

# Calhoun County Extension Newsletter ~ November 2011



Left: Sam Elliott shows off his blue ribbon; above-crafts display; right-single flower display, 1st place. Bottom left: Carolyn Patton at the Master Gardener coffee/bake sale.

Above: Payden Coleman in the pumpkin patch. Below: Llama checking things out.



Top left: participants in the cake walk; bottom left, Janice Fair and her scarecrow. Below beautiful quilts of Alpha Buford on display.



Above: Andrea Morris, 1st place winner in our inaugural Fall Fest Idol Contest, is interviewed by Jim Morgan of AM 810. Bottom right: 2nd Place winners in the Fall Fest Idol contest, Leaf Lyfe, on the air with Jim.



A special thank you to the sponsors & volunteers that made this year's Fall Fest possible. The weather was made to order and 671 residents came out to enjoy the day.

# CLASSROOM IN THE FOREST: FOREST IN THE CLASSROOM

By: Ruth Sarro, Regional Extension Agent

On October 12, DeArmanville Elementary students participated in Classroom in the Forest: Forest in the Classroom in White Plains. Students learned about shapes in the forest, Alabama wildlife, how trees grow, what lives in the forest and the importance of putting trash in its place. The Alabama Treasure Forest Association provides funding for the event. Several local agencies are involved in the event: Alabama Cooperative Extension System, Calhoun County Forestry Commission, Farm Services Agency, Natural Resource Conservation Services, Calhoun County Treasure Forest Association, Cleburne Soil and Water Conservation District, Calhoun County Master Gardeners.



*Ann Labore, Cleburne Soil and Water Conservation, helps students look for shapes in the forest.*

*Steven Jones and Randy Ginn, Alabama Forestry Commission, discuss the parts of a tree and how trees grow.*



*Jody Burdette, Calhoun/Cleburne Natural Resource Conservation Service, leads a walk and talk through the forest.*



*Led by Sharon Limbaugh of the Farm Services Agency, students look for shapes in the forest.*



*Shirley Heifner, and Vera Jordan, Calhoun County Master Gardeners, talk with students about the importance of putting litter in its proper place.*



*Sharing skins and skulls of Alabama wildlife, Kathy McCrimmon, Calhoun County Treasure Forest Association president, talked to students about different foods eaten by different animals.*

# CALHOUN COUNTY MASTER GARDENERS

Master Gardeners celebrated the 30th Anniversary of the Master Gardener program by planting a tree at Cane Creek.



Ralph Martin demonstrates the "hollow"-ween log in the play area at Cane Creek

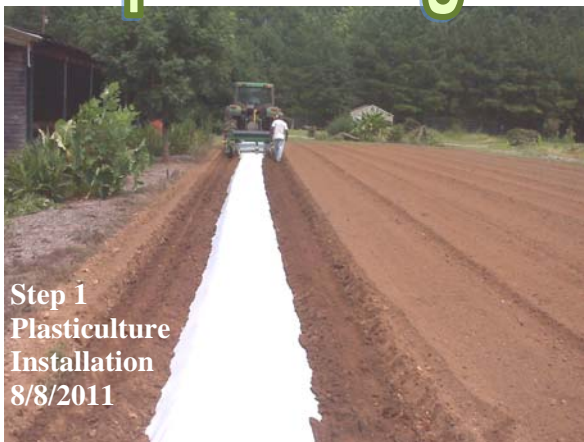


Left: Master Gardeners taste dandelion jelly. Dr. Shelia Webb spoke at a recent meeting on edible plants.  
Right: Carolyn Patton helping out with the bake sale at Fall Fest



## Pumpkin Progress

*Thanks to the Coosa Valley RC&D Council for providing our plasticulture demonstration project.*



Step 1  
Plasticulture  
Installation  
8/8/2011



Step 2  
Master Gardener  
Volunteers planting  
seeds



Step 3  
Late  
September  
Pumpkins



Step 4  
Pickin' Pumpkins at  
Fall Fest

## WELCOME STEPHEN!!

Our newest staff member is Stephen Faughn, County 4-H Agent. Stephen took over this position on November 1st. Tiffany Moore, who served as County 4H Agent for over 6 years, was recently promoted to County Extension Coordinator for Randolph County.

Stephen is a graduate of Oxford High School, and Jacksonville State University, where he completed his BS in Biology (Ecology). Recently, he completed a Masters in Public Administration/Business at JSU also. He worked for over 12 years with the Anniston Museum of Natural History as the Museum's Naturalist. His experience with Environmental Education has led him to focus on things he cares about - the environment, community at large and his family.

He is married to Wendy Faughn, who teaches in the music department at JSU. They have one daughter, Ireland, who is three. Stephen is currently acquainting himself with our 4-H programs, youth and leaders. He is excited about his new teaching opportunities with Extension.



## PAINTING TIRES

*By: Hayes Jackson, Urban Regional Extension Agent*

The recycled tire workshop was held in October at Cane Creek Gardens. Participants learned about the need to recycle tires to save landfill space and the methods of designing and incorporating unique tire planters for adding interest in the garden annually. An average of 290 million tires are disposed of in our landfills each year. There is a need to recycle tires to save precious landfill space.



