

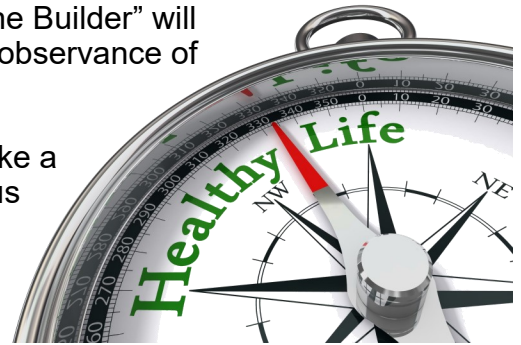


Alleghany Wellness Center New ECA Club

The next meeting for the new ECA Club at the Wellness Center will be on **Monday, May 8th at 5:30 pm**. Our program “Be A Bone Builder” will focus on physical activity and foods for strong bones in observance of Osteoporosis Awareness Month.

At the April meeting we enjoyed and learned how to make a refreshing drink using fresh mint and Steve Mason led us in a “sampling” of exercises that are offered as part of a core class.

Invite your friends and join the fun.



ECA Leader Lesson Training

It is time for Extension and Community Association Leader Lesson Training. Join ECA members from Alleghany, Davie, Davidson, Forsyth, Randolph, Surry, Stokes, Wilkes, and Yadkin counties as we meet on **Friday, May 12, 2017**, from 10:30 am (NOTE CHANGE OF TIME) – 12:00 noon at the new Yadkin County Agricultural Center on HWY 601 next to the Yadkin Center of SCC.

The general session speaker will be Laura Rogers from the NC Soybean Producers Association. Breakout sessions will include: Canning Jars: A test of time, Cooking For One, Fun of Dish Gardening, Popcorn Facts and Fun, and How Full is Your Glass?

Come and get some great ideas to take back and share in your clubs. For more information on Extension and Community Association call the Extension Office at 336-401-8025.

ALLEGHANY COUNTY ECA CULTURAL ARTS WINNERS

Congratulations to our Cultural Arts winners. The Alleghany competition was held on Tuesday, March 21st at the new Alleghany County Library.

Sewing: clothing and accessories ~ 1st ~ Bess Cheney-Smith, Sparta ECA Club; Tote bag
~ 2nd ~ Susan Worrell, Career ECA Club; Apron

Sewing: home furnishings ~ 1st ~ Maureen Cote, Career ECA Club; Fall leaf table runner
~ 2nd ~ Susan Worrell, Career ECA Club; 8 pointed star table runner

Knitting: clothing, afghans, spreads, etc. ~ 1st ~ Maureen Cote, Career ECA Club; Purple sweater

Crochet: clothing, afghans, spreads, etc. ~ 1st
~ Christa Causby, Laurel Springs ECA; Blue and tan hat and scarf

Crafts: ~ 1st ~ Maureen Cote, Career ECA Club; Tan teddy bear

Chair Bottoming or Baskets: ~ 1st ~ Jean Miller, Laurel Springs ECA Club; Basket

Wood Craft: ~ 1st ~ Jean Miller, Laurel Springs ECA Club; Wooden tray

Quilts: appliqued, pieced, machine quilted – all sizes: ~ 1st ~ Susan Worrell, Career ECA Club, Blue and orange baby quilt

Photography: ~ 1st ~ Christa Causby, Laurel Springs ECA; Flowers

~ 2nd ~ Susan Worrell, Career ECA Club; Landscape

Miscellaneous: ~ 1st ~ Maureen Cote, Career ECA Club; Hand painted notecards



North Central ECA Spring District Day



ECA members from North Central North Carolina enjoyed a wonderful Spring district day program with the theme “Sharing the Bounty” on April 20th in Vance County. The speaker was former UNC and NFL football player Jason Brown who owns and operates First Fruits Farm. We enjoyed learning about the ministry and outreach this project provides to aid in hunger relief in Eastern North Carolina.

