Attention food preservationist who enter your canned goods in the fair! There have been updates to the judging preserved foods section of the fair judging manual. These rules are effective immediately and will be enforced at the 2014 Fair. Dr. Serena Fuller, Associate Professor of Nutrition and Food Safety from the University of Arkansas Division of Agriculture Cooperative Extension Service, has developed these changes to bring awareness to food safety while canning. The rules are as follows.

1. All entries must have been preserved within the previous 12 months and can only be entered once.

2. Exhibits must be labeled with the date of food preservation and method of preservation. Method must state whether canned in water bath, pressure canned or other, the process time and the pounds of pressure where appropriate. Entries without required labeling will not be judged. All others will be disqualified.

3. When judging the first component will be done by comparison to recognized standards of quality and safety. Second, they will be met by comparison to other exhibits to determine placing within a class (first, second, third).

4. For judging and safety reasons, ONLY clear glass Mason jars with a clean metal lid and ring, vacuum sealed and of acceptable size per recipe instructions – typically quart, pint or smaller—will be accepted. All others will be disqualified.

5. Due to safety reasons, no canned squash (including summer, zucchini or spaghetti) pureed or mashed pumpkin, sweet potatoes, or potatoes will be judged. Pickled summer squash and zucchini are allowed.

6. If recipe used is not from either: 
   - So Easy to Preserve, 1999 and 2004, 4th and 5th editions. University of Georgia Cooperative Extension Service. (about $30 on Amazon)
   - USDA Complete Guide to Home Canning, 2009 revision. United States Department of Agriculture and National Institute of Food and Agriculture. (available online for FREE or $18 from The Education Store)

Then entry should also be accompanied by recipe from other Extension publications updated or published after 1995. All others will be disqualified.

For more information and in depth rules for food preservation entries at the fair, please contact Addie Wilson at the Nevada County Extension Office.
This summer the Nevada County Cooperative Extension Service will be holding one week career oriented summer camps! The purpose of the camp is to help youth develop skills and knowledge in career exploration. Participants will learn how to set education and career goals, how to create a portfolio/resume, how to develop a business plan, and much more! Classes will be held at the Nevada County Cooperative Extension Office and start at 10:00 AM daily and end at 2:00 PM. Participants are asked to bring a pencil or pen, a notebook and a sack lunch for the day.

The first summer camp session will be from June 23, 2014 – June 27, 2014. The second summer camp session will be from July 14, 2014 – July 18, 2014. Registration is required. Please let parents of youth know about this great opportunity. For more information see the included flyer.

Wellness Ambassadors Program

Fourteen volunteers from Clark, Columbia, Hempstead, and Nevada counties make up the third Extension Wellness Ambassador graduating class in the state. This is the first year the volunteer training program, based on the Master Gardener program model of learning in exchange for community service, has been conducted in Arkansas. Wellness Ambassadors received 40 hours of **training in health, nutrition, and physical activity over a five-week period**. As part of the program, they will give back at least 40 hours of volunteer service to help others live healthier lifestyles. Throughout their training, ambassadors worked with their county’s Family and Consumer Sciences agents to identify community needs and plan a project to address health issues. Wellness Ambassadors will work on projects targeting their communities. Planned projects include expanding Extension fitness programs, healthy cooking schools, worksite wellness programs, and infusing summer reading programs with healthy eating and **yoga activities**. As volunteers for the University of Arkansas Cooperative Extension Service, Wellness Ambassadors will extend the reach of extension educational programs focused on improving health.

**Additional Extension Wellness Ambassador trainings will be held in 2014.**
The 2014 State AEHC Meeting promises to be the best statewide meeting so far in the history of AEHC. This year’s theme is “Celebrating Our Members.” Since, we have the most dedicated, passionate and kind hearted members of any organization in existence, this meeting can be nothing less than remarkable. Come join us from June 3rd—5th at the Hot Springs Convention Center in Hot Springs, AR. This year there are 7 “How to” classes, 5 “Creative Skills” classes, 7 “Subject Matter Classes,” and 7 “Education” classes. A list of the classes are listed below. There is so much going on that it can not all be contained in this article. Registration is just $30.00 and is due on May 1st. Please contact the Extension office for additional information.

### Dates to Remember

- **April 17th**—Lunch with Hempstead County EHC groups at UACCH-Hempstead Hall Meet at the office at 10:00 AM. *Wear a hat or flower in your hair.*

- **April 24th**—EHC Spring Potluck meeting at Noon at the Nevada County Extension Office. *Bring your best dishes with the recipe to share.*

- **May 1st**—AEHC State Meeting Registration due. Late Registration fee of $10.

- **May 6th**—Community Coffee hosted by Fairhills EHC 9:30 AM—11:00 AM at the Nevada County Extension Office.

- **May 15th**—EHC Monthly Meeting at Nevada County Extension Office at 2:00 PM.

