

Family and Consumer Newsletter

Yadkin County Center



Fall Happenings Around Yadkin County

October 2013



Celebrating 100 Years!



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North Carolina Cooperative Extension will be celebrating **100** years of home demonstration programs with a centennial gala on October 27 in Raleigh at the Jane S. McKimmon Center. Ms. McKimmon was the first home demonstration extension agent and convinced 14 county superintendants of education to employ home demonstration agents to teach girls in tomato clubs how to can tomatoes. By 1913, the mothers of the girls began asking for clubs where they might learn other skills for the home. Therefore, Home Demonstration Clubs (later named Extension Homemakers and ECA today) were born in North Carolina. Today's ECA clubs are a vital volunteer system for the growth and development of our communities. If you are interested in attending this centennial gala event to celebrate with our ECA members, please call the office at 679-2061. Congratulations to all past, present and future members of Extension and Community Association for the numerous accomplishments over the past 100 years and for your continued service into the future!



Save the Nutrients!



It has been proven that nutrients in vegetables can be lost during different cooking methods, particularly boiling in water. The water soluble vitamins like vitamin C and B can leach out from vegetables into the water since these nutrients are particularly susceptible to heat. What a waste to throw away any valuable nutrients! Save water in an airtight container in the refrigerator for a few days or in the freezer for use in soups, stews, or gravies to preserve nutrients. Studies show that steaming vegetables results in the least amount of vitamin C, chlorophyll, and protein losses when compared to other methods. It is also recommended to use as small an amount of water as possible when boiling vegetables.



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Fall Home Maintenance Checklist



A chill is in the air and it is time to check your home for the cool winter weather ahead. Use the following checklist as a guide for the outside and inside of the home.

___ Check your crawlspace for any standing water, mold or wildlife.

___ Replace and /or repaint any siding or trim that is loose or damaged.

___ Repair any damaged bricks and mortar.



___ Check outdoor electrical receptacles and be sure they are airtight.



___ Have your heating system inspected and serviced. Change filters.

___ For gas furnaces, check pilot lights, look for leaks. Be sure there is adequate ventilation around the gas source.



___ Check around outside heat sources for any plants or objects that may obstruct the air flow to the unit.



___ Have the fireplace flue and liners checked and cleaned to prevent a chimney fire from creosote buildup. Check the mortar and flashing around the chimney for any damage.



___ Clean gutters and downspouts. Make sure they're clean and securely attached.

___ Check and repair any loose or cracked roof shingles.



___ Apply weather stripping and caulking to windows, doors and vents, as needed.

___ Add additional insulation before the cool weather starts, as needed.



___ If you plan to paint, shampoo or change carpets, do these before cold weather while the windows can still be opened for ventilation.



___ Clean and vacuum heat vents, cold air return, dryer vent and stove hood.

___ Make sure heat vents are free from obstructions such as draperies or furniture.



___ Check and/or install smoke alarms and carbon monoxide detectors for the family's safety.





Stink Bug Invasion



Originally written by Colleen Church, NCCE Yadkin Center Director



In the Piedmont, most people are currently reporting problems with the brown marmorated stink bug. This is not a native stink bug species. This variety appeared in 2011 and went unnoticed. Now the population is well established, being reported in high numbers in and around local homes.

What do I do? Pesticide treatment inside the home is not practical. Foggers do provide a large coverage area, but only kills bugs that are present at the time. Multiple applications would be necessary. Prevention is the key. By following the same tips for fall maintenance, such as sealing up cracks and entry points, you can help keep out unwanted bugs. Pesticides can be used outside the home around entry points, but this only provides a temporary solution. There are stink bug traps available for the brown marmorated stink bug. Once the bugs are in the home, they can be captured and removed. Large numbers can be vacuumed up but should be immediately emptied to avoid leaving an odor. To kill the bugs, seal in a plastic bag and freeze or dump into a bucket of soapy water. When bugs are dead, dump them outside



Tips And Tidbits



- If you peel apples, you are removing most of the fiber. Try baking with the peeling on to retain fiber and phytochemicals.



- Reusable grocery bags are an eco-friendly alternative to plastic or paper bags. To keep bacteria from multiplying in the bag, wash and air dry after each use. For insulated bags, wipe out the inside, especially cleaning the seams.



Toxic

- As you are doing your fall cleaning, take caution when mixing cleaning solvents. **Never mix bleach and ammonia because together they become a deadly combination.**



Extension Master Gardener Volunteer Course



If you are interested in becoming an Extension Master Gardener Volunteer, Colleen Church, Director and Horticulture Agent, will be teaching this valuable course beginning in 2014. Call 679-2061 for an application. This course lasts for 15 weeks and has a fee for the course study book. The class will be limited.



