Family and Consumer Sciences

July Newsletter

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FCE Cultural Arts – July 12
The list of categories to enter is in your FCE yearbook. There will be extra entry forms available if you need them. Registration is between 9:30am and 10:00am at the Farm Bureau Building in Madisonville. There will also be a brief meeting for FCE updates and business.

Eat Well Feel Well
Eat Well, Feel Well addresses the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity. Learn more about cooking and receive free tools such as a water bottle, vegetable peeler, and refrigerator thermometer. Topics covered will be vegetables, soup, food safety, dairy, and protein. Classes will be at the Cora Veal Senior Center Classes will be on Fridays at 10am starting on July 21.

Eat Smart Move More
Learn nutrition, shopping, cooking and food safety tips while preparing and enjoying new recipes. This is a hands-on class and participants will receive a variety of kitchen tools. Classes at Raintree Apartments, Community Room, in Tellico Plains will be on Tuesdays at 10:30am starting July 25.

Monroe/McMinn Frozen Sweet Treats – July 11
Come chill out at the UT Extension McMinn County Office for this cool hands-on class. You will enjoy tasting during class plus go home with additional items. Cost is $25 each and you can sign up online at: https://mcminn.tennessee.edu/ Class will be from 10:30am-12:30pm and feature summer fun with frozen cold treats such as ice cream sandwiches, Big Orange Frozen Drink, Frozen Fruit Salad and more.

Take Charge of Your Diabetes
Take Charge of Your Diabetes is a six-week class that will start on July 24 and run through August 28, from 10am – noon at the Cora Veal Senior Center in Madisonville. Please call 442-2433 to register by July 20 so we will have enough copies of the printed materials. This free class covers a variety of methods that will help you better manage your disease including: planning meals, understanding labels, monitoring your blood glucose levels, ways to cope with high or low blood glucose levels, talking to your health care providers, and much more.

Real. Life. Solutions.

UTEXTENSION
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Cooperative Extension
How to Pack the Perfect Salad in a Jar

Healthy grab-and-go meals are an easy and healthy cost-effective alternative to eating out on your lunch break. Eating salad for meals is one step to keep you on track to maintain your goal weight. With a large variety of ingredients and flavors to choose from, salad jars are a great way to have a meal loaded with nutritious vitamins and minerals.

As with any dish, it can be easy to add items that are higher in calories. To keep your salads lower in calories, choose your options wisely and use a measuring cup to keep your layers light and full. The best part about making a salad in a jar is creating a tasty masterpiece with all the ingredients that you enjoy the most!

Let’s make your salad in a jar!

1. Dressing

Start by measuring and adding the dressing first into your jar. Adding 1-2 tablespoons of dressing to your salad not only provides flavors to your salad, it also helps you feel fuller and more satisfied. Also, the fat in salad dressings and avocados helps improve the absorption of fat-soluble vitamins A, D, E, and K from your salad vegetables. Try making your own vinaigrette with fresh lemon juice, olive oil, and balsamic vinegar to give a fresh splash to any mix of vegetables and cut down on added sugar from purchased dressings.

2. Non-Absorbent (Hard) Vegetables

Add veggies that will not absorb all the dressing and will be a good base. Try vegetables such as: bell peppers, carrots, cauliflower, broccoli, celery, cucumbers, jicama, onions, olives, zucchini, or corn.

3. Absorbent (Soft) Fruit and Vegetables

Now we are having some fun! The options are limitless. Load in the layers of vegetables and create your flavor. You can choose from avocado, beets, mushrooms, peas, tomatoes, asparagus, radish, cooked eggplant, and fresh herbs such as cilantro, dill, or parsley. You can even add in fruits to your salad such as berries, peaches, pears and apples.

4. Protein and Cheese

Add some protein to your salad! Our bodies need protein to build muscle, help with cell regeneration, and increase our immune system. Choose from cooked beef, chicken, pork, hardboiled eggs, or seafood such as salmon. Plant-based proteins such as beans, edamame, and tofu are also tasty sources of protein. Cheese is another source of protein, but be aware that it can be high in sodium and fat when added in larger amounts. Use low-fat, reduced-fat, or part-skim varieties of cheese such as mozzarella, goat, reduced-fat feta, blue, or string cheeses.

