



# FAMILY AND CONSUMER SCIENCES

## Newsline

April 2007

TEXAS COUNTY

### Fruits & Vegetables Require Proper Handling

Fruits and vegetables are an important part of a healthy diet. Most supermarkets and grocery stores carry a wide variety of fresh fruits and vegetables that are nutritious, as well as tasty.

However, with the *E. coli* outbreak last year, some consumers may be hesitant to purchase fresh fruits and vegetables.

One of the key aspects in food safety is the proper handling of foods in order to reduce the handling of foods in order to reduce the risk of foodborne illness, said Barbara Brown, Oklahoma State University Cooperative Extension Service food specialist.

“There is a chance that harmful bacteria may be in the soil or water where produce grows and comes in contact with fruits and vegetables,” Brown said. “There’s also the possibility of fresh produce becoming contaminated after it is harvested, during food preparation or in storage. Eating contaminated produce can lead to foodborne illness, which can cause serious - and sometimes fatal - infections. However, by following a few simple tips, you can help ensure that you and your family are protected.”

When selecting fresh produce, purchase items that are not bruised or damaged. Be sure to keep fresh fruits and vegetables separate from meat, poultry and seafood. Choose fresh cut produce such as half a watermelon or bagged mixed salad greens that are refrigerated or surrounded by ice. Do not buy pre-washed salads with a lot of brown-edged pieces or if greens are very wet.

Proper storage affects quality and safety. Some fruits and vegetables retain the highest quality when stored at 40° F or below. Produce that is purchased pre-cut or peeled should be refrigerated to maintain quality and safety.

To reduce risk, all produce should be washed,

even those that will be peeled before eating. Wash produce under running water just before eating, cutting or cooking. Scrub firm produce with a clean produce brush. Drying produce with a clean cloth or paper towel may reduce bacteria that may be present.

“Many pre-cut, bagged produced items such as lettuce will indicate on the packaging if they are pre-washed,” she said. “As an extra measure of caution, you can wash the produce again just before you use it. Be sure to use bagged produce before the ‘Best if used by’ date. Raw sprouts may contain bacteria that can cause foodborne illness. Rinsing them is not sufficient. All sprouts should be cooked thoroughly before eating.”

It is important for consumers to keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood. Cutting boards, dishes, utensils and countertops should be washed with hot water and soap between the preparation of raw meat products and the preparation of produce that will not be cooked.

“All of the safety tips that have been mentioned also include organically grown produce, since the organic label isn’t a promise that the food is bacteria-free,” Brown said. “A government-approved certifier inspects the farm where the food is grown to make sure the farmer meets the U.S. Department of Agriculture’s organic standard before it receives the ‘organic’ label. These foods should still be handled properly to ensure quality and safety.”

The health benefits of produce still outweigh any food safety risks. Consumers can use selection and handling practices that reduce those risks and be alert for health bulletins and recalls. This is especially important for people in high risk groups.

## Q & A's

### What is Hanger Steak?

Take a look at a restaurant menu or recipe book and you may find a beef entree using hanger steak. This lesser-known beef cut is not often used because there is only one per animal.

The hanger steak literally hangs between the 12th and 13th ribs of the beef carcass as part of the diaphragm muscle. It is a soft, grainy-textured cut about seven inches long.

Other names for this cut include the hanging tender, butcher's steak, and butcher's tenderloin. It is typically ground into hamburger unless it is requested from a butcher.

The hanger steak is best marinated and works well for fast high-heat cooking methods. It has an intense beef flavor.

Sources: [www.foodsubs.com](http://www.foodsubs.com)

NAMP The Meat Buyer's Guide

Texas Beef Council [www.txbeef.org](http://www.txbeef.org)

### Mighty Mushrooms

Mushrooms add flavor and texture to many menu items. They also add many nutrients such as copper, potassium, folate and niacin. Some varieties are a good source of dietary fiber.

In 2003, the average mushroom consumption was 2.6 pounds per capita. White button mushrooms are the most popular, but other varieties such as enoki, maitake, oyster, portabella, and shiitake are gaining popularity.

