



Boone County EHC

Educate, Enliven, Empower, and Envision
the future for all the families of Arkansas.

October 2008



Leader Training

The educational lesson for November is on different ways for seniors to educate themselves. The leader training will be held on **Wednesday, October 29, 2008, at 10:00 a.m. in the Farm Bureau Board Room.**

PRESIDENT'S DAY

Date: Tuesday, October 21, 2008

Time: 9:30 a.m. – 3:00 p.m.

Theme: The Three R's of Membership –
Retain, Refresh, and Regain

Place: First United Methodist Church – Clarksville

Cost: \$10.00 (lunch & refreshments)

Registration Due Date: September 30

(Make checks payable to Boone County EHC)

Who: The people to attend are your county council officers and other interested EHC members.

Things to Remember

- County Council President will give county's membership goal for 2008-09
- Each county is to bring a fall centerpiece for a door prize giveaway
- Each county is to bring two items for the silent auction

Fall Council Meeting

Put the Fall Council on your calendar for **Monday, October 6, 2008.** Registration and brunch is at **9:00 a.m.** with a program beginning at 9:30 a.m. followed by the meeting. **Everyone should bring a dish for brunch.** The meeting will be at the new building at the fairgrounds.

Each club should bring a centerpiece to be taken to the district's President's Day. Centerpieces will be voted on to choose which will go to district, and the rest will be auctioned off at the council meeting.

The club assignments for the meeting are as follows:

Registration – Harrison

Kitchen Set-up – Gaither

Daily thought, group singing, pledge –
Grubb Springs

Decorations – Quilters

Clean-up – Olvey



The Fall Foliage tour will be held on October 17. It will leave from the courthouse square in Jasper at 9:00 a.m. that day. The cost is \$6.00 plus gratuity for dinner. Additional information will be available at the Fall Council Meeting.

P.O. Box 848
Harrison AR 72602
870-741-6168

Fair News

A big **THANKS!!!** to everyone who worked at the fair. The fair wouldn't happen without dedicated volunteers to do the work. Your donation of time and effort is greatly appreciated by many.

Taxes

Every club must file the tax exempt status for the 2007 – 2008 EHC year. Look for an Annual Electronic Notice (e-postcard) in the mail. File the Form 990-N, Electronic Notice (e-postcard) at www.irs.gov/eo and click on "Annual Electronic Filing Requirement for Small Exempt Organizations – Form 990-N (e-postcard)". Then go down to the box that says "How to File" and click the word "here," which is underlined. If you have any questions or need assistance, please contact Trudy. **E-postcards are due by November 15 to the IRS.**



Sew With Cotton

The Farm Bureau State Sew with Cotton Contest is just around the corner. We have received the new

information for this year's contest here at the Extension office. Now is the time to begin thinking about what you would like to make and begin purchasing your materials. Entries must be received at the county Extension office no later than October 16, 2008. The state contest is December 4, 2008, in Little Rock. Remember that your entire outfit must be made from 100% cotton with the exception of the thread and linings. All instructions can also be found online at

<http://www.arfb.com/!docs/sew-cotton-08.pdf>

EHC Project Books

The EHC project books are due November 21 to the Extension office. See section F (pages F2-F6) in the handbook for more information. The handbook is on the AEHC website. Awards will be presented at the state meeting in June. You have

worked hard on county and club projects so please take the time to receive your recognition.

Remember that the pictures in the state AEHC annual meeting program will come from each district's project books that are submitted for the year.

EHC Who's Who

Please assign partners in your club to write Who's Who articles about each other to put in the newsletter so each person can be featured.

EHC Community Service Projects

Totals of items turned in should be given to Marilyn Scroggins, and items collected at clubs may be given to Marilyn or Terry Edwards.

Community Service Projects are:

October: *Bring lots of children's coats for our big coat drive!!*

November: Bring food items for courthouse Christmas tree

December: Enjoy the season. Send a Christmas card to someone you don't usually.

Sun Drying Foods

The high sugar and acid content of fruits make them safe to dry out-of-doors when conditions are favorable for drying. Vegetables (with the exception of vine-dried beans) and meats are not recommended for out-of-doors drying. Vegetables are low in sugar and acid. This increases the risks for food spoilage. Meats are high in protein, making them ideal for microbial growth when heat and humidity cannot be controlled. It is best to dry meats and vegetables indoors using controlled conditions of an oven or food dehydrator.

Sun-dried raisins are the best known of all dried foods. California produces much of the world's supply of raisins. In the San Joaquin Valley, warm temperatures, low humidity and a constant breeze are ideal conditions for drying grapes.

