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UW
Extension
Cooperative Extension
Clark County

December 2011



Young Families Newsletter

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Dear Young Family,

With the holiday season upon us, I thought we could all use some budgeting reminders. The holidays are a time of fun and festivity; they can also be a time of overspending and going deep into debt. Here are some ideas so you don't go broke this holiday season.

- **Lock up your credit cards.** When reaching for your wallet, use cash or debit cards for purchases instead. Credit cards lead to overspending and higher payments after the holidays are over.
- **Make a spending plan.** Also known as a “budget.” Plan for gifts that fit your budget rather than choosing gifts and going into debt.
- **Try a pre-holiday spending fast.** This means, avoiding all non-essential spending before the holidays. All non-essentials at the grocery store, new clothing, dining out, entertainment, etc. This spending fast will help you build some extra cash for holiday spending.
- **Shop as you go.** Shopping early allows you to beat the rush. It also helps you save money as you can use coupons, rewards cards, online shopping, etc. Watch the sale flyers, online deals or even eBay.
- **Think twice or three times before purchasing.** It's easy to get swept up in the craze of bargains and forget that the money you are spending adds up. Make yourself pause before clicking “buy” or purchasing an item.
- **Check your calendar and read the fine print.** Some store offers are only good for a certain date. Make sure you check the dates and read the fine print as some offers might have contingencies.

The holidays are about caring, not about credit cards. Put your emphasis on time spent with family and friends and not on gifts. As a result, your holidays will be less stressful, and you'll have a much happier New Year!

Sincerely,

Julie Simek-Heggebo
Family Living Agent

Young Families Newsletter

A free newsletter edited by
Julie Simek-Heggebo
Family Living Agent
julie.simek@ces.uwex.edu

UPCOMING EVENTS

DECEMBER WIC SCHEDULE

December 6	Neillsville Clinic & check pick-up 9-4
December 7	Neillsville Clinic 9-4
December 12	Owen Clinic & check pick-up
December 13	Abbotsford Clinic 9-4
December 14	Abbotsford Clinic & check pick-up 9-4
December 15	Thorp Clinic & check pick-up 9-4
December 16	Neillsville Clinic & Late check pick-up 9-4
December 23	Owen Clinic & Late check pick-up 9-12
December 28	Abbotsford Clinic & Late check pick-up 9-4

“PROFICIENT PARENTING” PARENTING SERIES

The “Proficient Parenting” series will be held on the following **Monday evening, December 19th** at the Central Clark County Community Child Care Center (7 C’s) on Depot Street, Greenwood, Wisconsin from 6-8 pm.

“Family Roles & Systems”

Classes are free to the public and include free child care. Pre-registration is required one week in advance. For more information or to register contact:

Julie Simek-Heggebo
Family Living Agent
517 Court St Room 104
Neillsville WI 54456
715-743-5121

7th Annual
TEA AT TUFTS’
Sunday, January 29, 2012
Tufts’ Mansion, Neillsville



Looking for a great stocking stuffer? Not sure what to get that special person in your life? Well, we’ve got the perfect gift for you! The 7th Annual Tea at Tufts’ event will be held on Sunday, January 29th, 2012. The theme this year is “*English Elegance*” and there will be two seating’s at 11:00 a.m. and 2:30 p.m. Come and experience an elegant tea complete with good conversation, wonderful company and silent auction items. It’s also a great opportunity to tour and view Tuft’s Mansion.

Six tables will be decorated and set for tea. This year *The Rocking Chair Antiques* is sponsoring and judging these beautiful tables.

Prepaid reservations to attend the tea are \$20 and would make a great holiday gift for someone who deserves to be pampered.

The Tea at Tufts’ event is the major fundraiser for the “Parenting the First Year” newsletters distributed monthly to new parents and parents of young children in Clark County. This research based UW-Extension newsletter has been distributed for 25 years and is revised by University staff and specialists on a regular basis. The newsletters give parents and caregivers the most up-to-date information on child development and child related topics. Currently 680 families in Clark County receive this helpful resource with some families receiving the newsletters in Spanish.