## WINTER BEAUTIES - CAMELLIAS

The soil for camellias should contain well-decomposed organic matter and be acidic in nature. In camellia culture, the value of organic matter cannot be overemphasized, since it improves aeration and drainage and adds moderately to soil acidity.



Some camellias can be grown in full sun, although most grow and produce better flowers in partial shade where the blooms and foliage are protected from sunburn. However, camellias in dense shade often become spindly and produce fewer blooms. A site under pine trees is ideal because pines provide filtered light year-round for growth, winter protection, and natural mulch from the pine needles. Try to avoid planting camellias beneath some hardwood species such as Red Maple that have shallow root systems that compete with the camellias for nutrients and water. Avoid windy, exposed sites since wind can be detrimental for camellias in winter and summer.



By planting a variety of camellia species and hybrids, camellia blooms can be enjoyed in Alabama gardens from September to April.

## Top Forage Professionals Featured at 2011 Alabama Forage Conference

Farmers from Alabama and the Southeast have the opportunity to hear from leaders in forage production at the 2011 Alabama Forage Conference, being held in north Alabama.

Kent Stanford, a specialist with the Alabama Cooperative Extension System, says the conference provides producers with an excellent opportunity to learn the latest information and research on forages and grazing management from. "It's a great one day conference at an excellent cost," says Stanford. "For example, Dr. John Jennings with Arkansas Extension will talk about ways to extend the grazing season."

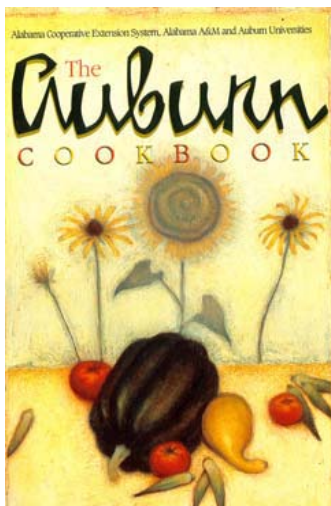
The Dec. 1 conference will be held at Lake Guntersville State Park in Guntersville. Registration begins at 7:30 a.m. As part of the conference, participants will be able to select from three concurrent sessions in the afternoon including one on clovers, another on weed control, and a final one targeting nutrient management. Topics include finishing beef on grass, update on endophyte infected tall fescue, weed control in pastures and hay fields, and using by-products and specialty fertilizers. It will also feature vendor exhibits related to forage and beef cattle production.

Registration before November 18 is \$25 per person and includes lunch and the fee is \$30 per person after that date. Checks should be made payable to the Alabama Forage and Grassland Coalition. Interested producers can register for the conference by sending their name, address, and registration fee to: Alabama Forage and Grassland Coalition, c/o Kay Holloway, 201 Funchess Hall, Auburn University, Alabama 36849.

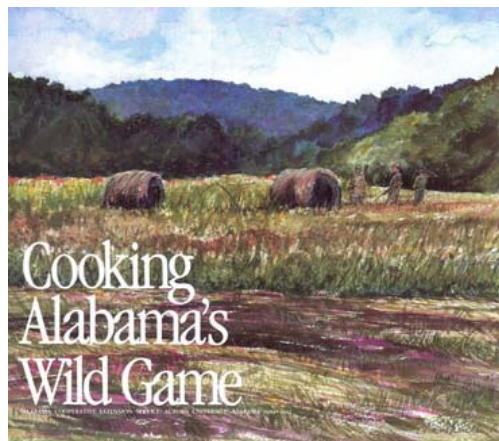
For more information about the conference or if you are interested in having an exhibit, contact Eddie Jolley at (334) 887-4564 or at [eddie.jolley@al.usda.gov](mailto:eddie.jolley@al.usda.gov); Kent Stanford at (256) 557-1206 or [stanfmk@auburn.edu](mailto:stanfmk@auburn.edu).

## LOOKING FOR HOLIDAY GIFT IDEAS??

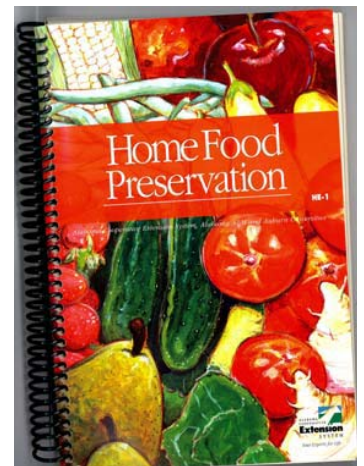
Available in the Extension Office:



*The Auburn Cookbook*  
\$15.00



*Cooking Alabama's Wild Game*  
\$8.00



*Home Food Preservation*  
\$12.00

*\*Other books are available as well.\**



**2012 Money Management Calendars  
are now available - and FREE - at the Extension Office.**

## BODYQUEST

*By: Brandi Labenne, NEP Agent Assistant*

The NEP (Nutrition Education Program) and 4H have joined together, and are now in full swing with the new Body Quest: Food of the Warrior program, throughout Calhoun County. Ruth Sarro, 4H Regional Agent, and Brandi LaBenne, Assistant NEP Agent, are making a collaborative effort in delivering the Body Quest program to Piedmont Elementary, Constantine Elementary, and Cobb Elementary Schools. The main objective of Body Quest is to introduce children to common fruits and vegetables, and then challenging them to adopt those fruits and vegetables into their diet.

