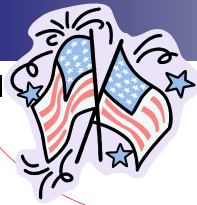


# THIS 'N THAT

Williams County Extension Homemakers & Friends Newsletter  
Family & Community Education



**JULY 2011**

## TIDBITS

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I hope that you had a happy and memorable 4th of July. We enjoyed the concerts in Harmon Park on Friday and Saturday before spending our holiday with family and friends, and enjoying BEAUTIFUL fireworks at Medora. The show was well worth the lateness of the event - with the one hour time difference they didn't start until 12:15 CDT and we drove back to Dickinson afterwards. Warren is still out in the Badlands riding horseback with friends from Montana as I write this.

The UMV Fair is over for another year. I hope you were able to attend the fair and look at all the wonderful 4-H and open class exhibits. The Williston Woodworkers donated their time and talent to build 10 new oak /glass display cases and the family of Evelyn I. Kjorstad donated three of them for 4-H exhibits in her memory. They were much needed and looked beautiful. The fair board hopes to add more next year to replace the remaining old cases.

Thank you to all of the various Homemakers club members who helped with the 4-H project interview judging. Your help is greatly appreciated!

The State Fair has announced that there will be no competitive events this year due to the flooding so our 4-H exhibits and contests are off for this year. We and the 4-H members are disappointed but this provides us with one more lesson in resiliency and empathy for others. Our hearts and prayers go out to the flood victims in Minot and Bismarck/Mandan.

*Mary*



### COMING UP

- July 9 Welcome to Williston at Harmon Park; Feed at 5:30pm, entertainment, prizes
- July 9-10 Buffalo Trails Day- Epping
- July 14 Field Day at Williston Research Center—chicken BBQ at noon
- July 17 Mercy Garden Show ; starts at 1pm at the James Memorial
- July 29-30 Relay for Life at Cutting Field
- August 12-13 5th Annual Chokecherry Festival

## MASTER GARDENER PROGRAM BEGINS IN AUGUST

Master Gardeners participate in an extensive training course. Examples of gardening topics to be covered include: training in basic plant terminology and structure, annual and perennial flowers, pesticide handling, soils, woody plants, horticultural pests, vegetable gardening, fruit culture, lawn care, pruning, composting, plant propagation, house plants, and much more.

In return for the intensive training, Master Gardeners are required to provide 48 volunteer hours of gardening information or assistance to their community. The volunteer time is monitored through the local NDSU County Extension office. An example of volunteer work may include helping with community planting or beautification projects. At the completion of the volunteer time, the new Master Gardeners receive their Master Gardener certificate.

The \$100.00 fee for the class includes a notebook of printed materials along with the supplementary materials that are provided at each class session. If fulfilling the volunteer requirement is not an option, you may still attend the classes by submitting a fee of \$200 but you will not receive Master Gardener certification.

The Master Gardener program will be held on Friday mornings from 8:30-12:30 from August 19<sup>th</sup> – October 7<sup>th</sup> at the Williston Research Center over the statewide Inter Video Network.

For more information regarding the Master Gardener program in Williams County contact Lorna Bradbury at 774-4315.



## 4-H FIBER ARTS RETREAT: STRING THINGS

Want to learn more about knitting, crocheting, embroidery, macramé, kumihimo and felting? Come join the fun as we explore the basics of each of these fiber arts. We will share skills and resources, and meet others interested in working in these project areas.

This retreat is targeted at Extension staff, adult 4-H volunteers and youth over age 13. **Attendees will receive instruction and resources to enable them to be a resource person for their county.** We would ask that attendees be willing to teach these skills to Williams County 4-H club members that may be interested. We are always in need of project mentors.

This retreat will be held on August 26-28 at the Comfort Inn in Bismarck. The cost is \$100/person for double occupancy room, \$175 for single (one lunch, snacks, coffee, water and breakfasts are included in the lodging price); \$25/person without lodging (includes one lunch and snacks). The weekend will begin at 7pm on Friday and conclude at noon on Sunday.

You can access the registration brochure on our website or call our office to have one mailed to you.



Learn a new skill, or polish up your skills and share your talents with a 4-H member. Everyone wins!

## HOMEMADE FROZEN CUSTARD from The American Egg Board

6 eggs	1/4 tsp. salt
3/4 c. sugar	2 c. milk
2 to 3 Tbsp. honey	

Make custard by beating eggs, sugar, honey and salt in a medium heavy saucepan until blended and then stir in milk. Cook over low heat, stirring constantly, until the mixture is just thick enough to coat a metal spoon with a thin film and the temperature reaches 160 degrees F, about 15 minutes. Do not boil. Remove from heat immediately. Cool quickly. Set the pan in a larger pan of ice water, gently stirring for a few minutes to hasten cooling. Press a piece of plastic wrap onto the surface of the custard. Refrigerate until thoroughly chilled, at least one hour.

