



Award Winning

The Besser Flame



Texas A&M AgriLife Extension - Rusk County Family and Consumer Sciences

Family & Consumer Sciences Newsletter

Volume XVII Issue 1

JANUARY-JULY 2017

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About "The Besser Flame"



Liz Buckner

Liz Buckner, MS
County Extension Agent-FCS
Rusk County

LB:gs



"...land of the free and the home of the brave."

Frittata Muffin

Ingredients:

6 eggs
1/2 cup milk
1/4 tsp. salt
1/8 tsp. pepper
1 cup shredded cheddar cheese (4 oz.)
3/4 cup chopped zucchini
1/4 cup chopped red bell pepper
2 tbsp. chopped red onion



Directions:

Heat oven to 350°F. Beat eggs, milk, salt and pepper in medium bowl until well-blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each.

Bake in 350°F oven until just set, 20 to 22 minutes. Cool on wire rack 5 minutes. Remove from cups; serve warm.

Yields: 6 servings/12 muffin frittatas

Source:



American Egg Board



Congratulations to Brandelyn Cochran and Amelie White on their 1st place wins in the Youth Fashion Show.



Congratulations to Rusk County 4-H's very own Brandelyn Cochran on receiving a \$1000, East Texas State Fair Academic Rodeo Scholarship at the East Texas State Fair – Academic Rodeo - Awards Celebration held on February 24th, in the Mayfair Building – Tyler, Texas.

February 4th - District V 4-H Fashion Show- Stephen F. Austin State University



Pictured (L-R) Brandelyn Cochran - 1st Place Winner - Intermediate Construction- Everyday Living and Amelie White – 2nd Place Winner - Junior- Construction - ReFashion Both of these Rusk County 4-H'ers competed in the District 4-H Fashion Storyboard in their respective age categories and placed 1st!!
CONGRATULATIONS!!

February 4th – District V 4-H Food and Nutrition Extravaganza - Stephen F. Austin State University



CONGRATULATIONS!! to our Intermediate Rusk County 4-H Food Challenge Team on their 5th place win! We are so proud of you.

Intermediate Team Members are (L-R): Diana Canenquez, Victoria Rodriguez, Peyton Clifton, Brandelyn Cochran, and Winter Curry (not pictured)



CONGRATULATIONS!! to our Junior Rusk County 4-H Team on their 5th place win at district!! Competition was fierce this year! Great job to each of you!!!

Junior Team Members are (L-R): Olivia Clifton, Kaylee White, Amelie White, and Charlie Rodriguez

Concord - Caledonia Community Health Fair



9:00 a.m. - 3:00 p.m.

September 16th

Greely CME Church
Highway 84 East
Mount Enterprise, Texas



The Rusk County 15th Annual Cherry Dessert Contest was a huge success!



Many thanks to all who participated in the friendly competition and helped celebrate the birthday of George Washington.

Best of Show Winner - Betsy Moore
Adult Grand Champion Winner - Betsy Moore
Adult Reserve Champion Winner - Wanda White
Intermediate Grand Champion - Diana Canenquez
Intermediate Reserve Champion - Brandelyn Cochran
Junior Grand Champion - Onyx Smith
Junior Reserve Champion - Charlie Rodriguez



Diana Canenquez,
Grand Champion -
Intermediate Division Winner



Brandelyn Cochran,
Reserve Champion -
Intermediate Division Winner



Onyx Smith,
Grand Champion -
Junior Division Winner



Charlie Rodriguez,
Reserve Champion -
Junior Division Winner

2017 Rusk County Cinco de Mayo Salsa Contest Best of Show Winner

Best of Show Recipe:
Purple Hull Salsa

1 can purple hull peas, drained
 1 can white shoepeg corn, drained
 1 can diced tomatoes (basil, garlic, oregano)
 1 can diced tomatoes - petite
 8 oz., Italian dressing
 Chopped onion to taste
 Chopped jalapeno to taste
 Tortilla Chips

Mix all ingredients together and marinate in refrigerator for at least 2 hours. Serve with tortilla chips.