On the first day of the program, students took the Body Quest Vow of the Warrior (a vow to eat fruits and vegetables) and sign a vow poster, which hangs on their classroom wall during the course of the program. And so the Quest begins, with a tasting at the beginning of each lesson of either fruits or vegetables, such as pears and carrots. Followed by card deck activities, that provide hands on manipulatives, featuring the Body Quest Battle Groups and Body Quest Warriors (Body Doc, Shinning Rainbow, Muscle Max, Graino Supa, Fiberlicious, and Super Slurper). iPads are also provided for a wonderful review and application of what the students learned during the lesson. Finally, students are asked to write down what they eat for lunch at school to determine if they are choosing healthier eating habits.

Body Quest also offers Family Warrior Tools, that provides guidance for parents and family members to understand the importance of healthy eating, sleep habits, and physical activity habits. The Family Warrior Calendar helps families keep track of their daily healthy habits. Students are encouraged each week to discuss with their family what they have learned as Body Quest Warriors and share in class their family's healthier choices. Body Quest asks you to take the challenge of the Body Quest Warrior and eat more fruits and vegetables. Special thanks to the Community Foundation of Northeast Alabama for their assistance in funding this program.



*Piedmont Elementary students using BQ cards to make a building.*



*NEP Agent Asst Brandi LaBenne working with Piedmont Elem students.*



## BUDGET FRIENDLY MEALS AT COBB ELEMENTARY

*By: Christina Parker, UNEP Agent Assistant*

Budget Friendly Meals is a program that I helped coordinate while finishing my undergraduate degree at JSU. The program was originally a collaboration led by Department Head, Dr. Debra Goodwin, and Culinary Chair, Dr. Tim Roberts, of Family and Consumer Sciences at Jacksonville State University and Mr. Fred Smith, the director of JSU Wellness- Anniston. The program promoted the concept of preparing healthy, low costing food, and targeted adults and senior citizens residing in the West Anniston Community. Also, the program acted as a learning opportunity for dietetic students in the areas of quantity foodservice management and teaching concepts.

Budget Friendly Meals is now entering its fourth year, but with a large partnership between the following: Alabama Cooperative Extension System (Urban Affairs and New Non-traditional programs) with Marchale Burton and I; Jacksonville State University Department of Family and Consumer Sciences; and Cobb Elementary School (Anniston City Schools) with Principal Yolanda McCants, and Parent Specialist, Sheila Ball. This year, the program has seen at least 130 participants with over 50% being youth. Also, the program isn't just focusing on healthy, low costing meals, but also provides information about enhancing family relationships as it relates to the home and to the school.

So far, the participants have tasted yummy, healthy recipes such as lentil soup, low fat cornbread, apple salad, oven fried chicken, and oven baked sweet potato fries, banana pudding, apple crisp, and sweet tea (provided by the Classic on Noble). Some of the topics of discussion have been about lentils, the benefits of baking and cutting down on the use of fats, and sweet potatoes. These topics are presented to the participants using handouts, pictures, and recently added, puppet skits for the youth.



*Shelia Ball (Cobb Elementary), Zee Ebba, Cindy Moon and Dr. Debra Goodwin, (JSU FCS Committee)*

## EFNEP - MAKING A DIFFERENCE IN CALHOUN COUNTY

By: Amanda Haynes, EFNEP Agent Assistant

Upon arriving at a local community center, I was greeted by hugs and smiles and excited children. Most of them were happy to see me because they remembered me from the previous year as "the snack lady." But one particular fellow started rattling off facts he remembered. He was talking to younger kids who were not in the class last year.

He expressed his excitement to them and said, "Oh you will love Kids in the Kitchen class! She will teach you to eat snacks that don't come in a wrapper and to catch your sneeze in your elbow, and don't lick the spoon! She will tell you to eat fruit for snacks so you can be strong like me! You are going to love this class!"

"Did they hear any of it?" I often wondered after an exhausting class of rambunctious students who, let's face it, just want to go play outside. This young man heard it, applied it, and cheered about it to upcoming students. This student made me feel successful.

Our programs touch lives and teach life skills not covered in the school room. We are making an impact. We are making a difference.



### CONGRATULATIONS!

**Amanda recently attended the EFNEP Kick-Off Conference at the 4H Center in Columbiana and received the following awards for Region 1:**

***Most Adult Graduates (100)***  
***Most Youth Graduates (169)***

**Amanda has done an outstanding job in her first year with Extension. CONGRATS on a job (very well) done!!**



## HOLIDAY SPENDING TIPS

By: Isaac Chappell, Regional Extension Agent 256-452-0557



It's time to start thinking about gifts for family members, friends, co-workers, neighbors, hairdresser, etc...or maybe you've already gotten started with your shopping. Remember that gifts won't be your only expense this holiday season, and its very common for people to splurge much, much more than they expect. Keep these tips in mind to avoid a financial hangover and keep your spending in check.:

