

# Family and Consumer Newsletter

Yadkin County Center

Summer Happenings Around Yadkin

June 2013



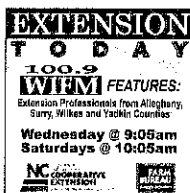
## Summer Of 2013

### Inside This Issue

- Sugar Substitutes
- Cherry Limeade Recipe
- Raspberry Lemonade Recipe
- Seafood Salad Recipe
- New Retail Meat Standards
- Tips and Tidbits
- Upcoming Events
- Important Notice For Future Mailings
- June is Dairy Month

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### Which Sugar Substitute Is For You?

In a recent survey, 7 out of 10 adults want to reduce or avoid adding sugar to their diet. Many people are using sugar substitutes with zero or only a few calories. Eating Well magazine reports that the purchase of sugar has declined in recent years, while the purchase of sugar substitutes has increased by about 50% since 2000. There are some differences in the types of substitutes and how they react in different foods. If you plan to buy or consider buying sugar substitutes, the following chart may serve as a guideline.



- **Sucralose** is a compound made by combining sucrose (table sugar) with three chlorine molecules which prevents the sucralose from being digested, thus no calories are absorbed. It is 600 times as sweet as sugar. Taste testers describe as pleasantly sweet in hot or cold beverages. Sucralose used instead of sugar for baking cookies rated well for sweetness but poor for texture, appearance and aftertaste. Cookies baked with a 50/50 blend of sugar and sucralose rated better in all categories.
- **Aspartame** is a compound produced by combining two amino acids with a methyl ester that becomes methanol, a by-product of carbohydrate fermentation. Aspartame is 180 times as sweet as sugar and is commonly added to packaged foods and beverages. Tasters reported a sweetness in hot and cold beverages with an artificial, bitter aftertaste.
- **Saccharin** was first developed in 1879 and only approved by the FDA for limited use in beverages and processed foods in 2000. Saccharin has a long, controversial history with much research on the safety of the product in humans. It is 300 times as sweet as sugar but may have an unpleasant sweetness with an artificial or bitter aftertaste.

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### Which Sugar Substitute Is For You? (cont'd)

- **Erythritol** is a sugar alcohol which is naturally found in melons and pears. The body can fully absorb erythritol but can't break it down. It provides no calories and does not produce a glycemic response. Since erythritol is absorbed there is no likelihood of stomach distress. It is often combined with sugar for a product with 4 calories per teaspoon and it works well in baking. Erythritol is 60-80 times as sweet as sugar. It was rated good to excellent for beverages and poor scores when baked in cookies.
- **Stevia** is the sweet extract of the Stevia rebaudiana plant. It does not raise blood sugar, but it is combined with a bulking agent so that it pours like sugar. In 2008, the FDA approved a highly purified form of the stevia plant as generally recognized as a safe ingredient and could only be sold in the United States as a dietary supplement. Stevia is 200 to 300 times as sweet as sugar. The taste test rated the overall sweetness of stevia in beverages as well as with an aftertaste. In baking, the sweetness, texture and appearance of the cookies were not acceptable.



Try some of these refreshing cool beverages with a 50/50 mix of sweetener and sugar or all sugar.

#### Cherry Limeade

2 liter bottle lemon-lime soda (diet if preferred)  
 1 c. fresh or bottled lime juice  
 1 c. sugar  
 10 ounce jar maraschino cherries, with juice  
 2 thin sliced limes



Chill all ingredients. Mix the cold lemon-lime soda, lime juice, sugar or sweetener, cherries with juice, and lime slices in a large pitcher and stir. Refrigerate for at least 30 min. Serve with a ladle so you can put cherries and limes in each serving.



## Refreshing cool beverages...cont'd

### Raspberry Lemonade

- ¾ c. fresh or thawed frozen raspberries
- 9 c. water
- 2 c. freshly squeezed lemon juice (12 lemons) or bottled juice
- 2 c. sugar or sweetener



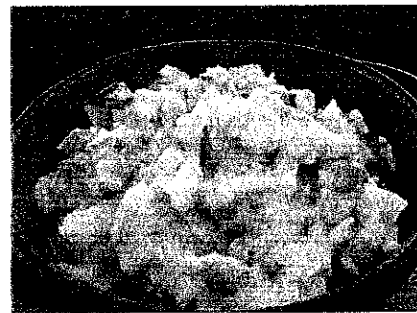
Puree the raspberries in a blender and strain through a fine sieve into a pitcher. Add the remaining ingredients and whisk together until the sugar dissolves. Refrigerate for at least 30 minutes and serve over ice.

## Recipe for a cool summer salad...

### Seafood Salad

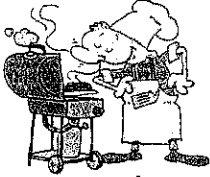
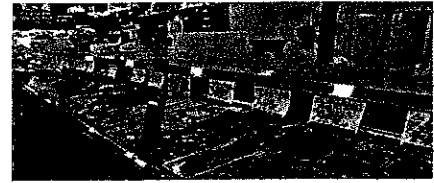
For a cool meal on a hot summer evening, try the following seafood salad. Prepare the night before to allow for flavors to blend together. Works great for a picnic!

- 2 T. light mayonnaise
- 1/3 c. fat free or light sour cream
- 1 T. prepared ranch dressing
- ½ lemon, juiced
- 1 c. shredded, cooked crabmeat, or imitation crabmeat
- 1 c. cooked shrimp
- ½ c. chopped celery
- ¼ t. salt
- ¼ t. ground pepper
- 1 green onion, chopped
- 6 c. green leaf lettuce, spinach or Romaine



Combine light mayonnaise with sour cream, ranch dressing and lemon juice in a bowl. Stir in crab, shrimp, celery, salt, pepper, and green onions. Chill at least 1 hour. Serve each serving of seafood salad on a bed of salad greens of your choice.

