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To: Caswell ECA Club Members

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## Some Food for Thought Newsletter June 2014



### Greetings!



It seems like yesterday when we were celebrating the New Year, and today we are already halfway through the year 2014. Where does the time go? I hope all of you have enjoyed the springtime and warmer weather, and are ready for the scorching summer temperatures. I hope a much needed and deserved vacation is etched somewhere on your busy calendars. If you have any questions, please give me a call at (336) 694-4158, or visit the Extension website at [caswell.ces.ncsu.edu](http://caswell.ces.ncsu.edu) for information and upcoming events.

### County Council

The next ECA County Council meeting will be held on July 10<sup>th</sup> at 10:00 am in the kitchen of the Agriculture Building. Please mark your calendars and plan to attend.

### Remember to Hydrate!

What is odorless, colorless, tasteless, has no calories, but we must have to survive? Water!

Water is vital in sustaining good health and life in general. Almost every function of the human body requires water, including transporting nutrients and oxygen throughout the body, helping medications to work properly, aiding in the elimination of wastes, and assisting in body temperature regulation.

Healthy adults of all ages need about six to eight 8-ounce glasses of water or other fluids every day, however, the USDA Dietary Guidelines do not make a specific hydration recommendation. We need to drink water throughout the day because we lose water through perspiration, bodily functions, and breathing. During hot, humid weather fluid loss may be much higher, therefore intake of fluids should be higher as well.



## **Remember to Hydrate!**

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Of the water we consume each day, 20% comes from food that is eaten (like fruits and vegetables) and the remaining 80% comes from beverages. Here are some easy ways to add water to your eating plan:

- Start lunch or dinner with a bowl of soup.
- Take a bottle of water with you when you go outside.
- Drink milk with meals and water with snacks.
- Enjoy fruits and vegetables as snacks.
- Enjoy decaffeinated teas and coffees.
- Take frequent water breaks throughout the day.

All groups of people are susceptible to dehydration, regardless of age or physical condition. Dehydration can lead to increased urinary tract infections, increased risk of kidney stones, hospitalization, convulsions, cardiac arrest, and even death.

Be aware of the signs of dehydration: thirst/dry mouth, flushed skin, fatigue/weakness, headache, dizziness/confusion, high body temperature, increased breathing rate, rapid pulse, dark yellow urine, and skin that stays in a dry condition.

If you are experiencing signs of dehydration, replace lost fluids immediately. If symptoms persist, see your health care provider.



## **Time to be Prepared: Food Safety in a Storm**

Don't let the NC storm season catch you unprepared. Storms and other natural disasters may cause conditions that affect the safety of your food. If you live in an area where tornadoes, floods, power outages, or fires are a problem, plan ahead for proper food storage and safety. Following these tips can help keep you healthy after the emergency has passed. Remember: If in doubt, throw it out. Here are some simple tips to help reduce the amount of food you'll have to discard after a disaster.

- Consider all water in the area unsafe until tested and drink only approved or chlorinated water.
- Check foods and discard any containing particles of glass or slivers of other debris.
- Discard canned foods with broken seams, dents, leaks, or other flaws.

### **After a flood**

- Flood water may carry silt, raw sewage, oil or chemical waste.
- If fresh, frozen, refrigerated, commercially packaged, or home-canned foods have been in contact with flood water, discard them.
- Undamaged canned goods and commercial glass jars of food are safe if you sanitize the containers before opening for use.

### **After a power outage**

- Discard meat, poultry, seafood, dairy products, eggs, and mayonnaise if they've been kept more than 2 hours above 40 degrees F.
- Prepared dishes containing these products should also be discarded.
- You can refreeze thawed foods that contain ice crystals or feel cold (less than 32 degrees F).





## **Time to be Prepared: Food Safety in a Storm**

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### **After a fire**

- Generally, saving food that's been in a fire isn't a good idea.
- Food that's been exposed to fire can be compromised by three factors: heat of the fire, smoke fumes, and chemicals used to fight the fire. Food in cans or jars may appear to be okay, but if they've been close to the heat of the fire, they may no longer be edible.

Source: Texas A&M Extension

### **De-clutter Your Life**

Many people have many more things in their possession than they can manage. Perhaps that includes you. I know that it includes me. Too much clutter around you makes you feel unsettled, and this feeling impacts other aspects of your life in which you would otherwise be productive. For instance:

#### **Clutter slows you down**

Many of the things you accumulate around you are associated with memories that tie you to the past. But what is the solution? Think gratefully of the people associated with these objects, pick out one particularly nice or valuable item per person and then give the rest away. Your memory of Aunt Martha will be more special if it is tied to a pearl necklace rather than a huge set of rarely used, impractical dishes.

#### **Clutter can make you fat**

Experts have found that people with a lot of clutter in their homes are also frequently overweight and the theory is that both body fat and material goods

serve as self-protection both physically and mentally. Start with a diet for your cluttered home because often, this is much easier than a diet for your body. Soon the physical change to the body will follow as the next step.

