

Family and Consumer Newsletter

YADKIN COUNTY CENTER



August 2014 Summer Newsletter

Necessity of Water



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As the hot, humid summer is here and perspiration pours off as we work, don't forget to drink that water! Water is the least expensive, easiest form of hydration for our bodies. Our bodies crave liquids to help organs continue to work at their optimum. As we age, our sense of thirst fades so we need to be mindful of keeping liquids on hand and sip every few minutes. Drinking a glass of water with meals is also helpful. After rigorous activity it is important to drink extra liquids. Water is the ideal drink but juice, tea and coffee also provide hydration. Some foods contain more than 90% water, such as cucumber, celery, tomatoes and spinach.

Symptoms of dehydration include headache, dry skin and mouth, decreased urine output, constipation, dizziness or lightheadedness and fatigue. If you develop these symptoms, increase fluid intake immediately and if symptoms continue, contact your doctor. Some medications can inhibit thirst and increase urinary output, and illnesses like diabetes and heart disease can increase the risk of dehydration. Eight glasses of water is given as a guideline for amount but that may vary with each person. A simple way to judge whether you get enough fluids is by the color of your urine output. It should be almost clear or pale yellow. Continue to drink water even if you are not thirsty. Getting enough fluids is vital for optimal health and body performance!



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Research Says...Be Positive!

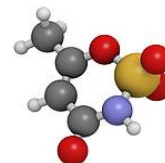
Hypertension affects almost 67% of Americans age 60 and older and is a leading cause of cardiovascular disease and stroke. New research published by the American Psychological Association found that unpleasant or demanding personal encounters can increase the risk of hypertension or high blood pressure among older adults. The study focused on a multi-year survey of 1,502 adults age 50 and older without hypertension. Researchers noted that over a 4 year period, this group recorded negative interactions of exchange or behavior that involved excessive demands, criticism, disappointment, or other unpleasantness with partners, children, family members and friends. In 4 years, 29% of participants developed hypertension with an additional 38% increase in odds of developing hypertension.

Positive interactions can motivate you to be more active and adopt other healthy habits such as exercise. "Negative interactions contribute to episodes of stress and trigger bouts of inflammation which are factors for heart disease", says Dr. Noel Merz, MD, professor of medicine and director of Women's Heart Center in Los Angeles. Negative personal encounters can lead to harmful behavior like over-eating and excessive drinking. While you may not be able to avoid all negative encounters, you can try to limit your exposure. "Identify those negative interactions and try to avoid them whenever possible, or at least limit your exposure. Avoid putting yourself in a stressful situation if it is not warranted. Another way to prevent negative interactions is simply to entertain better company. Embrace more friends, colleagues and groups that stimulate good feelings," says Dr. Merz. Researchers noted that over a 4 year period, the more socially active participants recorded lower blood pressure and fewer incidences of diabetes compared with those who were not as socially active. Embrace life in a positive manner to improve your health and well being!



FDA Approves New Sweetener

The Food and Drug Administration has approved a new artificial sweetener, advantame. It is a derivative of aspartame and vanillin. It is described as 20,000 times sweeter than sugar with no off flavors. According to the FDA, advantame is "a free flowing, water soluble, white crystalline powder that is stable even at higher temperatures, and can be used as a tabletop sweetener as well as in cooking applications." It is the 6th artificial sweetener approved. At this time, there is not a brand name for the sweetener.



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

What Can I Do With All This Zucchini?

If you are growing zucchini squash you have probably asked this question. Zucchini is low in calories and provides Vitamin A, potassium and folate to your diet. This hearty summer squash is becoming a great addition to every course of the meal. The following recipe can be an appetizer or a side dish.

Oven Fried Zucchini Sticks

Try these oven fried zucchini sticks for a lower fat version of the deep fried recipe.

½ c. whole wheat flour
 ½ c. plain flour
 2 T. cornmeal
 1 t. salt
 ½ t. pepper
 1 ½ lb. zucchini, about 3 medium
 2 large egg whites, lightly beaten
 Cooking spray



Preheat oven to 475 degrees F. Coat a large baking sheet with cooking spray. Combine flours, cornmeal, salt and pepper in a bowl or a large sealable plastic bag. Cut the zucchini into 3 inch x ½ inch sticks and individually dip into the egg white. Place in the bag or bowl and shake until all sides are coated. Place on the sprayed cookie sheet with space in between each stick. Bake for 10 minutes and turn each stick over. Continue baking for 8-10 minutes more or until golden and tender. Serve hot with marinara sauce if desired.

Zucchini Relish

My sister, Sherry Barker, shared this recipe as one of her favorite uses for bountiful zucchini. It is a flavorful addition to pinto beans or hot dogs.

8 ½ c. zucchini squash
 2 medium sweet peppers
 4 small yellow onions
 1 small hot pepper, optional
 1 t. turmeric
 1 t. celery seed
 ¼ c. pickling salt
 2 c. apple cider vinegar
 3 c. sugar



Finely chop zucchini, peppers and onions in a food processor or by hand. Cover with ice water and the pickling salt. Let stand 1 hour. Bring turmeric, celery seed, sugar and vinegar to a boil and boil for 3 minutes.

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Zucchini-cont'd

Zucchini, Tomato and Cheese Pie

This recipe combines summer vegetables for a complete meal in a pie. Just add a salad!

1/4 c. bread crumbs
 1 medium onion, diced
 2 garlic clove, minced
 2 medium tomatoes, seeded and diced
 3 medium zucchinis
 1 t. Italian spice mix
 ¼ t. salt
 3 large eggs
 1/3 c. milk
 ¼ lb. Swiss cheese, grated
 3 T. Parmesan cheese, grated
 Pepper to taste
 Olive oil



Preheat oven to 375 degrees F. Spray or butter a 9 inch pie plate and sprinkle bread crumbs all over the sides and bottom of the plate. Leave the extra crumbs in the plate. In a skillet, heat enough olive oil to cover the pan. Sauté the onion until translucent, then add the garlic and sauté for another 3 minutes. Stir in the tomatoes and cook for an additional 5 minutes. Add the zucchini, spices and salt. Cook for 5 more minutes and set aside to cool slightly. Beat the eggs and stir in the milk. Fold in the cooled zucchini mixture. Pour half of mixture into the pie plate, top with the Swiss cheese, and then pour in the remaining half of the zucchini mixture. Top with the Parmesan cheese. Bake 30 minutes or until an inserted knife comes out clean and the top is golden brown. Let the pie sit for 10 minutes before cutting.

Tips and Tidbits

- Research shows that it is not necessary to heat the canning lids before placing them on the jar for processing.
- If your older jars are milky looking, it could be from scratches that may be weakening the jars. Be cautious with pressure canning in these jars!
- The dishwasher can be used to sterilize jars by using the extra hot water setting.
- Oven, microwave, slow cooker or open kettle canning are NOT safe methods of preserving food.



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