- ⇒ Reflect on last year. Take a look at your bills from last year and think about whether your financial situation has improved or worsened since then. Be brutally honest with yourself. Are you really ready for a repeat of last year? If not, starting thinking hard about how much you want to spend.
- ⇒ Count the costs. Remember that gifts aren't the only holiday expense. Factor in the costs of travel, food, tree & decorations, wrapping paper & cards and postage when calculating your budget.
- ⇒ Check your list twice. Get organized as early as you can, by making a list of those you plan to buy for, along with a list of possible gifts. Having this list with you while shopping can help avoid impulse purchases.
- ⇒ Limit your use of plastic. Unless you are good - very good- at paying off your balances each and every month, view the cards in your wallet with a healthy measure of fear and trepidation. If you must use credit this year, and you know you won't be able to pay everything off right away, try this approach: Don't pay for every single purchase with credit; make sure you can pay your purchases off completely within 2 to 3 months, and limit your spending to the card in your wallet with the lowest interest rate.
- ⇒ Don't procrastinate. Avoid waiting until the last minute to shop so you'll have time to compare prices and take advantage of sales.
- ⇒ Time the sales. When you see an ad for an enticing sale, consider this: You may be able to avoid crowds and get first dibs on everything by shopping after 6pm on the day before the sale officially kicks off.
- ⇒ Steer clear of unwarranted warranties. In almost every case, you can feel comfortable about saving money by not paying for extended warranties on gift items. Unless you're buying a not-fully-proven technology, rest assured that the cost of the extended warranty usually equals the cost of a typical repair.
- ⇒ Hunt for discounts on the internet. When making online purchases, have you ever spotted those little areas where you can enter a "promotional code", "discount code", or "coupon"? That's a sign to open a web browser in another window and do a quick Google search for the retailer's name along with the same catch phrase used on that retailer's Web site. You could find a coupon in seconds and save on the purchase you're about to make.



# **Fall Fest Winners**

## Flower Show

### *Single Flower Display:*

1st Place - Sherry Blanton  
2nd Place - Tim McCurry  
3rd Place - Pat Killian

### *Arrangement:*

1st Place - CL Sims  
2nd Place - Sherry Blanton  
3rd Place - Sherry Blanton

### *Potted Plant*

1st Place - Carolyn Patton

2nd Place - Sheila Webb

3rd Place - Kathleen Frederick

### *Best in Show*

Carolyn Patton \*Ice Plant\*

## Fall Fest Idol

1st Place - Andrea Morris

2nd Place - Leaf Lyfe

3rd Place - Abby Haynes & Lilyanne Phillips

## Scarecrow Contest

1st Place - Janice Fair

2nd Place - Girl Scout Troop 20001

## Quilting Contest

### *Standard Quilts*

1st Place - Fleeta Todd

2nd Place - Betty Haynes

### *Crib Quilts*

1st Place - Fleeta Todd

2nd Place - Sheila Webb

## Arts & Crafts Contest

### *Fiber Arts*

1st Place - Vickie Ervin

2nd Place - Jennie Elliott

3rd Place - Mamie Cameron

### *Scrapbook*

1st Place - Vickie Ervin

2nd Place - Vickie Ervin

### *Sewing*

1st Place - Dawn Phillips

2nd Place - Dawn Phillips

### *Painting*

1st Sam Gonzales

2nd Sam Gonzales

3rd Nancy Hulett

### *Glass*

1st Place - Debbie Hinkle

2nd Place - Debbie Hinkle

3rd - Place Dawn Phillips

### *Miscellaneous*

1st Place - Vickie Ervin

2nd Place - Vickie Ervin

3rd Place - Vickie Ervin

## Canning Contest

### *Tomatoes*

1st Place - Nancy Hulett

2nd Place - Dawn Phillips

3rd Place - Janice Fair

### *Other Vegetables*

Youth, 1st Place - Lilyanne Phillips

Adult, 1st Place - Joan Daughtery

*Berries* - 1st Place - Joan Daughtery

*Whole Pickles* - 1st Place, Joan Daughtery

### *Pickles-sliced or chunked*

Youth, 1st Place - Lilyanne Phillips

Adult, 1st Place - Nancy Hulett

### *Sauces*

#### *Adults*

1st Place - Joan Daughtery

2nd Place - Carter Shaddix

3rd Place - Mamie Cameron

*Youth*, 1st Place - Lilyanne Phillips

### *Sugar-sweetened jelly*

1st Place - Janice Fair

2nd Place - Carrie Gamblin

3rd Place - Joyce Shaddix

### *Preserves*

1st Place - Carter Shaddix

2nd Place - Nancy Hulett

### *Fruit Butter*

1st Place - Sam Elliott

### *Other*

1st Place - Janice Fair (pickled eggs)

### *Overall Winners - Canned Goods:*

Dandelion Jelly - Janice Fair

Tomatoes - Nancy Hulett

## Baked Foods Contest

1st Place - Vera Jordan

2nd Place - Joyce Shaddix

3rd Place - Shelia Webb



**CONGRATULATIONS  
TO ALL OUR  
WINNERS!!**



Left: 4H Green Team's Scarecrow entry; above-canning winners; top right: the "Haynes Hens"

# FALL FEST



Above: Allison Pickel, lead instructor for the Coosa River Science School, with Sunny, a Great Horned Owl



Above: Old Man Ralph helps out

Right: Skeleton buys cookies from the Master Gardeners  
Below: Operation Military Kids booth-participants are writing letters to servicemen.