CHRISTMAS ANGEL PROJECT

This project has two primary missions. One is to help needy families with needs and wants. The social workers help families determine needs versus wants. The second is to educate people in the community of the fact that there are needy families in the area. Sometimes it is people with the least that share the most.



CHRISTMAS ANGEL PROJECT COUNTY COORDINATOR

Cathy Schnabel Phone: (715) 238-7864
Mailing address: W3662 Tree Rd., Granton 54436;
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AREA COORDINATORS

THORP: Lana Ciolkosz (715) 669-7521

OWEN-WITHEE: Marge Rohland (715) 229-4139

LOYAL: Lonnie Klinke (715) 267-6205

GRANTON-NEILLSVILLE-CHILI-HUMBIRD: Stacy Schilling (715)238-7088

ABBOTSFORD-COLBY-DORCHESTER-UNITY: Sara Steen

The committee working on this project is totally volunteer. The program began in 2003. In 2010 there were 267 children and 93 families served.

The Christmas Angel Project work schedule in Neillsville will be every Wednesday night from 6—8 PM, beginning November 30th. Work will also be done every Saturday from 9 AM until 3 PM. For questions contact Cathy Schnabel 715-238-7874 or Stacy Schilling at 715-238-7088.



Christmas Open House
Saturday, December 10th
Neillsville Public School
Elementary Gym
1:00-3:00 p.m.


Come get your picture with
Santa & Mrs. Claus
crafts • games • music

Sponsored by:
Neillsville Optimist Club

Everyone Welcome!



***Annual Abbotsford
 Christmas Parade***
Saturday, December 3, 2011
7:30 PM




**Clowns on the street at
7:00 PM**

Come see the annual Abbotsford Christmas Parade with over 25 floats and many more walking characters featuring your favorite storybook characters from yesterday and today. Watch your children shiver with excitement as Puff the Magic Dragon sniffs their toes or blows smoke in the air high above their heads!

Of course, Santa and Mrs. Claus are always honored guests. This non-commercial parade is one-of-a-kind in Central Wisconsin.

For more information: 715-223-3444, ext. 102



6th Annual "Exploration Day"

Wednesday, December 28

Loyal School

Open to all Clark County youth grades K - 8

Registration: 8:30 - 8:45 a.m.

Three Sessions: 9:00 a.m. / 10:00 a.m. / 11:00 a.m.

Cost: \$3.00 per person

Class Name	Age	Description
Dog	K-8	Learn about the 4-H Dog Project, Tips for working with your dog at home Doggie Bingo!
Get Ready To Be In Drama	K-8	Learn how to act, project your voice, Be an animal, an older person, or a tourist Use facial expression, Have fun!
Photography	K-8	Introduction to Photography - how to take a GREAT picture! What the fair judges are looking for
Leather Craft	3-8	Learn how to leather stamp & take home your own leather craft project
Wildlife Bingo	3-8	Come learn how to identify animals and plants you find here in WI, and play a game of BINGO while doing so
Tie-Dying	K-8	Participants must bring a clean, washed (even if new) white t-shirt for tie-dying fun
Cake Decorating	K - 8	Basics of Cake Decorating - an introduction to different techniques
Rabbits	K-8	Learn about different breeds, handling and care of your rabbit!
MAQA Class	3-8	Counts as an educational credit for the Livestock Show and Sale Learn about Livestock - feeding, handling & care
Fleece Craft	K-5	Fleece Tie Pillows Please review tying knots at home before Exploration Day
Plants	K-8	Start your new house plants now! Participants will learn to start plants from cuttings Plants will be large enough for exhibiting at the fair
Beginning Sewing	K-8	Learn sewing basics and complete a small project
Volunteer Orientation	Adults	Get more involved with your club by completing Volunteer Training & Orientation This training is required for anyone wanting to be a 4-H Volunteer
Record Books	Adult	Learn about the new Record Book forms so you can help your 4-H members succeed at record keeping!

2011 Exploration Day Registration Form

Please complete one form per person



Name _____ Address _____
 City and Zip _____ 4-H Club _____ Telephone _____
 Grade _____ Male / Female _____

You will be able to attend 3 sessions. Please list your top 6 choices and we will do our best to get you the sessions you would like.