Learn more about mushroom nutrition at <http://tinyurl.com/hgz69>

### Can I Roast Food in Brown Paper Sacks?

According to the USDA Food Safety and Inspection Service, **do not** use brown paper bags from the grocery or other stores for cooking. They are not sanitary, may cause a fire, and may emit toxic fumes. Intense heat may cause a bag to ignite, causing a fire in the oven and possibly adulterating the food. The ink, glue, and recycled materials in paper bags may emit toxic fumes when they are exposed to heat. Instead, **use** commercial oven cooking bags.

Source: <http://tinyurl.com/v8oszl>

### What is the CARVER + Shock System?

The food industry has been adopting the CARVER + Shock system. Now it will be utilized by restaurants and food retailers. This is a system to identify vulnerable areas in food facilities that could be intentionally contaminated.

This system is not new. It was developed under the Homeland Security Council leadership by the Food and Drug Administration, U.S. Department of Agriculture, The Department of Defense, along with the Central Intelligence Agency, and the Federal Bureau of Investigation.

CARVER is an acronym for the following:

- **Criticality** - a measure of public health and economic impacts of an attack
- **Accessibility** - the ability to physically access and egress from target
- **Recuperability** - ability to recover from an attack
- **Vulnerability** - the ease of carrying out an attack
- **Effect** - amount of direct loss from an attack as measured by loss in production
- **Recognizability** - ease of identifying the target

The added attribute is the Shock element of the health, economic and psychological impacts from an attack. Learn more about this system at [www.cfsan.fda.gov/~dms/carver.html](http://www.cfsan.fda.gov/~dms/carver.html) & [www.ngfa.org/pdfs/Carver\\_Shock\\_Primer.pdf](http://www.ngfa.org/pdfs/Carver_Shock_Primer.pdf)

## SOME GOOD NEWS FOR COFFEE DRINKERS



For those who have a morning cup of coffee each day now have some reasons to continue that daily habit. The risks and benefits of coffee consumption have been studied extensively for more than 30 years. These studies are now revealing evidence that moderate coffee consumption (3-5 cups/day) may reduce the risk of some diseases.

- **Lower risk of type 2 diabetes** - Consuming 5 or more cups/day can improve glucose regulation and tolerance. These same benefits have been seen in those who consumed 3-4 cups/day. The benefits are evident in caffeinated and decaffeinated coffees.
- **Lower cancer risk** - Certain components in coffee can provide a cancer-protective role. These components are naturally occurring polyphenolic antioxidants and heat-produced antioxidants. Some studies show that coffee is the primary source of dietary antioxidants.
- **Lower liver disease risk** - A clinically significant reduced risk of liver cancer and cirrhosis has been linked to coffee consumption. Coffee increases the release of cancer-detoxifying enzymes to reduce these risks.
- **Lower Parkinson's disease risk** - Some studies show that even just one cup of coffee per day can cut the risk for this disease in half. Caffeine is the component that protects or conserves brain cells in Parkinson's disease.

On the downside, studies show that coffee does not reduce risk factors associated with cardiovascular disease, such as blood pressure.

## WHAT ARE EDAMAME BEANS?

Edamame (pronounced ed-ah-MAH-may) is a specialty soybean that is gaining popularity in the United States. Also known as "sweet beans", edamame beans are soybeans harvested at the green stage. They have long been a staple in Asian cuisine. In the United States, edamame is primarily grown in the upper Midwest and West Coast states.



Edamame is very nutritious. A one-half cup serving contains 11 grams protein and is rich in calcium, vitamin A, fiber and phytoestrogens. The beans have a sweet, mild, nutty flavor without the typical strong beany flavor.

The pods themselves are not edible, only the beans. In China, the beans are used in stir-fry meals. In Japan, the pod is boiled in salted water and the beans are squeezed from the pod and eaten.

In the United States, edamame is typically found in the frozen foods section of supermarkets, but could be found fresh in some stores. They can be added to stir-fry meals, soups, rice, and pasta dishes. Edamame can be used in place of green peas or lima beans.

## **Cloning Animals for Food**

Cloning animals has been researched extensively in the last ten years. The practice of cloning has primarily been done for research purposes. Recently, the possibility of cloning animals for food has been studied. This can lead to consistent, high quality meat.