Above: 2nd place winner in our Scarecrow contest, created by Girl Scout Troup 20001. Right: Vera Jordan getting ready to judge baked goods.

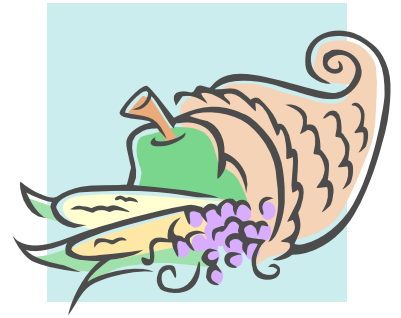


## FOOD SAFETY DURING THE HOLIDAYS

By: Marchale Burton, Urban Regional Extension Agent

Happy Holidays!

I am always so happy to say that every year. Why? Because it means that I have made it one more year. I love this time of year. I enjoy the early fall mornings when the air is cool and crisp. I love the middle of the day when it warms up to 75<sup>o</sup>-80<sup>o</sup>. I also love choosing recipes for the holiday season. We recently held our annual Holiday Cooking School. Our guests were amazing this year (*they always are*), and I hope you all enjoyed yourselves. I must be sure to thank all of my volunteers, and guests for making the Cooking School a success. Please check out the photos included in this newsletter.



Food safety during the holidays is very important. Simple steps that we practice each day like washing our hands, washing off kitchen counters, and sanitizing cutting boards for many of us may be second nature. Unfortunately, some people need to be reminded how important it is to keep cooking surfaces, hands, tools clean. Food safety affects our families' health.

I am often asked questions about thawing and defrosting turkeys. There are specific guidelines to follow. The USDA recommends three ways to thaw turkey: (1) in the fridge, (2) in the microwave, or (3) in cold water. Here are some more things to remember:

- Purchase turkey before date expires.
- Plan ahead for slow, safe thawing in the refrigerator. Allow one day for every five pounds of turkey to thaw. In other words, if you have a twenty pound turkey to thaw you should allow four days to thaw in your fridge.
- Turkey may be defrosted in cold water in its airtight packaging or in a leak-proof bag. Submerge the bird or cut-up parts in cold water, changing the water every thirty minutes to be sure it stays cold.
- Turkey defrosted in the microwave should be cooked immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because bacteria present wouldn't have been destroyed. Make sure the microwave is larger than the turkey - (12-14) pounds is the maximum size most microwaves will accommodate. Microwave on medium-high (50% power). The microwave should also have a turntable. If it does not you should stop and turn the turkey to make sure all surfaces are defrosting equally.
- Cook stuffing outside the bird. If stuffing the bird, the center of the stuffing must reach 165<sup>o</sup> F. Turkey breast should reach 170<sup>o</sup> F. Drumsticks, thighs and wings should be cooked until they reach an internal temperature of 180<sup>o</sup> F.
- Always use a meat thermometer to determine doneness.
- Never defrost turkey (or any meats and fish) at room temperature on the counter or on the table. That is the perfect environment for bacteria growth.

For more information please call our office at 256-237-1621. Or call the **USDA Meat and Poultry Hotline at 1-800-535-4555**. (*This number works because I called them myself*). They are very helpful and welcome any question you may have about food safety. Happy Holidays - enjoy your family and friends this holiday season.

2011 Holiday Cookbook is now available for \$2  
in the Extension Office.  
Makes a great stocking stuffer!!



## HEALTHY HOLIDAY TIPS FOR DIABETICS

By: Sharon A. Haynes, MS, Regional Extension Agent, Human Nutrition, Diet and Health

"How can I eat healthy during the holidays?" That is the #1 question asked by people with diabetes—or anyone who's made a commitment to eating with their health in mind. From Thanksgiving to Passover to Kwanzaa, food is all around us. And not just any food, but the types of rich celebration foods we look forward to all year long. For the most part, opting out of these foods just isn't an option, since they are such a part of who we are. The best option is to try to seek alternatives such as revising a recipe, sticking to portion control or perhaps take your own dish to a party or family gathering. Below are a few tips for individuals living with diabetes. Hopefully, these holiday tips will help you enjoy the season without putting one's health at risk.

- ◆ Keep to your blood glucose monitoring schedule and monitor more frequently if you find you are eating more often or at different times of the day.
- ◆ When dining out with friends and family, try to eat at your normal meal time.
- ◆ There are ways to revise many holiday dessert recipes, so they are healthier and still great-tasting. Many times, you can replace up to half of the sugar in a recipe with a sugar substitute. Try cutting down on sugar and increasing the use of cinnamon, nutmeg, vanilla, and other sweet-tasting spices and flavorings. Replace half of the fat in your recipe with applesauce or baby-food prunes when making chocolate brownies, cakes, or cookies.
- ◆ Avoid holiday weight gain by watching portion sizes. During the holiday season, when gatherings and even shopping trips are often centered on food, weight gain may seem unavoidable. But watching portion sizes can help prevent those extra pounds.
- ◆ Whenever possible, choose to bring a dish to the party rather than a hostess gift or a bottle of wine. That way you can be sure of at least one healthy item.

