

Family and Consumer Newsletter

Yadkin County Center

November 2010



Inside This Issue

- Bed Bugs
- Make It With Wool
- ECA Planning Meeting
- ECA Area Training
- Cultural Arts
 - Baskets
 - Holiday Craft
 - Snowman Wkshop
- Tips and Tidbits
- Schedule of Events
- Oatmeal—Regular or Instant?
- Winter Squash
- Recipes

Contact Us

North Carolina
Cooperative Extension
Yadkin County Center
PO Box 97
Yadkinville NC 27055
336.679.2061 (ph)
336.679.3088 (fax)



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Bed Bugs

As a child, do you remember someone telling you, “not to let the bed bugs bite”? Bed bugs were once considered a major pest in homes but improved sanitation and chemical control reduced this problem to a minor one. Today, we are seeing a resurgence of bed bugs in clean homes, hotels and other buildings. Michael Waldvogel and Charles Apperson, Entomology Extension Specialists with NC State tell us there has been no scientific evidence showing that bed bugs transmit diseases.

Contact with the bug produces an allergic reaction that can cause swelling, itching and irritation for a week or more. The adult bed bug is reddish-brown and oval about 3/16 inch long and up to 1/8 inch wide. Bed bugs cannot fly or jump and do not normally crawl long distances. Their means of dispersal is through human activity such as in luggage, laundry or people moving from place to place.

To find evidence of bed bugs, look at your bedroom furniture carefully. Inspect the mattress and box springs thoroughly. Pull back the dust covers on the undersides of chairs and couches particularly around the legs. If you suspect that bedding or clothing is infested, wash the items in hot water and dry in a clothes dryer for 30-45 minutes.

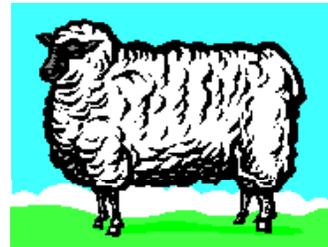
It's difficult to know when and where you might pick up bed bugs. Despite the best preventive efforts, almost any property can become home to these hitch-hiking pests. Call an exterminator if you see any evidence of bed bugs. Home foggers do not eliminate a bed bug problem. Be careful about furniture and other items picked up at yard sales. Never purchase a used mattress or box springs. When traveling, check your room carefully, looking for any signs on your mattress, headboard or drawers. Carry some large plastic bags in your luggage in case you find evidence of bed bugs. Immediately call management and enclose your luggage and other items in large plastic bags. Do not sit luggage on the floor.

For more information go to <http://insects.ncsu.edu/Urban/bedbugs.htm> or to the North Carolina Cooperative Extension, Yadkin County Center, 679-2061.

NC State University
A&T State University
**COOPERATIVE
EXTENSION**
Empowering People • Providing Solutions

MAKE IT WITH WOOL PRESENTATION

If you or someone you know enjoys sewing, knitting or crocheting, come to the "Make It With Wool" presentation on November 18 at 11:00 a.m. in the Extension Kitchen. The presenter is Ms. Jean Thomas from Charlotte who is the NC MIWW State Director. She will be discussing types and uses of natural animal fibers as well as the state competitions available to adults or youth.



ECA 2011 Planning Meeting

On November 18 at 9:30 a.m., the ECA Executive Board and Club Presidents will meet in the Extension Kitchen for a planning meeting for the activities of 2011. At 11:00 a.m., all members are invited for the Area Meeting with Ms. Jean Thomas to a presentation of the "Make It With Wool" project. Please note the special times of the meetings!



ECA Area Training

January 7 is the date for the first 2011 Area Leader Training for ECA programs.

This years training will be held at the new Surry Community College - Elkin Center on North Bridge St. next to the Japanese restaurant.

We have scheduled a presentation at 10:30 a.m. before we go to individual trainings. Hopefully, each club will have 5 different members to attend the 5 topics to be discussed.

Cultural Arts

Baskets

Join us on November 9th at 5:15 p.m. for a night of fun basket weaving!

- You will learn a different technique while making this Large Hearth Basket . The base is approximately 8" x 16 to 18". The basket is made with all natural reed and has an easy braided border. There is an option of adding an accessory to the front if you desire.
- Also, there have been a few requests for the Tall and Skinny Basket. This will be another option on November 9th.

Call 679-2061 for more details and to register. Deadline is Friday, November 5.

Holiday Craft Workshop

A Holiday Craft workshop will be taught by Marie Poole on November 19 from 10:00 a.m.—12:00 in the Kitchen of the Extension Center. Simple holiday ideas are available for all you crafters. Call 679-2061 by November 12th to preregister. A small fee will be charged for materials.

