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To: Caswell ECA Club Members

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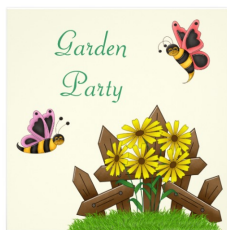
Some Food for Thought Newsletter April 2014

Greetings!



Happy Spring everyone, and I hope the new season has gotten off to a great start for you! If you're like me you've been busy with Spring cleaning and getting ready to enjoy some time outside with family and friends. I know your flower and vegetable gardens are beginning to spring forward and award you with the fruits of your labor. If you have any questions, please give me a call at (336) 694-4158 or email me at sonya_patterson@ncsu.edu.

ECA Garden Party



The annual ECA Garden Party will be held on Thursday, May 22nd from 12:00 noon – 2:00 pm in the kitchen of the Agriculture Building. All club members and their guests are invited to attend. Please bring a covered dish and a plant for the annual plant exchange. An educational program will be presented.

North Central District ECA District Day

District Day for the North Central District will be held on Thursday, May 1st at the Forsyth County Extension Center in Winston Salem. Please save the date and plan to attend. If you won a "blue ribbon" in our county level Cultural Arts contest, this is your chance to enter your item(s) at the district level. If you win a "blue ribbon" at district, your item(s) will advance to the state competition that will take place at the state meeting in October. The registration information is enclosed with your newsletter.

*please
join us*





Extension turns 100!

2014 marks the Cooperative Extension Centennial. On May 8, 1914, the Smith-Lever Act was signed into law and officially established the national Cooperative Extension System.

The Caswell County Extension staff will be hosting a celebration to commemorate this great milestone on May 9th outside on the lawn at the Agriculture Building. All ECA members are invited to attend. We can also use your help as volunteers to ensure that this event is successful. We will be preparing and serving hot dogs, chips, cake, etc. on this day and would love to have your assistance if you are able to help out. It will be a fun day for all!

Get the Whole Story on Whole Grains

Are your favorite breads, cereals and crackers whole grain? Not sure? You are not alone! One whole-grain serving is any food containing 16 grams of whole grain. Some foods that advertise they are “made with” whole grains do not have enough whole grain to count as a serving.

What is a whole grain food?

A whole grain food is one where most or all of its cereal grain ingredients still have all three parts of the grain: the bran, endosperm and germ. The “germ” portion is one of a grain’s most healthful parts. Look at the ingredients list on packages of grain-based foods. Choose brands where whole grain is the first ingredient. Examples are: whole wheat, brown rice, whole corn, whole graham, and whole rye. Other whole grains are popcorn, oats, wild rice, bulgur, dehulled barley, quinoa and sorghum. Also look on the package for the one of two “whole grain stamps” from the



Whole Grains Council. If it has the stamp, shoppers know that the food has at least 8 grams of whole grains.

It's easy to be fooled

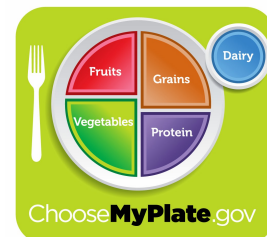
Fiber and whole grains are not the same. For example, while a 100 percent bran cereal is high in fiber, it doesn't necessarily contain the germ portion found in whole grains. De-germinated cornmeal does not contain the germ of the grain, either, so it's not a whole grain. Thus, most corn bread is not a whole grain food. Pearled barley is not considered to be a whole grain by the Food and Drug Administration. “Wheat flour” is not a whole grain, but “whole wheat flour” is. Multigrain and seven-grain are other ingredients that don't necessarily mean the item is a whole grain product.

Are you getting your whole grain servings?

MyPlate Dietary Guidelines recommend that at least half of all the grains you eat should be whole grains. Eating whole grains is associated with lower body weight and less risk of heart disease and cancer. How many servings are you eating? The list below shows some common examples of one serving. The *ChooseMyPlate.gov* website gives a more complete list of one-ounce equivalent servings for whole grain foods.

- 1 slice whole wheat bread or toast
- 3 cups popped popcorn
- ½ cup cooked brown rice
- ½ cup cooked oatmeal
- 1 whole wheat mini-bagel
- 1 cup whole wheat cereal flakes
- 1 whole-buckwheat pancake (4.5 inches)
- 1 cup whole grain breakfast cereal

Source: USDA Supplemental Nutrition Assistance Program



Food Additives: **What Do They Add?**

What exactly are food additives and how do they affect our health? Are processed foods safe?

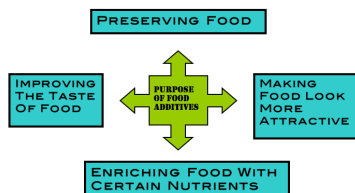
What are food additives?

Any substance added to food that changes its characteristics is called a food additive. Examples of food additives are sugar, salt, flavorings, vitamins, minerals, citric acid, food dyes, preservatives and stabilizers.

Why are food additives added to foods?

Food additives are used in foods for four main reasons:

1. To improve the texture or consistency of a product.
2. To improve or maintain nutrients by the addition of vitamins and minerals.
3. To prevent spoilage of a product.
4. To enhance the flavor or appearance of a product.



Are food additives safe?

Foods that contain additives approved by the Food and Drug Administration (FDA) are considered safe. The FDA sets standards for thorough testing of additives that might be of concern, including additives not intentionally added to foods. If approved, the FDA regulates: the types of foods in which the additive can be used, maximum amounts that can be used, and how the additive should be named on food labels.