Cloning is a complex process that lets one exactly copy the genetic, or inherited, traits of an animal (the donor). Livestock species that scientists have successfully cloned are cattle, pig, sheep, and goats. Scientists have also cloned mice, rats, rabbits, cats, mules, horses and one dog. Chickens and other poultry have not been cloned.

Could these cloned animals be safe to eat? After reviewing all this information, the Food and Drug Administration (FDA) found that it could not tell a

healthy clone from a healthy conventionally bred animal. All of the blood values, overall health records, and behaviors were in the same range for clones and conventional animals of the same breed raised on the same farms. FSA also saw that milk from dairy cattle clones does not differ significantly in composition from milk from conventionally bred animals.

Currently, no cloned animal products have entered the food supply. FDA is not recommending any additional measures relating to food derived from adult clones and their offspring, including labeling. There is no science-based reason to use labels to distinguish between milk derived from clones and that from conventional animals.

For more information on animal cloning, see [www.fda.gov/cvm/CloneRiskAssessment.htm](http://www.fda.gov/cvm/CloneRiskAssessment.htm)

## **Will Cloned Animal Meat be in Your Supermarket?**

Would you buy meat from cloned animals? This is the question addressed by Dr. Sean Fox, K-State Agriculture Economist, who works with food safety issues.

Fox said one early study, conducted at the University of Maryland, indicates consumers appear to be somewhat wary of the idea of cloning and eating food from cloned animals. An estimated two-thirds of the more than 1,000 adults surveyed admitted that they were uncomfortable with the idea of using cloning to reproduce animals. One-third said they would not purchase meat or milk from cloned animals.

Dr. Fox believes it will be several years before cloned meat or milk enter the food chain.

## **“Take Time To Be Grateful”**

Taking the time every day to recognize what you're grateful for helps keep things in perspective. Gratitude carries you through the tough times, and gives you the strength to surpass the stress of challenges.

Reflect on your family, your friends or the place where you live, and the satisfaction they bring you. Think about your good health and your mental or physical talents. Consider the pleasure you received from a phone call with a friend or a laugh you shared with your children.

Look back on small and large moments - the affection of a pet, your success in the garden or a deep and fulfilling partnership. These are all things that nourish gratitude. And, gratitude makes life worth living!

# WALK, AND ENJOY THE VIEW!

By: Linda Boeckner, PhD, RD & Alice Henneman, MS, RD  
University of Nebraska-Lincoln Extension

**"A man's health can be judged by which he takes two at a time - pills or stairs."  
~ Joan Welsh**

The new MyPyramid guidelines for nutrition and physical activity suggest most adults receive health benefits if they are moderately active for at least 30 minutes on most days of the week. Walking is a simple, pleasurable and inexpensive way to be physically active. Seek opportunities to enjoy beautiful and interesting scenery on foot AND do something good for your health at the same time.

Moderate levels of physical activity can boost your energy levels, plus give you an overall sense of well-being. Regular physical activity has these direct physical benefits:

- improves strength and endurance
- builds stronger bones and muscle
- assists in weight management
- improves blood pressure



## Beginning your walking program

To (pardon the pun!) start off on the right foot, here are a few simple tips to help you start a walking program.

**Check your readiness.** If you have not been physically active on a regular and consistent basis for more than a year, check with a medical care provider. Also, if you have high blood pressure, diabetes or experience dizziness or chest pain upon exertion talk with your medical provider before you begin a walking program.

**Get the right equipment.** Since walking is so easy, you don't need much to get started. During the summer, you will want to wear light, loose clothing that will allow you to cool down if you work up a sweat. During cooler weather, wear layers of clothing to keep yourself warm but not overheated.

The shoes you wear are the most important equipment for a walking program:

- Your shoes should be flexible and give you enough room for your foot to expand while walking.
- Flat sole with little difference in height from the toe to the heel of the shoe is best. Many folks find that a good running shoe also works well for walking and gives needed flexibility and support.
- Replace shoes about every six months if you are a daily walker.
- Wear clean, comfortable socks inside your shoes to prevent blisters.

Hats and sunglasses are important for protecting your eyes and skin. Wear sun screen when it is appropriate.

