

Family and Consumer Newsletter

Yadkin County Center

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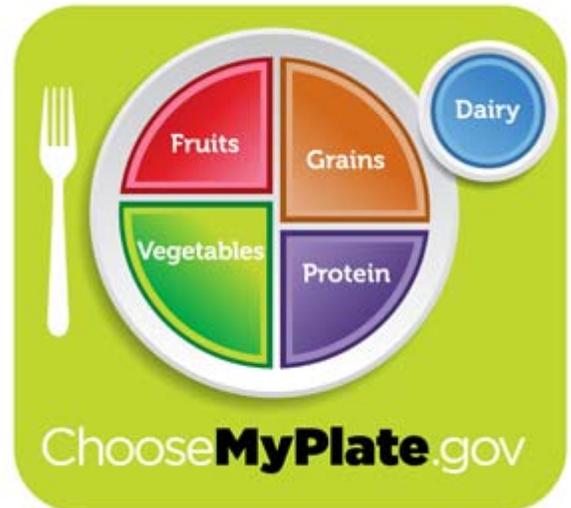
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New Dietary Guidelines Released for 2011

The USDA has recently released new guidelines for healthy eating in hopes this simplified version will reach people of all ages.

My Plate replaces the *Pyramid* as recommendation for daily food guide. Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

- Balancing Calories
Enjoy your food, but eat less.
Avoid oversized portions.
- Foods to Increase
 - Make half your plate fruits and vegetables
 - Make at least half your grains whole grains.
 - Switch to fat-free or low-fat (1%) milk.
- Foods to Reduce
 - Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
 - Drink water instead of sugary drinks.



For more information go to ChooseMyPlate.gov

Buy Local Produce

We have a great opportunity through the Yadkin Farmer's Market to buy at least 10% local foods to benefit our community. Last year, the buy local campaign suggested that we find local products to purchase so this year the Yadkin Farmer's Market has increased our opportunities. Along with a new location on Tennessee Street behind the Yadkinville Town Park, they are also open on Saturday mornings from 8:00 a.m. – 12:00 p.m. The Yadkin Farmers Market is still open every Tuesday from 4:00 p.m. – 6:00 p.m. Many new vendors have joined the market with lots of new, fresh picked, products for customer selection.



40 Gallon Challenge

**40 GALLON
CHALLENGE**

You may have recently read the article in a local newspaper asking for volunteers to enter the 40 Gallon Challenge. This is an effort by several states through Cooperative Extensions to encourage residents and businesses to reduce their water use by 40 gallons per person, per day. A combination of events such as drought conditions, population growth and increased water demands has placed a stress on our water supply. Reducing water use at home will save our supply plus save money for the homeowner. To participate in this worthwhile project, go to www.40gallonchallenge.org and enter your pledge. You can view the number of gallons and people that have made the pledge to date across the United States.

Tips for Saving Water at Home

- Check tub, sink and outdoor faucets for any leaking. Replace washers as needed.
- Check pipes and garden hoses for any leaks.
- Replace older plumbing fixtures with low-flow models.
- Turn off water while lathering, shaving or brushing your teeth.
- Take showers instead of baths and make them short as possible.
- When purchasing appliances look for the water saving washing machines and dishwashers.
- Run washing machines and dishwashers with only full loads.
- Don't rinse dishes before placing in the dishwasher or use a pan of water to rinse as long as possible.
- Soak produce in a pan of water and then rinse off quickly instead of running water through all the rinsing of the veggies.
- Catch rainwater with a rain barrel and use it to water flowers and vegetables or wash your car.
- Use a broom instead of a hose to clean your garage or sidewalk.
- Set lawn mower a notch higher because longer grass means less evaporation.
- Mulch around trees and plants to slow down evaporation.
- Water plants in the late evening.

Pressure Canner Testing



It's time to think about preserving the wonderful fruits and vegetables that will soon be in abundance. Get out the necessary equipment for canning, freezing and dehydrating . Check on the condition of your preserving tools and replace if needed. If you use a dial gauge pressure canner it is recommended to have it checked annually. Pressuring foods at the correct pressure and time is essential to food safety by killing off any microorganism that may hide in the canned product. Come by the Cooperative Extension Kitchen on Thursday, June 16, from 10: a.m.- 2:00 p.m. for a check-up for the dial gauge. Only bring the lid to the pressure canner! If you have a weighted pressure canner, the weight will be accurate and cannot be checked. If you need information on preserving foods, contact the NCCES, Yadkin Center at 679-2061.

Executive Board Meeting

On Tuesday, June 21, 2011, the ECA Executive Board will meet in the NCCES Cooperative Extension Kitchen at 10:00 a.m. to discuss upcoming fundraising projects. Please try to attend if possible.

Cool Summer Menu

Grilled Shrimp Kabobs

Summertime is the perfect time to enjoy grilling out.

- ¼ c. tomato sauce
- 2 T. minced fresh basil
- 2 T. red wine vinegar
- 3 garlic cloves, minced
- 1 T. olive oil
- ¼ t. salt
- Cayenne pepper to taste
- 1 lb. uncooked medium shrimp, peeled and deveined
- 1 medium onion, cut into wedges



In a large resealable bag, combine the first seven ingredients. Add the shrimp and seal the bag. Turn to coat with all ingredients. Refrigerate up to 2 hours. Drain and discard marinade. On 8 soaked wooden skewers or metal skewers, alternately thread shrimp, pineapple and onion. Moisten a paper towel with cooking oil and lighten coat the grill. Over medium heat, broil 4 inches from the heat for 2-3 minutes on each side or until shrimp turn pink.

Hawaiian Spinach Salad

4 c. baby spinach
2 c. halved grape tomatoes
2/3 c. chopped, seeded cucumber
1/2 c. sliced mushrooms
1 thin sliced, red onion
20 oz. can unsweetened pineapple chunks, drained
8 oz. ham or turkey, cut in julienned pieces

Mix all ingredients and serve with the following recipe for Citrus- Marmalade Vinaigrette



Citrus – Marmalade Vinaigrette

1/3 c. olive oil
3 T. lemon juice
2 T. orange marmalade
4 t. minced fresh thyme
1 T. Dijon mustard
2 t. grated lemon peel
1/8 t. salt, optional



Whisk all ingredients together and serve over your favorite salad. Yield: 3/4 c.

Grilling Tips

- Bring your food to a cool room temperature before placing on the grill. Cold food may burn on the outside before the interior is cooked through.
- Never allow cooked food to come in contact with plates or utensils that held raw meat.
- Don't crowd food on the grill. Allow some space around each piece for even cooking.
- Never add lighter fluid to a burning fire.
- When lighting a gas grill, use the 10/5 rule. If the grill doesn't start within 10 seconds, burn off the gas and wait 5 minutes before trying again



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

Marilyn C. Wells
Extension Agent
Family & Consumer Sciences