

# Family and Consumer Newsletter

Yadkin County Center



Fall Happenings Around Yadkin County

August 2012

## FALL 2012

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### Cooking with Cast Iron



Cast iron skillets and Dutch ovens have been used in cooking for years and passed down by our ancestors. This long lasting type of cookware can't be beat for providing a light sear to meats or crusty potatoes or cornbread. Did you realize that cast iron cookware is also a good way to cook with less oil once it is seasoned properly? If cast iron cookware is cared for it will become smooth and food will slide right off. Another advantage of cast iron is the iron that seeps from the pan into the foods being cooked. If you are cooking food with an acidic tomato product in it, the iron content will increase by 20 times the usual amount.



One method of seasoning cast iron is to cover the bottom of the pan with a thick layer of kosher salt and ½ inch of vegetable oil. Heat the oil on medium until it starts to smoke. Carefully pour out the salt/oil mixture and rub the skillet with a ball of paper towels until it is smooth.



Another method of seasoning is to rub with a thin coat of vegetable oil and place the pan, upside down, in the oven. Place a sheet of aluminum foil below the pan to catch any drips. Heat the pan for 30 minutes in a 450 degree oven. Turn off the oven and allow the pan to cool completely. Repeat this method 3-4 times to assure a good seasoning on the pan.



**Never put cast iron in the dishwasher!** Harsh detergents will damage the seasoning of the pan. Wash lightly with a small amount of soapy water, rinse and dry thoroughly with paper towels. Never leave cast iron sitting in dishwasher. Empty the pan after cooking and clean immediately. If any rust occurs, scrub with a stainless steel pad and season again.



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# DANGERS OF MOSQUITOES



## Avoid the Mosquitoes!



With a summer of substantial rainfalls, mosquito activity is on the rise and so is the increased incidence of West Nile Virus. A recent death in North Carolina from the virus reminds us to take precautions to prevent mosquito breeding grounds. The species that transmits West Nile Virus tend to breed in stagnating catch basins. Dr. Mike Waldvogel, PhD., NCSU Dept. of Entomology, tells us that the homeowners first response should be disrupting the breeding pools rather than worrying about what to spray in the yard. Clear away stagnating water sources such as bird baths by flushing away the mosquito larvae with the garden hose and filling with fresh water. Daily rinse the outdoor water bowls and troughs for pets and horses. Check for other sources of standing water such as outdoor flower pots, old cans or tires, tarps covering grills or firewood, even the kids pool if it isn't used often. Decorative fish ponds containing a lot of vegetation can be a source for mosquitoes to hide and may need the product that can be purchased to kill off the mosquito larvae. If you have a rain barrel, place a screen over the opening to keep out debris. Built up debris in gutters should be cleaned out since the water and decaying material is attractive to mosquitoes.



Protecting your body from mosquitoes is a must when we work or play outdoors. No one wants to wear long pants and sleeves, so it is necessary to cover exposed areas with an insect repellent. The Environmental Protection Agency says to use repellents safely. Read the directions on the product label carefully. Only apply repellents to exposed skin. Don't apply near the eyes and mouth and only lightly around the ears. Apply repellents to your hands and then apply to the face. Avoid breathing in spray products. Before applying a repellent to a child, check the label to see if it is recommended for a child. Because children frequently put their hands in their eyes and mouths, the EPA recommends the following statements related to children on the labels of repellents. "Do not allow children to handle this product, and do not apply to children's hands. When using on children, apply to your own hands and then put it on the child. After returning indoors, wash your child's treated skin and clothes with soap and water or bathe." Always store repellents safely out of the reach of children. Don't use insect repellents on animals unless the label clearly states it is for animals.



# PREVENTING FALLS

The causes of falls are known as risk factors. As we age, the risk factors increase rapidly. Knowledge about possible risk factors may help in preventing falls. There are five main risk factors for older adults. **Osteoporosis** causes bones to become porous, and prone to fractures. This condition is due to hormonal changes, calcium, vitamin D deficiency and a decrease in physical activity. Remember that postmenopausal women need 1500 mg. of calcium daily so consume lots of dairy, fish, shellfish, greens, tofu and almonds. Getting enough vitamin D is necessary for the absorption of calcium into the bloodstream. It is often not enough to get sunlight alone so a supplement may be prescribed.