**Check your walking style and stride.** Walk tall and straight without arching your back or leaning forward:

- Keep your eyes focused ahead of you and hold that smile!!
- You can swing your arms at about a 90° angle as you walk but keep your elbow close into your body. You don't need to pump your arms wildly into the air.
- Use a heel to toe walking step so that you hit the ground first with your heel and push off with your toe.
- Watch the length of stride. Smaller steps are better than striding out too far. Your stride should be comfortable to you and not overtire your legs and muscles.

## Tips for planned walks

Here are some tips to help you enjoy and stay with a walking program:

- Begin with a slow pace for about 5 minutes before you move into the walking pace that you will continue through the rest of the walk. This will allow your muscles to warm up. At the end of your walking time, use a 5 minute slow down to cool yourself down. Also, stretch your leg muscles as a part of cool down period.
- Purchase a walking meter (pedometer) to count the number of steps or measure the distance that you have gone. Walking meters have the advantage of giving you a tool that will measure all of your steps in a day. Clip it on for the entire day and you will record the steps that you get in your normal daily activities as well as your planned walks.
- If you don't wish to use a walking meter, you can go on planned walks according to the clock. Gradually aim for an accumulation of at least 30 minutes of planned walking each day. If you are already close to 30 minutes each day, it's okay to increase your time beyond 30 minutes.
- Consider making walking arrangements with a friend or a walking group.
- Scout your community for walking paths and other safe places to walk.
- Walk at the time of the day that is most convenient for you. Walking time can be in the morning, mid-day or evening. For some, it will be easier to break up your walking time throughout the day and that is okay, too.
- Think through how you will handle walking when the weather is bad. Check if a nearby school, church, or other facility will allow you to walk there during bad weather.
- If walking doesn't work out for you on one day, pick it up again the next day. Keep it fun rather than a chore.

## Vaccines are for kids, right? Not always.

Here are some recently approved vaccines - some for children, some for adults--that you may not be aware of. See your doctor for more information.

**For Adults:** **Flu-** the latest seasonal flu vaccine, **Flulaval**, is given as a single injection in the upper arm. It's for people ages 18 and up. **Shingles-**if you're 60 or older, a single shot of **Zostavax** to the arm reduces the odds of an outbreak of shingles. If you have a flare-up even after getting the vaccine, your symptoms will be milder.

**For Teens:** **Cervical Cancer-**approved for girls and women ages 8 to 26, **Gardasil** protects against the four types of human papillomavirus (HPV) responsible for 70% of cervical cancers and 90% of genital warts. It's best to get the vaccine, which is 95-100% effective, before the onset of sexual activity. It requires three shots. **Meningitis-**a single shot in the arm of **Menactra** protects from several strains of bacteria that can cause meningitis and blood infections. It's approved for adolescents and adults ages 11 to 55, but is initially targeted at preteens, teens entering high school, and college freshmen living in dorms. **Whooping Cough-**a combination vaccine for children ages 10 to 18, **Boostrix** combats tetanus, diphtheria, and pertussis (whooping cough), which has been on the rise.

**For children:** **Rotavirus Rota Teq** is the only vaccine approved in the United States that can protect against rotavirus, a viral infection that is a leading cause of severe diarrhea in infants and young children. A liquid, it is given orally in three doses, between the ages of 6 weeks and 32 weeks.

## Portion Sizes: A key to weight loss

(The American Diabetes Association brochure)

**Portions are key** - More and more people are overweight or obese. Being obese increases your chances of getting type 2 diabetes. The good news is that losing a small amount of weight can decrease your chances of getting diabetes. If you have diabetes and are overweight, losing weight can help lower your blood glucose levels.

If you are trying to lose weight, calories count. That doesn't mean you have to cut out your favorite foods. But it is a good idea to reduce your serving sizes. This is called "portion control." You can include your favorite foods in a healthy meal and still lose weight.

**Even a Small Weight Loss Helps!** - Even a small weight loss can be a big boost to your health. For example, if you lose just 10 pounds, and get 30 minutes of exercise a day, you can reduce your chance of developing diabetes by more than half!

**What Should I Eat?** If you have diabetes, it's a good idea to work with your health care team to develop a meal plan that is right for you. A meal plan will help guide what you eat. Here are a few tips to get you started.

