



The University of Georgia

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Talbot County March – April 2009 Issue 3

Extension in the *News*

Welcome!

Say goodbye to winter and say hello to spring with temperatures rising to greet the first day of spring on Friday, March 20, 2009

April showers
bring May
flowers



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HEALTHY LIVING Diabetic Support Group workshops are held every second Tuesday of the month at 5:30 pm. Up coming meetings are Mar 10, 2009, Apr 14, 2009 and May 12, 2009. There is absolutely no cost to you. We will help you to start living better by eating healthier. Please call us @ (706) 665-3230 to sign up or come by our office The UGA Cooperative Extension, 401 S. Washington Ave., Talbotton, GA. 31827

Please visit our web site www.ugaextension.com/talbot/ or call (706) 665-3230 for more information. Contributors: Helen Williams, Martha Roelkey, Cheryl Trice, Lakita Seldon

Learning for Life
Agriculture and Natural Resources – Family and Consumer Sciences – 4-H Youth
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Spring into Nutrition

Let's Spring into Nutrition! Now is the time to take steps toward a more nutritious diet and get physically active starting this spring. Celebrate National Nutrition Month by taking steps to a healthier you:



1. Snack on ready-to-eat cereals made with whole grains.
2. Include a green salad with dinner every night. Add fresh vegetables that are in season, which cost less and are likely to be at their peak flavor.
3. At breakfast, top your cereal with bananas, peaches or blueberries. Drink 100% orange or grapefruit juice. Mix fruit into fat-free or low-fat yogurt.
4. Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
5. Trim away all the visible fat from meats and poultry before cooking, and drain off any fat that appears during cooking.
6. Get active. Walk the dog, do yard work, and play with your kids. If you are already active, stay active! Vary your activities so that you don't get bored. Have fun being active.
7. Replace a refined grain with a whole grain. Replace white bread with whole wheat, white rice with brown and regular pasta with whole wheat pasta.
8. Consider vegetable toppings for pizza such as mushrooms, green peppers, or onions.
9. Pack lunches with oranges, bananas or grapes, and keep a bowl of whole fruit on the table, counter, or in the refrigerator as a reminder that fruit makes a convenient and nutritious snack.
10. For dessert, make pudding with fat-free or low-fat milk.



March is National Nutritional Month it is also, the month to celebrate St. Patrick's Day. Why not consider adding more green fruits and vegetables to your meals? Here are some things you can do to help you:

- Make a big batch of split pea soup and freeze leftovers in individual portions.
- Enjoy an all green salad made with lettuce, cucumber, green bell pepper, green onion and avocado.
- Find new ways to serve broccoli- add it to your favorite Waldorf salad or toss it into pasta dishes and soups.
- Add fresh chopped herbs to salads, rice dishes, pasta dishes and soups.
- Toss steamed green beans with toasted sliced almonds and a little olive oil for a delicious vegetable side dish.
- Serve sliced kiwi for dessert. You can also add this colorful fruit to salads, cereal and smoothies.

April 12, 2009 is Easter, keep your eggs safe make sure that you handle them with care. Handling the eggs to much can lead to contamination if you want to keep your eggs safe during Easter, follow these tips:



- Wash your hands thoroughly before and after cooking, cooling, and dyeing.
- Refrigerate boiled eggs in the carton if they're not colored immediately after cooking and cooling them. Refrigerate the eggs again after coloring them.
- Color only the eggs that are not damaged. Use food coloring or special grade A egg dyes if you are going to be eating the eggs.
- Throw away eggs that have been sitting out of the refrigerator for more than 2 hours.
- Make sure that you protect all your eggs in your basket.



Why Are Kids Packing Gels and Wipes for School?

One in Five Parents Believes Children Lack Proper Hygiene Products in School, SDA Survey Shows

SDA, CDC Partnership Offers Program for Schools to Reduce Absenteeism, Increase Student Interest in Clean Hands, Better Hygiene

WASHINGTON, D.C., July 28, 2004 – One-third of parents with school age children are sending personal hygiene products along with their kids to school, and one in five parents believe their children's school lacks proper hygiene and sanitation supplies.

Those are the results of the latest National Cleaning Survey released by The Soap and Detergent Association (SDA, www.cleaning101.com), the Home of the U.S. Cleaning Products Industry SM .

“Parents and caregivers are taking a more proactive role in helping their children stay healthy – by sending along products like sanitizers, gels and wipes in their kids’ backpacks,” said Nancy Bock, SDA Vice President of Education. “Today’s new, waterless products make it easy and convenient for students to have clean hands at school, anywhere, anytime.”

Reprinted with permission from the Soap and Detergent Association

Interestingly, 70 percent of parents do believe that classrooms are a primary channel through which their children learn about proper hygiene, SDA’s survey shows. Furthermore, 70 percent of parents also say that they themselves were influenced by educators when they were children.



