



UNIVERSITY OF
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

FAMILY AND CONSUMER SCIENCES HOTLINE

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INSIDE THIS ISSUE:

Volume 2004

AUGUST

Issue 7

Roll Your Change 1

Avoid Identity Theft 1-2

Chicken Salad 2

Which Fruits 2

*Continue to Ripen
After They Are
Picked?*

*Send Tough Summer
Stains Packing* 2-3

*What is the Best
Place to Store Tomatoes:
the Kitchen
Counter or the Re-*

Rainbow Fruit 3

What is Trans Fat? 4

*Late Summer Land-
scape Jobs* 5

FAHCE Hotline 6
&

*Newsletter Renewal
Form/ mailer* 7 & 8

September 6

Labor Day



"Roll Your Change"

Free Even

Sponsored By: Okaloosa \$aves

Saturday

August 14th & 21st

10:00 a.m. – 12:00 p.m.

Santa Rosa Mall—Food Court Entrance

BUILD WEALTH, NOT DEBT



Everyone knows that a penny saved is a penny earned. How many coins do **YOU** have sitting around? You might be surprised! It is estimated that each American household has an average of \$99 in coins lying around. Collect your coins and join us for this FREE event. Let our coin machine do the work for you! Coin wrappers will be provided. Then you deposit them in your financial institution and put the change that has been gathering dust to work for you.

AVOID IDENTITY THEFT

According to the Privacy Rights Clearinghouse, identity theft claims a half-million victims annually and costs financial institutions more than \$5 billion. How does it happen? Typically, someone gets hold of a credit card in your name and then makes purchases-or worse, takes out loans or mortgages, accruing tax bills-under your identity. They can get the necessary information by simply digging approved credit

-continued on page 2-

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity – Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin.

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AVOID IDENTITY THEFT CONTINUED

solicitations out of your trash, then getting the card in your name at a new address.

Protect yourself by tearing up all pre-approved solicitations. And pay attention to your

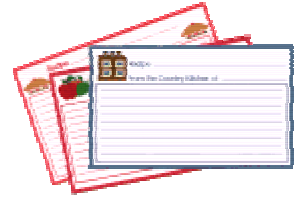


credit card billing cycles. If a credit card bill is a few days late, call the issuer and ask if there have been any inquiries or changes to your account. Likewise, carry only the credit card information you need during the business day (i.e., not all of your credit cards and not your Social Security card.) And keep tabs on your Social Security number—don't put it on your checks or give it out any more than is

absolutely necessary.

Ref: Jean Chatzky—
Money Newsletter

Jean Chatzky writes the back-page column in *Money* magazine and is a featured columnist for *USA Weekend* and *Time Magazine*.



Chicken Salad Wrap

- 1 pound boneless skinless chicken breast, cooked, chopped
- 1 cup chopped apple
- 1/2 cup dry roasted peanuts, coarsely chopped
- 1/4 cup sliced onions
- 1/2 cup plain fat free yogurt
- 3 cups fresh spinach leaves
- 6 flour tortillas (8-inch)

Mix chicken, apple, celery, peanuts and onions in bowl; stir in yogurt. Refrigerate until serving time.

Place 1/2 cup spinach leaves on each flour tortilla; top with 3/4 cup chicken mixture. Roll up. Serve immediately. Make 6 servings.

WHICH FRUITS CONTINUE TO RIPEN AFTER THEY'RE PICKED?

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. (NOTE: Ripening bowls are sold at many

stores that sell home kitchen supplies.) Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time.

Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready-to-eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

Source: Food Reflections—
July/August 2004

SEND TOUGH SUMMER STAINS PACKING!

Whether it's a backyard picnic or a trip to the beach, stains seem to tag along. Here are some tips for removing common summer stains and products that can help get the job done easier!

Ice cream. Use a pretreat laundry product. Then launder. **Stain savvy:** If it's an old

stain, let it soak for several hours.

Mustard. Pretreat with a prewash product. Then launder using chlorine bleach (if it's safe for the fabric) or color-safe bleach. **Stain savvy:** If a greasy residue remains, soak in warm water using a pretreat product. Then

rinse thoroughly and relaunder.

Grass stains. Use a pretreat laundry product. Then launder the garment as soon as possible. **Stain savvy:** Check the garment for stain removal before drying it, as the heat of



-continued on page 3-

Cooking Tip: The color of chicken skin does not indicate quality. Skin color ranges from yellow to white, depending on the breed of chicken and what it was fed.

