



Family and Consumer Sciences Newsline

September is Food Safety Month

Storage Tips for Fresh Produce

Proper storage of fresh produce can affect both quality and safety. To maintain quality of fresh produce:

Certain **perishable fresh fruits and vegetables** (like strawberries, lettuce, herbs, and mushrooms) can be best maintained by storing in a clean refrigerator at a temperature of **40° F or below**. If you're not sure whether an item should be refrigerated to maintain quality, **ask your grocer**.

All produce that is purchased **pre-cut or peeled should be refrigerated** to maintain both quality and safety.

Keep your refrigerator set at 40° F or below. Use a fridge thermometer to check!

Preparation Tips for Fresh Produce

What About

Pre-washed Produce?

Many precut, bagged produce items like lettuce are pre-washed. If so, **it will be stated on the packaging**. This pre-washed, bagged produce can be used without further washing.

As an extra measure of caution, you can wash the produce again **just before you use it**. Precut or prewashed produce in open bags should be washed before using.

To Wash Fresh Produce

Begin with clean hands. Wash your hands for 20 seconds with warm

water and soap before and after preparing fresh produce. **Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.

Q&As about Fresh Produce

What is "organic produce"?

Organic produce is grown without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.

Before a product can be labeled "organic," 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 standards. Companies that handle or process organic food before it reaches the supermarket or restaurant must be certified, too.

What does the "use-by" date mean on a package of fresh produce?

A "Best-If-Used-By- (or Before)" date is the last date recommended for peak quality as determined by the manufacturer of the product.

Source: U.S. Food and Drug Administration, Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices



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Tailgate BBQ IQ

- The “white bbq” sauce invented by Bob Gibson in 1925 is a staple of what region
 - Oklahoma
 - Alabama
 - Arkansas
 - Florida
- To “purists” barbeque is defined as:
 - Meat exposed to low heat in a pit for many hours
 - Grilled vegetables, meat, or fish basted in a thick sauce.
 - Food cooked over an open, out-door flame.
 - Anything with liquid smoke flavoring as an ingredient.
- You should apply BBQ sauce to chicken legs
 - Before they hit the grill.
 - As soon as they hit the grill, and then again at the end.
 - Baste constantly while they are on the grill.
 - In the last few minutes of grilling.
- Western style BBQ tends to be
 - Open pit
 - Closed pit
- Safe internal temperature for safe, juicy chicken is:
 - 150° F
 - 165° F
 - 180° F
 - 195° F
- How often should you flip a burger to insure maximum juiciness
 - Once
 - Twice on each side
 - Every two minutes
 - Once a minute, pressing down with your spatula

Answers

1. B, 2. A, 3. D, 4. B, 5. B, 6. A.

Inside Out Cheeseburgers

- 1/4 cup shredded Cheddar cheese
 - 1/4 cup shredded Gruyere cheese
 - 1 pound 90%-lean ground beef
 - 1 tablespoon Worcestershire sauce
 - 1 1/2 teaspoons paprika
 - 1/4 teaspoon freshly ground pepper
- Preheat grill to medium-high or preheat the broiler.
 - Combine Cheddar and Gruyere in a small bowl.
 - Gently mix beef, Worcestershire, paprika and pepper in a large bowl, preferably with your hands, without overworking. Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.
 - To grill: Lightly oil the grill rack*. Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well. (Be sure not to press the burgers as they cook or they'll split open and the cheese will ooze out.) To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.

*To oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Nutritional Information per Serving

Calories 250 carbohydrates 2 fat 15 saturated fat 7 mono unsaturated fat 6 protein 25 cholesterol 74 fiber 0 potassium 264

Source: <http://food.aol.com/grilling/regional-bbq-quiz>

BBQ Tips

- Soak bamboo skewers for at least 20 min.
- Foil balls make great grate scrubbers.
- Lifting the lid adds 5 -10 min.
- Use large-grain salt like kosher or sea.

Mildew in your Home

Mildew is the common name for various molds. Mildew can permanently damage and discolor textiles such as carpets and upholstery. It tends to grow in dark, damp places, and creates a musty smell that can permeate a house. Mildew can grow on textiles, furnishings, and walls. It is very difficult to control once it is started.



How can you prevent mildew and mold?

Keep spaces dry. Use a dehumidifier, air conditioning, and fans to circulate the air. Dry out textiles and spaces as quickly as you can.

The ultraviolet light from the sun will kill mildew. For this reason “sunning” has often been suggested when cotton or linen textiles get mildewed. However, this practice could further damage textiles with fading and will not kill any spores that may be hidden from the sun’s rays.

