

MARGIE'S MAILBOX

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Utah State University
JUAB COUNTY EXTENSION

3rd quarter 2009

Be Thrifty and Thrive

With these tough economic times, how can we utilize the resources around us to make ends meet and make our money last until the end of the month? How can we learn to live on less and like it?

Juab County Extension, together with USU Extension specialists, has developed a set of factsheets that contain information that will enable you to help yourself and others of all ages cut costs, slash expenses, go green, live on less, make ends meet and ultimately be thrifty and thrive.

These factsheets contain our top 10 ways to save; such as 10 ways to save money on clothing while still looking your best, 10 ways to practice effective money management principles, 10 ways to conserve energy and go a little greener, and 10 ways to eat better on a budget.

More information on ways to save and other resources, along with these fact sheets, can be found on our website at <http://extension.usu.edu/juab/html/family/>

Food Safety, Preservation, and Storage

Canning season is almost here. Make sure you are up to date on all the current canning information. Visit our website which contains up to date information about what's new in home canning, altitude charts, USDA approved recipes, fact sheets and more.

<http://extension.usu.edu/juab/html/family/preservation>

Pressure Canner Testing

Individuals who participate in home canning should check the accuracy of their dial-type gauges and other lid parts as part of their annual routine.

To have the dial gauge on your pressure canner tested free of charge, bring the lid to the Extension office, 160 N Main, Nephi, on any of the following dates: **7/16, 7/28, 8/12, and 8/24**, during regular

office hours. 7:00 am - Noon, and 1:00 pm - 6:00 pm.

If you cannot make it on those days, call 623-3450 for an appointment to have it tested another day for \$1.00.

The Extension office has a Presto 16-quart pressure canner, and a 21-quart (fits 7 quart jars) water bath canner available for home food preservation (a three day checkout). Call for more details.

Upcoming Events

- 7/16 & 28: Pressure Canner Testing
- 8/12 & 24: Pressure Canner Testing
- 8/3-8 Juab County Fair
- 8/18, 9/15 Cooking School classes.

For our complete events calendar please visit our web site at extension.usu.edu/juab

The Extension office has the following magazines to checkout (2 week limit):

- √Consumer Reports
- √Family Circle
- √Sew News
- √Cooking for 2
- √Healthy Cooking
- √Simple and Delicious Cooking
- √Taste of Home Cooking

Inside this Issue:

Deadly Botulism	2
De-Stressing Vacations	2
Food \$ense Program	3
Sewing Solutions	3
Fair Items	4
Finding good Sales	4

Deadly Botulism

Preventing problems in home food preservation . . .

Botulism is a microorganism that produces a deadly toxin in environments devoid of air. An example? Your home canned goods that have been sealed from the outside environment. Once a jar is sealed, botulism can start producing the toxin that is odorless, colorless, and deadly.

You can ensure that your home canned product is safe by following approved recipes that have been tested by the United States Department of Agriculture. Remember, it isn't just your health that is on the line. Children and elderly persons are at greater risk of dying from botulism because of smaller size and often poorer immune systems.

In the spotlight are our top 3 resources for home canning. As a reminder, these aren't the only resources out there but always check to make sure that you only use recipes have been tested and approved by the USDA.

1. **Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA.**

This resource is great for beginning canners. The first section discusses what canning is, what is needed and how to store and re-process foods if necessary. Following sections provide basic recipes for fruits, tomatoes, vegetable, poultry & meats, fermented foods, and jams & jellies.

- Free access to this publication is available at: http://www.uga.edu/nchfp/publications/publications_usda.html

2. **Ball Blue Book of Preserving.**

This resource covers home canning principles and equipment, along with tasty and unique recipes. It also has sections on dehydrating foods and 'problem solver' Q&A.

- This full color book is for sale in the Juab County Extension Office for \$5.50



3. **So Easy to Preserve, University of Georgia.**

This resource contains over 185 tested recipes, along with step by step instructions and in-depth information for both the new and experienced food preserver. Chapters include preserving food, canning, pickled products, jellied fruit products, freezing and drying. The latest edition has 35 new tested recipes and processes, in addition to a new section with recommended procedures for home canned salsas.

- Order online for \$18.00 at <http://www.uga.edu/setp>
- The so easy to preserve book and also the DVD explaining home canning principles are available for checkout through the Juab County Extension Office. It is a valuable resource for community and church presentations interested in home food preservation. Call to reserve: 435-623-3450



Enjoy Your Summer - De-Stressing Vacations

Are you working too hard to have a good time?

- A vacation should be a balance of new experiences and familiar things that will make you feel refreshed, relaxed, and renewed.
- Ask family members what they liked best and least about previous years' vacations and how they want this year's to be different.

•Talk about what it will really be like to wait in long lines, sit in a crowded plane for hours, or drive 500 miles with a hot panting dog in the car.

