetes Cooking Class
- Craft Workshop
- Heritage Skill Opportunity
- Tips and Tidbits
- ECA Cultural Arts
- Calendar of Events
- Healthy Creamy Soups

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Radon Test Kits Available

January is Radon Awareness Month and a great time to test your home for possible radon. You can't see, smell or taste radon but it is the second leading cause of lung cancer. Radon is produced below the home by the breakdown of uranium in soil, rock and water which produces a radioactive gas. Testing is the only way to know if you and your family are at risk from radon. For a short term test, you may come by the N.C. Cooperative Extension office in Yadkin County for a free kit. Place the kit in the lowest lived-in level of the home and then send the results to the laboratory for analysis. If your reading is 4 pCi/L or higher, you will need to look into correcting the radon problem. This simple test could save your life or the life of someone you love.

February is Heart Month

Heart disease is the #1 cause of death for women. February 5 is designated as the day to wear red to remind us of heart disease. The American Heart Association has created the following guidelines entitled "Life's Simple 7" to guide individuals in preventing heart disease and live a more productive healthy life. These steps can promote small improvements in your lifestyle which can make a difference towards a healthier heart.

- Get Active
- Eat Better
- Lose Weight
- Stop Smoking
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar



Southern Spring Show Tour

It is time to begin planning spring and summer gardens and what better inspiration than the Southern Spring Show. On Friday, March 5, we will meet at the public parking lot below the courthouse in Yadkinville at 8:30 to travel to Charlotte. If you are interested in traveling with Yadkin Cooperative Extension, register by calling 679-2061 by February 19. Registration fee is \$15.00 for admission fee and transportation.

Return time is 6:00 p.m.

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Diabetes Cooking Class



If you are a diabetic or a caregiver of a diabetic, mark your calendars for the upcoming dates for the “Diabetes Cooking Class” sponsored by Healthy Yadkin and N.C. Cooperative Extension. The next class is February 25 at the Yadkinville Senior Center from 6:00 p.m. until 7:30 p.m. Anna Hamby of Healthy Yadkin will be discussing healthy side dishes for diabetics and taste tasting will be provided by Debbi Hoover of D & F Catering. On March 25, the Diabetes Cooking Class will be held at the Jonesville Senior Center at 6:00 p.m. and discussion will include preparing healthy diabetic foods for the entire meal. To provide enough supplies for participants, it is necessary to pre-register with Anna Hamby by calling 849-7689.

Craft Workshop



A workshop making beautiful roses from coffee filters will be offered on Thursday, February 4 at the Cooperative Extension Kitchen at 10:00 a.m. Marie Poole, a Surry County ECA member will be conducting the workshop. The fee for materials and instructions is \$3.00 per person. You will be amazed with the finished product and they are just in time for Valentine’s Day gifts!

Heritage Skill Opportunity

Join us on Tuesday, February 23 for a basket workshop. Ginger will be teaching an oblong bread basket. The wooden base is approximately 3” x 15”. The entire basket is woven in natural reed and accented with a stoneware sleeve. Call the Extension Center (336-679-2061) for more information or to reserve a kit. Class is limited.



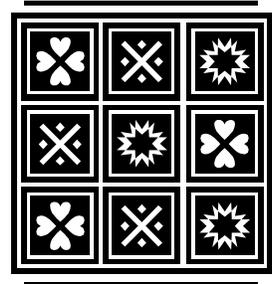
Tips and Tidbits

- Sugar consumption has increased by 28% since 1983 which contributes to the higher obesity rates and other health problems.
- Broccoli crowns are the tops of broccoli bunches minus the stalks. They have particularly no waste which makes them more cost efficient, even though they are more expensive per pound.
- The American Heart Association estimates that 5,000 to 10,000 lives could be saved each year if people would take aspirin when they have chest pain or other symptoms of a heart attack.