Register early as sessions will be filled on a first come/first serve basis.

1st Choice _____ 2nd Choice _____
 3rd Choice _____ 4th Choice _____
 5th Choice _____ 6th Choice _____

Registrations are due by **December 16**. Please mail completed form and payment of \$3.00 per person to: UW-Extension Office, Exploration Day, 517 Court St., Rm 104, Neillsville, WI 54456. Make checks payable to 4-H Leaders Federation.

HOLIDAY SAFETY TIPS

Check it Twice for a Safe Holiday Season!

- Use artificial trees, wreaths and boughs. Cut evergreen trees, wreaths, boughs create a serious fire hazard in public buildings and are not permitted.
- Injuries due to falls are a major holiday hazard: if you need to hang something higher than you can safely reach, use an approved ladder and not a chair, desk, or box. Make sure you know how to safely use a ladder.
- Plan your decorating to minimize tripping hazards or snagging clothing.
- Check your lights before decorating.
 - ◇ Make sure all holiday lighting has a label that says it is "UL listed". If it doesn't have this label, the lighting is not safe to use.
 - ◇ Use only light sets marked as "indoor" or "Indoor/outdoor" inside buildings.
 - ◇ Make sure all the light sockets are filled before decorating.
 - ◇ Keep all lights away from combustible materials such as fabrics or paper decorations.
 - ◇ Don't connect more than three strands of lights to one extension cord.
- Extension cords can be used with holiday decorations as long as the decorations are taken down within a few weeks.
- Make sure all light strands and electrical cords are free of cuts, crimps, cracks or repairs. Never use a "three-prong-to-two-prong" plug adapter to by-pass a grounded plug. Keep all electrical cords out of traffic areas, and not under rugs, through doorways or taped to the floor.
- Conserve electricity and prevent electrical fires: Turn off all lights, appliances and other electrical equipment when the room is unattended and before leaving for the day.
- Use battery-powered tea-lights, when a candle-light effect is desired. As at all other times of the year, State law prohibits the use of lighted candles, incense, and other fire or ember-producing materials in University buildings.
- Do more with less; a little bit of bright holiday color can go a long way. Limit the amount of combustible paper or fabrics that are hung on doors, walls, and from ceilings to no more than 5% of the surface area. These materials can enable a fire to spread rapidly.
- Make sure seasonal decorations do not block, hide or obscure safety equipment such as fire alarm strobe lights or horns, safety signage or evacuation plans, fire extinguishers, safety showers or eyewash units.
- If you are serving food during the holiday season remember to keep your hot foods hot (>140 deg F) and cold foods cold (<40 deg F) while serving and storing.

Courtesy of the University of Wisconsin System Environmental Health and Safety and Risk Management Departments, 2006

EXTENSION CORD SAFETY TIPS

Proper selection, use, and maintenance of extension cords is critical to avoiding injuries and fires. Following a few simple safety guidelines can prevent potentially dangerous mistakes with extension cords this holiday season:



Safety Tips

- Extension cords are meant to provide a temporary solution and should not be used as a long-term or permanent electrical circuit.
- Purchase cords from authorized retailers and check to see that they have been approved by a nationally recognized testing laboratory.
- Select a cord that is long enough to meet your needs. Never attempt to extend the length of an extension cord by connecting it with another extension cord.
- Never use a cord that feels hot or is damaged in any way. Touching even a single exposed strand can result in an electric shock or burn.
- Make sure the extension cord you use is rated for the products to be plugged in and is marked for either indoor or outdoor use.
- Examine extension cords before each use. Cracked, frayed, or otherwise damaged cords should be replaced immediately.
- Unplug and safely store after every use. Store cords

indoors to keep them protected from damage caused by water and excessive heat.

- Do not place extension cords in high traffic areas, under carpets or across walkways where they pose a potential tripping hazard.
- Do not allow extension cords to dangle from counters or tables, where someone could accidentally pull them down or trip over them.
- Do not run extension cords through walls, or across doorways, ceilings or floors. This may cause the cord to overheat, creating a serious fire hazard.
- Cover unused outlets on the extension cord to prevent children from making contact with a live circuit.