Want to eat fewer food additives?

Choose foods that are not processed. Eat fewer processed foods. Rinse all fresh fruits and vegetables very well. Discard the outer leaves of vegetables such as lettuce

and cabbage. Discard the fat and skin from meat, poultry and fish. Some people are sensitive to certain food additives, such as MSG, sulfites, food dyes and nitrates. If you suspect that you are sensitive to a food additive, read food labels and avoid products containing the additive. If you have a reaction, such as hives, fever, shortness of breath, nausea or diarrhea after eating a food, contact a doctor immediately.

Source: Adapted from Food Additives – Are They Safe? By C. Curtis, R. Meer, S. Misner; The University of Arizona Cooperative Extension

2014 County **Cultural Arts Winners**

Congratulations, and thanks to all who entered!



Handwork: Cross stitch, counted cross stitch, needle point, etc.

1st place: Benton K. Thompson

Knitting: Clothing, afghans, spreads, etc.

1st place: Jeanette Keith

2nd place: Carolyn Aldridge

Crocheting: Clothing, afghans, spreads, etc.

1st place: Esther Fulcher

Weaving: Hand or Loom weaving, Swedish weaving, etc.

1st place: Karen Williamson

Chair Bottom or Baskets: Reed, cane, rag, pine needles, etc.

1st place: Jeanette Keith

2nd place: Carolyn Aldridge

3rd place: Shirley Denny

Christmas Decorations:

3rd place: Benton K. Thompson

Dolls: Fabric

1st place: Virginia Tatum

Micellaneous: Any item that cannot be entered in the above categories

1st place: Evelyn Barfield

**2014 County
Cultural Arts Winners**
cont'd.

Please Note:

*All three places (1st, 2nd, and 3rd) were not necessarily awarded to all categories. For example, judging may have began with 2nd place at the discretion of the judges.

*1st place or “blue ribbon” winners are eligible to move on to the district level competition that will be held in Forsyth County on May 1st.

It's Pop, Pop, Popcorn Time!



Popcorn – it's one of those foods that tastes great, and is good for you. This whole grain snack is a great alternative for low-nutrient, fatty, salty snacks, such as chips and cheese puffs. Plain popcorn is naturally low in sodium and fat, and high in fiber. But before you visit your grocery store on a popcorn binge, consider that many popcorn products have considerable amounts of salt, oil, sugar and artificial ingredients that can reduce their nutritional quality. And, while most are free of artery- clogging trans fats, a few still contain a substantial amount. But there are many delicious popcorns in a variety of flavors that can fit your healthy eating guidelines.

Helpful hints. Before your next home movie night, check out the following tips so you can munch through your film guilt – free.

Keep it simple. Check the ingredients list and choose popcorn with the fewest ingredients. Ideally just popcorn, oil and salt. Steer clear of brands with partially hydrogenated oils so you can keep your trans fats at zero.

Check serving size. Depending on your popcorn, the suggested serving size can be anywhere from ½ cup to four cups.

Read the label to make sure you're not doubling or tripling up on calories, fat and sodium.

Make your own. This is the best, because it allows you to control the type and amount of ingredients you add. Air poppers add no extra fat, while the old-fashioned method of popping on the stove can increase the fat content, depending on how much oil you use. Choose a small amount of healthy oil, such as canola or olive, and add a sprinkle of salt, if desired, for a healthy treat.

Or try DIY microwave popcorn. Place ½ cup unpopped popcorn, 1 teaspoon oil, and ¼ teaspoon of salt (if desired) into a brown paper bag. Fold the top of the bag over twice and microwave on high for 2½ to 3 minutes, or until there's about two seconds between pops. To boost the flavor, sprinkle with cinnamon, cayenne pepper, or your favorite spice-herb mixture.

Source: Environmental Nutrition, April 2014





Recipe Corner

Strawberry-Sauced Crunchy Fruit Salad

Ingredients:

- 2½ cups crispy rice cereal
- 1½ cups chopped hazel nuts
- ¾ cups packed brown sugar
- ½ cup margarine melted
- 1 pound fresh or frozen sliced strawberries
- ½ cup orange juice
- 2 tablespoons confectioner's sugar
- 1 tablespoon vanilla sugar
- 2 Red Delicious apples, cored and diced
- 2 Golden Delicious apples, cored and diced
- 2 Granny Smith apples, cored and diced
- 4 seedless oranges, peeled and diced
- 1 (20 ounce) can crushed pineapple, drained

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Place the rice cereal and nuts into a baking pan. Stir in the brown sugar and margarine. Bake for 10 to 15 minutes, until toasty. Stir occasionally. Set aside to cool.
2. In the container of a blender or large food processor, combine the strawberries, orange juice, confectioner's sugar and vanilla sugar. Puree into a smooth sauce. Set aside.
3. To make the salad, toss the red, green and yellow apples with oranges and pineapple in a large serving bowl. Sprinkle with the nut crunch and spoon strawberry sauce over the top. Or you can serve the toppings on the side.

Variation: To make a trifle, cut the apples into thin slices. Pour strawberry sauce into center of a trifle-dish or large glass bowl. Layer pineapple, apples and oranges in alternating layers of color. Sprinkle the nut crunch over the top.

Source: allrecipes.com