- Consider a Stay-cation instead of traveling. Enjoy the fun and interesting things in your own area that you've never seen or done.

•Plan some 'down time' when you have nothing scheduled.

- Do as much research as you can to eliminate surprises.
- Hold hotel reservations in advance with a credit card so you won't be caught without accommodations.

Source: Be Well Newsletter, USU Office of Human Resources

Food \$ense Nutrition Education Program

Summer's here and there's no better time to invite you to take free Food \$ense lessons to learn how to cook quick and easy. For more information call Laurie Bates at 623 3457 or go to www.extension.usu.edu/juab for more information.

Now is the time to experiment with colorful, light and creative food ideas. The more color, the more nutrients. So whether life is a picnic, backyard barbecue, or lunch in the park, add some spark and fun to your favorite food.

Most of all, don't forget the fluids. Children are especially prone to fluid loss when playing in the sun. While ice water is your best bet, the following ideas may beat the heat and add some fun. Remember to dilute sweet drinks well with water as sweet drinks may increase thirst.

Smoothie

1 cup orange juice
1 cup cranberry/raspberry juice
3 ripe bananas (or use frozen bananas and skip using the ice)
1 cup ice cubes

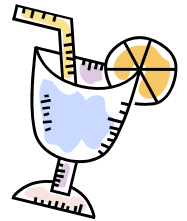
Combine juices and ice in a blender, and process until the ice is crushed. Add the bananas to the blender, and process until smooth. Pour into a glass and enjoy. Serves 2-3



Raspberry Lemonade

2 cups lemonade
1/2 pint fresh raspberries
2 cups ice
Optional garnish: three slices or wedges of lemon

Combine ice and lemonade in a blender until the ice is crushed. Add raspberries, and process until smooth. Pour into a glass, and garnish with lemon slices or wedges. Serves 2-3.



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USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact us at 1-800-221-5689 or online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.



Sewing Solutions

Woven to Knit

If you have a great woven pattern that you want to make work for knits, stitch the side seams 1/2" deeper. Machine baste them at 1 1/8" instead of 5/8". If you're making a pair of pants, try placing the waistband 1/2" lower. Often the zipper can be eliminated from

knit pants if the fabric has enough stretch for fit over the hips.

Shoulder Show

If you prefer to show less skin at the shoulder of open neck garments, first make the bodice in a scrap fabric. Stay-stitch the neckline at 3/4" and trim away the 5/8" seam allowance for an accurate pic-

ture of the finished neckline. Try on the test garment. If the neckline is too wide, extend the front shoulder seam toward the neck. Extend the back shoulder seam the same amount and raise the back neckline as desired. Source: Sandra Betzina, www.sewnews.com

Fair Items

Juab County Fair:

Mark August 3-8 on your calendar for the county fair. Plan now to get your exhibits ready to bring down and fill the buildings. Exhibits may be entered Tuesday, August 4th from 7-9 p.m., or

Wednesday, August 5th from 7:30—9 a.m.



4-H Fair Exhibit Registration Training:

This year brings with it a new exhibit entry system for 4-H exhibits. On July 28-30 we will be holding trainings here at the Extension Office. Come any time during our office hours (7 am - Noon, 1-6 pm) to get set up and learn the entry system. Bring a couple of your child's exhibits to practice entering, and avoid standing in line at the fair.

Fair Judges Needed:

The Extension office needs 30 volunteers to help judge Home Arts and 4-H exhibits for the Sanpete County Fair in Manti. The time commitment is usually most of the day (about 8 a.m.-3 p.m.) with lunch being provided. If you will be available to help judge on Tuesday, August 25, please contact our office at 623-3450.

When will it be on sale?

Sales used to be relatively predictable. These days stores are pumping out weekly sales and manufacturers are introducing new models as fast as they can get them off the assembly line. It is still possible to use the calendar to save money on major purchases. Below is a general guide (there will always be exceptions).

January - bedding, CDs, DVDs, cookware, houses, linens, swimwear, toys, treadmills, TVs, winter clothing.

February - houses, humidifiers, indoor furniture, small electronics, treadmills

March - humidifiers, TVs, winter coats, winter sports gear

April - digital cameras, spring clothing

May - Athletic apparel and shoes, cordless phones, small electronics

June - indoor furniture, small electronics, summer sports gear, swimwear

July - computers, swimwear, outdoor furniture

August - air conditioners, camping equipment, computers, lawnmowers, outdoor furniture

September - bikes, grills, shrubs, trees, perennials

October - bikes, digital cameras, gas grills, winter coats

November - new cars, bikes, computers, grills, toys

December - new cars, bikes, computers, toys, TVs

Read more at <http://extension.usu.edu/juab>



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Check us out on the web:

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