Outdoor Safety Tips

- When working outdoors, use only weather-resistant, heavy gauge extension cords marked "for outdoor use." These cords have added safeguards designed to withstand the outdoor environment.
- Keep all outdoor extension cords and light strands clear of snow and standing water, and well-protected from the elements.
- When using electricity outdoors, always plug extension cords into GFCI-protected outlets.

CHOOSE A HEALTHY HOLIDAY PLATE

Enjoy the holidays and the delicious foods associated with them but eat less.

Research indicates that the average American gains one pound during the winter holiday season. "This amount is less than you might expect and may not seem like a problem, but every pound adds up," says Gayle Coleman, nutrition education program specialist with the University of Wisconsin-Extension.



Donna Peterson, nutrition education program coordinator with the University of Wisconsin-Extension, Iowa County recommends the following tips to maintain your weight and create a healthy eating environment for your family.

—Tip #1. Enjoy your food and eat less. Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you've had enough.

—Tip #2. Plan ahead. If you know that you are attending a holiday gathering where you may indulge in more food than usual, eat a little less earlier in the day or the day before or after. Eating a little before going to a holiday celebration could curb your appetite and make it easier to resist high-calorie temptations.

—Tip #3. Avoid oversized portions. Use a smaller plate, bowl, and glass. Portion out foods before you eat. When

eating out, choose a smaller size option, share a dish, or take home part of your meal.

—Tip #4. Make half your plate fruits and vegetables. Filling most of your plate with fruits and veggies leaves less room for higher-calorie foods.

—Tip #5. Choose foods and drinks low in fat and with little or no added sugar. They include turkey or chicken breast, baked crackers or chips, fruit sherbet or sorbet, and mineral water.

—Tip #6. Cut back on foods high in solid fats, added sugars and salt. They include pies, cookies, candies, stuffing, gravy, eggnog and fatty meats like prime rib and bacon. It's okay to eat these foods once in a while as a treat. Enjoy small amounts when you eat treats.

—Tip #7. Choose not to have a lot of tempting treats in your house. Give your children extra hugs or non-food items like stickers to make them feel special.

Give yourself the gift of maintaining your weight this holiday season. You'll appreciate your efforts after the holidays.

For more information on healthy eating, see www.choosemyplate.gov or contact the Clark County UW-Extension office. Contact information is available at <http://yourcountyextensionoffice.org>

ADDED SUGARS CAN BE HIDDEN SOURCE OF CALORIES

For many people, added sugars are a hidden source of extra calories that can make it hard to stay at a healthy body weight. "On average, one of every six calories we eat comes from added sugars," says Susan Nitzke, UW-Extension specialist and professor emeritus in nutritional sciences at the University of Wisconsin-Madison.

According to Nitzke, cutting back on added sugars is a good way to improve the nutritional quality of your diet. She recommends the following steps to limit added sugars in your diet:

- Drink water, low-fat/skim milk, 100 percent fruit juice, coffee or tea instead of drinks with added sugar.
- Cut back on desserts, baked treats and candies.
- Snack on fruits and vegetables, whole grains breads and crackers, yogurt, low-fat cheese and nuts.
- When you bake, look for recipes that use less sugar.
- Check the ingredient labels on processed foods and avoid those with lots of added sugars.

Nitzke says that "added" sugars are sugars and syrups that are put in when foods or beverages are processed or prepared. Over a third of added sugars in the diets of most Americans come from soda and other sweetened

beverages. She points out that energy drinks, sports drinks and fancy coffee beverages are in this category. "Don't be fooled by nutritious-sounding names such as herbal boost' or 'athletes' pep,'" warns Nitzke.

According to Nitzke, the best way to know which foods and beverages are high in added sugars is to check the ingredient list. A product is high in added sugar if one of the first two or three ingredients listed have is high fructose corn syrup, white sugar, brown sugar, corn syrup, corn syrup solids, raw sugar, malt syrup, maple syrup, pancake syrup, molasses, honey, fructose and dextrose.

