

Healthy Living,

Happy Homes

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Cooperative Extension
Service

P.O. Box 357
Lonoke, AR 72086

E: dbowen@uaex.edu
Phone: 501-676-3124
Fax: 501-676-7847

Dianna Bowen

Dianna Bowen
County Extension Agent:
Family & Consumer
Sciences

Facebook: UAEX-Lonoke
County FCS
Twitter: Dianna
Bowen@UAEXlonoke

www.uaex.edu

Marriage, Parenting, &
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Spring 2014

Extension Homemakers/4-H Sewing Club Meeting

The Lonoke County EH/4-H Sewing Club had to cancel their February meeting due to inclement weather. We will be having our next meeting on Thursday, March 6, at 6:00 pm due to a conflict with the conference room on Saturdays during March. This meeting will be to get the two organizations set up and officially working. We will also be discussing our first project and ideas for things you would like to make and learn. Future meetings will get back to the second Saturday of the month at 9:00 am starting in April.

Food Preservation Workshops

Nothing taste better than fresh fruits and vegetables during the spring and summer months. But what do you do in the winter? Enjoy home canned fruits and vegetable that you lovingly put up yourself. Whether you are a novice or an experienced home food preservationist, you will enjoy this class learning the latest information about home canning procedures. Join us at the Lonoke County Extension Office for an informative, hands-on workshop in home food preservation.

- Water-bath canning – May 13, 1:00-4:00 pm
- Pressure canning* – May 15, 1:00-4:00 pm
- Pickling – May 28, 1:00-4:00 pm



Each workshop will cost \$10 per person and you must register in advance as space is limited. Please contact the Lonoke County Extension Office to register.

*While our jars are processing during the pressure canning workshop we will also discuss freezing and drying foods.

Pressure canner gauge testing – March 27-28, 8:30 – Noon. Call the office to set up a time to have your gauge tested before canning season begins.

SUMMER DAY CAMPS

Even though the weather is still cold, summer will be here before we know it. Mark your calendars now for summer day camps offered by the Lonoke County Extension and 4-H. We have added a second session of some of our camps to try to accommodate everyone who is interested. Participants may only sign up for one session if the camp is being offered twice, but may sign up for as many different camps as they would like. Brochures and registration forms will be available in April. Space is limited so call or come by the Extension Office to get a registration form with more information.

Babysitting Basics – July 1-2, 9:00-4:00, \$10
(New this year) Youth 10-19

Participants will learn about the responsibilities of a babysitter, understanding children and their care, behavior and guidance, the importance of play, safety and emergency procedures, and business basics. For participants to receive the certificate of completion for this course they must attend all day both days. Participants will need to bring a sack lunch.

Beginning Sewing – July 8-9 or July 29-30, 9:00-4:00,
\$20, Youth 8-19

Participants will learn the basics of using a sewing machine and hand sewing. Owning a machine is not required but will be helpful as we are limited in the number of machines we have and they will be reserved on a first come basis. A list of supplies needed will be on the registration brochure. The same projects will be made at each session. Can only sign up for one session. Participants will need to bring a sack lunch.

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.

Advanced Sewing – July 10-11, 9:00-4:00, \$20,
Youth 10-19

Participants must have attended at least 2 years of beginning sewing or get the recommendation of their school FCS teacher. Other information is the same as Beginning Sewing (see above). Participants will need to bring a sack lunch.

Fun in the Kitchen – June 24-25 or July 22-23, 9:00-2:00,
\$20, Youth 8-19

This is two days of continuous cooking. We will be preparing our lunch as part of the camp experience so there is no need to bring a lunch. Participants will need to bring an apron and must let the extension office know in advance of any food allergies. The same recipes will be used for each session. Can only sign up for one session.

Shooting Sports – Basic, June 9-10, \$30; Advanced,
June 11, \$20, 9:00-4:00
(\$50 for all three days)

This camp is designed to provide youth with an introduction to shooting sports. Highlights include archery, BB rifle, and an introduction to 4-H Shooting Sports. All equipment is provided. Camp is open to youth ages 5-19, however, to attend the Advanced day, youth must have completed the Basic Shooting Sports day camp and 3rd grade.

Fun with 4-H – August 7-8, 9:00-4:00, \$10

A two day 4-H experience for youth ages 5-19 with hands on activities in Healthy Living, 4-H Science, and Citizenship/Leadership.

Participants of **Shooting Sports** and **Fun with 4-H** will be outside some and will need sunscreen and insect repellent and there is the possibility of getting wet or dirty so dress appropriately. Participants also need a sack lunch or may purchase snacks at the event.

Health & Wealth

Energy-Saving Tips for the Kitchen

Home cooking is a great way to make healthy and flavorful meals. The following tips will help you save energy in the kitchen:

- Use the lowest temperature setting possible.
- Preheat the oven to the exact temperature required. Preheating is not necessary for foods that cook for several hours.
- Limit the number of times the oven door is opened; opening the door lowers the temperature as much as 25°F.
- Glass and ceramic baking dishes retain heat better than metal. Cooking with glass or ceramic dishes allows you to reduce oven temperatures 25°F.
- Turn the oven off 15 minutes before the cooking time is complete and food will continue cooking at the set temperature as long as the door remains closed.
- For range tops, match the size of the pot to the size of the burner. A 6-inch pot on an 8-inch burner wastes over 40% of the burner's heat.
- Cover pots and pans; foods will cook more efficiently and the kitchen will stay cooler in the summer.
- Turn off the burner on your electric range a few minutes before cooking is complete; the heating elements will stay hot enough to continue cooking after the electricity is turned off.

A well-maintained oven cooks more efficiently. Make sure that your oven and range-top remain clean at all times. For gas burners, blue flames mean good combustion; yellow flames mean service may be needed to ensure the gas is burning efficiently.

Energy-saving kitchen appliances

Slow cookers, electric skillets, and toaster ovens are great for heating leftovers, and use much less energy than conventional ovens and range tops. Microwave ovens also use 50% less energy than conventional ovens. To save energy, reheat food in the microwave instead of on the range top or in the oven.

Kitchen clean up

Newer dishwashers clean heavily soiled dishes to a shine, eliminating the need for pre-rinsing. If you must pre-rinse, use cold water. If your dishwasher has a booster heater, set the temperature of your hot water heater to 120°F. More energy-saving tips follow:

- Do not run the dishwasher until you have a full load.
- Load the dishwasher carefully to ensure that the water flows freely and the dishes are cleaned efficiently.
- Use the air-dry feature whenever possible.

To reduce costs and help the environment, make energy-efficient cooking part of your daily routine.



This article previously appeared in the Entergy Solutions Plus newsletter, and is used with permission.

Mailing List Update

As required by postal regulations, the Lonoke County Extension Service must regularly update its mailing list each year in order to send informative newsletters and other pertinent material. We have enclosed a "request to be on mailing list" card which contains numerous subject matter areas as well as civil rights information. Persons wanting to receive periodic mailings should check all appropriate subject matter areas; complete sex and gender sections; provide correct name and address; affix postage and mail the card or visit the Lonoke County Extension Office on Hwy 70E, 501-676-3124 to provide us with their information. You may also get this newsletter electronically by emailing me your request at dbowen@uaex.edu