



August meeting of FCE Club

Marion County Family and Community Education Club welcomes new members. The next meeting will be held on Aug. 16 at 10:00am at the UT-TSU Extension office in Jasper. Please join us and bring a friend.

The educational lesson will be Hands Only CPR. We will also be making Bohemian Tassel Necklaces. *The cost will be \$6.00.* Please bring scissors, small wire cutters, scrap lace, small ribbon, beads, hem tape, etc. Supplies will be furnished but you might want to add your own touch.



Save your aluminum tabs

Marion County 4-H and FCE are collecting soda can tabs for the Ronald McDonald House. Please save your tabs and encourage your friends to collect them too.



Please turn the tabs in at the
Extension office by
December 1st.



Roasted Vegetables

Tired of the same old vegetable prepared the same old way or struggling to get family members to eat vegetables? Try roasted vegetables. This technique enables you to use whatever you have on hand to make a wonderful side dish. Scrub the outside of the vegetable and leave peeling on for added nutrition and fiber. Ingredients Your choice of raw vegetable (sweet potatoes, yellow squash, zucchini, carrots, potatoes, asparagus, yellow, red or green peppers, onions) Olive oil or vegetable oil (enough to coat veggies) Fresh grated garlic or garlic powder (amount to your liking) Fresh (or dried) thyme (amount to your liking) Rosemary, if desired Salt (amount to your liking) Pepper (amount to your liking) Instructions Preheat oven to 375-400 degrees or higher. Wash and scrub vegetables. Cut into one inch pieces. Dry with a paper towel or drain. This will help the oil stick to the vegetables. Place cut vegetables into a bowl or plastic food grade bag. Add oil, grated garlic, salt, pepper and herbs. Close bag and move vegetables around to coat, or if using a bowl, stir to coat. Spray a baking pan (9x13 or larger) with vegetable spray and place vegetables in a single layer on the pan. Place pan in the oven and set time for 20 minutes. Remove from oven and turn/stir vegetables. Place back in oven and cook until tender and beginning to turn slightly brown.

Notes *To prevent having to scrub the baking pan, line with heavy foil and spray foil with vegetable spray before adding vegetables.*

The higher the temperature of the oven, the more closely the vegetables need to be watched.



Be sure to cook in a single layer; if they are not, the vegetables will steam not roast, leaving them less solid.



Product Labels Are Changing

Have you ever been confused by the many dates found on food and other products? There is the sell by date, use by date, best if used by, best before date or expires on a specific date. To help make purchasing products simpler and reduce food waste, labels may be changing. New labels will list only two phrases. “Best If Used By” describes product quality, where the product may not taste or perform as expected but is safe to use or consume. Grocery manufacturers and retailers have proposed the change to ensure standard wording on packaged products that speaks to quality and safety. The “Use By” date applies to products that are highly perishable and/or cause a food safety concern over time. These products should be consumed by the date listed on the package and disposed of after that date. Households waste an estimated \$1500 a year as a result of confusion over date markings. New labeling should help reduce food waste.



CULTURAL



TAFCE CENTRAL REGION ANNUAL MEETING

When:

Thursday, September 14, 2017

Registration and Cultural Arts check –in will begin at 8:00 a.m.

Voting delegates need to be seated by 9:45 a.m.

Meeting begins at 10:00 a.m.

Where:

Rutherford County Extension

315 John Rice Blvd., Suite 101,

Community Center (behind Extension office)

Murfreesboro, Tennessee

Cost:

\$20.00 includes set –up by 4-H and buffet style menu

Deadline is reservation is August 15th.

Sale items:

If you or your county wish to sell items at the Annual Meeting, there will be a \$10.00 **NON-REFUNDABLE** rental fee. Call the office for more information.

36th Annual TAEFCE Conference

“You Are the Key to FCE”

November 5-8, 2017

Hilton Hotel

Knoxville, TN

Registration is now open for the TAFCE Annual Conference.

The agenda includes educational sessions, tours, cultural arts and fashion competition, auction, gift shops, banquet, dinner cruise and much more.

For registration information call the office. The deadline is September 30th.



Littering Costs Everyone

There have been many studies and surveys done about littering, but the foundation of littering comes down to one thing: Each time a single piece of litter is thrown out it is money you will have to pay for someone to pick up and also dispose of that litter. The more litter there is, the more money it costs to clean it up and help keep our environment thriving at its fullest. Below are just a few tips about littering you might not think about. Next time you see litter on the ground, stop and think about some of these facts, and see just how much litter there really is to help clean up!

So why is Litter bad? If you were to ask the person next to you, “Why is litter bad?” What would they say? You might get the generic response of, “It looks bad, it’s ugly, or it’s nasty,” or “It’s bad for the environment.” These days we’ve all had teachers, or maybe parents, or TV ads and news articles, telling us that this is true. Maybe we’ve seen pictures of animals with plastic six-pack beverage rings around their necks, or their heads stuck in bottles or cans. But what are some of the unseen, less obvious reasons — the things we don’t think about — that make litter bad for all of us?

It contaminates the ground. *If toxic, poisonous, reactive, flammable, or hazardous items (particularly liquids) make it to the ground they can kill plants, animals, insects, etc., and in some cases, make the soil generally unusable.*

It contaminates the water. *If toxic, poisonous, reactive, flammable, or hazardous items (particularly liquids) make it to the ground they can get into the groundwater and spread; killing plants, animals, fish, insects, etc., and possibly find its way into lakes, rivers, streams, wells, or even to a water treatment plant, and possibly, into your drinking water.*

It can carry disease. *Vermin or insects that carry disease can be attracted to large amounts of trash that stays in place for long periods of time; or there could be medical or infectious waste such as bandages, needles, etc.*

It takes money and time to clean up litter. *It costs tax dollars to have public works, highway departments, and even prison work crews to clean up litter. There is the cost of manpower, vehicles, fuel, bags, gloves, and other supplies.*



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