

Family & Consumer Sciences Newsletter



New Agent Introduction



Hello Everyone!

I'm Chelsea Johnson and I am the new Family and Consumer Sciences (FCS) Agent in Yadkin County. I previously served Yadkin County as an Environmental Health Program Specialist for 6 years before making the switch to the Cooperative Extension. I graduated from Appalachian State University with an undergrad degree in Biology and went on to complete my Master in Public Health - Nutrition from Liberty University in 2021.

I grew up in Yadkin County and I am truly excited to grow and learn as your new FCS Agent and provide food safety and nutrition knowledge to the community.

Want to know what is going on with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send me your email or mailing address at cpjohns5@ncsu.edu

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SUMMER FOOD SAFETY

Grilling & Food Safety



A part of having a great summer is being safe around a grill. Whether it's outdoor barbeques, picnics, or family gatherings keep food safe should be a top priority. Here are a few tips to keep all your foods safe during the summer season.

Final Cook Temps

Minimum Internal Temp*	Type of Food
165 F instantaneous	Poultry - whole or ground Stuffing made with Potentially Hazardous Ingredients Stuffed meat, seafood, poultry, or pasta Dishes with previously cooked ingredients (Reheats)
155 F for 15 seconds	Ground meat (other than poultry) Injected meat Ground seafood - includes chopped or minced Eggs that will be hot-held for service
145 F for 15 seconds	Seafood Steaks/chops of pork, beef, veal, or lamb Eggs that will be served immediately
130 F	Roasts of pork, beef, veal, or lamb
135 F	Commercially processed, pre-cooked food (i.e. cheese sticks, fully cooked chicken tenders)
135 F	Fruits, vegetables, grains (rice, pasta), and legumes (beans) that will be hot held for service

When handling raw meat, chicken and other poultry, and seafood:

- Separate it from other food
- Refrigerate it before grilling
- Wash your hands before and after handling it
- Make sure its juices do not touch other food, utensils, and surfaces

Use a food thermometer to ensure it is cooked to a safe internal temperature (see above chart) and refrigerate leftovers within 2 hours of cooking

Did you
KNOW?

To quickly clean a grill, rub a wadded-up piece of aluminum foil against the grates before lighting. The foil will remove the old bits of food and waste, and your freshly grilled food won't taste like leftovers.

Creamy Layered Blueberry Ice Pops

July is National Berry Month! Enjoy a delicious sweet treat!



Total Time

Prep: 25 min. + freezing Cook: 15 min. + cooling



Makes

10 pops

Ingredients

1/3 cup agave nectar

1/4 cup water

1 fresh rosemary sprig

1 lemon zest strip (2 inch)

1 tablespoon lemon juice

2 cups fresh or frozen blueberries

2 tablespoons sugar

2-1/4 cups frozen whipped topping, thawed

10 freezer pop molds or 10 paper cups (3 ounces each)
and wooden pop sticks

Directions

1. For lemon syrup, place first 4 ingredients in a small saucepan; bring to a boil, stirring occasionally. Remove from heat; let stand, covered, 10 minutes. Remove rosemary and lemon zest. Stir in lemon juice; cool completely.

2. Place blueberries and sugar in another saucepan; cook and stir over medium heat until berries pop, 5-7 minutes. Cool completely.

3. Add whipped topping to the lemon syrup, whisking to blend. Transfer half the mixture to a pastry bag. Pipe into molds. Layer with blueberries. Pipe the remaining whipped topping mixture over top. Close molds with holders. If using paper cups, top with foil and insert sticks through foil.

4. Freeze until firm, about 4 hours. To serve, dip pop molds briefly in warm water before removing.

From Taste of
Home

Nutrition Facts

1 pop: 104 calories, 3g fat (3g saturated fat), 0 cholesterol, 0 sodium, 19g carbohydrate (18g sugars, 1g fiber), 0 protein. Diabetic Exchanges: 1 starch, 1/2 fat.

Kitchen Tips

- Agave nectar, made from the same plant used to make tequila, is a sweetener that can be used like sugar or honey.
- The flavor of lime would be great in this recipe, too. Substitute equal parts lime zest and juice for the lemon.

COMMUNITY EVENTS



WIC Community Garden StoryWalk

217 East Willow Street Yadkinville, NC 27055

August 4th 6-9PM

StoryWalk combines physical movement, family bonding, literacy skills practice, and story and outdoor enjoyment by taking a stroll with a children's picture book. This location at WIC Community Garden focuses on bilingual boardbooks (mainly ages 2-5), with garden and food books as the main topic. Each book is laminated, page by page, with numbered panels, so that you can walk along and read. It is available to use at any time during the day, starting with the first Friday of the month and ending on the last Friday. The book will change each time. Remaining StoryWalks are in October and December.



Yadkin County Cooperative Extension

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Monday - Friday ~ 8AM - 5PM

Want to keep up with what Yadkin County FCS is doing? Like us on Facebook! Search Yadkin County Cooperative Extension.
@YadkinCooperative



JOIN US AT THE WEEKLY

YADKIN FARMER'S MARKET

1141 TENNESSEE STREET, | OPEN MAY TO OCTOBER
YADKINVILLE, NC 27055 | TUESDAY - 3:00 TO 6:00 P.M



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