WHAT IS THE BEST PLACE TO STORE TOMATOES: THE KITCHEN COUNTER OR THE REFRIGERATOR?



Don't give tomatoes the cold shoulder. Store them at room temperature (above 55 F) until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. A ripe tomato is red or reddish orange, depending on variety, and yields to slight pressure.

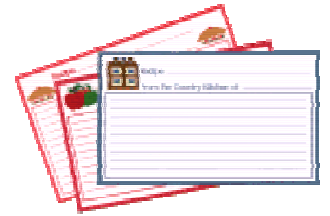
The Florida tomato Committee recommends storing toma-

atoes with their stem end up. According to the Tomato Committee, "The shoulders are the softest part of the tomato; leaving them stem-side down will almost always result in bruising of the product." <http://www.floridatomatoes.org/handling.htm>

"Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly," advises the National Centers for

Disease Control and Prevention 5 A Day program. "If you must store tomatoes for a longer period of time, place them (after they're fully ripened) in the refrigerator. Serve them at room temperature." <www.cec.gov/nccdphp/dnpa/5aday/month/tomato.htm>

Source: Food Reflections, July/August, University of Nebraska Cooperative Extension, Lancaster County



Rainbow Fruit Salad

Makes 12 servings

- 1 large mango, peeled & diced
- 2 cups fresh blueberries
- 2 nectarines, unpeeled & sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 bananas, sliced
- 1 kiwifruit, peeled & diced

Honey Orange Sauce:

- 1/3 cup unsweetened orange juice
- 2 Tablespoons lemon juice
- 1 1/2 Tablespoons honey
- 1/4 teaspoon ground ginger
- Dash of nutmeg

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour Honey Orange Sauce over fruit.

Nutritional Analysis Per Serving: Calories, 97; Fat, 1 g; Fiber, 2 g; Cholesterol, 0 mg; Sodium, 2 g; percent calories from fat, 6%.

SEND TOUGH SUMMER STAINS PACKING! CONTINUED

the dryer can set the stain. If stain persists, launder the garment again using bleach that's safe for the fabric.

Suntan lotion.

Pretreat with a pre-wash product. Then, launder in the hottest water that's safe for the fabric. Stain savvy: Apply sunscreen and let it dry before putting on the garment.

Perspiration. Use a prewash stain remover or rub with bar soap. Then launder in the hottest water that's safe for the fabric.

Stain savvy: *If perspi-*

ration has changed the color of the fabric, apply ammonia to fresh stains or white vinegar to old stains; then rinse. Stubborn stains may respond to washing with a color-safe bleach in the hottest water that's safe for the fabric.

Kiss Stains Good-Bye! Say goodbye to stains with these new laundry products:

●**Detergents with bleaches or bleaching benefits.** They can be excellent stain removers.

●**Bleach pens.** They're filled with chlorine bleach in gel form that can "write"

out stains on white, white-and-colored striped, floral, and patterned clothes.

●**Pre-measured detergent tablets.** They're portable, lightweight, and dribble-free, so there's no mess!

Source: Cleaning Matters, July/August 2004



Family & Consumer
Hotline:

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Extension
689-5850 or 729-1400
Ext. 5850
Prepared By:
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Agent

Layout: Ann Moss

We're on the Web
<http://okaloosa.ifas.ufl.edu>



Cooking Tip: *Butter, margarine, and olive oil are not good choices for deep frying or cooking that involves high heat because of their low smoking points.*

Baking Fish

When baking whole fish, wrap in aluminum foil. When fish is done, it can be lifted from the baking pan without the fish falling apart. To remove the foil, slip a spatula under the fish and slide foil out after fish is on the platter.

What is Trans Fat?

Trans fat is formed when liquid oils are made into solid fats like shortening and hard margarine. However small amounts may be found naturally, primarily in some animal-based foods. Trans fat, like saturated fat and dietary cholesterol, raises the LDL (or "bad") cholesterol that increases your risk for Coronary Heart Disease (CHD).

Trans Fat will be required to be on food labels by January 1, 2006. This change will allow consumers information to make heart-healthy food choices that help them reduce their risk of CHD.

