Shop Where?

The pantry is empty and the refrigerator is bare. You know what time it is . . . time to shop for groceries. During the summer months, why not try a new way to shop? Farmers’ Market.

Dr. Christopher Sneed, Extension Specialist with The University of Tennessee Extension offers the following suggestions for the making the most out of your experience at the farmers’ market:

- For the best selection, be sure to arrive early to the farmers’ market.
- Bring a bag. Unlike, a grocery store, many vendors do not provide bags for your items.
- Have fun! Take time to talk with your fellow shoppers and the vendors selling your food.
- Bring a cooler preferably one with wheels. Using a cooler helps protect your perishable items while you shop and helps you get these items home safely.
- Talk to the vendors. Farmers’ markets allow you the opportunity to talk – in most cases – to the person who grew the food you are purchasing.
- Be prepared for choices – lots of them. At the farmers’ market, you may find more than one variety of the fruits or vegetables you are needing.
- Ask questions. Don’t assume that all the foods at your farmers’ market are organic, grown in your community, or even grown by the vendor selling them. Asking the vendor is the best way to find out the information you need.

So, grab your favorite shopping bag and head out the door. A different (and fun) shopping experience is waiting for you.

This rings so true!

You use your cell phone every day. It goes from your pocket or purse to your face. You hand it to your kid to play a game, take it into the bathroom with you and leave it by your bed at night. And everywhere your phone goes, germs follow.

In fact, a recent study, 82% of cell phones tested had bacteria contamination and 16% had E. coli. Yuk! Next time think about these facts and keep your cell phone cleaned on a regular basis.
Zucchini Sausage Boats

Ingredients:
1 zucchini, medium sized
1 lb sausage, hot or mild
½ cup onion, chopped
½ cup green pepper, chopped
2 T. Worcestershire sauce
1 cup Italian shredded cheese

Preheat oven 350°. Spray 9x12 baking dish with non stick cooking spray. Slice zucchini length wise to make two identical halves. Place each half onto a sheet of aluminum foil.
Scrape the inside of the zucchini out and set pulp aside.
Next brown sausage, onion and green pepper. Add Worcestershire sauce. Mix well. Add zucchini pulp back to sausage mixture. Stir well.
Spoon the sausage mixture into the zucchini halves. Top each half with equal amounts of cheese.
Fold aluminum foil to make a tent around zucchini halves. Place in baking dish. Bake for 30 minutes. Enjoy!

FCE Picnic
When: July 28
Where: Hyder Burks Ag Pavilion
Time: 11:00 a.m. begin program

All FCE members are asked to please bring a covered dish for the luncheon. We will hold our Cultural Arts Contest and Dress Revue that day. If you are bringing items for competition please be there by 10:30am.

If you missed your June monthly FCE meeting and did not receive the Cultural Arts/Dress Revue information please call me for a copy or go to our website: extension.tennessee.edu/Putnam

If you have questions, contact Michelle at the Extension Office, 526-4561.

Kindergarten School Supplies
We will be collecting Kindergarten School Supplies at the FCE Picnic and through the month of August. This is a county wide fce project. I will pick the supplies up at the picnic or you can bring them by my office by August 14.

Central Region Annual Meeting
When: September 10, 2015
Where: Rutherford County Community Center
Cost: $20.00 includes meal

Registration available at FCE County Picnic

Those wishing to sell items at the Annual Meeting there will be a $10 non-refundable booth rental fee due.

Dairy Contest Cookbooks will be available for $2.00 at the picnic.

Have a great summer!

Michelle Parrott
Extension Agent
Putnam County