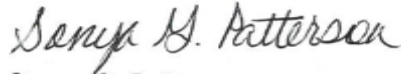


To: Caswell ECA Club Members



From: Sonya G. Patterson
Associate Extension Agent
Family & Consumer Sciences

Caswell County Center
126 Court Square
PO Box 220
Yanceyville, NC 27379
(PHONE) 336-694-4158
(FAX) 336-694-5930
<http://caswell.ces.ncsu.edu>
sonya_patterson@ncsu.edu



Some Food for Thought Newsletter Summer 2016



Greetings!

I hope everyone is having a great summer thus far and enjoying the beautiful NC weather. It is definitely my favorite of the four seasons. Be sure to visit the Cooperative Extension website at caswell.ces.ncsu.edu for updates and events, or visit us on Facebook. If you have questions feel free to contact me at (336) 694-4158.

ECA Area Meeting

We will have an educational Area meeting on September 15 in the Assembly Room at the Agriculture building from 10:00 am-12:00 pm. Topic to be determined. Light refreshments will be provided.

ECA County Council

The next ECA County Council Meeting will be held on September 13th at 10:00 am in the Assembly Room of the Agriculture Building.

ECA Day Trip

Plans have been made to tour the farm and homestead of Mr. Tim Ross on October 14th, with a rain date of October 20th. We will first meet at Hushpuppies in Yanceyville for lunch around 11:30 am before heading out for the tour. If you do not wish to join us for lunch and would like to meet us there, the address is 2828 Stephens Town Road in Blanch.

2016 Working Arts Workshops

Person County ECA will be hosting the 2016 Working Arts Workshops on November 2-3, 2016 at the Person County Office Building. A registration package has been enclosed with this newsletter for your consideration.

Caswell County's Inspected Kitchen

Caswell County has a new shared-use inspected kitchen in the Semora Ruritan building in Semora. This kitchen is

inspected by the North Carolina Department of Agriculture and Consumer Services (NCDACS) and can be used by anyone to process certain food items, such as jams and jellies and baked goods to be sold to the public. For more information or for hours of operation, please contact Tammy Carter of the Caswell County Local Foods Council at (336) 234-7561 or tlcurve@gmail.com



[The Country Store Market](#)

The Country Store Farmer's Market is open for its second season at the Semora Storage Company at 4807 Hwy 57 North in Semora. The market is open on Saturdays from 4:00 pm to 7:00 pm. If you or anyone you know would like vendor information, please call Tammy Carter at (336) 234-7561. For more information, visit them on Facebook at www.facebook.com/LocalFoodInCaswell.



[It is Important to Stay Hydrated in Summer Heat](#)

Now that the warm weather of summer has arrived, sunscreen is not the only essential tool needed. In extreme heat, adequate fluids are especially important because dehydration can be a major life-threatening problem.

Children, older adults and people who work or are physically active outside for extended periods of time are particularly at risk for dehydration.

Signs of dehydration include thirst, dry mouth and flushed skin. A dehydrated person may have a headache or feel weak and confused. The urine may be amber colored and the urine volume may be unusually low. Recognizing signs of dehydration early is critical because serious dehydration can cause coma or death.

Most people tend to underestimate how much fluid they need to replace water lost due to prolonged exposure to extreme heat. They often gauge their feeling of thirst with needing liquid. Unfortunately, thirst is not a good indication of fluid need because the onset of thirst lags behind the body's need for water. Adults are commonly encouraged to get at least 6-8 cups of fluid daily. This is in addition to what they get from solid foods. Calories and nutrients are important to consider when choosing a source of hydration. Calorie-free beverages, particularly water, or other drinks that provide important nutrients, such as low-fat milk and 100 percent juices, should be the main liquids consumed. Even then, milk and 100 percent juice should be consumed within recommended amounts and calorie limits.

Drinks with added sugars may quench your thirst for the time being, but they provide a lot of extra calories without key nutrients. Additional fluids are needed for outside activities, especially under conditions of extreme heat and humidity. For outside activities lasting less than an hour, an extra cup or two of water should be enough. For extended strenuous outside activities, additional fluid needs to be consumed before, during and after time in the sun.

Guidelines for fluid intake for extended strenuous outside activities include 2-3 cups of fluid about two or three hours before the activity, plus up to an additional 2 cups of fluid about 15 minutes before the activity.

It's a good idea to drink small amounts of fluid, about one-half to 1 cup, every 15-20 minutes of outdoor, strenuous activity. For activities lasting less than one hour, plain cool water is best for replacing body water because it can be absorbed quickly. For strenuous outside activities lasting more than one hour where perspiration occurs, water by itself may not be enough. A person can be dehydrated even if they are consuming fluid if they have lost electrolytes through perspiration.

-Try to stay away from liquids with caffeine, alcohol, or large amounts of sugar and drink plenty of water.

-Try to stay indoors or in shaded areas.

-Wear lightweight, light-colored, and loose fitting clothing.

-Try to exercise in early morning or evening hours when it is cooler outside.

-Wear sunscreen for protection from sunburn.

Wear sunglasses to protect your eyes from UV rays.

Wear insect repellent to protect yourself from mosquito bites.

Source: *Janice Hermann, Oklahoma State University Cooperative Extension*

Recipe Corner

Tomato, Onion and Cucumber Salad



Ingredients

5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced
1/4 red onion, peeled, halved lengthwise, and thinly sliced
1 Kirby cucumber, halved lengthwise and thinly sliced
A generous drizzle of extra-virgin olive oil, about 2 tablespoons
2 splashes red wine vinegar
Coarse salt and black pepper

Directions

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.

Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

Source: *Rachael Ray*