Has Mold Invaded Your Home

With the excess moisture through the past few months, you may be experiencing the uninvited guest called mold. Excess moisture, poor ventilation or poor cleaning habits can promote mold growth in your home. Mold is a microscopic spore that many people are highly allergic too. Generally mold is easily detected by a musty smell, a visible discoloration or stain, or water damage. Mold can hide behind cabinets, under carpet or wallpaper. Locate the mold and use the following procedures to get it under control.

- **Find and fix the moisture problem:** Mold cannot live without moisture. Check for plumbing and roof leaks, inadequate venting in the kitchen and bathrooms, poor venting of a clothes dryer or excessive use of a humidifier. Once you have the humidity under control, keep your humidity level at 30-50% in the winter and less the 60% in the summer. The use of a dehumidifier, improving air circulation and checking for adequate heating systems are methods to help lower humidity.
- **Drying of wet materials:** When flooding or overflow has occurred, begin immediately to dry out affected materials. Use fans and dehumidifiers to dry out materials. Discard the items that cannot be dried out within 48 hours.
- **Treatment and disposal of contaminated materials:** Before cleaning up or treating mold, consider wearing protective equipment such as a filtered dust mask, rubber gloves, eye goggles and disposable clothing when possible. In working to remove mold from clothing, mild spots may be brushed off, and allow to sun and air dry. Often severely damaged items should be thrown away. In porous materials such as carpet, ceiling tiles, pressed wood products, the items with severe damage should be discarded. For books, there usually is no hope but if the outside is the only area of mold growth, the book can be brushed off and sprinkled with cornstarch or talcum powder to eliminate dampness. Place all discarded items in plastic bags or wrap in plastic sheets and tightly enclose to prevent further contamination.
- **Cleaning of surfaces:** Non porous materials such as plastic, concrete, glass and solid wood can usually be cleaned of mold. Scrub off with detergent and water then dry completely.
- **Disinfecting surfaces:** To disinfect and kill the mold, mix $\frac{1}{4}$ to $\frac{1}{2}$ c. of bleach per gallon of water. Spray the water/bleach mixture on the item and allow to dry. Open windows to prevent inhaling fumes. **Never mix bleach and ammonia because they can produce toxic gas fumes.**
- **Stay alert to future mold problems.** Mold loves to find moist places to hide in your home. Stay alert to any moisture problems or musty smells to safeguard your home against this harmful guest.





Colorful Fall Vegetables



Lots of color everywhere in the fall with the leaves turning colors, pumpkins and sweet potatoes are being harvested, and greens are growing. Color is also important in our diet. The darker the fruits and vegetables, the more nutrients are present. Choose the foods with the deeper color. Fall is a good time for fresh foods such as pumpkin, sweet potatoes, greens, broccoli and winter squash which contain Vitamin A with lots of fiber. Try the following recipes for healthy alternative uses for the familiar vegetables.



Baked Sweet Potato Fries

6 sweet potatoes, cut into ½ strips
 2 T. olive oil
 1 T. taco seasoning mix
 ¼ t. cayenne pepper



Preheat the oven to 400 degrees F. In a plastic bag, combine the sweet potatoes, olive oil, taco seasoning and cayenne pepper. Close and shake the bag until the fries are evenly coated. Spread the fries in a single level on a sprayed cookie sheet. Bake for 20 minutes on one side or until crispy. Turn the fries over and bake for 20-30 minutes or until crispy on the other side. Thin fries will take less time.

Pumpkin Dip

8 oz. pkg. cream cheese, softened
 2 c. powdered sugar
 15 oz. can solid packed pumpkin
 1 t. ground cinnamon
 1 t. pumpkin pie spice
 1 T. frozen orange juice concentrate



Blend cream cheese and powdered sugar until smooth. Gradually mix in the pumpkin. Fold in the spices and orange juice, stirring until well blended. Chill for 2 or more hours before serving. Serve with apple slices, graham crackers or ginger snaps.

Yadkin County Beautification Program

NEEDED!



If you are interested in being part of a Yadkin County Beautification Program, we need your help. This program is designed to address issues such as litter prevention, recycling, and waste management throughout the county. If you would like to help start this program, call the office at 679-2061 and ask for Colleen Church. Together we can make Yadkin County an even better place to live.



OCTOBER IS BREAST CANCER AWARENESS MONTH!

REMINDER: *Monthly self exams and mammograms are the key to early detection!*



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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MCW/is