The second risk factor is a **lack of physical activity**. Failure to exercise results in poor muscle tone, decreased strength, a loss of bone mass and flexibility. Exercise is important for 15 minutes every other day to increase muscle, bone strength, and balance. Tufts University recently reported that more than 50 clinical trials proved a 13% decrease in falls in those who exercised regularly.



Age-related **impaired vision** is another risk factor in falling. Limitations due to cataracts, glaucoma or decreased vision affect our ability to safely negotiate the environment. It is vital to have regular check-ups to keep up with any developing eye diseases. Use color and contrast throughout the home to help with seeing the difference in objects. Always use handrails and mark the first and last steps with color strips to identify a change in level. Clean eye glasses frequently for optimum vision.



**Medications** are another risk factor for falls. Many people take more and more medications as they age which puts them at a greater risk for falling. Often certain drugs can contribute to falls by reducing mental alertness, worsening balance and gait. Read the medication leaflets to know the possible side effects of any medications that are taken. Vitamin D is one supplement that has been proven to decrease by 17% falls in clinical trials involving nearly 6,000 participants. Researchers evaluated nine clinical trials over a period of 3 years involving participants that took daily doses of vitamin D with or without calcium. The Institute of Medicine, which sets recommended daily levels for nutrients, recently increased its recommendations for vitamin D to 600 IU daily for children and adults under 71. Older adults need 800 IU which may be hard to obtain through diet alone.



**Environmental hazards** account for 1/3 of all older adult falls within the home. The most common hazard is tripping over objects left on the floor or in the way. Other factors include poor lighting, loose rugs, no grab bars or poorly mounted grab bars, and unsteady furniture. For a safer home environment, walk through the home and identify any possible problems. Keep all areas free of clutter and eliminate throw rugs. Have handrails on stairways and grab bars installed at the tub as well as the toilet. Use contrasting colors for furniture and floors. Be sure all furniture is sturdy and safe. Check for adequate lighting throughout the home and use nightlights where needed.



## Statistics on Falls

- 30%-40% of Americans ages 65+ fall at least once a year.
- The risk of falls increases with age.
- Women are more likely to fall than men.
- Falls are the leading cause of injury for seniors
- In 2004, U.S. hospitals treated more than 1.8 million older adults for falls and hospitalized more than 433,000.
- 2/3 of those who fall will fall again within six months.



## TIPS AND TIDBITS



- Scientists say that the composition of canola oil, “is, so far, the closest to the optimum to meet the basic requirements of essential fatty acids in the body.” All vegetable oils are good choices but a recent study concluded that canola oil contains a nearly ideal mix of unsaturated fats to promote heart health.
- If you have mineral rich hard water, use a rinse agent as an additive in your dishwasher to help rinse water quicker , therefore leaving less residue and water spots. Dishes also dry quicker.
- Add vitamin C in the form of lemon, lime or orange juice to tea stored in the refrigerator to help preserve the valuable flavonoids, which are naturally present in tea.



## UPCOMING EVENTS

### Wilkes County Quilt Tour

Call today to sign up for the Wilkes County Quilt Tour on Friday, September 7, 2012. We will visit the annual Wilkes Quilters Guild Quilt Show, Whippoorwill Academy and North Carolina’s 1st self-sustaining rest area. Lunch will be at the famous Brushy Mountain Barbeque and Creamery which has been featured on the Food Network and Our State magazine. The theme for the quilt show is “Patchwork Dreams” and is always an amazing experience to see their precision work with fabrics. Whippoorwill Academy will feature a guided tour of the buildings and grounds which focuses on the legendary Daniel Boone and his trek through the area. Call Irene to reserve your seat at 679-2061.



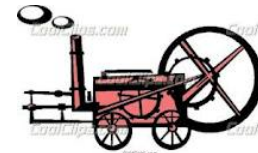
## UPCOMING EVENTS, CONT'D

### 36th Annual Yadkin Valley Harvest Festival

The 36th annual Yadkin Valley Harvest Festival in downtown Yadkinville will be held on Saturday, September 15, 2012, from 9:00 a.m. to 4:30 p.m., sponsored by the Yadkin Arts Council. There are events for all the family, so come and enjoy the day. The following events are scheduled to be held.