Add the following ingredients to the cooled custard and stir gently: 2 c. whipping cream and 1 Tbsp. vanilla

Place into a 1-gallon ice cream freezer can and freeze according to manufacturer's directions, using six parts crushed ice to one part rock salt. Serve topped with fresh fruit or your other favorite ice cream topping.

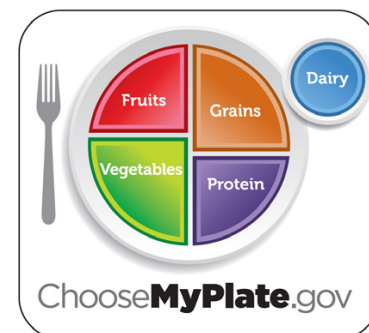
If you decide to make custard-style ice cream at home, be sure that your recipe does not include raw eggs, which can be a source of Salmonella bacteria.

## choose MyPlate

### 10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 tips from the USDA. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1. **Balance Calories** Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.
2. **Enjoy your food, but eat less.** Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
3. **Avoid oversized portions.** Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
4. **Foods to eat more often.** Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
5. **Make half your plate fruits and vegetables.** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
6. **Switch to fat-free or low-fat (1%) milk.** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
7. **Make half your grains whole grains.** To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
8. **Foods to eat less often.** Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.
9. **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”
10. **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



“MyPlate is an uncomplicated symbol to help remind people to think about their food choices in order to lead healthier lifestyles.”



BUILD A HEALTHY PLATE

## PRAIRIE FARE: JULY IS NATIONAL ICE CREAM MONTH

By Julie garden-Robinson, NDSU Extension Food & Nutrition Specialist



"Mom, is ice cream good for you?" my 7-year-old daughter asked as she picked up a bowl of vanilla ice cream with a drizzle of chocolate syrup on it.

"You can have ice cream now and then for a treat," I replied, evading her question. I wasn't ready to explain moderation at that moment.

"But it's good for you, right? See, it has calcium in it," she said as she looked at the nutrition label on the package.

I think she was hoping to change our "milk with meals" habit to "ice cream with meals."

"Yes, ice cream contains calcium, just like milk. However, ice cream has more calories than milk, so it's a treat. I think you might get tired of it if you ate it all the time, too," I replied.

She looked sideways at me and grinned. I could almost read her mind.

"I would never get tired of ice cream!" she said as she walked away with her treat.

July is National Ice Cream Month. My family isn't the only one who loves ice cream. According to U.S. Department of Agriculture statistics, more than 1.5 billion gallons of ice cream were produced in 2009. When March rolls around, ice cream production and consumption increases and continues through the summer and into fall.

About 90 percent of U.S. households purchase frozen desserts, according to the Mintel Product and Market Research group. Despite all the flavors that are available, vanilla tops the list and it's followed by chocolate, strawberry and chocolate chip, according to the NPD Group, a market research company.

To be labeled "ice cream," a food has to contain at least 10 percent milk fat. Along with the added sweeteners and other ingredients, ice cream becomes an energy-dense food.

If you are looking at ice cream as a main calcium source, consider this. One cup of fat-free milk has 300 milligrams of calcium and 90 calories, while a cup of ice cream has 120 milligrams of calcium and 240 calories.

You can lighten the calories in your dessert by paying attention to food package labels. For example, you may see "light," "reduced" or "low-fat" as descriptors on ice cream or frozen desserts.

According to the Food and Drug Administration, a "reduced fat" ice cream has 25 percent less total fat than an average national product. "Light" ice cream will have 33 percent fewer calories than an average product. A "low-fat" ice cream will have no more than 3 grams of fat per 1/2-cup serving, and a "nonfat" ice cream will have less than 0.5 gram of total fat per serving.

On the other hand, if you want to indulge in a very creamy frozen dessert with more calories, you can opt for "super premium" or "premium" ice cream. Both types of products have less air (called "overrun" in the ice cream industry) whipped into the product and higher fat content. Premium ice cream also uses higher-quality ingredients and usually is more expensive than regular ice cream.

If you're ready to celebrate National Ice Cream Month with a refreshing, creamy frozen treat, take some steps to keep your ice cream at its best. Follow these tips from the International Dairy Foods Association:

- \* Stop last at the ice cream aisle during your grocery-shopping trip.
- \* Check that the supermarket freezer is minus 20 degrees F or colder.
- \* Choose the ice cream product that is below the freezer line.
- \* Bring an insulating bag or a cooler so your ice cream stays cold on the way home.
- \* At home, be sure your freezer is set at 0 degrees F or lower.
- \* Remember that softening and refreezing ice cream causes changes in the texture and quality of the ice cream. (A warmed scoop can help you dip hard ice cream from the container.)
- \* Store ice cream in the main part of the freezer, not in the freezer door.
- \* For best quality, use ice cream within a month of purchase.

Remember moderation as you enjoy a serving of your favorite frozen treat.

Consider topping a bowl of berries or fresh peaches with a dollop of ice cream, instead of the other way around.