

Extension Homemakers Arkansas County Newsletter

Spring, 2020



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reasonable accommodation to
participate or need materials in
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your County Extension office (or
other appropriate office) as
soon as possible. Dial 711 for
Arkansas Relay.

The Cooperative Extension Service has been serving the people of Arkansas for more than 100 years, through good times and bad. Our current era, in which we all face serious health risks from the COVID-19 virus, is no different. While public health recommendations may limit in-person contact, we are still on the job and always here to help you. You can reach us by phone at (870)946-3231 or (870)673-2346 or email arkansas-dewitt@uaex.edu. All county EH events have been postponed until further notice.

EHC SERVES COMMUNITY ONE FACE MASK AT A TIME

Members of the Arkansas County Extension Homemakers Clubs have found their latest community service work a most welcome gift amid the current pandemic. For the past few weeks, more than 350 cloth face coverings have been made that can offer some protection against COVID-19. The masks have been distributed to hospitals, clinics, businesses and individuals. To find COVID-19 resources related to agriculture, families and communities, visit uaex.edu/COVID19.

MAY EH PROGRAM

The EH program for May is *Organic Foods*. I have enclosed the program materials for your information along with some word games for fun.

STATEWIDE COMMUNITY SERVICE PROJECT

Food insecurity in Arkansas is on the rise. We are trying to bring awareness to this issue and be an ally to those in need. Our goal is to provide one million meals by 2021. By focusing on food insecurity, we hope to make a difference by working together and lowering the number of people who do not have access to food. Please take this opportunity to support our state food bank and local food pantries.



AEHC STATE MEETING

Due to Covid-19, the Annual AEHC State Meeting has been tentatively rescheduled for June 29 - July 2, 2020. Hot Springs Convention Center has furloughed workers during this pandemic but hope to return before the rescheduled date. More information will be sent as it is available.

Please call me at (870)946-6061, if you have questions. We look forward to seeing you soon.

Visit our website at: <http://www.uaex.edu/counties/arkansas>

Look us up on Facebook at: www.facebook.com/ArkansasCountyEHC



Vegetables Word Search

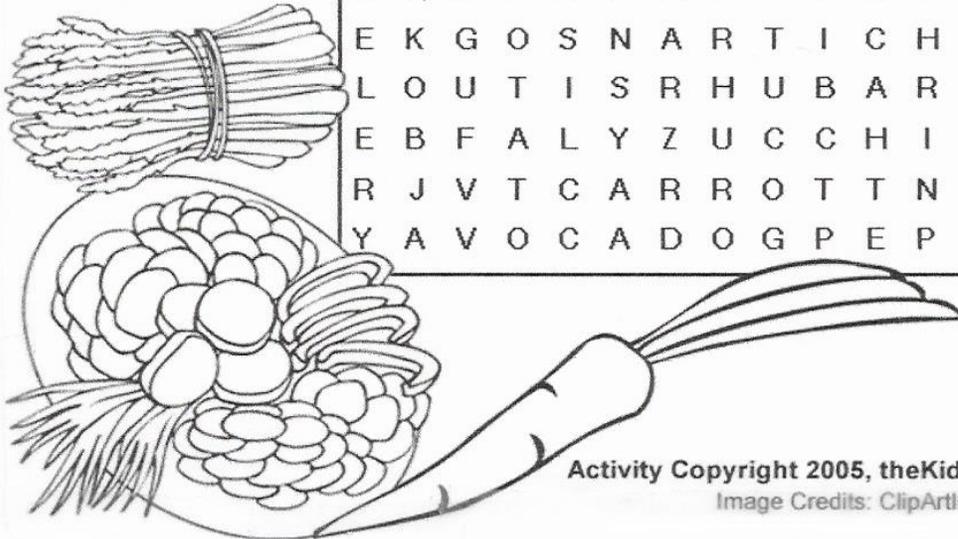
Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the 24 vegetable-related words.

Word List	
brussels sprouts	
potato	cucumber
pumpkin	lettuce
alfalfa	parsley
artichoke	pepper
asparagus	rhubarb
avocado	carrot
broccoli	radish
cabbage	beans
cauliflower	spinach
celery	zucchini
corn	yam
	pea

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Y A M B R O C C O L I R B A G
C A U L I F L O W E R D Q L P
C U C U M B E R N Z T T C F A
Y Y N S P I N A C H S J O A R
Z R O A E C A B B A G E R L S
M Z O R A D I S H M V B N F L
K A A S P A R A G U S G X A E
R F A Q M B P U M P K I N Y Y
B R U S S E L S S P R O U T S
C Q O P N A L E T T U C E L M
E K G O S N A R T I C H O K E
L O U T I S R H U B A R B D T
E B F A L Y Z U C C H I N I H
R J V T C A R R O T T N E F F
Y A V O C A D O G P E P P E R

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Activity Copyright 2005, theKidzpage.com
Image Credits: ClipArtInc

www.thekidzpage.com/colouring_menus/activities/pages/c0085f.htm

FUN FRUIT TRIVIA

1. Some people call this red fruit a vegetable, but it's really a fruit and very juicy.
2. This tropical fruit is grown in Hawaii. The most famous brand name is "Dole".
3. What is a dried grape called?
4. Which fruit has milk inside it?
5. This is a long yellow fruit. Monkeys like to eat them.
6. This red delicious fruit will keep the doctor away.
7. This fruit comes in bunches, and is most commonly red, purple or green?