Chlorine Bleach Formula

To prevent further growth of mildew, use a mixture of 1/2 cup of liquid household bleach to 1 gallon of water

How do you remove mildew?

Chlorine bleach, alcohol, ammonia, and pine-based cleaners will help remove mildew. Each must be used separately and according to the label directions. Never mix home cleaning products together. For walls, floors, and other hard surfaces, scrub with an all purpose household cleaner. Rinse thoroughly. Prevent further mildew growth by wiping with a solution of 1/2 cup of liquid household bleach to a gallon of water.

Try the following steps for upholstered items such as chairs, sofas, and mattresses that cannot be machine washed but are not soaked through the stuffing and just

have mildew starting on the surfaces.

1. Brush the mildew off the item’s surface outdoors, or vacuum it off. Immediately throw away the vacuum bag containing mold.
 2. Vacuum thoroughly.
 3. Sponge off the item with a cloth dipped in detergent solution or household cleaner and water. Do not use bleach as it may damage colors.
 4. Rinse off detergent by sponging again with a clean cloth dipped in clean water. Quickly pat with dry towels to absorb moisture. Use a fan to blow dry air on the item.
- (Optional) Sponge with an alcohol cleaner that evaporates quickly. Remember that fabric dyes are not guaranteed colorfast to any of the cleaners that can help control mildew.

For more information about mold and mildew, go to www.epa.gov, click on Mold.

To order publications go to
Environmental Protection Agency
National Service Center for Environmental Publications (NSCEP)
P.O. Box 42419
Cincinnati, OH 45242-0419
Website: www.epa.gov/nscep
Phone: 1-800-490-9198
Fax: (301) 604-3408
E-mail: nscep@bps-lmit.com

The Good News About Youth Today

What has been your most recent experience with youth? While negative stereotypes exist about the lifestyles and attitudes of young people today, most youth in the country are actually healthy, happy, and productive members of society. In fact, the majority of youth in the U.S. engage in some form of volunteer activity, and more youth (59 percent) serve as volunteers compared to adults (49 percent).

Why should youth volunteer?

When youth volunteer, almost everyone involved reaps the benefits. Over \$60 billion is estimated to be contributed annually to the U.S. economy by virtue of volunteer services. Volunteering also helps various service organizations, for instance, by cutting down costs of operations and making services available to a larger audience. When youth volunteer, the larger community also benefits. Volunteerism promotes positive citizenship among youth by encouraging them to be more engaged in their own communities. Youth who volunteer feel more connected to their community, are more likely to show concern, and to stay in or return to their communities. Youth volunteerism contributes substantially to community vitality.

While volunteerism is focused on helping others, perhaps the biggest benefits to volunteering are reaped by the volunteers themselves. Studies suggest that youth volunteerism contributes to:

- identity development,
- enhancement of skills (including increasing job marketability),
- increased self-esteem,
- development of empathy for others, and
- other improvements related to positive youth development.
-

Volunteer work also facilitates the development of significant relationships. Through these activities, youth are able to meet like-minded individuals, as well as a possible range of people they would otherwise not encounter.

What encourages youth to volunteer?

Youth become involved in volunteer work for various reasons. Youth volunteers surveyed by the Bureau of Labor Statistics mention the following factors as encouraging them to become involved:

- a. *They were approached/asked by an organization.* Approximately 40 percent of youth volunteers say that they became involved simply because they were approached by an organization
- b. *They were asked by someone in a school or organization they are involved in.* Approximately 21 percent of youth get involved because people in school ask them.
- c. *They were asked by relatives or friends.* Approximately 16.5 percent of youth volunteers report that they became involved because they were asked by people they knew, particularly by friends and family.

What discourages youth from volunteering?

Several reasons discourage youth from volunteering. According to the Bureau of Labor Statistics, the top reasons include:

- a. *Lack of time and other responsibilities.* Among youth and across all age groups, lack of time is stated as the number one reason (64 percent) for not volunteering.
- b. *Practical concerns.* Sometimes, even if youth have the time and are willing to volunteer, they are faced with simple practical barriers such as lack of information, lack of transportation, or expenses.
- c. *Lack of interest or non-enjoyable activity.* Youth who do volunteer sometimes lose interest because the activities are too difficult, too easy, not rewarding, or simply not a good match for their talents and interests. Too-difficult tasks can easily become frustrating;
- d. *No one asked.* Finally, another top reason why youth don't volunteer is that they simply weren't asked.