Focus on activities other than food. Enjoy the season with friends and family at a holiday-themed movie or cultural event. Don't feel deprived during the holidays. You may need to exercise more, make insulin adjustments, or eat less of other foods but you can enjoy the holidays to the fullest.

## SCALLIONS, CHIVES & LEEKS

By: Patti West, Regional Extension Agent -Food Safety, Preparation & Preservation

Have you ever had a recipe call for one of these, and wondered if you could substitute one for the other without changing the dish too much? All of these are in the onion family and there are subtle differences in flavor. Onions contain sulfur compounds which give them their distinctive flavor and aroma. These flavors are milder and more delicate in the greens of the onions.

Scallions are basically green onions, the young shoots of bulb onions, or an onion variety that never forms bulbs. Both parts are edible, the green stalk and the white "bulb". Green onions have a milder taste than bulb onions and are often served fresh, but can be grilled or sautéed. Choose scallions with bright green tops and a firm white base.

Chives are the smallest species of onion, generally shorter and more tender than scallions. These are often grown as a household herb and have a mild onion flavor, more subtle than scallions. Chives can be used to flavor fish, potatoes, soups and many other dishes, or snipped and sprinkled on food just before serving. Chives should be added near the end of cooking as overheating will destroy the flavor. If chives are unavailable, scallions can be substituted at the rate of 1 teaspoon scallion = 1 Tablespoon of chives.

Leeks don't form bulbs, but are grown for their large bunch of green blade-like leaves. The inner light green leaves and the white base have the strongest flavor, the dark green upper leaves are usually discarded since they have less flavor. The leek also has a mild onion-like flavor, less bitter than scallions, often described as a mild onion and cucumber taste. Leeks may be frozen after being blanched for two to three minutes, although they will lose some of their desirable taste and texture qualities. Leeks will keep in the freezer for about 3 months.

All of the fresh greens should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between 1 and 2 weeks. Wrapping them loosely in a plastic bag will help them to retain moisture.

Another term you may hear and be confused over is shallots. Shallots are a 'clustering' variety of onion, it forms a cluster of small bulbs. These are much smaller than regular bulb onions, have a finer texture and somewhat milder and sweeter taste. These are often used whole.

# 2011 Holiday Cooking School

The Holiday Season started early with aromas of the Holiday Cooking School sponsored by the Calhoun County Office of the Alabama Cooperative Extension System (ACES) and the Calhoun County Homemakers and Community Leaders (CCHCL). Over 100 guests were greeted by the sights and sounds of the holidays as they entered the First Presbyterian Church to register for a chance to win door prizes donated by area merchants and CCHCL members.

At registration, **Pat Killian** offered the 2011 Holiday Cookbook for \$2.00. Many people purchase these books to add to their personal collection, to use for small gifts or for Christmas cards for special friends. The cookbook can be purchased at the Extension Office, 1702 Noble Street, Suite 108, Anniston. Recipes demonstrated are also available on our website, [www.aces.edu/calhoun](http://www.aces.edu/calhoun).

**Marchale Burton**, Urban Regional Extension Agent and moderator, began the program with food safety precautions for the holidays and a history of the Holiday Cooking School. **Peggy Crosby**, CCHCL President, reminded guests that the goal of the homemakers is to make friends and serve the community. Their group meets monthly and always has an interesting speaker or program. They also meet monthly to sew for cancer patients - hats, bags, scarves, blankets, etc. She encouraged everyone to join the homemakers in this endeavor. For a schedule of their meetings and/or topics, contact the Extension Office at 256-237-1621.

The first presenter was **Chef Alan Martin** of The Victoria Inn who gave a demonstration of "Roasted Turkey with Cornbread Dressing, Giblet Gravy, and Cranberry Chutney". This is a delicious recipe for the holidays or any time of the year. Alan also gave us cooking tips how to successfully cook a turkey and how to keep stuffing or dressing moist.

Next was local gourmet **Prudence Hilburn**, who gave us tips of what to do with leftover turkey and dressing with a recipe for "After Thanksgiving Bisque" and "Crunchy Cabbage Salad". The Wind and Willow Asiago & roasted Garlic Dip Mix in the Cabbage Salad Recipe is available at the Rabbit Hutch Gift Shop on Noble Street.

**Cindi Moon**, President of the Student Dietetic Association at Jacksonville State University, demonstrated ways to use chocolate for decorative gifts and desserts.

**Marchale Burton** explained that Chef Martin's roasted turkey was the conventional method to cook a turkey while she showed how to spark up our taste buds with a peach glaze on the turkey. She also demonstrated "Amped Up Greens" by adding cabbage, sun dried tomatoes and turkey sausage to add flavorful healthy additions to our collard greens. Marchale discussed how using applesauce can keep a "Classic Carrot Cake" moist and reduces the oil in the recipe. She also gave us a recipe for "Holiday Punch".

**Joyce Shaddix** demonstrated an "Easy Cream Cheese Danish" that she makes for a local restaurant. She was followed by her daughter, **Amanda Haynes**, Extension's EFNEP Agent Assistant, who gave us a recipe for "Pink Fluffy Stuff".