- **Eat at least five servings of fruits and vegetables every day.** Include a variety of colors such as green, yellow, orange, and red.
- **Aim for six servings of breads, cereals, and starch vegetables.** Starch vegetables include peas, corn, potatoes, and dried beans such as pinto or kidney beans.
- **Choose 2-3 servings of low-fat dairy products** - like skim or 1% milk or non-fat yogurt.
- **Choose lean meats, chicken, and fish.** Pick meats without visible fat and remove skin from chicken and other poultry. Try to include 2-3 servings of fish a week. Avoid fried meats.
- **Cut back on sweets and desserts.** Most desserts are high in calories and do not contain many vitamins and minerals.

A Serving Of . . .	Equals
Fresh fruit or vegetables	1 cup
Canned fruit or cooked veggies	½ cup
Starchy veggies or dried beans	½ cup
Bread	1 slice
Dry cereal	¾ cup
Cooked cereal	½ cup
Rice or pasta	⅓ cup
Dairy products	1 cup
Lean meats, chicken & fish	3 ounces
Oil, margarine, or butter	1 teaspoon

**Portion Size Tips:** Here are some tips to help you with portion sizes:

- A ½ cup serving of canned fruit, veggies or potatoes looks like half a tennis ball sitting on your plate
- 3 ounces of meat, fish, or chicken is about the size of a deck of playing cards or the palm of your hand
- A 1 ounce serving of cheese is about the size of your thumb
- A 1 cup serving of milk, yogurt, or fresh greens is about the size of your fist.
- 1 teaspoon of oil is about the size of your thumb tip

continued on next page

**Restaurant Tips:** Restaurants usually serve very large portions. Try these tips to cut down on your calories:

- Eat only half your meal and take the other half for lunch the next day
- Split an entree or dessert with a friend
- Ask for substitutions. For example ask for steamed vegetables or a salad instead of French fries.
- Ask for all sauces, dressing, and gravy on the side.

### **Busting Food Myths:**

**Eating too much fat does not make you fat.** Eating foods with too many calories makes you fat. It is smart to limit the fat you eat. Fat has more than twice as many calories as carbohydrates or protein. Everyone should limit saturated fat which can raise your cholesterol.

**Too much sugar is not the problem.** The problem is eating too much food -- all types of food --especially foods high in calories.

**Too much sugar does not “give” you diabetes.** Eating sugar does not cause diabetes. Eating too many calories can make you overweight, and overweight is a leading risk factor for type 2 diabetes.

**It it’s fat free, you still need to watch the portion size.** Fat-free foods still have calories, often as many as their full-fat versions . . . and those calories count just as much. The same is true for sugar-free foods. You can compare the calories in a fat-free or sugar-free food to the “regular” version.

**Foods labeled “no sugar added” can still have sugar.** This only means that no table sugar has been added. “No sugar added” foods may naturally contain other types of sugar that your body uses just like table sugar. And they may have just as many calories.

**Eating protein does not build muscle.** Bigger muscles come from muscle-building exercise. The average American diet contains more protein than it needs to build and maintain muscle.

**You do not need to eat food in special combinations to digest it properly.** A healthy diet doesn’t require eating a certain combination of foods at each meal. Eating a wide variety of foods during the day is the key to a healthy diet.

**It is possible to lose weight and keep it off.** Many people who lose weight gain it back. But many others are able to keep it off. People who have kept weight off for a long time say these tips helped them:

- cutting back on calories and fat
- exercising almost every day
- eating breakfast
- writing down what they eat to keep tabs on what they eat

**For more information from The American Diabetes Association call 1-800-DIABETES or visit [www.diabetes.org](http://www.diabetes.org).**

## **Oklahoman's Have A Unique Opportunity . . .** ***Help set the agenda for the State's water resources!***

The Oklahoma panhandle is full of vital agricultural interests that require an adequate supply of water. However, agriculture is just one important use of water. Businesses and homes depend on a clean, adequate supply as well. One overriding question is how does Oklahoma balance the needs of all water users in a way that ensures a clean, plentiful supply of water while planning for the state's water needs in the future.

The answer is not a simple one. The Oklahoma Water Resources Board and the Water Research Institute want you to help answer that question by attending a local input meeting regarding the Oklahoma Comprehensive Water Plan update.