The first place winners from the local Alleghany Cultural Arts competed in the North Central district cultural arts competition and placed as follows: **2nd place – Sewing Home Furnishing – Maureen Cote **3rd place- Knitting- Maureen Cote **1st place - Crafts- Maureen Cote **1st place – Wood Craft – Jean Miller **3rd place – Quilts – Susan Worrell **3rd place – Photography – Christa Causby **2nd place – Miscellaneous – Maureen Cote

DIAL GAUGE PRESSURE CANNER CHECKS

Canning season will soon be here. Make sure all of your equipment is ready before it is time for canning to begin. Call the Extension Office, 336-372-5597 and make an appointment to have your dial gauge pressure canner checked.



Preserve It and Serve It Adult/Youth Food Preservation Workshop

Date- June 19

Time – 6:00 – 8:00 pm

Place – Extension Office

Cost - \$15.00 for each adult/ youth team

Class Limit – 6 teams (6 adults and 6 youth)

Registration Deadline – June 16

Do you know a young person, ages 9 and up, who enjoys food? Bring them to “Preserve It and Serve It” and learn together how to freeze and dry fruit and then how to use the finished products in delicious recipes. We will also learn about water bath canning. This is an introductory class and future classes may be planned based on interest levels.



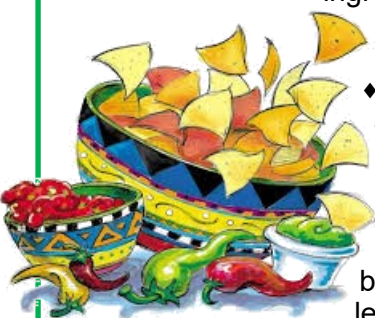
National Salsa Month

May is National Salsa Month, and the perfect way to celebrate is by experimenting with different salsa recipes. Salsas -- Spanish for the word "sauce" -- are low in calories, full of flavor, and available with a variety of ingredients. Salsas can be scrambled in eggs, dished as a garnish for chicken and fish and served as an ice cream topping. Salsas are enjoyed for their intense flavors and colors. Check out these tips to make sensational salsas.

♦ **Spice up a meal or snack** ~ A combination of tomatoes, onions and peppers can add zest to chips. A mixture of fruit, herbs, onion, and pepper added to meat or fish can add unique flavors to dishes. There are a variety of salsa options for different preferences and dishes such as spicy, hot, sweet, savory, herbal and aromatic. All can make meals tasty without adding lots of calories.

♦ **Salsa ingredients and preparation tips** ~ Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial produce protector such as Fruit-Fresh®, and follow the manufacturer's directions. Cover and refrigerate cut fruit and veggies until ready to serve. Most salsas taste best if refrigerated for about an hour before serving to let flavors blend.

♦ **Serve salsa safely** ~ Perishable foods like dips, salsas, and cut fruit and vegetables should not sit at room temperature for more than two hours. If serving items such as these for a longer period than this set out a smaller bowl and then replace it with another one when it is empty. Do not add fresh dip or salsa to dip or salsa that has been sitting out. Refrigerate and use up any that has not been served within three to four days of preparation.



June Dairy Month — Get More With Milk

Milk does so many good things for our body and most of us are not getting the recommended servings each day. Use these 10 tips from MyPlate.gov to find ways to incorporate more dairy in your diet.

<https://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet5GotYourDairyToday.pdf>

One cup of yogurt, considered equal to a one-cup serving of milk, is a delicious way to add a serving from the dairy group to your diet. Try this fun breakfast recipe (would also make a yummy snack or dessert) to celebrate dairy month and start your day off right. Perfect for those of us who eat breakfast on the run.



Breakfast Cones

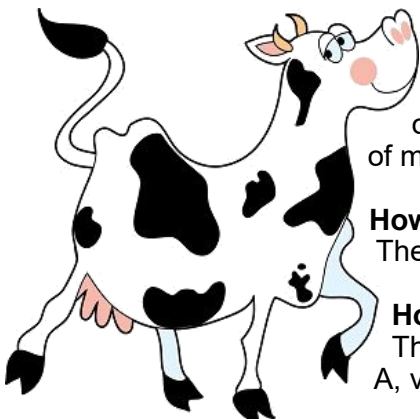
Ice cream cones, flat bottom cake cones work best
Low-fat yogurt or frozen yogurt – any flavor
Bananas, chopped*
Strawberries, chopped*
Raisins*
Crushed cereal or chopped nuts

1. Put one small scoop of yogurt in bottom of cone.
2. Top with bananas, strawberries and raisins.
3. Put a second scoop of yogurt on top.
4. Sprinkle with crushed cereal or chopped nuts.