Fruits and Antioxidants

Did you know fruits provide fiber, carbohydrates, vitamins and minerals that are essential in our daily diet? Try substituting fruit for sugary snacks. Fruits are lower in calories and provide necessary nutrients for our digestion. In this fast-paced world, vitamin pills and other dietary supplements have become a convenience. Yes, take vitamins, but also eat plenty of fruit. Fruit has antioxidants. The best source for antioxidants comes from natural sources, not from dietary supplements and other pills. Some fruits that are high in antioxidants include blackberries, cranberries, raspberries, plums, prunes and cherries. You have one body. Take care of it.

Puzzle - Pies

Find and circle all of the types of pies that are hidden in the grid. The words may be hidden in any direction.

O T A T O P T E E W S P E A C H
 C C P A E Y R R E B P S A R G C
 G S O B R A B U H R W M Y R P S
 R N R C R U S L E E A N E M E H
 E B E B O N S N R E A E P A A E
 P L E M O N M E R I N G U E N P
 P P E C I P U C R T E U M R U H
 O E A B R L N T O E E E P C T E
 H O C U M O Y M C L R T K A B R
 S Y B A T L A E P R A S I N U D
 S M E S N T A P K E E T N A T S
 A E O T O G A R E B O A T N T H
 R B E Y R R E B E U L B M A E P
 G S T R A W B E R R Y T U B R Y

- | | | |
|-------------|----------|------------|
| APPLE | GREEN | PUMPKIN |
| BANANA | TOMATO | RASPBERRY |
| CREAM | KEY LIME | RHUBARB |
| BLUEBERRY | LEMON | SHEPHERD'S |
| BOSTON | MERINGUE | STRAWBERRY |
| CREAM | PEACH | SWEET |
| COCONUT | PEANUT | POTATO |
| CREAM | BUTTER | |
| GRASSHOPPER | PECAN | |



It's time once again for our Walk Georgia Program to get started. Walk Georgia experienced a great first year! We are looking forward to getting more people physically active in 2009. The spring event will be held March 1 – April 25 with registration beginning February 15. Please call or come by our office to get registered. We want to help you keep track of how many miles you walk. It's easy & fun. So let's get fit together!



Daylight Savings Time begins March 8, 2009. Remember to turn your clocks *forward* one hour.

Note:

The Energy Policy Act of 2005 stated that starting in 2007, daylight savings time will start on the second Sunday in March and will end on the first Sunday in November.



Go ahead and replace your smoke detector batteries and carbon monoxide batteries at this time too. You should change your batteries twice a year. (Practice changing the batteries when the time changes.) Check your batteries at least once a month to make sure they are working correctly. This could save your life as well as someone your love. So please, practice the power of prevention!

Taco Soup ☀️

Prep Time: 5 min
Total Time: 25 min
Makes: 12 servings, 1 cup each



What You Need

- 1 lb. extra lean ground beef
- 1 onion, chopped
- 3 cans (15.5 oz. each) mild chili beans, undrained
- 1 can (14.5 oz.) whole tomatoes, undrained
- 1 can (14.25 oz.) corn, undrained
- 1 can (8 oz.) tomato sauce
- 1 pkg. (1-1/4 oz.) TACO BELL® HOME ORIGINALS® Taco Seasoning Mix
- 1-1/2 cups water
- 1-1/2 cups KRAFT 2% Milk Shredded Cheddar Cheese

Make It

BROWN meat with onions in large saucepan; drain.

ADD all remaining ingredients except cheese; stir, breaking up tomatoes. Bring to boil. Reduce heat to medium-low; simmer 5 min., stirring occasionally.

SERVE topped with the cheese.

TACO BELL® and HOME ORIGINALS® are trademarks owned and licensed by Taco Bell Corp.

Kraft Kitchens Tips

Serve with BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream and fresh chopped cilantro.

Nutrition Information

Calories 250

Total fat 6 g

Saturated fat 2.5 g

Dietary fiber 9 g

Iron 20 %DV

Carbohydrate 30 g

Sodium 900 mg

Cholesterol 30 mg

Sugars 4 g

Protein 17 g

Vitamin A 10 %DV

Vitamin C 10 %DV

Calcium 25 %DV

Freestyle Apple Tart

Prep Time: 15 min

Total Time: 40 min

Makes: 8 servings, 1 piece each

What You Need:

1 ready-to-use refrigerated pie crust (1/2 of 15-oz. pkg.)

4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, softened

2 red and one green apple (1-1/4 lb.), thinly sliced

1/4 cup granulated sugar or SPLENDA®

2 Tbsp. flour

2 tsp. cinnamon sugar or just cinnamon (divided)

1 cup thawed COOL WHIP Whipped Topping (Sugar free is great too)

Directions:

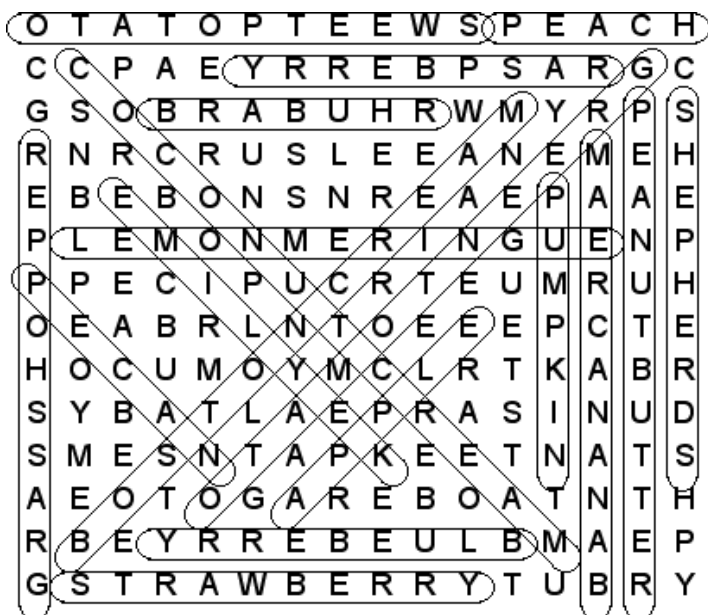
HEAT oven to 450°F. Line 9-inch pie plate with crust. Carefully spread cream cheese in 6-inch circle in center.

TOSS apples with. sugar (or SPLENDA®), 1 tsp cinnamon (or cinnamon sugar) and flour; spoon over cream cheese. Fold crust partially over apples. Sprinkle with 1 tsp cinnamon sugar or plain cinnamon.

BAKE 25 min., covering loosely with foil for the last 5 min. Cool. Serve with COOL WHIP. Refrigerate leftovers.



Puzzle Answer Key - Pies



Prevent Cross-Contamination

1. Keep raw meats away from all other foods and store on bottom shelf of refrigerator.
2. Use separate cutting boards for raw meats and ready-to-eat foods. Use cutting boards made of non-porous material.
3. Wash cutting boards with hot water and soap; sanitize with solution (1tsp bleach and 1 qt. water).
4. Never put cooked food on plate that previously held raw meat or eggs.

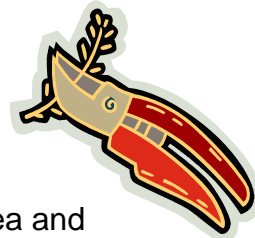
Upcoming holidays:

March 17, 2009 St. Patrick's Day

April 12, 2009 Easter Sunday

Garden Chores
Frank Funderburk
Peach County Extension Coordinator

I almost slipped up and forgot our monthly garden chores. I'm sure you know what to do but perhaps your neighbor doesn't. You can give him this column as a reminder. First, we need to get our fruit plants pruned. It is better to prune them a little late than to not prune them at all. Some fruits may be blooming already. That's okay, go ahead and prune. Remember to sharpen the pruners so your job is easier and the wound on the tree is less severe. Sharp pruners make for quick healing wounds. And that prevents disease.



We can still prune evergreen shrubbery. Actually it can be pruned anytime except the fall. Spring flowering shrubs like Forsythia, Spiraea and azalea are pruned after they bloom. Pruning now will remove flower buds before they bloom.

It's time to fertilize. Most of our landscape plants benefit from getting a little fertilizer every eight weeks during the growing season. So you can fertilize now, again in May and again in July. If you want to wait a few more weeks you can start fertilizing in April. You would repeat in June and August. Don't fertilize shrubs much later than the end of August.

Older shrubs don't need fertilization that often. Once in March or April should be sufficient. If you are not sure what type of fertilizer to use you should get your soil tested. It's easy and cheap. For \$9 you can learn what your soil needs, how much and when to apply it. To get the sample you collect soil from several spots in the shrub bed. In a large bed you should get soil from about ten spots. A smaller bed would need less. Mix all the soil together from each spot. Bring the mix to our office and we will send it to our soils lab in Athens. The results will be mailed to you. Be sure to get a good sample. A poor sample means that your results will be of little use.



It's time for weed control. If you have not already applied pre-emergence herbicide then get to it. This type herbicide will prevent weed seeds from germinating. So you won't see the weeds this summer. If you have weeds now you need a post-emergence herbicide. These kill weeds that are present but do nothing for weed seeds.

Timing is important on weed control. Applying a pre-emergence herbicide after the little weed seedlings are visible will do no good. Applying a post-emergence herbicide when a weed is mature and flowering will do little good. So apply early for best control.

With the warm weather and rain predicted we will be mowing grass shortly. Now is a good time to sharpen the blade, change the oil and the air filter and tighten those loose wheels. There is nothing worse than going to crank the mower and it not starting. Then you take it to the repair shop and find it will be two weeks before it will be fixed. In the meantime your grass is a foot high. So check the mower now.



Remember to cut the grass at the proper height. Common Bermuda lawns should be cut at 1-2 inches high. Hybrid Bermuda lawns should be cut at ½ to 1 inch high. Centipede should be cut at 1 to 1 and ½ inches high. St. Augustine needs to be cut at 2-3 inches high. Cutting at improper height can lead to more weed problems, poor turf performance, disease problems and insect infestations.

Well, that should keep you busy for now.

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