Action steps for parents and educators

- Provide youth with information about volunteer opportunities
- Invite/Ask/Encourage youth to volunteer
- Help youth work through practical barriers
- Help youth find an opportunity that fits his or her interest/skill



*Elizabeth's
Notes*

Wasn't the Fair a big success? I am so impressed by the talent, originality and creativity of our members. Attendance at the Membership Style Show and Quilt Turning far exceeded our expectations! Sorry some of our members couldn't get in. Thanks to those who baked the delicious cookies. Our member models were so stylish and every last drop of Wanda's Perfect Peach Tea and the other flavors, too, were enjoyed.

Be sure to attend the September 19 Business Meeting, the Nominations Committee Chair, Coe Ann Patton, has a wonderful slate of 2009-10 County Officers for us to vote on and County Committee Chairs to announce. We will also vote on the 2009 Budget.

MEMBERSHIP DRIVE UNDERWAY. REMEMBER... FREE 2009 membership to any member who brings in a new member between the county fair and November 1, 2008.

SEPTEMBER - Display Case, Candleliters
Business Meeting Hostesses - Valley View
1 Extension office closed for Labor Day
5 **Board Meeting 1:00 pm** Extension, New budget and Officers
19 Fall Business Meeting 9:30 am - Elect President & Secretary, and vote on Budget
24 Nickels for Leadership, Brumbaugh Scholarship, and 2009 Membership dues (\$16.00) due to group treasures.

OCTOBER - Display Case, Owasso Pioneers
Groups select Member, Heart of OHCE, Rookie and Young Member and submit to Extension office by November 7
10 Membership dues to County Treasurer

NOVEMBER - Display Case, Owasso Pioneers
7 Nominees due to Extension Office for Heart of OHCE, Member, Rookie, and Young Member of the Year.
7 2009 Group Officer and Committee Chairs due
21 RSVP for Holiday Luncheon, due to County Treasurer
27-28 Extension office closed for Thanksgiving

DECEMBER - Display Case, Casa La Mia
3 Holiday Luncheon

VALLEY VIEW

The Valley View group had its beginning in the 1920's as the Riverside Home Demonstration Club. The date is uncertain, but the Club split because of size, and part remained as Riverside and the rest became Valley View. We have four who are second generation members with one that belonged to the original Riverside Club.

Several of our members have held County offices and County Committee Chairs throughout the years. One of our members, Coe Ann Patton, is the current County Vice President.

Our meetings are held in member's homes and at St. Paul's United Methodist Church, alternating months. During our months of gathering in the homes, we have our business meeting and present two lessons. At the Church, we sew baby items for the Stork's Nest (a city agency that helps young mothers with their needs). The business meetings are at 12:30 pm and sewing days begin at 10:30 am.

Our group consists of eleven members, that enjoy being together and sharing a variety of interests and talents. We continue to be amazed hearing about what they are doing and sharing it with us. We have a lot of fun at our meetings.

President, Patsy Rowland

THANKS ! ! ! !

A big thank you to all who contributed items, bought items, and worked for our *SILENT AUCTION* at the 2008 Tulsa County Free Fair. Our total was an impressive \$1,763.35.

Kathy Erwin and Linda Lawrence

ATTITUDE

The 92 year old, petite, well-poised and proud mother-in-law of my best friend, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed, and makeup perfectly applied (even though she is legally blind), moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

Maurine Jones is the most lovely, gracious, dignified woman that I have ever had the pleasure of meeting. While I have never aspired to attain her depth of wisdom, I do pray that I will learn from her vast experience.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with enthusiasm of an 80 year old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room...just wait." "That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not, doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it..."

It's a decision I make every morning when I wake up, I have a choice; I can spend my day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift; and as long as my eyes open, I will focus on the new day and all the happy memories I've stored away...just for this time in my life.

Old age is like a bank account...you withdraw from what you've put in...So, my advice to you would be to deposit a lot of happiness in the bank account of memories." "Laugh...every day. Love...every moment."

Provided by Essie Doyle, Eastside OHCE

Sincerely,



Charlotte L. Richert
Family and Consumer Sciences
OSU Extension Educator-Tulsa County

This newsletter is published by OSU Extension Service/Tulsa County Family and Consumer Sciences Department. Information about Oklahoma Home and Community Education (OHCE) groups may be obtained by contacting Tulsa County Extension, 4116 East 15th St., Tulsa, OK 74112-6198
918-746-3703 or log onto: www.oces.tulsacounty.org

Now is the Time to JOIN!

Now is the time to join a Home and Community Education Group. The \$16.00 membership fee is a bargain! You receive 10 *Family and Community Sciences Newsline*; benefit from 11 educational programs developed by OSU Extension Staff; educational cultural and memory-lasting social experiences.