

THIS 'N THAT

Williams County Extension Homemakers & Friends Newsletter
Family & Community Education



SEPTEMBER/OCTOBER 2011



TIDBITS

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Where did September go? Since the August newsletter I have gone on vacation, attended a district Extension conference, 4-H training and a farm & ranch transition training along with various programs in the county. Warren and I went to Alaska to visit his son who lives in Anchorage. What a beautiful state! We had a great time and I loved traveling by train to see the state. Hope to go back . I also took several vacation days to prepare for and attend our family's annual quarter horse sale. That turns out to be somewhat of a family reunion, even though it is a lot of work. So... my August and September have flown by.

I will be attending a week-long 4-H conference in Omaha at the end of October. This is my first time attending and I am looking forward to coming back with new ideas for our county 4-H'ers.

In November I will be leading two multi-meeting classes that I am very excited to offer. Last spring I held a Farm and Ranch Transition workshop that was very well received so it will be offered in the fall this year. This will be my first Dining with Diabetes class and it will be offered over the inter video network along with several other county sites. Due to the room size, the class will be limited to the first 20 enrollees.

Mary

CALENDAR

- | | |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Oct 10 | Fall Homemakers Council Meeting: 7:00pm Wms. County Courthouse, 2nd floor conference room |
| Nov 8,15,22, 29 | Dining with Diabetes. Wms. County Courthouse, 2nd floor conference room. See website or call for more information. 2:00pm Advance registration required |
| Nov 16,23,30 & Dec 7 | Farm & Ranch Transition Planning. 6:15pm—9:30, Williston Research Center. See website for more information and to register. Advance registration required |



EASY LIST OF FALL GARDEN TO DO'S

- Rake leaves. Left on the lawn, they will cut off sunlight to the grass and trap moisture, encouraging fungus diseases. But don't discard them if you have a place to start a compost pile. Shredded and broken down for a few months, they are prime organic matter to improve your soil.
- Spread finished compost on perennial, vegetable beds or on the lawn to enrich the soil and make room for the new crop of leaves. Half-finished compost should go back in the pile with the new leaves as well as old annual, perennial and vegetable plants.
- Weeds may die when frost hits, but their seeds survive in the soil. So pull all you see and discard them in the compost or put them into the landscape waste.
- Tidy up. Any plant you suspect might be diseased should go in the landscape waste including diseased tree and shrub leaves. Otherwise, removing the stalks and foliage of perennials is a matter of taste: Cut them down if you are the neat type, or leave them if you like the look. Most people leave ornamental grasses standing.
- Clear out the vegetable garden.
- Put diseased plants in the landscape waste and the rest in the compost. Dig composted manure or other organic matter into the vegetable bed so by spring it will be nicely broken down in the soil. And once you've tidied up, plant your winter crops.
- Resist pruning. Pruning trees or shrubs now might stimulate tender young growth that would die now. Wait to prune deciduous trees and shrubs that need shaping until the plants are dormant.



(Photo courtesy Flickr user [chedder](#))

PAY ATTENTION TO WHAT NATURE IS TELLING YOU

Apples being eaten by birds and squirrels; melons, pumpkins, and squash being ravaged by rodents – rabbits, voles, raccoons, whatever!! They in essence, are getting to your garden crop before you do!

Stop waiting for a hard or killing frost to harvest your apples and other produce from the garden. It is September 21, and 90% of the edible stuff in your garden is at, or close to its peak of ripeness. Better to get everything harvested rather than lose a significant amount to the wildlife roaming around your property.

Apples and melons are climacteric fruits and will continue to ripen after harvest. If you place them in a bag with a ripe peach or banana where ethylene is generated, the ripening will be accelerated. It is better to get something out of your garden a little under-ripe than to lose it all to nature's interlopers!!

- Ron Smith, NDSU Horticulturist and Turfgrass Specialist, ISA Certified Arborist

PRESERVE YOUR PRODUCE

If you have more fruits and veggies than you can use now, preserve some to eat this winter. But don't let your efforts become hazardous to your health. Make sure you use research-tested recipes and follow proper food preservation methods. Our office has many publications on food preservation. Call for more information.



“Make sure you use research-tested recipes and follow proper food preservation methods. “

HONEY: 2 MILLION FLOWERS TO A POUND

The golden honey that accompanies warm biscuits in the morning isn't just a sweetener; it's the cumulative effort of thousands of bees and millions of flowers.