District V 4-H Roundup-Share the Fun Dramedy

Congratulations to our Rusk County 4-H Junior and Intermediate Dramedy Teams on receiving 1st place in the District V Share the fun Contest.



The junior team consisted of, from left Beth Harber, Kaylee White and Amelie White with Hannah Parrott leading them.



The intermediate team consisted of, from left, Hannah Parrott, Bella Harber, Diana Canenquez, and Brandelyn Cochran (not pictured).



Kid's Corner

SAND CLAY CASTLES

What you need:

1 cup sand
 1/2 cup cornstarch
 3/4 cup liquid starch
 Sand castle molds
 Sculpting tools - popsicle sticks etc.
 Old pot



What you do:

1. Combine sand and cornstarch in an old pot.
2. Add liquid starch and mix.
3. Cook the mixture over medium heat while constantly stirring (make sure an adult supervises). Eventually, the mixture will thicken and turn into dough.
4. Remove pot from the stove and let Sand Castle Clay cool.
5. Remove clay from the pot and knead it 20 to 30 seconds before putting it in the sand castle molds.
6. Let Sand Castle Clay sculptures dry until hard.

Source: Iowa State Extension

Food Preservation - Freezing and Blanching

Each year the question is asked whether it is really necessary to “blanch” vegetables before freezing them, and the answer is Yes.

First, a few comments about freezing. Freezing is one of the easiest, most convenient, and least time-consuming methods of preserving foods. Freezing does not sterilize foods, but the extreme cold retards the growth of microorganisms and slows down chemical changes that affect quality or cause food to spoil.

Enzymes in fruits and vegetables are slowed down during freezing but are not destroyed. If not inactivated, these enzymes can cause color and flavor changes as well as loss of nutrients. And this is why blanching is so important because enzymes in vegetables are inactivated by blanching.

Blanching is the exposure of the vegetable to boiling water or steam for a brief period of time. Immediately following the blanching process the vegetable must then be rapidly cooled in ice water to prevent cooking. Even though many publications on home freezing disregard the blanching method, it is essential for high quality frozen vegetables.

There are specific time recommendations for certain vegetables which are important to follow considering over blanching results in a cooked product and a loss of flavor, color and nutrients. Under blanching stimulates enzyme activity and is worse than no blanching at all.

Basic Blanching Chart

Vegetable	In Boiling Water (Minutes)	In Steam (Minutes)
Beans-Snap, Green, Wax	3	5
Beans-Lima, Butter, Pinto (Small)	2	3
Beans-Lima, Butter, Pinto (Medium)	3	5
Beans-Lima, Butter, Pinto (Large)	4	6
Okra (Small Pods)	3	5
Okra (Large Pods)	5	8
Peas - Field	2	2
Squash - Summer	3	5

For a more detailed chart or to receive food preservation publications, please contact the Texas A&M AgriLife Extension - Rusk County, 113 East Fordall, Henderson, 903-657-0376.

Grilled Corn-on-the-Cob

3 Steps to Grilled Corn-on-the-Cob

1. Select It

Select young, tender corn. The sugars in corn convert to starch shortly after being picked so it should be eaten soon after harvest. Young corn is also loaded with natural sugars that caramelize on the grill giving your corn an extra sweet flavor. Just make sure you look for bright green husks and light yellow stalks. Peel back the husk enough to expose a few rows of kernels. The kernels should be plump and translucent.



2. Prep It

You can remove the husks and wrap the cobs in foil or keep the husks in place. Both ways work well, but using foil will just steam the corn. To get that yummy smoke flavor, pull back the husks (still keeping them attached to the stalk), remove as much silk as you can, then push the husks back around the corn to protect it.

3. Grill It

Now you are ready to grill. You want grill temperature to be at a medium-high heat. Corn-on-the-cob will take about 10 minutes to grill, turning every 2 minutes. The husks may burn, but the kernels of corn shouldn't. Watch for the kernels to turn a golden color.

