



Homemade Soup Day ~ February 4th

Not only is it time for the Super Bowl, it is time for a bowl of super homemade soup. Try this easy and delicious recipe for Black Bean Soup from Cooperative Extension's new Med Instead of Meds website. <http://medinsteadofmeds.com/>

Black Bean Soup

This recipe uses canned beans, which can be high in sodium. Be sure to rinse well to remove over $\frac{1}{3}$ of the sodium indicated on the label. If you want to add some spice, serve this with hot sauce on the side. Serves 6 Serving Size: 1 cup Prep Time: 20 mins Cook Time: 10 mins Total Time: 30 mins

- 1 tsp olive oil
- 1 medium onion, chopped
- 1 Tbsp ground cumin or chili powder (or combination)
- 2 (15-ounce) cans black beans, rinsed and drained
- 2 cups chicken broth or water
- Salt and pepper to taste
- Plain yogurt or low-fat sour cream for topping

Directions:

*Sauté the onion in olive oil in a large pot over medium-high heat. *After 2 minutes, add the cumin or chili powder. *Add one can of beans and broth or water. Cook for 4-5 minutes on medium heat, stir occasionally. *Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree. *Add the second can of beans to the pot and cook over medium heat 3-4 minutes or until bubbly. *Taste and add salt and pepper as needed. *Serve topped with yogurt or low-fat sour cream.



Test your food safety knowledge.

Q. Should a large pot of soup sit on the range until it cools, or should it be refrigerated hot?

A. It is important to cool foods quickly. Divide the large pot of soup into smaller, shallow containers. Hot food can be placed directly in the refrigerator, with the lid or cover vented so it can continue to cool or it can be rapidly chilled in an ice or cold water bath before refrigerating. To cool foods in an ice bath, place the small containers of food into a sink or larger container filled with ice water, stirring to cool the food. Once the food is cool, cover to retain moisture and prevent the item from picking up odors from other foods. When you reheat your soup, remember that the internal temperature must reach at least 165 degrees F within 2 hours to guarantee a safe product. Warming in the microwave isn't safe unless the temperature still reaches 165 degrees. Stir and let sit for a few minutes to make sure the heat is evenly distributed. Eat the soup within 3 to 4 days.

Alleghany County Extension and Community Association

County Council Meeting

Interested in meeting people, learning new ideas and having fun?

The Alleghany County Extension and Community Association (ECA) will have a Valentine's Party and County Council meeting on **February 14th at 1:00** at the County Office Building.

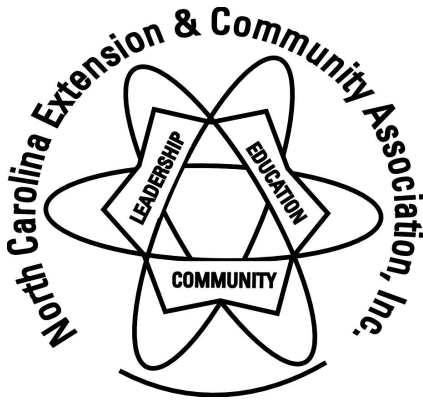
Come and enjoy the fellowship as we make plans for 2017.

Cultural Arts Day

The Alleghany County Extension and Community Association (ECA) Cultural Arts Day will be on **Tuesday, March 21st** at the NEW Alleghany County Public Library at 115 Atwood Street, adjacent to the WCC campus.

The Career ECA club will be the hostesses for the day and more details will be announced soon.

Use these cold snowy days to finish up those UFO's (Un-Finished Objects) so you will be ready to enter them in the annual cultural arts competition. We look forward to seeing you there.



ECA Scholarships

Alleghany County Extension and Community Association (ECA) members are proud to announce they are accepting applications for the 2017 North Central District Extension and Community Association Scholarships. The \$800.00 scholarships are given to a youth and an adult who are continuing their education beyond the high school level in any field of study, but with priority given to a degree in family and consumer sciences.

A youth applicant is defined as a high school senior or a student currently enrolled in college having completed high school without a break in his /her formal education. An adult is an individual who has completed high school and has had a break in his/her formal education and now wishes to further his/her education.

