Important Reminders

- Members and Club dues are to be to Deborah Cearley by June 19th
- Volunteer hours for each club are due to Kristen at the Extension office by June 19th
- Any updates to member mailing lists or if new members need to be added list due to the Extension office by June 19th

Upcoming Workshops:

Healthy Cooking Using Fresh Herbs Class –
- Monday, May 18th 5:30pm – 6:30pm
- Wednesday, May 20th 5:30pm – 6:30pm

This class is free of charge and will cover everything from preparation of herbs to herb and food combinations. Please call the Extension Office for more information or to sign up.

Food Preservation Workshops –
- Tuesday, May 19th 6pm – 8pm
- Saturday, May 30th 1pm – 3pm
- Thursday, June 4th 6pm – 8pm
- Saturday, June 13th 1pm – 3pm

Each workshop will cover freezing, drying, and canning produce; what not to do when preserving food; and basic food preservation techniques. There are some changes that have come up with food preservation products that are used for pressure and water bath canning. We will go over those changes and what to do differently to ensure that food is processed correctly. The cost for the workshop is $10 per person. Please call the Extension Office for more information or to sign up for a workshop.
Volunteer Opportunities

There are many ways to volunteer in our community. Volunteering in the community is a great way to build relationships not only with other volunteers but also with the people in our county. Below are several great community outreach projects:

- Hosting Birthday Parties at the nursing homes
- Making “goody bags” for the foster children at CALL or Maggie House in Charleston
- Making bags for the women at the Charleston Women’s Job Corp
- Volunteering to help 4-H youth with projects and events
- Sewing projects for community events
- Volunteering for the Franklin County Fairs both North and South

Franklin County Fair Volunteers

We need volunteers to help with our county fairs this year.

North Franklin County Fair: August 19th – 29th

- We need volunteers for set up on Tuesday, August 25th from 1:30pm to 7pm, Baked Goods will be judged at 6pm so those that volunteer for that area will need to be aware of that.
- Judging will be Wednesday, August 26th from 10am to 12pm, lunch will be provided for those that help with judging.
- We need hostess to sit in the building during the fair while the creative arts exhibits are open to the public. Below are dates and times that we need volunteers.

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*Times can be rearranged to fit personal schedules. We need at least one individual per hostess period.

South Franklin County Fair: September 10th – 12th

- Check in will be Thursday, September 10th from 2pm – 6pm.
- Judging will be Friday, September 11th from 10am – 12pm. Check in for baked goods will be from 8am – 10am this day.
- We will also need hostess for this fair when the building is open to the public.
- Paula Dozier will be the contact person for this fair. Please contact the Extension Office for more information.

Please contact Kristen at the Franklin County Extension Office to sign up to volunteer. We appreciate everyone that volunteered last year at the fairs and look forward to another great year!
Paris Fair Judges Needed

Each year our county trades with another county to go judge a fair. This year Logan county will be trading with Franklin County. The Logan County Extension Homemakers will be judging the North Franklin County Fair. This means that the Franklin County Extension Homemakers will go judge the Paris Fair. This fair will be August 11th – 15th. Judging will take place on Wednesday, August 12th from 10am – 12pm. Baked Goods will be judged on Tuesday, August 11th at 6pm. Below are the categories that need judges:

- Baked Goods
- Clothing
- Art
- Photography
- Crafts
- Horticulture

Calendar of Events

May 10th – Mother’s Day
May 14th – Master Gardener Meeting 5:30pm
May 18th – Herb Class 5:30pm.
May 19th – Food Preservation Workshop 6pm
May 20th – Herb Class 5:30pm
May 25th – Memorial Day Office Closed
May 30th – Food Preservation Workshop 1pm
5 Steps to Food Safety in the Garden

1 – PROPERLY PREPARE YOUR GARDEN FOR PLANTING
Locate your vegetable garden away from manure piles, well caps, garbage cans, septic systems and areas where wildlife, farm animals, or the family pets roam.
Use amendments and compost safely. Compost is the natural breakdown product of leaves, stems, manures and other organic materials—and it is also a source of pathogens. To be safe for gardening, your compost must reach a temperature of at least 130°F. Check the temperature with a compost thermometer. If you choose not to rely on a thermometer to check your compost pile, add the compost only in the fall or after your growing season. NEVER introduce any animal waste, including pet waste, meat scraps, or dairy product waste in your compost bin.

2 – PROPERLY MAINTAIN YOUR GARDEN

- Source(s) of water: Be familiar with the quality and safety of the water source(s) you use in your garden. If you get your water from a municipal or public water system, you can be sure that it is safe and potable (drinkable). Surface water (lakes, ponds, rivers and streams) can be polluted by human sewage or animal waste, fertilizers and pesticides from lawns and farm fields, or chemicals from industry, and is not recommended as a water source for your garden. Ground water (which is the source for well water) is less likely to have microbial contaminants than surface water. If a well is your water source, you need to take a little more care to be sure that it is providing you with safe, clean water. t use it on your edible gardens.

- Animals: Animal waste can be a source of bacteria, parasites and viruses. During the gardening season, keep cats, dogs and other pets out of the garden. Curtail nesting and hiding places for rats and mice by minimizing vegetation at the edges of your fruit and vegetable garden. Do not feed wild animals (even birds) near your garden.

3 – PROPERLY HARVEST YOUR GARDEN PRODUCE
Use clean, food-grade containers. Food-grade containers are those made from materials designed specifically to safely hold food. Garbage bags, trash cans, and any containers that originally held chemicals such as household cleaners or pesticides are not food-grade. Even the well-loved, old-timey garden basket is suspect. Use clean gloves (that have not been used to stir compost or pull weeds) or clean hands when picking produce. Brush, shake or rub off any excess garden soil or debris before bringing produce into the kitchen.

4 – PROPERLY STORE YOUR GARDEN PRODUCE
If you choose to wash fruits and vegetables before storing, be sure to dry them thoroughly with a clean paper towel. (NEVER wash berries until you are ready to eat them.) If you choose to store without washing, shake, rub or brush off any garden dirt with a paper towel or soft brush while still outside. Store unwashed produce in plastic bags or containers, and keep fruit and vegetable bins clean.
When washing produce fresh from the warm outdoors, the rinse water should not be more than 10 degrees colder than the produce. If you are washing refrigerated produce, use cold water. Fruits and vegetables needing refrigeration can be stored at 40° F or less. Fruits and vegetables stored at room temperature (such as onions, potatoes, and tomatoes) should be in a cool, dry, pest-free, well-ventilated area separate from household chemicals.

5 – PROPERLY PREPARE AND SERVE YOUR FRESH GARDEN PRODUCE
More often than not, we eat fresh fruit and vegetables raw so we cannot rely on the heat from cooking to destroy the pathogens that might be on our homegrown lettuce or tomatoes; therefore, it is important to prepare raw produce with food safety in mind.
Always wash your hands first. Assure clean work surfaces and clean utensils by washing both prior to use.

Rinse fresh fruits and vegetables under cool, running, clean water even if you do not plan to eat the skin or rind. Never use soap, detergent, or bleach solution to wash fresh fruits or vegetables. These solutions can affect flavor and may not be safe to ingest. While grandmother may have used a salt-water bath on her produce, it isn’t necessary for food safety reasons. (Salt water will, however, help remove any remaining garden pests that might have hitched a ride into the kitchen on your produce.)

If you have leftover produce that has been cut, sliced, or cooked, store it in clean, air-tight containers in the refrigerator at 40°F or less.