- **June 3rd-5th**—State AEHC Meeting, Hot Springs Convention Center. Registration starts **Tuesday, June 3rd at 8:00 AM** in the lobby.

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Starting a Wellness Ambassador Program

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Zumba Gold—lower based exercise to a Latin beat

Excitement of Family History

Setting Your Boundaries
Garlic Adds Flavor to Dishes and Health Benefits

What would life be without the use of garlic? Can you imagine Italian dishes without it?

Garlic is an excellent source of manganese. It is also a very good source of vitamin B6 and vitamin C. In addition, garlic is a good source of protein and thiamin (vitamin B1) as well as the minerals phosphorus, selenium, calcium, potassium, iron and copper.

Garlic is a member of the Lily family, a cousin to onions, leeks and chives, and can transform any meal into a bold, aromatic and healthy culinary experience.

When a recipe calls for a head of garlic, know that garlic is arranged in a head, called the "bulb," which is made up of separate cloves. Both the cloves and the entire bulb are encased in paper-like sheathes or membrane that can be white, off-white or pinkish.

Tricks in the Grocery Store

Always purchase fresh garlic for the best flavor and nutrition. Although other forms may be more handy, you will not get the same health benefits, or taste.

To purchase garlic, look for plump bulbs that do not have broken skin. The garlic bulb should be firm and not damp when gently squeezed between your fingers.

Garlic that is soft, shriveled and moldy or that has begun to sprout should be avoided.

Size is often not an indication of quality. If your recipe calls for a large amount of garlic, remember that it is always easier to peel and chop a few larger cloves than many smaller ones. Fresh garlic is available throughout the year in most supermarkets.

Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight. This will help maintain its maximum freshness and help prevent sprouting, which reduces its flavor and causes excess waste. It is not necessary to refrigerate garlic.

Depending upon its age and variety, whole garlic bulbs will keep fresh from two weeks to two months. Inspect the bulb frequently and remove any cloves that appear to be dried out or moldy. Keep in mind that once you break the head of garlic, it greatly reduces its shelf life to just a few days.
Get in the Kitchen

Garlic can be used in many items. Add it to soups, sauces and stews; make a healthy vegetable dish by sautéing steamed spinach, garlic, and fresh lemon juice; purée roasted garlic, cook potatoes and olive oil together to make delicious garlic mashed potatoes, then add other seasonings to suit your taste; or sauté minced garlic and add to your favorite spaghetti sauce for a homemade flavor.

Fresh roasted garlic is simple to make, and will have your neighbors knocking on your door to see what is cooking. Make some tonight and add it to Garlic Bread to round out your meal.

Roasted Garlic Bread

3 bulbs garlic
2 tablespoons olive oil
1 loaf Italian or French Bread
One half cup margarine

Begin by roasting garlic. Preheat oven to 350 degrees. Slice tops off garlic bulbs, the tip of each clove should be exposed. Place the bulbs on a baking sheet or in muffin tin and drizzle with olive oil. Bake for 30 minutes or until garlic is soft.

While the garlic is roasting, slice the loaf of bread in half horizontally, and place cut side up on baking sheet.

Once the garlic has been roasted and slightly cooled, squeeze the cloves of garlic from their skins into a bowl. Add the margarine and stir well until blended. Spread onto the cut sides of bread, and broil for about 4 minutes or until toasted. Cool slightly and serve. For another variation add freshly grated parmesan and mozzarella cheese, and fresh chopped parsley to the margarine/garlic mixture.

Tried and True Tips:
Never store garlic in oil at room temperature. Garlic-in-oil mixtures stored at room temperature provide perfect conditions for producing botulism, a dangerous food borne illness, regardless of whether the garlic is fresh or has been roasted.
What is EHC? Join a club or start one today!

Since 1912, members of the Arkansas Extension Homemakers Council (AEHC), have made it their mission to empower individuals and families to improve their lives through continuing education, leadership development, and community service.

The organization is one of the largest nonprofit volunteer groups in the state with a membership of 4,400 and over 350 clubs. Extension Homemakers, the Cooperative Extension Service, University of Arkansas, and the United States Department of Agriculture are partners in providing education to families throughout Arkansas.

Mission: To empower individuals and families to improve their quality of living through continuing education, leadership development, and community service.

Extension Homemaker Creed

I believe in the Extension Homemakers Club program and accept the responsibilities it offers to be helpful to others and to provide for continuous improvement in all levels of living.

I believe that through working together in a group we can enlarge the opportunities, enrich the life our people, and create and more contented family and community life.

I believe in my own work as a homemaker. I believe that the greatest force that molds character comes from the home, and I pledge myself to create a home which is morally wholesome, spiritually satisfying, and physically healthful and convenient.

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 (or other appropriate office) as soon as possible prior to the activity.