Many dishes like "Veggie Bars", "Cinnamon Triangles", "Red Velvet Peanuts", "Caramel Corn", "Hot Chipped Beef Dip", "5 Cup Fruit Salad", "Apple-Cinnamon Bun Dip", "Macaroni & Cheese", "Chocolate Chews", Pineapple Cake, "Baked Pineapple Casserole", and "Chicken Casserole", were prepared by CCHCL members but not demonstrated to our guests. A taste sampling of a holiday meal from appetizers, salads, main dishes, desserts and punch prepared us for the holiday season.

Thanks to our volunteers who helped make the Cooking School a success. Special thanks to the **4-H Tree Amigos Club** who served our guests, **Christina Parker** for her help with the door prizes, and to **Shelia Gaddy** who took care of the 4-H volunteer's lunch.



*Chef Alan Martin of The Victoria.*



*Above: Christina Parker & Tree Amigos volunteers helping with door prizes.*



*Marchale Burton*



### **After Thanksgiving Bisque (from leftovers)**

Prudence Hilburn

- 2 c. chicken broth (low sodium, if using canned broth)
- 1 c. leftover Southern Cornbread Dressing
- 3/4 c. leftover mashed potatoes
- 1 c. half and half
- 8 oz. cream cheese
- Chopped turkey, vegetables, rice or noodles, if desired.

Heat broth in soup pot. Whisk in cornbread dressing and potatoes until well blended. Stir in half and half. Add cream cheese in small chunks. Whisk until smooth. If the mixture seems too thick, simply stir in a little more half and half. If desired, you can add the cooked turkey, etc.

### **Pink Fluffy Stuff**

*Amanda Haynes*

- 1 can cherry pie filling
- 1 large can crushed pineapples / drained
- 1 can mandarin oranges / drained
- 1 can Eagle Brand Condensed Milk
- 1 small Cool Whip
- Nuts optional

Stir together and chill. Serve cold. Be sure to refrigerate.  
\*For a lighter version, use no sugar added pie filling, pineapples, cool whip, etc.

### **Amped Up Greens**

*Marchale Burton*

- 1/2 lb. collards greens
- 2 c. shredded cabbage
- 1 T. vegetable oil or olive oil
- 2 T. minced garlic
- 1 chopped onion
- 1 T. apple cider vinegar
- 1 pkg. turkey sausage (sliced)
- 1/2 orange, yellow or red bell pepper
- 3/4 pkg. sun dried tomatoes
- Parmesan cheese
- Seasoning to taste
- Salt and pepper to taste



Rinse greens, remove stems, and tear in small pieces. In a large saucepan, boil 3 quarts of water. Add collard greens, return to boil, cook 3 min. Add cabbage, cook 1 minute. Drain. Heat a large non-stick skillet over medium/high heat. Add oil, sauté garlic, onion, bell pepper and sun dried tomatoes. Cook until tender, about 3 minutes. Add sausage, continue stirring until well mixed and heated thoroughly. Add drained greens to mixture in skillet. Stir in apple cider vinegar. At this point, salt & pepper to taste, any herbs, spices (salt seasoning, parsley, paprika, dill or whatever you like). Just before serving, add grated parmesan cheese.

# THERE'S NO PLACE LIKE HOME - FOR FOOD SAFETY

Revised March 2008. **Jean Weese**, *Extension Food Science Specialist*, Professor, Nutrition and Food Science, Auburn University, and **Janet Johnson**, *Regional Extension Agent* (Extension Publication HE-0733)



## Shopping:

Shopping at your local grocery can start you out with safer food. Place raw meats on the bottom of the cart so they will not contaminate any other food products. Also, do not allow cleaning products to come into contact with food items. Get a plastic bag on your way into the store, and place the cleaning items in the bag to prevent cross-contamination with the food items. At the check-out, ask the bagger to place the cleaning items back in the same bag and not in a bag with any food items. Place fresh meats in a plastic bag by themselves so they cannot contaminate any other foods. Place frozen foods in another plastic bag because a larger block of frozen products will remain frozen longer. You should go straight home after shopping. If you know you will not arrive home in less than an hour, take a cooler to store the refrigerated and frozen foods.

## Storage:

Put away frozen and refrigerated foods first. The temperature inside your refrigerator should be 40 degrees F or lower, and the freezer should be 0 degrees F or lower. If you do not already have a thermometer in the freezer or refrigerator, this would be a good time to purchase one. This will allow you to tell if your foods are being kept at the right temperature. If you make a practice of checking the temperatures regularly, you might be able to tell when your freezer or refrigerator is having a cooling problem.

Next, place foods that are stable at room temperature, such as crackers, bread, cake mixes, and other dry foods, on the shelves or in the pantry.

Never store cleaning items with food items. Under the kitchen sink is an excellent place to store cleaning products such as dish detergents, pot cleaners, and sanitizing solutions. Place other cleaning items in the laundry room or in a closet set aside for such items. However, if you have children, be sure to store cleaning products in a locked cupboard or another place where children cannot get to them.

## Preparation:

**Vegetables** should always be washed thoroughly under rapidly running cool water. A scrub brush might be necessary to use on certain vegetables, such as potatoes for baking. Of course if it were Sunday dinner, we would peel the potatoes for mashing. Each potato should be peeled, placed in a large bowl, and washed thoroughly under rapidly running cool water after peeling.

