

EVERYDAY MATTERS

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Get the FACS

Family and Consumer Sciences

Severe Weather

Every spring as warm air travels, severe weather makes its rounds. Severe Weather includes thunder storms, flash flooding, and tornados. Being prepared for the severe weather is your best protection. If you wait until the warning has been issued; it's too late. Weather.gov, .org, and .com all post up to date information and weather alerts. You can also invest in an emergency radio. Being prepared also means that everyone in the household knows what to do in case of flooding, power outages, and tornado warnings and that you know the location of your family members.



Plants add a great deal to our quality of life -- from cleaning the air we breathe to keeping us in touch with nature. Fresh, home-grown herbs and vegetables not only taste good, they're convenient, and you know exactly where they came from. - gardenstotables.com

Other ways to be prepared include: having drinking water on hand, a first aid kit, cell phone charged, have flashlights with plenty of batteries, blankets, and canned goods that do not have to be heated. Don't forget a manual can opener. Keep in mind that unlike the store bought canned foods; home processed foods need to be consumed within 1 years time. As an approaching storm is on the way, keep in mind these tips for communication; Never pass on rumors and Never disregard official alerts and warnings. In times of crisis and natural disasters, an emergency radio, also called: amateur radio can be used as a means of emergency communication when wire line, cell phones and other conventional



means of communications fail. Amateur radio sends signals which are dispersed throughout a community without "choke points" such as cellular telephone sites that can be overloaded. The radio uses antennas to transmit and operates on battery power. There are many different radios to choose from, so do some research before your buy.

Garden to Table– What's That?

This movement of growing and consuming our own healthy fare is definitely on the rise. Here at UGA Extension, we teach you about the basics of preparing for your home garden including plant selection, soil preparation and testing, and how to properly care for these plants. After the plants are ready to harvest, then what? You could have an abundance of

fresh fruits and vegetables and we don't want these goods to go to waste. Food Preservationist teach the basics of home canning methods, freezing, and drying. Proven recipes are available for enjoying your crops all year round.

Upcoming Programming:

Walk-a-weigh a 10 week series begins	03/04
Serve Safe Certification Class	03/4-5
4-H Plant Sale going on NOW pick up	03/15
Herb Class	04/08
FACS Family Fair	04/10
Call the office to find out more and preregister	

At UGA/ Cobb County Extension our role is to provide research based information and increase awareness about topics that impact our community.

Staff are available Monday-Friday 8-5 on topics of Family & Consumer Science, Agriculture, and 4-H



UGA
extension



Cobb County...Expect the Best!

Recipe of the Month– Citrus Tabbouleh

from Seasons 52 Culinary Director Cliff Pleau

Ingredients

1 lime, zest and juice
 1 lemon, zest and juice
 1 orange, zest and juice
 1 cup bulgur wheat
 2 tablespoons extra virgin olive oil
 1 tablespoon ginger, minced
 2 teaspoons kosher salt
 6 ounces water
 5 drops Chipotle Tabasco
 12 orange segments, cut in 4
 1/4 cup sun-dried cranberries, reconstituted
 1/4 cup English cucumber, diced small
 1/4 cup tomato, diced small
 1/4 cup pine nuts, toasted
 1/2 cup mint leaves, chopped
 1/2 cup parsley, chopped

Preparation

Wash and zest lime, lemon and orange. Squeeze juice and reserve. Place the bulgur wheat in a flat glass baking dish. Combine olive oil, ginger, salt and citrus zest. Mix with the wheat. Combine citrus juice, water and Tabasco. Heat in microwave for 1 minute. Pour liquids over wheat, set aside covered for 1 hour. Place wheat in a bowl, add all other ingredients and toss. Refrigerate until needed. Serve with Scallops and grilled Veggies of your choice.



Tabbouleh (tabūlah) is an Eastern Mediterranean dish traditionally made with bulgur wheat; another whole grain option would be quinoa. You can use couscous too. Tabboulah has become a popular ethnic food.

Spring Cleaning — The first day of Spring is March 20th

Don't think of this as cleaning absolutely everything; rather as cleaning the areas and items that don't get done but every 6 mos. or so. Here are a few ideas to get you ready to clean house. Change the batteries in your smoke detectors, clean out your gutters, vacuum and flip your double sided mattress.

Vacuum window treatments, and dust the decorative candles by using a cotton ball damp with rubbing alcohol. Spring is also a great time to reorganize and de-clutter. Think of what you can do without, what you haven't used, and what you're tired of dusting around. In the end, spring cleaning is practical!

MARCH 17 ST. PATRICK'S DAY

Originally, the color associated with Saint Patrick was blue. Over the years the color green and its association with Saint Patrick's Day grew. Green ribbons and shamrocks were worn in celebration of St Patrick's Day as early as the 17th century-History.com



Customer Corner- answers to your everyday questions

**“How do I
 remove tarnish
 from stainless
 flatware?”**

There are several methods to clean tarnish from stainless steel Here is a couple to try:

1. Use vinegar on a cloth to remove rust and tarnish, then rinse well under running water.
2. Coat the flatware with toothpaste (non-gel), then use a soft wet toothbrush to scrub the

paste into foam, rinse thoroughly with clean water and dry.

3. Place aluminum foil in the base of a large pan adding water until $\frac{3}{4}$ full. Add 1 tsp. each of salt and baking soda. Place the flatware in the bottom of the pan and let the water boil for 5 min. Allow the water to cool, then remove the flatware and buff dry – ask.com
- The best way to prevent the stainless from tarnishing in the first place is to wash it quickly after use with warm soapy water and buff dry. If you place it in the dishwasher, rinse the food off first and do not wash with other metals



**Call us or email us anytime
 for answers to your
 everyday questions!
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