Tips/Suggestions:

One medium corn-on-the-cob with a pat of butter contains 150 calories, 3.4 g fat, 32 g carbohydrate, and 4.5 g protein. It is also a good source of vitamin C and has some fiber. Or you can skip the butter and give the corn cob a squeeze of lime and/or a dash of Pico de Gallo seasoning. By doing so, 40 calories or more are saved and a Tex-Mex flavor is added!

Source: www.fruitsandveggiesmorematters.org



Egg Decorating Contest

Thank you to all for participating in the annual Rusk County Egg Decorating Contest. And congratulations on the beautiful egg creations this year! This was also a record year for entries with 57 total eggs entered in the show this year! So thank you all for your participation and for spreading the word about the contest and for making the event a success and so much fun!



Pictured in the center from L-R are Rusk County 4-H'ers Anna and Emma Littleton with their siblings at the annual Rusk County Egg Decorating Contest. Anna's egg earned a "Blue" Ribbon, Emma's egg earned the "Out of this World" Honor



Congratulations to the White's on their egg creations and the many honors earned.

Pictured from the (R-L) are Rusk County 4-H'ers Andrew White, Kaylee White, and Amelie White with their Mom and siblings at the Rusk County Annual Egg Decorating Contest. Andrew's egg earned a Blue Ribbon; Kaylee's egg earned a "Blue" Ribbon; Amelie's egg the "Cutest" Honor



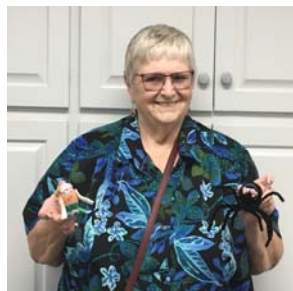
Andrew and Hannah Jane Parrott with their award winning egg entries.



Betty Honea
Best of Show Winner
Congratulations Betty!



Victoria Rodriguez's one of a kind egg earned the "Most Original" Honor.



Jerry More with her blue ribbon egg entries



Katherine Rodriguez with her "Happiest" egg



Wanda White's egg earned the "Cutest" Award



Peter Rodriguez with his Ninja Turtle egg



Onyx Smith with her "Funniest" egg



Lena Valdez with her "Happiest" egg

Rusk County Family & Consumer Sciences Fair



& Fruit & Vegetable Show



Divisions:

Art
Ceramics
Designer Craftsman
Canning
Baking
Holiday Corner
Photography
Needlework
Quilts
Horticulture
Vegetables/Fruits

Age Divisions are:

Preschool - Ages 3-5
Junior - Grades 1st-5th
Intermediate - Grades 6th-8th
Senior - Grades 9th-12th
Adults - 19 years and up.
(Note: School Age is as of January 1, 2017)

July 26th - 28st, 2017

Rusk County Extension Office - Meeting Room
115 E. Fordall Street
Henderson, Texas



Rules Available at Office



\$1.00 per entry
No pre-registration
Open to all residents of Rusk County

July 26th- Check-in of entries 8:00 a.m. - 1:00 p.m.

July 27th - Judging

July 28 - Public Viewing 8:00 a.m. - 1:00 p.m.

Group Photo of Winners - 12:30 p.m.

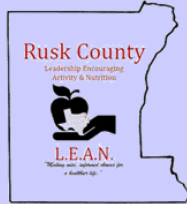
Entry Pick up - 1:00 p.m. - 5:30 p.m.

TEXAS A&M
AGRI LIFE
EXTENSION

For more information please contact the Rusk County
Extension Office - 903-657-0376.

**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.
Persons wishing to attend with special needs are asked to call in advance, so that necessary accommodations can be made.