If we were preparing potato salad, we would peel the potatoes as described above, and then cook the potatoes and hard-cook the egg. After cooking, allow the potatoes to cool by placing the pan in cold or ice water. The eggs can be cooled by submerging them in cold water for a short period of time. Mix all the ingredients in a bowl, and place the bowl in the refrigerator until serving time.

**Fruits** on the dining room table for the taking were also washed like the baked potatoes. This not only removes dirt and bacteria but any excess pesticides from the field

## Serving:

Serve hot food hot and cold food cold. It is important to remember that foods should not be out of their temperature range for more than 2 hours. Bacteria can grow more rapidly if foods are left at room temperature more than 2 hours. Take the potato salad or other cold foods out of the refrigerator just before serving them. Enjoy your meal, but when the meal is finished, place all leftovers in the refrigerator for storage. If you have a large amount of meat or poultry left, it is best to cut the poultry off the carcass or place the meat in small containers to allow it to cool more quickly.

*If you would like to read this publication in its entirety, request a copy by calling the Extension Office at 256-237-1621.*

# WHAT IS RECYCLING?

By: Jennifer Yates, Outreach Coordinator for Sustainability Programs



The primary purpose of recycling is to divert used materials from the waste stream and process them into new products. These recycled materials are used instead of, or in addition to virgin materials. Virgin materials are the resources extracted from nature in their raw form, such as timber, or metal ore.

## *Why recycle?*

Recycling is worth the effort because it conserves our natural resources, saves our landfill space, and saves energy. Alabama law now requires that counties and cities develop comprehensive Solid Waste Management Plans, which includes waste reduction, and recycling goals.

## *Where do you start?*

The recycling process may be started at home, work, or at school by separating items out that were intended for the trash. First, determine what materials are recyclable, and identify what types of materials are available for collection in your area. Contact the local recycling coordinator for assistance regarding programs that are available and what is accepted. Recyclable materials include paper, cardboard, metal cans (aluminum and steel), and most plastics.

Generally items accepted by county and city recycling programs are aluminum cans, steel cans, plastics (#1 and #2), mixed paper, cardboard, and glass.

Items for recycling include the following:

### *Metals*

Aluminum is a non-ferrous metal, which means it does not contain iron, and is a sustainable metal that can be recycled over and over again. When recycling, remember to rinse the cans or containers before placing them inside the bins. Rinsing helps reduce any insect problems that might arise. Aluminum foil is generally not accepted for aluminum recycling. The aluminum recycling process is simply re-melting the metal, which is far less expensive and energy intensive than creating new aluminum from bauxite.

Steel is a ferrous metal which means it contains iron. Ferrous metals, such as steel, will stick to a magnet. These are also recycled over and over again without loss of integrity. Using at least 25% recycled steel is the best way to make new steel.

### *Plastics*

#1 Plastics (PETE) and #2 Plastics (HDPE) are the most commonly recycled plastic containers. Milk, water, and most other plastic beverage containers are numbered 1 and 2 plastic. The numbers for the plastic content can be found on the bottom of the container. The plastics can range from #1 to #7 and may vary by program on what is acceptable.

### *Paper*

Paper products include newspapers, office paper, magazines, and junk mail. These recovered fibers can be made into many other products including, but not limited to food containers, home insulation, napkins, and coffee filters. According to the Energy Information Administration there is a 40% energy savings when paper is recycled versus paper made from un-recycled pulp.

### *Glass*

Glass products such as beverage and food containers are recyclable, but must be separated by color. The colors for separation are as follows: clear, brown, blue, and green. Glass containers should be free of lids or caps and reasonably clean. Recycled glass is crushed, melted and made into new glass containers.

### *Cardboard*

Cardboard containers are used in many products including cereal boxes, shoes boxes, and packing boxes. Cardboard should be broken down before placing it into the recycling bin. This allows for more recyclable material to be collected in the container. According to [cardboardrecycling.org](http://cardboardrecycling.org) over 85% of all products sold in the United States are packaged in cardboard.

Effective collection of recyclables is essential to any successful program. Providing adequately labeled and conveniently located recycling bins are two essential components to ensure proper collection of recyclables.

Consumer purchasing of recycled products is also an important step in the recycling process. This creates a market for recycled products, and makes recycled products more valuable to manufacturers.

The ultimate process in recycling is to encourage consumers to buy recycled and also recycle items at home. This benefits the consumer, the manufacturer, and creates a sustainable solution for our environment.

*Drop off locations in Calhoun County include: Cane Creek Community Gardens at McClellan, Winn Dixie -8th & Noble Streets, Alexandria High School, Wellborn High School, Weaver City Park, Ohatchee-near the county barn, Quintard Mall-JCPenney parking lot near Highway 78.*



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2011 Holiday Show on TV24. Extension  
Staff, 4-H'ers, and Master Gardeners share  
their recipes, holiday & gardening tips and  
*MORE:*  
Beginning the week of Thanksgiving,  
check it out!

May also be viewed on our webpage  
[www.aces.edu/Calhoun](http://www.aces.edu/Calhoun).