

# Family & Consumer Sciences

## Arkansas County Newsletter

August 9, 2017



Thanks to everyone who participated in the Secrets of the Mediterranean Diet Workshop. We had a great afternoon discussing typical Mediterranean foods, lifestyle factors and health benefits followed by an olive oil tasting. As a fun bonus, we ended the workshop by making a beaded serving utensil taught by Charlene Wingfield. Special thanks to Charlene!

“Volunteers do not necessarily have the time; they have the heart.”

Elizabeth Andrew

#### EXTENSION SERVICE DATES TO REMEMBER:

EH LEADER TRAINING  
“THREE DAY  
EMERGENCY SUPPLY”  
AUGUST 24

EH BOARD MEETING  
AUGUST 24

RICE MONTH  
SEPTEMBER

SWEET POTATO  
COOKING CONTEST  
SEPTEMBER 8

COUNTY FAIR  
SEPTEMBER 11-16

DISTRICT AEHC RALLY  
OCTOBER 24

#### Arkansas County Offices

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DeWitt, Arkansas 72042  
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Fax: (870)946-3061  
E-mail:

2900 Highway 130 East  
Stuttgart, Arkansas 72160  
(870)673-2661, Ext. 254  
Fax: (870)673-4315  
E-mail: [arks@uaex.edu](mailto:arks@uaex.edu)

### EH LEADER TRAINING

The September EH program is “Three Day Emergency Supply” by the Safety & Emergency Preparedness Leader. Leader training will be held on Thursday, August 24 at 9:30 a.m. at the Extension Office. If your club leader cannot attend, please make plans for someone to represent your club.

### EH BOARD MEETING

The EH Board and Executive Committee will meet on Thursday, August 24 at 10:30 a.m. at the Extension Office to plan for activities. Items on the agenda include: Senior Citizens Day at the County Fair, Fall Council Meeting, EH Project Books and AEHC District Rally. If your club president is unable to attend, please ask your vice president or another member to attend. Each club is encouraged to share ideas and concerns at this meeting.

### ARKANSAS COUNTY FAIR

The 2017 Arkansas County Fair will be held September 11-16. This year’s theme is “Salute to Red, White & Blue.” The success of our county fair depends upon our many valued volunteers who devote time and effort to the different areas of the fair. If you or someone you know would like to become a county fair volunteer, please call the Extension Office.



### MISS ARKANSAS COUNTY RICE

September is National Rice Month and a time to honor our local rice farmers. Rice is a small but mighty grain that has captivated Americans’ hearts and stomachs for more than 300 years. Nearly 85% of the rice consumed in the United States is grown right here on family farms across the six rice-producing states: Arkansas, California, Louisiana, Mississippi, Missouri, and Texas. Harley Bishop was crowned “2017 Miss Arkansas County Rice”. Her rice dish is “Farmer’s Pie”. Harley is doing a wonderful job promoting the use of rice in Arkansas County. If you would like her to come to your club and present a program, please call the Extension Office.

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

## POULTRY TESTING CLINIC

The 2017 Arkansas County Fair is just around the corner and in preparation all poultry (including 4-H Poultry Chain birds) must be tested before they can enter the fairgrounds on September 10-11. A Poultry Bleeding Clinic is scheduled for Thursday, August 31. It will be held at the Arkansas County Extension Office from 5-7 p.m.

All poultry (including 4-H Poultry Chain birds), which includes domesticated game birds, turkeys, pheasants, guineas, and quail, must be tested for Pullorum-Typhoid within 90 days of the exhibition. Ankle bands will be attached once the bird is tested and the number on the band will be recorded. These bands must remain on the bird for entry into the fair.

If you have questions, or if transporting your birds to the Extension office on this date presents a problem, please contact our office so other arrangements can be made.

## CROCHET CONNECTION

Participants of Crochet Connection are making a difference in the lives of Arkansas Children's Hospital patients by donating crocheted hats. Whether you are a master, know the basics or just want to learn from each other, this is an opportunity to share this hobby and make some new friends along the way. Participants are welcome to bring their projects for "show and tell". Call the Extension Office for more information and watch for the next meeting date to be announced.

## EXTENSION GET FIT

The Extension Get Fit program helps increase strength, bone density, balance, and energy while helping us look and feel better. It is an excellent program and we have seen amazing results. For more information, please call the Extension Office. Classes are held at the following locations:

DeWitt Community Center	Tuesday & Thursday 9:00 a.m.
Phillips Community College, DeWitt	Tuesday & Thursday 8:00 a.m.
Cooperative Extension Service	Tuesday & Thursday 5:30 p.m.
Casscoe Community Center	Monday, Wednesday, Friday 8:00 a.m.
Planters & Merchants Bank	Monday, Wednesday, Friday 8:30 a.m.
First Baptist Church, Stuttgart	Tuesday & Thursday 9:00 a.m.
Baptist Health Medical Center	Tuesday & Thursday 5:30 p.m.

