



Family & Consumer News



Surry County Center

July—September 2020

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Extension & Community Association Update

Spring is normally a busy time for Extension and Community Association (ECA). This year many of our spring events were postponed, keeping us safe and providing more time to sit back and relax while we enjoy the beautiful spring flowers and trees.

Cultural Arts Competition

Continue to work on your cultural arts items and take advantage of all of this extra time to be creative. Items made since the 2019 competition will be eligible to be entered in the 2021 cultural arts contests. Our local 2021 competition date will be announced closer to the event.

District and State Meetings

Shelby Ford, ECA State President, shared that these are very difficult and unusual times so difficult decisions have had to be made. After much discussion, the North Central Spring District Day which was scheduled for May in Asheboro and the 2020 ECA State Meeting scheduled for October in Fayetteville have both been cancelled. This decision was based on the safety of our members. We will miss the travel adventures with our members, but appreciate the leadership's responsible decision for our health and wellbeing.



Virtual ECA Club Meetings

Some of our clubs have been meeting virtually, either through conference calls or over the computer in ZOOM meetings. It has been wonderful to



hear our friend's voices and see their smiling faces, even at a distance. Not quite the same as being together face-to-face, but a great way to stay in touch. It really is a lot of fun.

Please let me know if you would like to try a virtual meeting for your club. We can work with you to make it happen!

ECA Face Covering Project

Several of our ECA members have been working on making face coverings which have been distributed throughout the community. We do have a limited number of washable, handmade face coverings available at no charge. Please contact the Extension office at 336-401-8025 for more information.

We also have **free elastic** available for anyone who would like to make face coverings for family and friends, or as a community project.



**NC COOPERATIVE
EXTENSION**



Stay Hydrated, Stay Safe

Feeling thirsty? If so, did you know you may already be dehydrated? In hot or humid weather, we need to make sure we get enough liquid to help lower our body temperature and to replace what we lose through sweating. Less frequent urination, dark-colored urine, fatigue, dizziness and confusion are other symptoms of dehydration.

According to the Center for Disease Control (CDC), it is important to **drink water** when it's hot outside or when you're doing physical activity. Consuming water provides your body with the following:

- Regulating normal temperature
- Lubricates and cushions joints
- Protects your spinal cord and other sensitive tissues
- Rids waste through urination, perspiration and bowel movements



Don't like the taste of water? Infused water may change your mind. Infused water is created by adding fresh produce, like cucumbers and herbs, to water. The best flavor is created by allowing the produce to sit in the water for several hours before serving. Many recipes are available for infused water, but they do not always mention how to prepare and

store the water safely. Keep the water at or below 41° F. Temperature is the only reliable way to prevent the growth of harmful bacteria.

Steps to Control Risk

1. Use good quality, unbruised produce. Bruised spots can introduce unwanted bacteria.
2. Wash hands thoroughly before preparing.
3. Rinse produce before adding it to water.
4. Use clean knives, prep surfaces and containers while preparing produce.
5. Keep the temperature of infused water at or below 41° F.

If infused water is kept out of the refrigerator, consider:

- Keeping enough ice in the water to keep the temperature at 41° F or below. To test the temperature of the water, use a digital tip sensitive thermometer after preparing and note the time. Check the temperature at least every two hours, stirring the water first before testing to get an accurate measurement. If above 41° F, add ice as necessary to bring it down to 41° F or below, stir and test again.
- Allowing infused water to sit out at room temperature no more than 4 hours. This is only safe if the temperature started at or below 41° F. Throw out infusion after 4 hours at room temperature. Wash and sanitize the container before making a new infusion.

Sources: Mayo Clinic and NCSU Safe Plates



Strawberry-Mint Water

Great for warm summer days, alongside a meal, or just to quench your thirst. Serve in a clear glass to show the vibrant colors of the fruit-infused water.

Serves 8 | Serving Size: 1 cup (8 oz.)
Prep Time: 5 minutes
Chill Time: 30 minutes or more
Total Time: 35 minutes or more

Ingredients

- 1 cup strawberries, washed and halved
- 4 sprigs mint, washed
- 1 cup ice
- Water

Directions

- Add halved strawberries to a 2-quart drinking pitcher.
- Slightly twist mint sprigs to release flavor and then add to drinking pitcher
- Top with ice and then add water.

Helpful tip: The longer you let this beverage chill in the fridge, the more flavor it will have.