## Did You Know?



Barbecue fans must soon say goodbye to the famous “pork butt”. You will still be able to purchase the famous cut of pork but it will soon be called “Boston roast”. The pork and beef industry set the Uniform Retail Meat Identification Standards for market meats in 1970 but they feel it is time for a change. After 2 years of consumer research, the National Pork Board and the Beef Checkoff Program, in connection with USDA, have new labels for market meats which are less confusing for consumers. They hope to see the labels in stores by this summer. Even though it is a voluntary system, 85% of U.S. food retailers use the naming system. The new retail labels will include characteristics of the meat and cooking guidelines. Whenever possible, beef and pork will carry more unified titles such as pork chops will soon be named “ribeye chops” or “New York chops”, depending on the quality of the cut of the chop. At this time, beef and pork will have 350 titles and lamb and veal titles will be ready for the future. Not all titles will be changed. Ground beef will remain the same.

## Tips and Tidbits

- Gallop Poll survey says that the average U.S. retirement age has climbed to 61 which is up from 57 in 1990. The average non-retired American now plans to retire at 66 which is up from 60 in 1995.
- Of the 67 million Americans who have hypertension, 36 million don't have it under control, according to the Center for Disease Control.
- The warmest part of the refrigerator is the door, so don't store milk there.
- If you wait until the vacuum bag is full before replacing it, the vacuum will have lost significant suction power.
- Do not use cooking sprays on nonstick pans because the buildup will cause food to stick. Cook over low to medium heat without spray.



**Upcoming Events**

**FARMERS MARKET INFO**

The Farmers Market has a larger variety of fresh items every week and now is open 3 days a week! What a great way to improve your diet with locally grown nutritious veggies and fruits. A variety of plants and baked goods are also available. Look for the vendors at the Tennessee Avenue location (between Yadkinville Park and the Animal Control Office) on Tuesday and Thursday from 4:00 p.m. – 6:00 p.m. and on Saturday from 8:00 a.m.– 12:00 p.m.



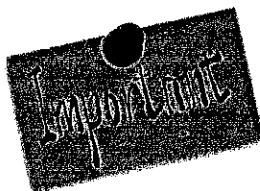
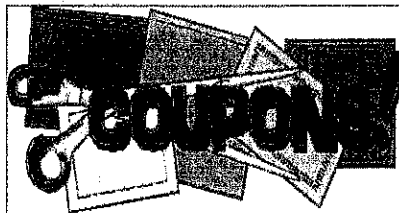
**FOOD PRESERVATION WORKSHOP**

If you are interested in canning tips and guidelines, plan to attend the Food Preservation Workshop, Tuesday June 25, at 5:30 p.m. in the Extension Kitchen at 209 E. Elm St. To save your spot at the workshop, call 679-2061. If you need your pressure canner lid tested, bring it with you to the workshop also.

**COUPONING 101**



For a fun hobby that also stretches your budget, join the Couponing 101 workshop at 5:30 p.m. Thursday, June 27, in the Extension Kitchen at 209 E. Elm St. Guest instructor, Grace Lambert Wells, will cover a large variety of “need to know” hints for beginners in couponing. Grace will cover a variety of topics to help you get started in this new science of couponing. She also suggests that you bring a Sunday newspaper with coupons, scissors, pen and notepad for note taking. Call 679-2061 to pre-register for your place in this exciting workshop.



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**LET'S CELEBRATE DAIRY MONTH**



It is a tradition since 1937 for June to be referred to as Dairy Month. The National Dairy Council created the first event with the slogan, "Keep Youthful – Drink Milk", which could be used today due to the nutrients provided in dairy products. Milk, cheese and yogurt provide nine essential nutrients such as calcium, potassium, protein, phosphorus, riboflavin, niacin and Vitamins D, A, and B12. These nutrients help build and maintain bone mass as well as reduce the risk for the bone thinning disease, osteoporosis. Potassium helps to regulate the body's fluid balance and maintain healthy blood pressure. Bodies need to have 3 servings each day from the dairy group for optimum health. A cup of milk, 6 oz. of yogurt or a slice of cheese is one serving. As you purchase dairy products, remember to read labels and use the lower fat items.

**DAIRY FACTS**

- An average cow produces 100 glasses of milk a day.
- It takes 1 lb. of milk to make 1 lb. of yogurt.
- It requires 10 lb. of milk to make 1 lb. of cheese.
- Mozzarella is the most commonly used cheese in restaurants.
- Vanilla is America's favorite ice cream flavor.



**SALSA MAC WITH COLBY JACK**

This recipe uses a different cheese from the traditional mac 'n cheese for a more flavorful dish.

- 1 c. uncooked elbow macaroni
- 1 medium tomato
- ½ medium green bell pepper
- ½ small onion
- 1 T. butter
- 1 T. plain flour
- Ground black pepper
- 1 ¼ c. lowfat milk
- 8 oz. lowfat Colby Jack cheese, shredded



Preheat oven to 350 degrees. Cook macaroni according to package directions. Meanwhile, dice tomato, green bell pepper and onion. Drain macaroni and stir in the tomato and green pepper. Melt the butter in a skillet and sauté the onion until translucent. Stir in flour and black pepper to taste. Add milk and cook until bubbly and beginning to thicken. Add shredded cheese and stir until melted. Add macaroni and vegetable to the cheese sauce and coat evenly. Transfer to a 2 quart casserole and bake for 25-30 or until bubbly. Remove and cool slightly before serving.

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

*Marilyn C. Wells*

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 Family & Consumer Sciences

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