## EXTENSION HOMEMAKERS



*The mission of this organization shall be to empower individuals and families to improve their quality of living through continuing education, leadership development, and community service.*

The Arkansas Extension Homemakers Council organization is one of the largest nonprofit volunteer groups in the state. Arkansas County Extension Homemakers are so generous to give of their time to help others. In 2016-17, Arkansas County EH members volunteered 7500 hours, valued at \$181,050. There are currently 50 members and 4 members-at-large. We love being volunteers within our community and making a positive impact on the lives of others! For more information about Extension Homemakers in Arkansas County call the Extension Office or contact the club president:

**Gillett EHC** • Margie Hackney (870) 548-2406

**Key EHC** • Barbara Jones (870) 946-3753

**Maguire EHC** • Patsy Coose (870)674-7190

**New Providence/Turley** • Joan McFerrin (870)946-3315

**Prairie Gems EHC** • Shirley Fread (870) 946-3848

## SWEET POTATO COOKING CONTEST



The first Annual University of Arkansas at Pine Bluff School of Agriculture, Fisheries and Human Sciences Sweet Potato Cooking Contest will be a featured event at UAPB's Agriculture Field Day. The cook-off will take place at UAPB in the Adair-Greenhouse Hall, Room 122-123 on September 8. Check-in is 8:30 a.m. Cook-off is 9:00 a.m. Judging 10:00 a.m. Sweet potatoes, a stove and workstation will be provided. The finalists must provide all other ingredients.

- Participants must be 18 or older
- No entry fee
- Sweet potato-based recipes should be submitted to:  
Rachel Will, 1200 N. University Dr., Mall Slot 4966, Pine Bluff, AR 71601 or  
Submitted electronically at [willr@uapb.edu](mailto:willr@uapb.edu)
- Recipes must be received by August 17
- Recipes will be judged based on ease of preparation, availability of ingredients, originality and creativity
- Recipes for sweet potato pies are not eligible
- The top five contestants will be invited to participate in a cook-off vie for the first-place trophy and other prizes to be awarded during UAPB's Agriculture Field Day on September 8.

## LEMON RICE

Ingredients:

- 2 ½ c. chicken broth
- 1 Tbsp. freshly squeezed lemon juice
- 1 c. uncooked long grain rice
- ¼ c. chopped celery
- 1 Tbsp. grated lemon rind
- 2 Tbsp. onion, finely diced
- 2 Tbsp. fresh parsley, chopped
- 2 Tbsp. butter



Directions:

Melt butter in heavy saucepan. Add celery and onion and cook over medium heat until tender. Add rice and chicken broth to pan. Bring to a boil, cover tightly and reduce heat. Simmer for 20-25 minutes, stirring occasionally, until all liquid is absorbed. Add lemon rind and parsley and toss together. Serve immediately.

Martha Feland, 2016 Arkansas Rice Expo Recipe Contest Winner  
Recipe from: Arkansas Rice Expo - Living Well With Rice, 2017 Recipe Book

The Arkansas County Cooperative Extension Service is here to provide you with the educational information you need for your home, your farm, your family and your future. We are located at 1009 Liberty Drive in DeWitt. Our office hours are 8:00 a.m. – 4:30 p.m. Contact us for your educational needs and please let me know if you have suggestions for our county program.

*The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.*

Sincerely,

A handwritten signature in cursive script that reads "Alta Lockley".

Alta Lockley  
County Extension Agent -  
4-H/Family & Consumer Sciences

## 6 *Tips to Conserve Food*

1. **Shop your refrigerator and pantry first!** Cook or eat what you already have at home before buying more.
2. **Plan your menu before you go shopping** and buy only those things on your shopping list.
3. **Buy only what you realistically need** and will use. Buying in bulk only saves money if you use it before it spoils.
4. **Be creative!** Use all edible parts of food. For example, make stale bread into croutons and saute' beet tops for a delicious side dish.
5. **Freeze, preserve, or can surplus** fruits and vegetables.
6. Eating out? **Order only the amount or portion you can eat** or take home leftovers for your next meal.



Adapted from: <https://www.usda.gov/oce/foodwaste/resources/consumers.htm>