#### **Clutter promotes procrastination**

A similar relationship exists between the chaos in your immediate surroundings and your motivation to work. You find that clutter saps energy and reduces your ability to concentrate. I know that when I have a particularly demanding workload, it is really important for me to first clear my desk and work area before I begin. It may look really funny to those walking by but the time I invest in this is more than made up for in the amount of work I am able to perform with greater concentration, pleasure, speed and peace.

### **10 Herbs that Flavor Food and Improve Health**

Herbs give fresh flavor to food, but the benefits go beyond great taste. Research shows herbs contain nutrients that improve health in unique ways. Some provide the anti-inflammatory benefits of aspirin while others have the power to fight unhealthy bacteria. Start adding these herbs to your recipes today!

**Basil** – When you take a dose of ibuprofen or aspirin, these medicines block an enzyme to reduce inflammation. Research shows that the oils in basil have the ability to block the same enzymes. In addition to the fresh, crisp flavor it adds to foods, basil provides vitamin K, vitamin A, iron and calcium.

**Uses:** Top pizza with fresh basil leaves just before baking, add them to sandwiches, or thinly slice the leaves and sprinkle them over fresh tomato slices with salt and pepper.





## **10 Herbs that Flavor Food and Improve Health**

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**Cilantro** – Cilantro is a common ingredient in Mexican cuisine, and its bright green leaves and seeds are anti-bacterial. Research suggests that cilantro contains a compound that kills salmonella, a major cause of foodborne illness.

**Uses:** Add chopped cilantro to scrambled egg whites, pasta salads, or to Greek yogurt for vegetable dip.

**Dill** – Dill has anti-bacterial properties similar to those associated with garlic. It can also help protect against free radicals and the carcinogens found in grill smoke. This makes dill an ideal herb to use with any food you plan to grill.

**Uses:** Sprinkle chopped dill over fish, beef, or sautéed vegetables. It can be used in omelets, or stirred into cucumber salad and tuna salad.

**Mint** – Mint is best known for its ability to soothe the digestive system making it helpful for gastrointestinal disorders, such as irritable bowel syndrome. It also provides manganese, vitamin A, and vitamin C.

**Uses:** Add chopped mint to fruit salads, or drop a few leaves into your favorite berry smoothies. It also makes a good seasoning for beef and lamb.

**Oregano** – Research shows that oregano has the highest antioxidant content of herbs, and it also surpasses many fruits and vegetables. One analysis showed it contains 4 times the amount of antioxidants found in blueberries.

**Uses:** Add oregano to homemade marinara sauce or tomato soup. Sprinkle minced leaves over pizza and simmer bundles of oregano stems in soups and stews.

**Parsley** – Often a garnish, nutritious parsley should be added to your food, not your plate. Parsley provides vitamin A, vitamin C, and folic acid. Similar to dill, parsley's antioxidant activity may fight against carcinogens, such as those in grill smoke.

**Uses:** Stir chopped parsley into pasta salads, cold bean salads, or tuna salad. Mix it into ground beef before making hamburgers, or sprinkle it on top of soups and stews before serving.

**Rosemary** – Not far behind oregano, rosemary is also part of a group of herbs with the highest amount of antioxidant activity. Several studies show that it can fight the pathogens that cause foodborne illness, such as Listeria.

**Uses:** Add chopped rosemary leaves to marinades for grilled meats and vegetables, or sprinkle some on vegetables before roasting. Simmer stems of rosemary leaves in soups and stews.

**Sage** – The oils in sage have been found to reduce inflammation, which is common in those with rheumatoid arthritis and asthma. It is also rich in vitamin K, an important vitamin for bone health.

**Uses:** Add finely chopped sage to chicken salad, or to tomato sauce. Add a few sage leaves to fish and vegetable packets before grilling.

**Thyme** – Along with being rich in antioxidants that protect cell membranes, thyme is also antimicrobial. Its oils protect against microbes on fresh foods, such as lettuce, that could cause illness. Thyme is also rich in iron, manganese, and vitamin K.

**Uses:** Add thyme leaves to salad dressings or marinades. It is also delicious in pasta sauces, roasted vegetables and beans.

Source: myfooddairy.com



## Recipe Corner

### Crunchy Salmon Salad

- 1 15½ oz. can salmon
- 1 cup diced celery
- 2 Tbsp chopped sweet pickle
- ½ cup reduced fat mayonaise
- 1 Tbsp chopped green pepper
- 1 tsp chopped fresh chives
- 1 tsp chopped cilantro (optional)
- 2 Tbsp lemon juice

Drain salmon; remove skin and bones and flake with a fork. Add celery, bell pepper, chives, cilantro; mix well. Combine lemon juice, mayonaise, and add to salmon mixture stirring well. Chill 2 – 3 hours. Serve on spring mix or spinach leaves; garnish with tomato wedges.

Makes 6 servings

