

THIS 'N THAT

Williams County Extension Homemakers Newsletter
Family & Community Education

MAY 2010

NDSU
Extension Service
North Dakota State University

Williams County
Courthouse, 205 E Broadway
P.O. Box 1109
Williston ND 58802-1109
Phone: 701-577-4595
Fax: 701-577-4597
maryf@co.williams.nd.us

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May is
BEEF MONTH

TIDBITS

Happy Spring! Or is it? It is snowing outside my window as I write this message. I am very grateful for the moisture we have received this past week. However, I am now ready for the corrals and barnyard to dry up again so we can move the cows and calves out to pasture.

Last month we had a great Spring Council Meeting and social event at the James Memorial Library. The attendance was great. We had wonderful fellowship and food. Some even tried their hand at "minute to win it-Homemakers style". Check out the pictures on the back page.

Once again, I am on my soap box for the beef industry as we celebrate National Beef Month. There are many myths regarding beef and inside you will find an article explaining growth hormones used in beef production. These hormones are often misunderstood. Now you will know "the rest of the story"...

Our office is gearing up for the fair. We have a busy two months ahead of us. Tomorrow is our county 4-H Consumer Choices contest and Fashion Revue is coming up fast. Come see what our area youth are doing... you will be impressed. I know that I am.

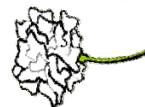
Mary

CALENDAR

May 9	Mother's Day
May 27th 11:00-1:00	Burger Bonanza— Free hamburger lunch at American State Bank parking lot. Sponsored by American State Bank & Trust Co., District 9 Cattle Women and Prairie Meats. Food, Fun & Prizes. Celebrate Beef Month!
May 16	4-H Fashion Revue, 3:30 style show @ Bethel Home Activity Room
May 31	Memorial Day
June 2	Chain Saw Clinic, 9 am-12 @ Williston Research Center— call 774-4315 for information or check our website
June 22-27	UMV Fair - see www.umvf.com for complete information

MOTHER'S DAY TRADITION

In the United States Mother's Day is a national holiday and celebrated with a lot of enthusiasm. Every year on the second Sunday of May, it's time for Mother's Day celebration in United States. History of Mother's day is not more than hundred years old in the U.S. It was after a long struggle by a loving daughter, Anna Jarvis, that mother's day was declared a national holiday by U.S. government. On this day, children present their mothers with beautiful flowers and gifts. Carnations are considered traditional mother's day flowers. Red carnations are a symbol of love and affection. Whereas, white carnations are worn this day in respect of those mother's who are no longer living. As a part of the mother's day custom in the U.S, kids give their mothers a break from daily household chores and take them out for a festive dinner. So, why not plan to do something special on this day!



DEBUNKING ONE BEEF MYTH

Myth: Growth hormones used in beef production are unsafe.

Fact: The beef industry continually strives to improve the efficiency of producing high-quality products to meet consumer demand. "Growth-promoting hormones" have been used in recent years to improve the animal's ability to more efficiently utilize the nutrients that it consumes in order to produce more muscle and less fat. The hormones are administered by placing an implant (about the size of a pencil eraser) under the skin in the middle of the animals ear. This location is used because the ears are not offered for human consumption.

Animals that are implanted with these hormones grow as much as 15 to 20 percent faster than untreated animal. In addition, the cattle produce more lean meat and less fat than cattle raised without hormones. But is the beef safe for human consumption? The scientific evidence worldwide overwhelmingly indicates there is no hazard to human health resulting from the consumption of beef from animals implanted with growth-promoting hormones.

SONOMA STEAKS WITH VEGETABLES BOCCONCINI

- 2 boneless beef top loin (strip) steaks, cut 3/4 inch thick (about 8 ounces each)
- 1 container (9 to 16 ounces) herb-marinated small fresh mozzarella balls (bocconcini)
- 3 tablespoons balsamic vinegar
- 1 medium zucchini, cut diagonally into 1/4-inch thick slices
- 1 large yellow bell pepper, cut into 3/4-inch wide strips
- 1 cup small red grape tomatoes

1. Drain bocconcini, reserving 1/3 cup marinade. Combine reserved marinade and vinegar in small bowl. Toss zucchini and bell pepper with 2 tablespoons marinade mixture in large bowl; cover and refrigerate until ready to use. Place beef steaks and remaining marinade mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks from marinade; discard marinade. Remove vegetables from marinade; place in grill basket. Place steaks on one half of grid over medium, ash-covered coals; place grill basket on other half of grid. Grill steaks, uncovered, 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145 °F) to medium (160 °F) doneness, turning occasionally. Remove steaks; keep warm. Grill vegetables 10 to 13 minutes or until crisp-tender, stirring occasionally. Add tomatoes during last 2 minutes of grilling.
3. Combine grilled vegetables and bocconcini in large bowl; toss gently to combine. Carve steaks into slices; season with salt, as desired. Serve with vegetable mixture.