Nutrition Information per Serving:
(Based on consumption of strawberries and mint)

Vegetables: 0 cups | Fruits: 1/4 cup
Calories: 6 calories | Carbohydrates: 1 g
Fiber: 0 g | Protein: 0 g | Fat: 0 g
Sodium: 10 mg

Source: Med Instead of Meds





Want to incorporate more fruits and vegetables in your diet? A concern we often hear is that fresh produce spoils before we have a chance to use it. Make sure you are properly storing your produce to keep it fresh as long as possible.

Fruits such as avocados, kiwi, peaches, nectarines, pears and plums need to ripen at room temperature away from sunlight in a ventilated bowl, paper bag or perforated plastic bowl. To speed up the ripening process, put an apple in the container with the fruit. Store in the refrigerator for maximum storage.

More storage tips can be found in N.C. Cooperative Extension's Med Instead of Meds curriculum: <https://medinsteadofmeds.com/tips-and-tools/produce-storage-guide/>

Keep your fruits and vegetables safe:

- Keep fruits and vegetables separate from raw meat, poultry, and seafood.
- Wash hands with hot, soapy water before and after handling fruits and vegetables. Make sure work area and utensils are clean.
- Wash all whole fruits and vegetables with running water and cut away damaged areas (bruised, discolored) before eating. Never use detergent or bleach to wash fruits and vegetables.
- No need to rewash packaged fruits and vegetables labeled 'ready-to-eat,' 'washed,' or 'triple washed.'
- Refrigerate all cut, peeled, and/or cooked fruits and vegetables within 2 hours.

Try to fill one half of your plate with fruits and vegetables as we celebrate Fruits and Vegetable Month. More does matter!

Herbs & Spices



Herbs and spices add flavor to foods without adding calories, fat, or salt. Use these tips and add a little spice (and herbs) to your day!

Q: A recipe calls for a fresh herb and you want to substitute the dried variety you have in your cabinet.

A: Approximate **equivalent** amounts of different forms of herbs are: 1 tablespoon finely cut fresh herbs = 1 teaspoon crumbled dried herbs = 1/4 to 1/2 teaspoon ground dried herb. Start out small. It is much easier to add more than it is to remedy a food which has more spice than you like.

Q: When should herbs be added to the cooking process?

A: As a general rule, add **fresh herbs** near the end of cooking or just before serving. Prolonged heating can cause flavor and aroma losses.

More delicate fresh herbs can be added a minute or two before the end of cooking or serving. Examples include basil, chives, cilantro and dill leaves.

Q: My family loves tacos, but the taco seasoning you get at the grocery store is high in sodium. Is there a recipe to make your own?

A: Try the following quick and easy recipe from N.C. Cooperative Extension's Med Instead of Meds.

This mix is also delicious on meats as a dry rub!

TACO SEASONING MIX

Serves 16
Serving Size: 1 tablespoon
Prep Time: 5 minutes
Total Time: 5 minutes

Ingredients

- 1/3 cup chili powder
- 3 tablespoons paprika (you may want to use 1/2 smoked and 1/2 hot)
- 1 tablespoon ground cumin
- 1 tablespoon Mexican oregano (regular oregano will work as well)
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne (more if you want it really hot)

Directions

- Combine all ingredients and store in a plastic container. Freeze for longer storage.
- Start off with about a tablespoon of the seasoning mix and adjust amount to your flavor preference. 2 tablespoons would be suggested for use with 1 lb. of ground meat.

** Can be used for tacos, bean burgers, bean and rice, and whatever else you want to give a Mexican flavor. **

Nutrition Information per Serving (1 Tablespoon):

Vegetables: 0 cups | Fruits: 0 cup
Calories: 16 calories | Carbohydrates: 3 g
Fiber: 2 g | Protein: 1 g | Fat: 1 g
Sodium: 90 mg

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What do you need from Cooperative Extension Family and Consumer Sciences ?

Please take a minute to complete this survey. Let Carmen Long, Area Extension Agent know what questions you have or information you need from Family and Consumer Sciences. You may complete this online form <https://www.surveymonkey.com/r/3DS53J8>



You may also complete the below survey and return to Carmen Long.

Let me know what questions you have or information you need about the following topics:

- Cooking
- Food Safety
- Health and Wellness
- Physical Activity
- Family Fun
- Housing (Energy Conservation, Radon, Sewing)
- Stress Management
- Other

Please rank how you prefer to receive information?

- Email
- Facebook Post
- Newsletter
- Newspaper Article
- Text Message
- Mail
- Online Webinar
- Video (YouTube or Facebook Live)
- Other



Please share any comments, questions or suggestions by contacting Carmen Long at carmen_long@ncsu.edu or 336-401-8025.

Accommodation Statement: For accommodations for persons with disabilities, contact the Surry County Center at (336) 401-8025, no later than five business days before the event.