All applicants must be North Carolina residents and planning to attend a North Carolina accredited college, community college or technical institute the fall of 2017. Scholarships are awarded based on the following criteria: Financial Need ~ 25%; Scholarship Potential ~ 25%; Activities and Honors ~ 25%; ECA Connection ~ 25%

The deadline for applications is February 17, 2017. To obtain an application or for more information, call the Alleghany County Center of NC Cooperative Extension at 372-5597.

Alleghany County Extension and Community Association (ECA) has three clubs and 55 members located throughout the county. The organization's mission is to Strengthen Families through:
**Leadership Development **Volunteer Work **Educational Support **Researched-based education from North Carolina State University and North Carolina A&T State University

Diabetes Today

Alleghany County Cooperative Extension, Alleghany Wellness Center and Appalachian District Health Department are partnering to offer quarterly diabetes programs. Would you like to learn more about diabetes & meet others who understand? Then come & join us!

Diabetes Today will be held on **Monday, February 20 at 12:00 noon**. The focus for our February program will be on Heart Health.

Enjoy a cooking demonstration, recipe sampling, friends, fun and better health. **FREE** for You and Your Family!

Please call 336-401-8025 to register by February 17th. Feel free to bring a bag lunch and join us as we learn more about keeping our heart healthy.



Go for the GREEN on St. Patrick's Day

See **GREEN** on St. Patrick's Day and throughout the year. Green fruits and vegetables contain many health promoting phytochemicals. They help protect against certain cancers and help maintain vision health and strong bones and teeth. Green fruits and vegetables include leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, Brussels sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwifruit and limes.



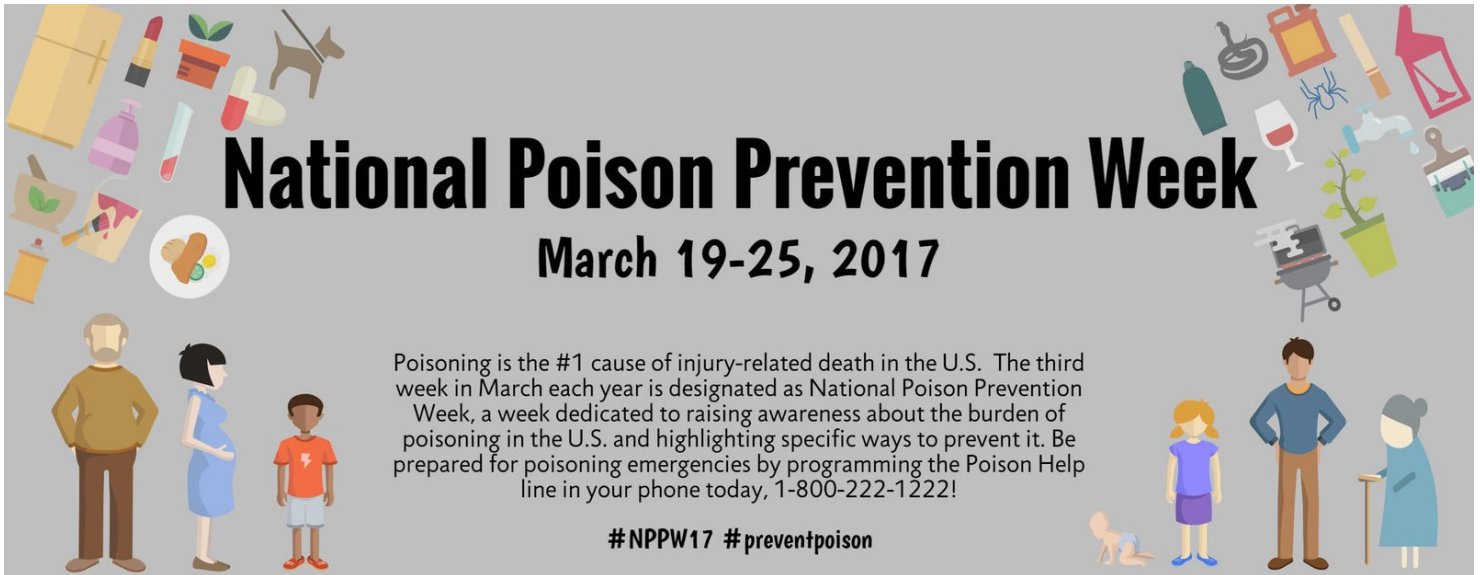
Some **GREEN** ideas for St. Patrick's Day (or any day) include:

- Tossed **LETTUCE** salad. Add extra green with green peppers if you like!
- Corned beef with **CABBAGE** is a natural for St. Patrick's!
- Include some **KIWI FRUIT, GREEN GRAPES AND/OR HONEYDEW MELON** in your fruit salad.
- Add **AVOCADO** slices to salads and sandwiches. To maintain avocados' green color, eat them immediately or sprinkle them with lemon or lime juice. Though 2 tablespoons of avocado have about 5 grams of fat, it's mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip in combination **BROCCOLI** florets or a favorite fruit dip with **GREEN APPLE** slices.
- Vegetable pizza with **GREEN PEPPERS**.
- Serve thinly sliced **GREEN ONIONS** over rice, pasta dishes, broiled or baked fish, soups - you're limited only by your imagination!
- Start thinking **GREEN** — here are some more ideas graciously shared by Jan Patenaude, RD: Spinach noodles (topping of choice); spinach soufflé; spinach, asparagus and/or green pepper omelets with parsley garnish; pesto on anything; cream of broccoli or spinach soups; finely diced spinach.

Source: Alice Henneman, MS, RD, UNL Lancaster County Extension

HAPPY ST. PATRICK'S DAY!





Here are some ways you can help keep your family, friends, and yourself poison-safe at home:

BE PREPARED FOR AN EMERGENCY. Put the Poison Help number, 1 (800) 222-1222 in your mobile phone and display it in your home and at work in case of emergency, or if you have questions. Calls are free, confidential, and answered by experts, 24/7/365

PRACTICE SAFE STORAGE HABITS. Ideally, the following things should be stored up, away, and out of sight of children, and in their original containers. Alternatively, keep these substances in cabinets secured with child-resistant locks. Keep in mind that there is no such thing as a 100% child-proof lock or container.

- All medications and pharmaceuticals, including over-the-counter medicines, vitamins, and supplements.
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry and cleaning supplies
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers
- Other chemicals

READ AND FOLLOW LABELS AND DIRECTIONS. Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medications. Take care to follow not only usage directions, but the directions provided for safe storage and disposal as well. Call your poison center at 1 (800) 222-1222 if you have any questions about the directions.

DETECT INVISIBLE THREATS. Install carbon monoxide detectors in your home.

PREPARE FOOD SAFELY. Practice safe food preparation and handling to avoid food poisoning.

POISON
Help

1-800-222-1222

EDIBLE ARRANGEMENT WORKSHOP

Thursday, April 13, 2017

12:30 - 1:30 pm

Allegheny Public Library

\$10



Participants will each make an arrangement to take home

Call 336-372-5573 by April 10th to Register

UPCOMING EVENTS...

February 4: Homemade Soup Day

February 14: ECA County Council Meeting & Valentines Party; 1:00 pm; County Office Building

February 17: Application Deadline for ECA Scholarships

February 20: Diabetes Today / Heart Health; 12:00 noon

March 19-25: National Poison Prevention Week


March 21: ECA Cultural Arts Day; Alleghany Public Library

April 13: Edible Arrangements Workshop; Alleghany Public Library

3rd Tuesday of Each Month: Laurel Springs ECA Club Meeting; 1pm

3rd Thursday of Each Month: Sparta ECA Club Meeting; 4pm

4th Thursday of Each Month: Career ECA Club Meeting; 7pm

Sincerely,

Carmen Long
Extension Agent
Family & Consumer Science

Alleghany County Center
P.O. Box 7
Sparta, NC 28675