Bocconcini Substitute

Two large balls (8 oz) fresh mozzarella cheese, cut into twenty-four 1 - 1/4 inch pieces may be substituted. Substitute Italian dressing for the bocconcini marinade as directed. Marinate cheese in an additional 2 Tbl. of dressing while steaks and vegetables marinate.



HANDLING LEFTOVER PAINT

Spring seems to bring a flurry of house cleaning and home projects, with painting often at the top of the list. Here are some pointers from the ND Solid Waste and Recycling Association.

When buying paint:

- Choose the least toxic product for your project.
- Plan the project. Measure the area to be painted; don't forget to subtract areas like windows and doors. Buy only the paint you need. Read the label to find how much it will cover; one gallon typically covers 450 square feet.
- Always buy the best quality paint you can afford. A high quality paint can last twice as long as a cheaper product if it is applied according to label directions.
- Remember, the paint you buy and don't use today will need to be stored or disposed of. A gallon may seem like a better bargain even though you only need a quart. What will happen to the leftovers? Storage and disposal can cost money too.

When cleaning up:

- Latex—Wash your brushes with soap and water. Small amounts of latex will not hurt the sanitary sewer. Always avoid putting any chemical into your septic system or storm sewer. It's better to wash brushes on the lawn than to use your septic system.
- Oil-based—If you are using an oil-based paint, you will need to clean brushes with a solvent. Allow used solvent or thinner to settle in a sealed jar. Then pour off the clear solvent into a second container for reuse. Dry out the solids, wrap in newspaper, and place in trash can.

When storing leftover paint:

- The lid is the seal on your can. Take care of the lid. As you open the can, break the seal all the way around to prevent the lid from warping. Wipe off all excess paint before replacing the lid. A properly sealed can will not leak fumes.
- Make sure the lid is secured to prevent leakage. Then store sealed cans upside down to create an air tight seal around the lid. Leaking oil-based paints stored in a home may cause health problems. Store latex paint where it will not freeze. The label directions tell you how to preserve paint quality.

Use up leftover paint:

- The best thing to do with leftover paint is to use it up! If you can't use it, give it to someone who can.
- Properly stored paint can have a shelf life of 10 to 15 years. As a general rule, paint that mixes smoothly and becomes "creamy" when stirred is still good. If latex paint has been frozen, brush it on a newspaper. If there are no lumps, it isn't damaged and can be used.
- To test leftover paint, do a patch test. Paint a 3-4 inch test area. Allow the paint to dry for 48 hours. Place a piece of masking tape on the test area. Quickly pull the tape off. If the paint comes off on the tape, don't use it.

What if you can't use it up?

Disposal is the last resort. If you must dispose of paint, try contacting your city to see if they have a household hazardous waste collection program and dispose of it there. If you must throw it away, please dry it out first. Dried paint is not as harmful to the environment. Paint should be dried outside the home because as it dries, vapors and fumes escape. Find a safe ventilated work area away from children, pets or vandals. Warm and dry weather is best.

Cans Almost Empty (Less than 1/3 full)

Add cat litter or floor dry to the paint and stir. Leave the lid off the can while it dries. When dry replace the lid and write "dried" on the can. You can then place the can in the trash. Both oil-based and latex paint can be quickly dried this way.

Cans Mostly Full (More than 1/3 full)

The can will not be big enough to hold the waste paint *and* the absorbent material. Split the paint into small amounts using other containers. Dry as described above.



If you don't have empty cans you can use a cardboard box. First, put a plastic bag in the open box, draping the top of the open bag over the sides of the box. Next, add no more than 3 inches of absorbent material. Last, add only enough paint as the material will absorb. Dry the rest in the can, find another container or add another layer to the box when the first layer is dry. When dry, tie the bag and close the box. Place the box or can of dried paint by your garbage can.





Rockin' the Bakken

FAIR HELP NEEDED

JUNE 22—JUNE 27, 2010

For many years the Williams County Homemakers have provided invaluable help in the Multi Purpose Building exhibit area. You have answered questions, directed people and have guarded people's fair entries from handling and theft. Thank you!

Your help is needed once again. The Bakers Dozen Homemakers have volunteered to be on duty on Wednesday evening during the Coop BBQ. Please consider volunteering to hostess, either as a club or individual. A table and "hostess" tags for you will be located in the exhibit area. The Williston Basin Woodworkers are building new glass display cases for the fair which will really spruce up the area!

Please call the Extension Office , or e-mail, if you are able and willing to help out in this area!



Honorees

Spring Council Pot Luck



Fun & Games!