ECA Cultural Arts Winners

Congratulations to the following winners in Yadkin County Cultural Arts Contest:

- Sewing: home furnishing, draperies, banners, pillowcases, lap robes, placemats, etc.
Nancy Holt *Boonville Club*
- Knitting: clothing, afghan, spreads, etc.
Eugenia Pearson *Boonville Club*
- Crocheting: clothing, afghan, spreads, etc
Margie Smith *East Bend Club*
- Hand Needlework, embroidery, cross-stitch, candlewick, needlepoint, crewel, tatting, etc.
Jean Marlow *East Bend Club*
- Basket/Chair bottoming: Reed, cane, rag, pine needles, etc.
Nancy Holt *Boonville Club*
- Quilts: appliquéd, pieced, hand quilted
Margie Smith *East Bend Club*
- Photography: black and white or color
Nancy Holt *Boonville Club*



Calendar of Events

- February 4 Rose Workshop, 10:00 a.m.
February 9 Yadkin ECA Executive Board, 10:00 a.m.
February 25 Diabetes Cooking Class, 6:00 p.m.
 Yadkinville Senior Center
March 5 Southern Spring Show, 8:30 a.m.
March 15 Report to the People, 5:00 p.m.
March 23 ECA Achievement Day, 10:00 a.m.
 Details to be announced
March 25 Diabetes Cooking Class, 6:00 p.m.
 Jonesville Senior Center
April 13 West Central ECA District Day
 Northview Church of Christ, Statesville
May 7 Farm Animal Day
May 18 Area Leader Training, 10:30 a.m.
 Surry Community College, Dobson



Healthy Creamy Soups

Have you ever looked at the labels on a can of cream soup? They are usually loaded with saturated fat, calories and lots of sodium to provide the creaminess we enjoy. Most of the time, cream and butter are used to provide the creamy effect. For these cold winter days, try the following tips to reduce the fat, calories and sodium but still have a healthy comfort food.

- Use reduced-fat milk thickened with flour.
- Use just a touch of cream or butter for flavor.
- Stir reduced-fat sour cream into a soup at the end to add the perfect creamy richness it needs.
- For pureed soups adding a small amount of rice to the soup gives it a creamy, thick, satisfying consistency.
- Potatoes, especially floury ones like russets, pureed into soups make them thick and creamy without the saturated fat.

Healthy Creamy Soups—continued

Creamy Tomato Soup

1 T. extra virgin olive oil	2– 28 oz. cans crushed tomatoes
3 cloves garlic, minced	1 c. water
1 t. dried herbs, thyme, oregano, rosemary or basil	2 t. sugar or sugar substitute
1/4 t. crushed red pepper	2 c. nonfat milk

Heat oil in a large saucepan over medium heat. Add garlic, herbs and crushed red pepper. Cook, stirring occasionally for 30 minutes. Add tomatoes, water and sweetener. Bring to a boil. Reduce heat and simmer for 10 minutes. Stir in milk and heat through for about 1 minute.

Broccoli Cheese Chowder

1 T. extra virgin olive oil	1/2 t. dry mustard
1 large onion, chopped	1/8 t. cayenne pepper
1 large carrot, diced	2-14 oz. cans reduced sodium chicken broth
2 stalks celery, diced	8 oz. broccoli crowns, cut into 1 inch pieces
1 large potato, peeled and diced	1 c. shredded reduced fat Cheddar cheese
2 cloves garlic, minced	1/2 c. reduced fat sour cream
1 T. flour	

Heat oil in a Dutch oven or large saucepan over medium high heat. Add onion, carrot and celery and cook for 5-6 minutes or until vegetables begin to soften. Add potato and garlic, continuing to cook for 3 minutes. Stir in flour, dry mustard and pepper, stirring often. Add broth and broccoli. Bring to a boil. Cover, reduce heat and simmer for 10 minutes or until broccoli is tender. Stir in cheese and sour cream. Heat until cheese is melted and chowder is heated through.

Note: May use frozen broccoli if desired.



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

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Family & Consumer Sciences

MCW/gm