5. Grains, Seeds, and Nuts

Adding whole grains to your salad helps keep you feeling full for a longer time. Choose from whole grains such as brown
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rice, hominy, or whole wheat pasta. Quinoa is another grain option because it is a complete protein. Because it is gluten-free, quinoa can also be used by those who need to follow gluten-free diets!

Nuts are good to have in salads because they have heart-healthy fats and are good sources of protein, fiber, vitamins, and minerals. For a good crunch in your salad, measure out a serving of one ounce or 1/3 cup of almonds, pecans, walnuts, or even pistachios.

Don’t forget to add some seeds...sunflower or pumpkin seeds, that is.

6. Greens

Dark, green leafy greens offer plenty of the beta-carotene and vitamin C. The darker the leaves, the more nutrient-rich they are. Some greens provide folate, potassium and fiber.

Leafy greens are exceptionally low in calories and have very little fat. Leafy greens are your last layer of freshness, so pack it in! Add a mix of spinach, arugula, Romaine, kale, spring mix, baby beet greens, watercress, radicchio, or iceberg (Romaine has 7 times more vitamin A & C than iceberg!).

Now your salad in a jar is complete and looks beautiful! Almost too good to eat! Tighten the seal and store in the refrigerator for no more than 3 days. When you are ready to eat, pour out of the jar on your plate and enjoy. You even get to reuse your jar for another salad.

Remember, it’s all about the layers!

Source: Texas A&M University Agrilife Extension, Dinner Tonight.

Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

Fruit
- Apples (more than 7 days)
- Apricots
- Asian pears
- Berries
- Cherries
- Cut Fruit
- Figs
- Grapes

Vegetables
- Artichokes
- Asparagus
- Green Beans
- Beets
- Belgian Endive
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Green Onions
- Herbs (not basil)
- Leafy Vegetables
- Leeks
- Lettuce
- Mushrooms
- Peas
- Radishes
- Spinach
- Sprouts
- Summer Squashes
- Sweet Corn

1. Place fruits and vegetables in separate, perforated plastic bags.

2. Use within 1-3 days for maximum flavor and freshness.

3. Sort each group in different produce drawers in the refrigerator to minimize the effects of ethylene produced by fruits on the vegetables.

Ripen on the counter first, then refrigerate

- Avocados
- Kiwi
- Nectarines
- Pears
- Plums
- Plumcots
- Peaches

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl.
on the counter away from sunlight.
Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

**Store only at room temperature**

**Fruit**
- Apples (less than 7 days)
- Papayas
- Persimmons
- Pineapple
- Plantain
- Pomegranates
- Bananas
- Mangoes
- Melons

**Vegetables**
- Basil (in water)
- Peppers *
- Potatoes*
- Pumpkin
- Sweet Potatoes*
- Tomatoes
- Winter Squashes
- Cucumber*
- Eggplant*
- Garlic*
- Ginger
- Onions*

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
†Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

**Tennessee Do Not Text Law**
- On July 01, 2023, the Tennessee Do Not Text Law goes into effect.
- This new law will help protect Tennessee residential consumers from unwanted telemarketing text messages.
- If you have already registered your phone number with the Tennessee Do Not Call list, you will automatically be covered under the Do Not Text law.
- The law prohibits those attempting to sell consumer goods and services by telephone from calling or texting numbers that appear on the “Do-Not-Call/Do-Not-Text” Register.
- There are exemptions, of course, as detailed at [https://www.tn.gov/tpuc/tennessee-do-not-call-program.html](https://www.tn.gov/tpuc/tennessee-do-not-call-program.html).
- If you wish to sign up for the Do Not Call/Text Register you can go to [https://www.tn.gov/tpuc/tennessee-do-not-call-program/csd-online-donot-call-registration-form.html](https://www.tn.gov/tpuc/tennessee-do-not-call-program/csd-online-donot-call-registration-form.html) and include your cell and home phone numbers.
- This registry is different than the National Do Not Call Registry which is run by the Federal Trade Commission. To sign up for the National Registry, go to [https://www.donotcall.gov/](https://www.donotcall.gov/).

Sincerely,

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.