The Water Research Institute (WRI) is conducting a meeting on April 19 in Goodwell, OK at the Oklahoma Panhandle Research and Extension Center Conference Room located ½ mile north of Goodwell on Hwy 54. The meeting will begin at 6:30 p.m. and is open to all area citizens. Participation by all parties interested in the future of Oklahoma's water is encouraged.

The Water Research Institute at Oklahoma State University will be conducting 42 local input meetings throughout the state. The purpose of the meetings is to record issues, concerns questions and suggestions citizens have regarding Oklahoma's water resources.

"We all use Oklahoma water whether in our homes or to make a living," said Jeri Fleming, WRI Stakeholder Communications Specialist. "I think most of us take water for granted, that it will always be at our fingertips, but that may not be the case if we don't start thinking about the future now."

The Oklahoma Water Resources Board is required by law to develop a Comprehensive Water Plan and update it every ten years; this is the third revision of the plan. The WRI is working with OWRB to facilitate stakeholder input into the Water Plan.

Information sheets about water law as well as some regional and statewide issues will be available prior to the April 12th meeting. A record of discussion and all reports will be posted on the WRI website. Citizens will have the opportunity to make comments at the meeting or may fill out an input form and turn it in at the meeting. The input form will also be available on the website or can be faxed or mailed.

"We want the process to be fair, inclusive and transparent. There is no set agenda for the water plan now, the agenda will be set by the people of Oklahoma," Fleming said.

"The Water Research Institute is excited about the process we are about to embark on and we look forward to hearing from Oklahoma citizens," said Mike Langston, WRI Assistant Director. "The stakeholder input portion of the Water Plan update is a unique endeavor designed to allow citizens a voice in planning for the future of Oklahoma's water resources."

For more information and a schedule of meeting locations visit their website at <http://okwaterplan.info> or email the WRI at [waterplan@okstate.edu](mailto:waterplan@okstate.edu).

If you have a concern regarding your water supply - I encourage you to attend.





# OHCE NEWS & NOTES

## Texas County

### OKLAHOMA HOME & COMMUNITY EDUCATION

April 2007

#### Leader's Training

"Quick -N - Close Vacations" will be presented April 30th at 1:30 p.m. in the Conference Room of the OSU Extension.

#### NW District Meeting Up-Date

Glenda Eldridge, Ruby Gibson and Arleen James traveled to Alva On March 24th for a delightful meeting. The theme focused on Oklahoma's 100th Birthday with cake and singing. Glenda won a lovely plant for a door prize.

Here's what we learned: Any person who has **ever** submitted a "Life Story Essay" since 2000 is asked to re-submit a copy to be included in the Life Story Publication - that the state organization is going to do. If your essay won 1st, 2nd or 3rd please note that fact on your essay. If you will bring them to the OSU Extension office, I'll see that they get to the right person.

#### 4-H Camp Money

Note the deadline in your handbook for donation of funds for 4-H Camp. If possible, we would ask for at least 20 dollars from each group. Costs for healthy refreshments have gone up!

#### OHCE Week - May 6-12, 2007

Each group is encouraged to plan activities for this week. The county officers are going to plan an event or activity on the county level. More details in next months newsletter.

#### State OHCE Meeting

If you have never gone to a state meeting, this is one you won't want to miss! The dates are July 8-10, 2007. It will be held in OKC at the Clarion Hotel on Meridian. We always enjoy and have a great time. Plan a mini-vacation

for yourself this year!

**Help Needed!** Our county has been asked to provide the following:

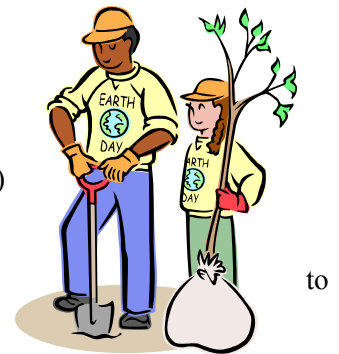
- 2 gift baskets valued @ \$20+
- 1 or more individuals to make 6 bonnets for covering 6 pill bottles - instructions for these are available at the Extension office. The pill bottles are to be filled with shelled sunflower seeds or small candy mints. These need to be completed by June 22nd.
- For the gift baskets - if each group would provide \$10.00 worth of items (homemade or other), then I'll get a basket & put them together. **Think about what you would like to get in a gift basket!**

#### Water For All

The State OHCE project for 2007 is "Water For All." By collecting dimes from all, clean drinking water can be made available for those without in poor countries. Each local group is encouraged to think of a way to collect dimes for this project. All funds will need to be collected by June 30th. The money collected will need to be sent to Mollie Mathis, county treasurer by June 30th. Mollie will cut a check for the amount which will go to the state meeting.