Snowman Workshop

A snowman workshop will be taught by Donna Love on January 11, 2011 at 10:00 am in the Extension Kitchen. Details in the next newsletter.



Tips and Tidbits



- Try using toothpaste to polish brass items.
- By 2050, one in three Americans is projected to develop diabetes due to obesity.
- Research studies by Dr. James Joseph, PhD, show that polyphenols in blueberries have reversed age-related declines in the brain's ability to process information.
- Americans serve approximately 45 million turkeys each holiday season.
- When preparing centerpieces for holiday tables, remember to keep them low enough for guests to talk with each other.

Schedule of Events

November 9	5:15 pm	Basket Workshop
November 18	9:30 am	ECA 2011 Planning Meeting Extension Kitchen
	11:00 am	"Make it With Wool" presentation, Jean Thomas Extension Kitchen
November 19	10:00 am	Holiday Craft Workshop
December 15	2:00 –5:00 pm	Dr. Deborah Crandall Retirement Reception Alexander County
January 7, 2011	10:00 am	ECA Area Training Surry Community Center, Elkin Center
January 11, 2011	10:00 am	Snowman Workshop

Oatmeal – Regular or Instant?

For years, we have heard that oatmeal contains a kind of fiber called beta-glucan which fights cholesterol. The Whole Grains Council confirmed that equal amounts of any kind of oats have equal amounts of soluble fiber and therefore of beta-glucan. All types of oatmeal have 4 grams of fiber per 1 cup of cooked oatmeal. Whichever type you choose is the same nutritionally so go for the taste and consistency you like best.



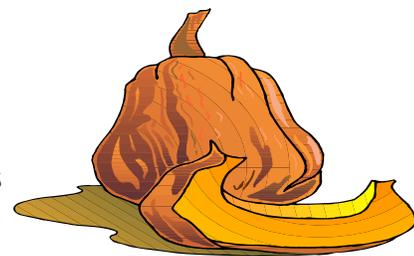
The different types of oatmeal are:

- Plain whole kernels – take a very long time to cook.
- Steel-cut oats – cut into 2 or 3 chunks which cook a little quicker because they are smaller and water penetrates more easily.
- Rolled oats come in 3 forms: Regular oats, quick oats (cut in pieces and rolled thinner), and instant oats (cut even smaller and rolled even thinner to cook the quickest of all).

Winter Squash

Did you know that the yellow and orange flesh of winter squash is more nutritious and richer in beta carotene than summer squash? It is also harvested at a mature age which renders the skin tough and inedible. Popular varieties in our area are buttercup, acorn and spaghetti. Any variety may be baked, boiled, steamed or placed in the microwave until the flesh is soft and tender. Winter squash has a long shelf life and be stored for up to 3 months in a cool place between 55 degrees and 60 degrees.

Try the following recipes for a new twist to your Thanksgiving meal.



Wild Rice Stuffed Acorn Squash

2 acorn squash, halved and seeded
1 c. corn bread stuffing mix
1 onion, diced
1 clove garlic, minced

1 c. chopped fresh mushrooms
1 c. long grain and wild rice mix
1/4 t. sage, chopped
2 c. vegetable stock

Preheat an oven to 350 degrees F. Lightly grease an oblong baking pan and place the cleaned-out squash, cut sides down, into the pans. Bake in the preheated oven until barely soft to the touch, about 25 minutes. Prepare the stuffing according to package directions and set aside. Melt the butter in a saucepan. Add the onions and garlic, stirring until translucent. Add mushrooms, rice mix and sage and cook until lightly brown. Pour in vegetable stock, stir, cover and reduce heat. Simmer the rice mixture until tender, 30 to 40 minutes. Lightly mix the rice mixture and the stuffing. Pile into the centers of the squash. Bake squash until they are tender for about 15 minutes more.

Cider Baked Squash

1 medium butternut squash
3/4 c. apple cider or juice
1/4 c. packed brown sugar
1/2 t. salt

1/4 t. ground cinnamon
Dash of nutmeg
1/2 c. fresh or dried cranberries
1/2 c. toasted chopped pecans

Cut squash in half, clean, peel and slice in 1/2 inch slices. Place the squash in an oblong baking dish and pour cider over the squash. Combine brown sugar, salt, and cinnamon. Sprinkle the sugar mixture, cranberries and pecans over the squash. Cover with foil. Bake at 325 degrees F. for 45 minutes or until squash is tender. (Can use acorn squash if desired.)

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