*or use your favorite fruits

Source: University of Nebraska, Lincoln Cooperative Extension

DAIRY TRIVIA



How much milk does an average dairy cow produce per day?

The average dairy cow produces anywhere from 6 to 8 gallons of milk per day, or about 125 glasses. The average dairy cow produces more than 2,000 gallons of milk every year.

How much water does a cow drink every day?

The average cow drinks 30-50 gallons of water each day – about a bathtub's worth.

How many nutrients are in milk?

There are nine nutrients in milk: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin and niacin.

How many states have dairy farms?

All 50 states have dairy farms. In fact, there are nearly 47,000 licensed dairy farms nationwide

Diabetes Today

12:00 pm - 1:00 pm

Alleghany Wellness Center

May 2, 2017 - Cooking with Fresh Herbs

June 6, 2017 - Dairy Delicious

July 11, 2017 - Berry Fun

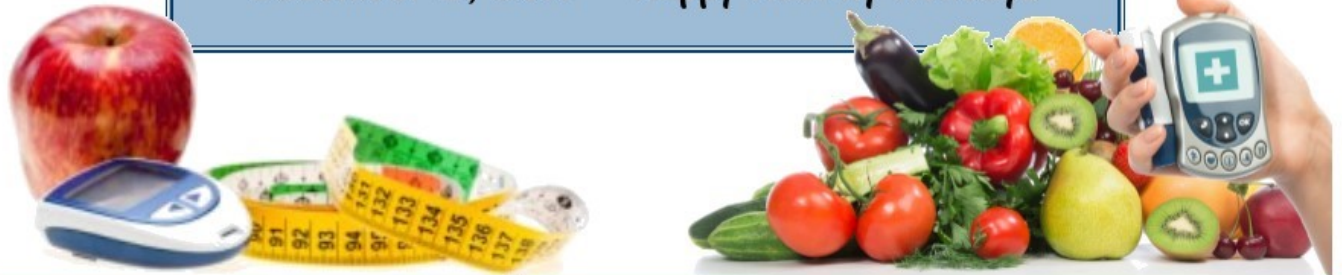
August 1, 2017 - Farmers Market Finds

September 5, 2017 - Build a Better Breakfast

October 3, 2017 - Apple of My Eye

November 7, 2017 - Diabetes Awareness Month

December 5, 2017 - Happy Healthy Holidays




Join us for free food samples, delicious recipes and helpful information about diabetes and your daily life.

These are FREE workshops, but you must reserve your spot
RSVP to Alleghany Cooperative Extension 336-372-5597



UPCOMING EVENTS...

- May 6:** Opening Day ~ Alleghany Farmers Market, 9am-12pm
May 8: Alleghany Wellness Center ECA Club Meeting; 5:30pm; Alleghany Wellness Center
May 12: ECA Leader Lesson Training, 10:30am-12pm; Yadkin County
June 6: Diabetes Today (Dairy Delicious), 12pm; Alleghany Wellness Center
June 15: Alleghany ECA hosts Pilot Mountain Achievers ECA Club in Sparta
June 15: ECA State Council Meeting & NVON meeting registration deadline
June 16: Preserve It / Serve It Registration Deadline
June 19: Preserve It / Serve It - Adult/Youth Workshop; 6pm-8pm; Extension Office
July 11: Diabetes Today (Berry Fun), 12pm; Alleghany Wellness Center
July 17-20: ECA State Council Meeting & NVON meeting; Raleigh

Sincerely,

Carmen Long
Extension Agent
Family & Consumer Science

Alleghany County Center
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