To dry fruits out-of-doors, hot, dry, breezy days are best. A minimum temperature of 85°F is

needed with higher temperatures being better. It takes several days to dry foods out-of-doors. Because the weather is uncontrollable, drying fruits out-of-doors can be risky. If it rains in California while the grapes are drying, the entire supply of raisins can be destroyed.

High humidity in the South is a problem for drying fruits out-of-doors. Humidity below 60 percent is best. Often these ideal conditions are not available when the fruit ripens and other alternatives to dry the food are needed.

Fruits dried out-of-doors must be covered or brought under shelter at night. The cool night air condenses and could add moisture back to the food, thus slowing down the drying process.

Equipment:

Racks or screens placed on blocks allow for better air movement around the food. Because the ground may be moist, it is best to place the racks or screens on a concrete driveway or if possible over a sheet of aluminum or tin. The reflection of the sun on the metal increases the drying temperature.



Screens need to be safe for contact with food. The best screens are stainless steel, Teflon-coated fiberglass and plastic. Avoid screens made from "hardware cloth." This is galvanized metal cloth that is coated with cadmium or zinc. These metals can oxidize, leaving harmful residues on the food. Also avoid copper and aluminum screening. Copper destroys vitamin C and increases oxidation. Aluminum tends to discolor and corrode.

Because birds and insects are attracted to dried fruits, two screens are best for drying food. One screen acts as a shelf and the other as a protective cover. Cheesecloth could also be used to cover the food.

- National Center for Home Food Preservation

Sincerely,

Trudy G. McManus
County Extension Agent –
Family and Consumer Science

All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the County Extension Office as soon as possible prior to the activity.



The Garden Patch **By Terry Edwards**

"Season of mists and mellow fruitfulness" How well I remember many, many years ago, toiling away in handwriting class, copying this lovely poem! My writing never improved much, though.....

Fall is, of course, THE harvesting time; culmination of spring and summer's hard work, and even though not many of us have root cellars these days, we often do have chest-freezers, and frost-proof garages and basements, in which to keep at least some of our produce for later use. A word of warning: don't ever bother trying to store damaged fruit or vegetables; they will not only rot themselves, but they will also cause other perfect items to spoil. Make sure that insects and rodents, such as rats, mice, and squirrels can't get at your stored produce. I well remember a few years ago making a batch of six magnificent fruity Christmas plum-puddings, to an eighteenth century recipe, no less, and putting them away to mature until the holiday season in a cool cellar, in my best ceramic basins, well tied down with aluminum foil. But, when I went to get them, I found that the cover of each basin had a neat little hole, nibbled by harvest-mice, and all that was left of my lovely puddings was a tidy pile of tiny raisin seeds in the bottom of each bowl.

Onions are best left outside in a dry place under cover until the stalks shrivel, and then packed in net bags and hung from a beam or a hook in the wall in a frost-free shed or garage. It's best if the temperature doesn't go much over 50°F. Don't try to wash potatoes or root vegetables or they won't keep well; just leave them outside to dry for a day or two, brush off most of the dirt, and put them in boxes or baskets in a cool, dark, frost-free place. Late ripening apples store well laid out on shelves, not touching each other, separately wrapped in paper if possible – don't forget to keep looking at them, and remove any that are starting to spoil. Winter squash needs the same treatment minus the paper, and paper-wrapped pears will ripen indoors in a cool place, but it is important to pick them just BEFORE they are quite ripe, and to watch them very carefully, as they soon turn "sleepy."

If you have a lot of green tomatoes, bring them anywhere indoors on the vine, and they will gradually ripen. Really red, ripe ones can be canned, frozen, or cut in half, very lightly salted, and dried on metal cookie sheets placed on top of a hot car in the sun. When they are properly dry, pack them into jars with olive oil, and a twig or two of thyme or rosemary. Modern practice as taught by the Cooperative Extension would say, then sterilize them as for canning, which is CERTAINLY the safest method, but in Europe people simply make sure that the tomatoes are well covered with oil, and that the lids are tightly sealed before they are put away.....and I haven't yet heard of anyone made ill by doing so. Just do what your conscience and common sense suggest!

In addition to all this, many fruits and vegetables can be cut into thin pieces if necessary and dried; for instance mushrooms, apples, peaches, beans and herbs. Make sure to store them, once dried, out of the light, and where they will stay dry. The Extension office will also have lots of information on freezing, canning, and jam-making.

The seniors in our EHC clubs will be well versed in all these methods of storing the harvest, but more and more young families are trying their hand at producing at least some of their own food, so let's hope this information comes in useful once more!