#### Plant a Red Bud Tree

The County Resource Management committee is encouraging each local group to make plans to plant a Red Bud tree (s) on Arbor Day, Friday, April 27th in a park or community site. Members are encouraged plant a Red Bud tree at their home, also - be sure to get a picture of the planting! If you join the National Arbor Day Foundation you can receive 10 free Red Bud trees. \$10.00 for 10 free trees and 6 month membership or \$15.00 for 10 free trees and 1 year membership. Go online to [www.arborday.org](http://www.arborday.org) for form.



## “Getting To Know You”

The “Getting To Know You” column in this newsletter will be an opportunity for individuals and/or groups to let others know what you are going, what you have done, what you have learned, etc. This column can also be a spot to share good/sad news or a cute story from your grandchildren, etc. Bring your articles in or email to [arleen.james@okstate.edu](mailto:arleen.james@okstate.edu). They will be printed, as space permits. We can also scan picture so send them as well - if you have questions contact Arleen.

Happy Neighbors reported that two of their members went on a mission trip to Mexico. Jo Collvins and Tommy Anderson used many of their OHCE skills to help build a house for a young couple with a baby. We cooked, cleaned, measured and hammered. It was a rewarding experience, also a great opportunity to see a very different landscape, as we were on the coast of the Sea of Coszul.

### **Handbook Correction:**

On page 34, under the goals of the Cultural Enrichment Committee, the dimension for the crocheted or knitted rectangles should be 7- inches by 9- inches. Sorry for the error and confusion - Guymon Homemakers encourages each one to make at least one to send in - break out those knitting needles or crochet hooks and scrap yarn!

### **2008-2010 County Officers**

Officers for the office of vice-president and treasurer were elected during the county Spring Meeting. Joan Chuesburg will serve as vice-president and Julie Haechton

will serve as treasurer. June Furnish (2007-2009) is our current president and Debbie Walker is our current secretary (2007-2009).

### **A-Family A-Fair**

On April 3rd at 1:30 p.m. we will have our one and only meeting regarding AFAF. Each group is asked to have one person minimum present. The letters have gone out. We have several responses. Each group is asked to provide 1 adult prize and 2 children's prizes. We were told last year that we needed more prizes for the children. Hope to see you on the 3rd to discuss needs and promotion of the event.

## Egg Safety

Eggs are great anytime of the year; not just at Easter. Eggs provide protein, vitamin A, riboflavin, and other vitamins and minerals.

**Safe Handling:** Wash hands, utensils, equipment, and work areas with hot, soapy water before and after they come in contact with eggs and egg-containing foods.

When preparing any recipe that contains eggs, resist the temptation to taste-test the mixture during preparation. Egg-containing foods should be thoroughly cooked before eating.

**Storage:** Refrigeration is a must! Raw eggs in the shell will keep up to 5 weeks without quality loss. Store in the carton, large end up. Do not store in an egg holder in a refrigerator door. Use leftover raw yolk or white within four days. Refrigerate hard cooked eggs as soon after cooking as possible. Use within the week.

### **Tips:**

- White or brown? There is no difference in nutritive value between white and brown shelled eggs. Shell color is determined by the breed of chicken.
- Easter Eggs and Food Safety: For safety reasons it is best to use plastic eggs for hiding.
- Discolored yolks in hard cooked eggs This discoloration is harmless. It does not affect the nutrition, flavor or wholesomeness. Cooling eggs quickly will help decrease this from happening.

Arleen James, Texas County  
OSU Extension Educator  
FCS/4-H & CED

"Oklahoma State University, U. S. Department of Agriculture, State and Local governments cooperating. Oklahoma State University in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a veteran in any of its policies, practices, or procedures."

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