Screenings Include:

- ♦ Mammograms (Age 40 –Up)
- ♦ Eligibility Screening for Breast & Cervical Cancer Services (Age 21 and older)
- ♦ Glucose Testing
- ♦ Cholesterol
- ♦ Hypertension
- ♦ Dental
- ♦ Vision
- ♦ Immunization
- ♦ And many other health related booths & exhibits

For more information call:

Extension Office 903-657-0376

Clara Crawford 903-863-5648

Maxie Willis 903-539-5258

Fairview Community Health Fair

July 22, 2017

9:00 a.m. - 3:00 p.m.

Fairview Community Center

17053 CR 4247

Reklaw, Texas 75784



Please call Della Mendez (903-533-5334)

or

Enedina Felix (903-535-0028)

by

July 18th

to schedule a mammogram

•for those insured, uninsured or with Medicare

•for women ages 40 and up

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Rusk County Landowners Program

September 26, 2017

Topics Include:

- ♦ **Economic Forecast, Bill Tandy, CEO, Heritage Land Bank**
- ♦ **Property Rights - Boundaries, Eminent Domain, Stray Livestock and Leases, Tiffany Dowell Lashmet, J.D., Agriculture Law Specialist TAMU**
- ♦ **Water Rights, Amanda Maloukis, Rusk County Groundwater District**
- ♦ **State Legislative Update**

Program Sponsored by Rusk County Leadership Advisory Board

Special thank you to our lunch sponsor:



**Please RSVP by September 19th to the
Extension Office at 903-657-0376**

Persons wishing to attend with special needs
are asked to call in advance, so that necessary
accommodations can be made.



**To be held at the:
Rusk County Extension Office
113 E. Fordall St.
Henderson, Texas**



Texas A&M AgriLife Extension-Rusk County teamed up with Leverett's Chapel ISD and Laneville ISD for the "Learn, Grow, Eat & Go" program, an interactive classroom-to-garden experience that teaches youth where their food comes from and how growing food is a good thing.

The LEARN component focuses on working with the students in the classroom setting with the corresponding curriculum utilizing science and math skills while learning about growing vegetables. The GROW component is the actual participation in growing a vegetable garden. The EAT component is the nutrition component and focuses on teaching the nutritional value of foods and of the foods that are being grown. The GO component has to do with the importance of physical activity and relates to the exercise the students receive by getting outside, by weeding the garden, watering, and working the garden each day.

Leverett's Chapel Elementary kicked-off their program February 21st, with their two raised garden beds located at back of the agriculture department. Two classes of students from Mrs. Judy Lancaster's and Mrs. Kaci Walker's 3rd grade were involved in the eleven week project. Laneville Elementary kicked off their program on February 27th, with their two raised garden beds located at back of the elementary classrooms. The 3rd grade class of Mrs. Reta Dunlap and the 4th grade class of Mrs. Jimmie Zotz were involved in the eleven week project.

The program volunteers consisted of members of the Rusk County L.E.A.N. Coalition, Rusk County Master Gardeners, and Rusk County Extension Staff.





KPXI 100.7 FM your source for
local county extension reports
every weekday @ 12:30 p.m.

Monday - Grant Davis, CEA-4-H
Tuesday - Jamie Sugg, CEA-AG
Wednesday - Liz Buckner, CEA-FCS
Thursday - Jamie Sugg, CEA-AG
Friday - Liz Buckner, CEA-FCS



<http://mykpxi.com/>



About "The Besser Flame"

In 1926, the American Home Economics Association sponsored a national design contest among art schools to create a logo. The winning design was the Betty Lamp designed by Mildred Chamberlain of Chicago.

The Betty Lamp evolved from simple clay dish lamps that were used as long ago as 6000 B.C. Used to illuminate the homes of American colonists, this **better lamp** named the **Betty**, from the German word, "**besser**" meaning "**to make better**" produced comparatively good light for its time.

The Betty Lamp is pictured in the top right hand corner of the first page of the newsletter and in the above title.

2003 - TEAFCS Team Newsletter Award Recipient
2011 - Decade Year of the Besser Flame