On Main, Elm and Jackson Streets:

- Farmer’s Market – “Back to Basics: Becoming More Self Sufficient”
- Antique Farm Equipment
- Craftsman demonstrations and hand-crafted vendor area
- For Children: Petting Zoo, Pony Rides, Storyteller and Craft Tent
- Festival Food Vendors including Pinto Beans, Collard Greens & Cornbread
- Yadkin “Idol” Contest
- Two stages of live music
- Unveiling of Yadkin County Library’s mosaic wall
- Yadkin Christian Ministries Food Drive



Yadkin Cultural Arts Center will feature:

- Tours of the new Willingham Theater
- Quilting Demonstration by the Yadkin River Quilters
- “Eye of the Artist” show in the Welborn Gallery



### Schedule of Events

- September 7: Wilkes County Quilt Tour
- September 15: 36<sup>th</sup> Yadkin Valley Harvest Festival
- September 25: Yadkin ECA County Council
- September 28 – October 7: Dixie Classic Fair



## RECIPES

### Watermelon Time



Summer produces the most luscious watermelons but did you know they are not only good but nutritious also? The juicy watermelon has only 46 calories per cup and provides 20% of the daily value of vitamin C needed for a nutritious diet. The red tint of watermelon flesh is from lycopene, which is the same antioxidant found in tomatoes. Watermelon can be prepared in other recipes such as grilling, smoothies or salads. The following recipe gives a twist to one of our favorite fruits.

### Sweet & Tangy Watermelon Salad

- 2 T. rice vinegar
- 2 ½ t. sugar
- 2 c. diced seeded watermelon
- 2 c. diced cucumber
- ½ c. chopped fresh cilantro
- ¼ c. dry roasted peanuts, chopped



Stir together vinegar and sugar until the sugar almost dissolves. Add watermelon, cucumber and cilantro. Toss gently to combine and chill. As you serve, sprinkle with chopped peanuts.

### Frozen Blueberry Yogurt Pops



If you are looking for a nutritious after school snack on a hot summer day, this is it! This simple to make pop provides antioxidants from the blueberries and calcium from the yogurt plus they taste great. You may even want to treat yourself.

- 1 c. blueberry juice cocktail
- 1 c. fresh blueberries, cleaned and rinsed
- 6 oz. fat-free vanilla yogurt
- 8 wooden craft sticks



Combine all ingredients in blender and cover. Blend on high speed until smooth. Pour into 8 frozen pop molds. Cover, insert craft sticks and freeze for 2 hours or until firm. To remove from molds, dip outsides of molds into warm water and loosen. Makes 8 pops.

## RECIPES, CONT'D

### Eggplant, Tomato and Cheese Casserole

Eggplant and tomatoes are plentiful now so why not combine into a casserole which turns out similar to lasagna. The eggplant provides fiber and vitamin B6. Adding the marinara and spinach will bring in vitamins A, C and carotenoids.

- 2 medium eggplant
- 2 t. dried oregano
- 16 oz. chunky marinara sauce
- 2 T. fresh basil, chopped
- 2 c. cooked spinach
- 3/4 c. shredded cheese (either Fontina, Gouda, Gruyere or Monterey Jack may be used)
- Black pepper and salt to taste
- 2 T. grated Parmesan cheese



Preheat oven to 375 degrees. Spray a 7 x 11 inch baking dish with cooking spray. Slice eggplant lengthwise in 1/4 inch thin slices. Boil water in a saucepan large enough to hold the eggplant slices. Cook for 2 minutes after the water boils again. Drain and set aside.

Mix oregano into marinara sauce and spoon 1/4 c. sauce onto the bottom of the baking dish. Place a layer of eggplant slices, as you would lasagna slices, over the sauce. Cover eggplant with more tomato sauce, some basil, a layer of spinach and sprinkle with cheese of your choice. Sprinkle with salt and pepper if desired. Continue to layer eggplant, sauce, basil, spinach and cheese until you reach almost the top of the baking dish. Finish the casserole with cheese and top with Parmesan cheese.

Cover the baking dish with aluminum foil and bake for 35-40 minutes. Test with a knife for doneness. When the eggplant is tender, uncover and bake for an additional 15 minutes until the top is golden and bubbly. Remove from the oven and rest for 10 minutes. Garnish with remaining basil. Makes 8 servings.

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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