A pound of honey contains the concentrated essence of about 2 million flowers. The 60,000 or so honey bees in a hive may

collectively travel as many as 55,000 miles to collect enough nectar to make a pound of honey!

Aside from flavor, sweetness and water honey contains a variety of antioxidants. Researchers have found that in general, darker honeys have higher antioxidant content than lighter honey. Honey

is also a natural preservative.

Honey flavor can range from delicately sweet to richly bold. In general, the lighter the color of honey, the milder the flavor.

North Dakota led the nation in 2010, producing more than 34.6 million pounds of honey.



Store honey at room temperature. If honey crystallizes (a natural process), place the honey jar in warm water and stir until crystals dissolve. Or place honey in a microwave-safe dish with the lid off and

TIPS TO SUBSTITUTE HONEY FOR SUGAR

- **Substitute honey for up to half the sugar called for in the recipe. With a little experimentation, honey can replace all the sugar in certain recipes.**
- **Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.**
- **Add 1/2 teaspoon baking soda for each cup of honey used.**
- **Reduce oven temperature by 25°F to prevent over-browning.**
- **Remember, honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.**
- **For easy measuring and fast clean-up, coat measuring cups and spoons with vegetable oil or non stick cooking spray before measuring honey.**
- **One 12-ounce jar of honey equals a standard measuring cup.**

Honey Almond Butter

1/2 c. honey
4 oz. almond paste
1/4 c. butter or margarine, softened

Mix with electric mixer until smooth.

HOMEMAKERS DISASTER BOX

Cheryl Haugenoe called me to say that the disaster box is running low on supplies. **Roll call for the fall meeting will be an item for the disaster box.**

Items Needed:

- Bath towels
- Hand towels
- Small kitchen appliances
- Cooking/Baking utensils
- Kitchen towels/ clothes
- Pots/pans

Also, Cheryl will be leaving the area for winter and you need to have someone else take the Disaster Boxes for storage. This person will also be responsible to distribute items to needy families if necessary. If you are willing to store these boxes please call the office or volunteer at the meeting. There is no room in the Extension office to store them.



FALL HOMEMAKERS COUNCIL MEETING

Monday, October 10, 2011

7:00 pm

Williams County Courthouse, 2nd floor conference room

Roll call: an item for the Disaster Box

DIABETES FACTS

According to the Centers for Disease Control, the number of Americans with diabetes has increased from 5.6 million to 15.8 million from 1980 to 2005. Additionally, an estimated 54 million have pre-diabetes.

The key to treating diabetes is preventing complications through managing blood sugars. For those who have pre-diabetes, the disease is preventable rather than inevitable.

Some North Dakota diabetes facts:

- Diabetes rose from 3.6 percent of adults in 1994 to 6.7 percent in 2005 (an increase of 86%).
- More than 32,000 North Dakotans have diabetes.
- Diabetes and its complications (heart disease, stroke, loss of vision, kidney failure, and amputation) cause a large preventable burden of illness and death among people in North Dakota.
- The estimated health care cost for a person with diabetes is \$13,243 per year; this is 2.4 times higher than a person without.

Most people who have pre-diabetes– and many others who have diabetes– don't know it. The only way to find out is to get your blood sugar tested.

Your risk is higher if you:

- Are age 45 or older
- Are overweight
- Have a parent, brother, or sister with diabetes
- Have high blood pressure (above 140 over 90)
- Have low HDL (“good”) cholesterol (less than 40 for men; less than 50 for women)
- Have high triglycerides (250 or more)
- Had diabetes when pregnant or gave birth to a large baby (over 9 pounds)
- Are active fewer than three times a week

DINING WITH DIABETES NORTH DAKOTA STYLE!

Dining with Diabetes is a **four-class series** that includes learning how to manage diabetes, food demonstrations, and tasting healthy foods. Participants learn how to **plan and prepare balanced and flavorful meals**.

Offered in 30 states, this tested program **follows established clinical practice guidelines** that reduce the risk of diabetes and complications. Classes are taught by diabetes health professionals, such as, Registered Dietitians, Certified Diabetes Educators, and Extension Agents.

This program is designed for people with diabetes, pre-diabetes, and their family members, caregivers, and other support persons.

Attendance is limited. Check our website for more information or call the office. See calendar for dates.