Here are some tips to keep your consumption of saturated fat, trans fat and cholesterol low while consuming a nutritionally adequate diet.

Check the Nutrition Facts label.

Choose alternative fats with lower amounts of saturated, trans fat and cholesterol. Consumers may choose to replace saturated and trans fat with mono- and polyunsaturated fats. These fats do not raise LDL cholesterol levels and have health benefits. Sources of monounsaturated fat include olive and canola oils. Sources of polyunsaturated fats include soybean oil, corn oil and foods like nuts and fish.

Choose vegetable oils (except coconut and palm kernel oils) and soft margarines (liquid, tub, or spray) more often because the amounts of saturated fat, trans fat, and cholesterol are lower than the amounts in solid shortenings, hard margarines, and animal fats, including butter.

Consider Fish. Most fish are lower in saturated fat than meat. Some fish, such as mackerel, sardines, and salmon, contain omega-3 fatty acids that are being studied to determine if they offer protection against heart disease.

Choose Lean Meats, such as poultry (without skin, not fried), lean beef and pork (trim visible fat, not fried).

Ask Before You Order When Eating Out. A good tip to remember is to ask which fats are being used in the preparation of your food when eating or ordering out.

Watch Calories. Don't be fooled! Fats are high in calories. All sources of fat contain 9 calories per gram, making fat the most concentrated source of calories. By comparison, carbohydrates and protein have only 4 calories per gram.

Source: Trans Fat Coming to a Label Near You, FDA

Late Summer Landscape Jobs

There are a number of late summer landscape jobs that pay big dividends a little later.

Touch-up pruning with hand pruners on a number of shrubs can greatly improve their appearance. Ligustrum, elaeagnus, cleyera and a number of other shrubs tend to send up several shoots that significantly protrude from the canopy. These longer shoots should be completely removed or at least cut off below the canopy. This will give the shrubs a more natural look.

You should do some pruning on roses now, also. Gardeners often neglect their roses during the busy summer months. It's not too late to start rose care again in order to obtain excellent blossoms during the fall months. Here's how to get those roses blooming for the fall.

First, remove healthy top growth as well as dead twigs and branches. Cut out any diseased, injured or spindly growth and shorten the main canes and lateral branches. But leave at least half the length of each main cane that's one to three years old. It generally takes healthy rose bushes approximately six weeks from pruning to the beginning of a flush of flowers.

Second, it's important to follow a spray schedule for control of insects and diseases. A weekly application of a fungicide is especially important. This will provide a "protective shield" over the new growth that will greatly reduce black spot and powdery mildew problems.

Third, if the roses have not been fertilized recently, an application of fertilizer now will be beneficial. If granular fertilizer is used, be sure to spread it well beyond the drip line of the foliage and water it in for faster action.

It's probably not too late to force crape myrtles to re-bloom. To encourage a second crop of blossoms, remove the spent flower heads as soon as they occur. Removal of the flower heads prevents seed formation and allows that extra energy to go back into this season's flowers. It should take about four to six weeks for the plants to re-bloom. This technique can also work on Vitex (chaste tree). But act soon, pruning too late won't allow enough time for flower initiation before we move into the cooler, shorter days of fall.

Now is a good time to propagate many ornamentals such as oleanders, hydrangeas and azaleas. To produce azaleas in this manner, take tip cuttings three to five inches long with several leaves attached. Place the cuttings in a rooting medium in a shady area and keep them moist by covering them with a plastic bag or by using a mist system. Many rooting mediums can be used. The most common are sand and mixtures of peat and perlite. You may want to use a rooting hormone to hasten root growth.

If you have cold sensitive ornamentals in your landscape, you might think about rooting a few cuttings before winter and keeping the young plants in a protected place. Then, if some of your tender ornamentals do freeze, you'll have replacements to set out in the spring.

Late summer and early fall is an ideal time to lift daylily clumps, divide and replant them. The objective is to get the new divisions to establish a good root system during the fall and late winter period. The transplanting process is relatively easy. Divide the clumps, retaining as many of the roots as possible with each division. Prior to planting the division, cut back the foliage to 1/3 its original height. Daylilies should not be planted too deep. Set the new divisions as deep as they grew originally.

