

# Family and Consumer Newsletter

Yadkin County Center

March/April 2009



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## National Nutrition Month

The American Dietetic Association has created March as the National Nutrition Month to promote nutritional education involving nutrition. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The key elements of good nutrition are:

- Eat more fruits, vegetables and whole grains. These are mainly found on the perimeter of the grocery store and in the frozen food section.
- Reduce intake of saturated fat, trans fat and cholesterol.
- Limit sweets and salt ( less than 2300mg of sodium per and less than 2000 if living with high blood pressure.)
- Control portion sizes and the total number of calories you consume.
- Include as much physical activity as possible in your daily routine.
- Take time to read food labels.
- Drink alcoholic beverages in moderation, if at all.



## Energy Star Appliance Rebate

If you are in the market for replacing either a washer, dishwasher, refrigerator or freezer, keep the dates of April 22 – April 25 in mind. North Carolinians will be able to save 15% on major appliance purchases to help stimulate the economy and cut energy use and therefore reduce greenhouse gas emissions. For example, a new Energy Star refrigerator uses half the electricity that the same size refrigerator built before 1995 uses. Rebates will be offered on more than one type of appliance but not two of the same kind of appliance. These Energy Star Appliances will only be available for rebate during these dates and only for replacement appliances. The mail-in rebates are part of the federal American Recovery and Reinvestment Act and distributed by the U.S. Department of Energy.



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# ECA Spring District Day

The West Central ECA Spring Day will be April 13, at Statesville. Meet at the Yadkinville parking lot across from the extension office at 8:30 to ride together to the meeting. Bring the blue ribbon entries for the District Cultural Arts Contest along with the correct form. We will return by 3:00 p.m.

**Note:** *The NC Cooperative Extension—Yadkin County Center and Yadkin County Soil and Water Conservation District has 2—10 feet grass drills and 1—8 feet grass drill for rent. For more information, call 336-679-8052 - extension 3.*

## Healthy Spring Recipes

### Marinated Vegetable Salad

At the recent event, “Report to the People”, the ECA prepared a delicious meal. This refreshing, healthy recipe from Nancy Holt was requested.

1 (16 oz.) can cut green beans	1 cup celery, chopped
1 (16 oz.) can tiny green peas	1 cup sugar
1 (16 oz.) whole kernel corn	1/2 cup vinegar
1 (4 oz.) jar chopped pimento	1/3 cup vegetable oil
1 medium onion, chopped	1 teaspoon salt
1 medium green pepper, chopped	1/2 teaspoon pepper

Drain and mix all the vegetables. Heat sugar, vinegar, oil, salt and pepper in saucepan and bring to a boil. Cool and pour over vegetables. Refrigerate overnight in a covered container. Makes 10 servings.

### Spinach Salad with Warm Maple Dressing

2 tablespoons chopped toasted pecans	1/4 cup cider vinegar
1 (10 oz.) package fresh spinach, torn	2 tablespoons pure maple syrup
1 cucumber, peeled, seeded and cut into 1/4” slices	Salt & pepper to taste
2 teaspoons extra-virgin olive oil	1/4 cup shredded smoke cheese, such as Gouda or Cheddar
1 shallot (or green onion) finely chopped	

Toss spinach and cucumber together in a salad bowl. Heat oil in a small skillet; add shallot and cook for about 4 minutes, until softened. Add vinegar and maple syrup and bring to a boil. Season with salt and pepper. Immediately pour the dressing over the spinach and cucumber. Toss well and sprinkle with cheese and toasted pecans.



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

## Tips and Tidbits

- The traditional St. Patrick's Day dish of corned beef gets its name from the days before refrigeration when beef was dry-cured in coarse pellets of salt called "corns," probably because they were about the size of a kernel of corn. Today, brining in salt water has replaced the dry salt curing.
- Daffodils excrete a substance that is harmful to other flowers so it is best to always place them in an arrangement by themselves once they are cut.
- When your coffee pot gets stained, pour in white vinegar and let it set for an hour. If further cleaning is necessary, use a soft sponge soaked in vinegar. Rinse thoroughly.



Marilyn C. Wells  
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MCW/gm