Information from: <https://www.funtrivia.com/playquiz/quiz1236eb0.html>



In today's ever-changing marketplace, choosing foods for nourishment while maintaining a budget can be both difficult and confusing. It seems there are so many foods touting health claims these days, which makes it harder to decode what will be a good choice for our dinner table. "Organic," "all-natural," "fresh," "antibiotic-free," "cage-free," "free-range," what does all this mean and is it worth the price?

What does it mean?

The term "organic" refers to foods that have been farmed and produced according to the standards of the United States Department of Agriculture's (USDA) National Organic Program (NOP). Organic farms cannot use synthetic fertilizers and pesticides, sewage sludge fertilizers, genetically modified seeds, growth hormones, or antibiotics or drugs (except in the case of illness). Animals being raised organically must have access to the outdoors, ingest organic feed, and live in non-stressful settings. Organic food processing cannot use non-organic ingredients, irradiation, genetically engineered ingredients, or solvents to extract oil. Farmers must demonstrate these characteristics for three years prior to becoming a certified organic farm.

Packaged foods

- **100% organic.** All ingredients are organic.
- **Organic.** At least 95% of the ingredients are organic.
- **Made with organic ingredients.** At least 70% of the ingredients are organic.



One cannot assume any food that uses the term "organic" is 100 percent organic. There are four types of organic labels: "100% organic," "organic," "made with organic ingredients," and others. Foods labeled "100% organic" with the USDA organic seal are the only foods guaranteed to be 100 percent organic. Foods labeled "organic" must contain at least 95 percent organic ingredients and have the USDA organic seal. Foods labeled "made with organic ingredients" may not use the USDA organic seal but must contain at least 70 percent organic ingredients. Other foods containing organic ingredients may not use the USDA organic seal and may only list the organic ingredients in the ingredient list. Food labeled with "natural," "fresh," "cage-free," and other labels cannot be assumed to be organic as these terms do not share the same definition.

- **Organic fruits & vegetables** were grown without synthetic pesticides, synthetic fertilizers, or sewage sludge, and haven't been genetically engineered or irradiated.
- **Organic beef & chicken** come from animals that weren't the offspring of cloned animals. They were raised on 100 percent organic feed, were never given growth hormones, antibiotics, or other drugs, and their meat was never irradiated.
- **Organic milk** comes from animals that, for at least the past 12 months, were fed 100 percent organic feed and weren't given antibiotics or growth hormones.
- **Organic eggs** come from hens that were fed 100 percent organic feed and were never given growth hormones or antibiotics.
- **Organic seafood** doesn't mean a thing, since the USDA hasn't defined the term.
- **Cage-free eggs** come from hens that were not confined to cages and that may or may not have had access to the outdoors. They're not necessarily organic.
- **Free range or free roaming poultry** have access to the outdoors, but for no minimum time. They're not necessarily organic. **Cage-free poultry** doesn't mean anything, since most chickens grown for meat are kept indoors but cage-free until they're transported to slaughter.
- **No hormones administered** can appear on beef labels if the producer can document that the animals were raised without hormones. Hormone free is an illegal claim, since all animals produce their own hormones.



- **No antibiotics added** can appear on a label if the producer can document that the animals were raised without antibiotics.
- **Natural** or **all-natural** meat or poultry products contain “no artificial ingredients and are no more than minimally processed.” They are not necessarily organic, though some supermarkets try to make them appear to be.
- **Access to the outdoors.** All organically raised animals are supposed to have it. Critics charge that the rules are too vague, and that animals raised in huge organic operations don’t get to move around enough outside.

Are Organic Foods Worth the Price?

Some might say yes, citing an array of health claims from preventing cancer to autism, while others state that you can get all of the benefits of fruits and vegetables from conventionally farmed foods--often for half the price of organic produce. Some advantages of organic foods can include fresh taste, support of local industry, and less environmental impact. However, organic foods can often be costly, less convenient to purchase, and misleading as to whether or not they are truly organic. A systematic review of 240 studies from 1966 to 2011 by Stanford University researchers concluded that organic foods cannot be assumed to have more nutrients than conventionally farmed produce.

If consumers are looking to make the freshest choice with their produce dollars, they should remember that purchasing local (organic or not) is a great way to ensure produce is traveling a smaller distance to arrive from field to dinner plate, which keeps vitamin and nutrient content high while also reducing its carbon footprint.

Information from: <https://extension.psu.edu/organic-foods> and <https://extension.purdue.edu/henry/article/3354>