Geraniums can look a bit pathetic at this time of year. This is especially true if tall "scraggly" stems are all that remain. Prune tall stems back to a point just above a short side shoot. This will force the side shoots into growth. Pinch off the first bloom buds as they appear. Spray the geraniums every 7 – 10 days during this time with a fungicide to prevent Botrytis. The plants should become bushy again and bloom well during the fall period.

Larry Williams

Extension Agent, Horticulture

Florida Association for Home & Community Education News

THANK You to the many volunteers who participated and assisted in the annual Country Store fundraiser. Thanks to your efforts, \$1,085.54 was added to the Council for education, training, and community projects.

Holiday Showcase—Educational Directors are busy working on compiling the 2004 Holiday book. If you'd like to help make any of the crafts please let one of the Educational Directors know! **Ideas and recipes MUST be submitted no later than August 17th**. Please share all the good things you do!!

Northwest Florida Fair will be here soon. Be planning your club exhibits and brainstorming ideas for the Council booth. Fair Dates October 22-30

The planning meeting for **District Conference** will be **August 19th in Pensacola**, Please call the office if you plan on attending.

Dear Members:

I attended the annual meeting of the National Association for Family & Community Education that was held in Richmond, Virginia July 16th through the 19th 2004 as your President and delegate for the State Organization of Florida.

I vowed to do what was in the best interest of not only the State of Florida, but for the districts, counties and the clubs. It was with your vote of support, confidence and permission that on Friday July 16th, 2004 at the business meeting I presented to the President and the Secretary of the National Association for Family & Community Education, a letter stating that the State of Florida would no longer be affiliated with the National Association for Family & Community Education. The reasons as previously stated is that I felt all monies/assets that you the volunteers have struggled to raise should remain with the Florida clubs, counties, districts and the state.

Additionally, in a previous letter I indicated that we would have to change our organization's name. We can no longer use our former name since National has the patent. I appreciate the majority of counties that responded yes and gave permission of the name change being "**Florida Association for Home & Community Education.**"

Please discard all forms containing NAFCE and FAFCE logo. You will be provided with revised materials for FAHCE.

Be patient, it will take some time to reorganize; we have the support and a strong working relationship with our Florida Cooperative Extension Service. We will continue our affiliation with CWC (Country Women Council, USA) and ACWW (Associated Country Women of the World).

Sylvia Coryell, State President

REMINDER

It's time again to renew your newsletter. Please check in the appropriate blanks and return this form no later than August 31, 2004 to stay on the mailing list.

Check here to keep your name on the mailing list with the address listed below:

Make changes in your address here if it is different from the label above.

Name _____

Address _____

City _____ State _____ Zip _____

Check here to take your name off the mailing list.

Please complete this form and return no later than August 31, 2004. Mail to: Okaloosa County Extension, FCS Newsletter 5479 Old Bethel Road, Crestview, FL 32536-5512.

Newsletter Evaluation (Optional)

1. Is the newsletter information useful to you?

Usually _____

Sometimes _____

Not often _____

2. Do you share information with others?

Often _____

Sometimes _____

Not often _____

3. Would you be interesting in receiving your newsletter by e-mail?

Yes* _____

No _____

*email address _____

4. Comments:

Calendar of Events

Date	Meeting	Place	Time
August 4	FAHCE Scrapbooking	Ft. Walton Beach Extension	1:00 p.m.
August 10	Ft. Walton Beach FAHCE	Ft. Walton Beach Extension	9:30 a.m.
August 12	Holiday Showcase Planning	Ft. Walton Beach Extension	10:00 a.m.
August 14	Roll Your Change Event	Santa Rosa Mall	10:00-12:00 noon
August 16	FAHCE Pacesetters Board Meeting/Workshop	Ft. Walton Beach Extension	10:00 a.m.
August 17	Holiday Showcase Planning	Ft. Walton Beach Extension	10:00 a.m.
August 17	Okaloosa Saves Coalition	Niceville	3:00 p.m.
August 19	District FAHCE Conference Planning	Pensacola	10:00 a.m.
August 21	Roll Your Change Event	Santa Rosa Mall	10:00-12:00 noon
August 24	Extension Overall Advisory Board	Crestview Extension	6:30 p.m.
August 24	Healthy Woman "What Every Woman Needs to Know About \$"	Crestview Women's Club Building	6:30 p.m.
August 31	FT. Walton Beach FAHCE Workshop	Ft. Walton Beach Extension	9:30 a.m.