For more information on healthy eating, see the Dietary Guidelines for Americans website at <http://www.cnpp.usda.gov/dietaryguidelines.htm>, the MyPlate dietary guidance system from the US Department of Agriculture at www.choosemyplate.gov, the "Families, Food and Fitness" materials at the Nation eXtension website http://www.extension.org/families_food_fitness, or contact the Clark County UW-Extension office at 715-743-5121.



DEALING WITH A DROP IN INCOME

When your income drops

Sometimes a household's income drops suddenly because of a job layoff, an illness or death, or a divorce. It's natural to feel shocked or panicked or to want to ignore the situation.

Whatever the cause, the best thing you can do is to figure out if your new income covers all of your current expenses. Most households can't continue to spend at the same rate and with same lifestyle that they had before their income dropped — even if the drop is just temporary. The sooner you look at your household budget, the more options you have and the better off you will be in the long run.

As hard as it is, you need to let your creditors know about your financial situation. Some of your creditors may be willing to work with you during a rough patch if you're honest with them and contact them before you miss any payments.

Talk with your family and friends about your stress and the changes that might need to happen at home. If you have children at home, you don't want to worry them with adult concerns about paying for groceries or the mortgage, but it's okay to let them know that there's less money coming into your home. Children can be part of the solution when you let them know that some purchases can't be made or some activities will need to be cut or postponed. Your teens might already be contributing to the family budget through a part time job. Families often come out stronger when everyone pulls together.

No matter how bad your situation might be, ignoring your worries won't make them go away. Take charge.

For free, confidential service, contact your county UW-Extension office with any questions or for more information.



MONEY SAVING TIPS

Small appliances

1. Cook with small appliances. Cook with your toaster oven, electric skillet and slow cooker for specialized jobs, rather than the range. Small appliances use less energy.
2. Use the microwave. Microwave ovens shorten cooking times, which saves energy.
3. Clean or replace air filters. Replace filters on exhaust hoods, humidifiers, vacuums, etc. Clogged filters impair performance and cause the units to run longer.
4. Run cold water for disposal. Hot water requires energy to warm the water. Cold water saves energy and solidifies grease, moving it more easily through the garbage disposal and pipes.

Refrigerators and freezers

5. Purchase an Energy Star model. When buying a new refrigerator or freezer, look for the Energy Star label. Energy Star refrigerators and freezers can save you hundreds of dollars on your electric bill over the life of the appliance. Remember, older refrigerators and freezers use two

- to three times more electricity than ones that are 10 years old or less.
6. Select the right size. Determine your household's needs before purchasing a refrigerator or freezer. One that is too large wastes energy.
7. Only use one refrigerator or freezer. You can spend up to \$120 in electricity per year using a second refrigerator or freezer. If you want to use a second refrigerator or freezer during holidays or for special occasions, turn it on one to two days before you need it.
8. Don't set the temperature colder than necessary. Set the refrigerator temperature between 36°F and 42°F. Set the freezer control so the temperature is between -5°F and +6°F. A small thermometer placed in the refrigerator or freezer will help you set it correctly.
9. Clean the unit. Clean dust off the condenser coils, fins, evaporator pan and motor once or twice a year. A clean unit runs more efficiently. Unplug the unit and clean with a vacuum cleaner or long-handled brush.
10. Defrost a manual-defrost unit

- regularly. Frost makes your unit work harder and wastes energy. Don't allow more than one-quarter inch of frost to build up.
11. Stay away from direct heat. Place the refrigerator or freezer away from direct sunlight and other heat sources such as ovens or ranges. Heat will cause the unit to use more energy to stay cold.
12. Do not place the unit in unheated space. Don't place your refrigerator or automatic defrost freezer in a garage, porch or other unheated space. If the temperature drops below 60°F, the unit will be less efficient and cost more money to operate. Or, the compressor may stop running, causing the temperature inside the freezer compartment to rise. Stored food could spoil.
13. Check the seals. Refrigerator and freezer doors should seal tightly. Loose seals cause your unit to work harder and use more energy. If you can move a dollar bill through the closed door, the seal is not tight enough. Get the seals replaced or replace the unit if it is an older model.

“EASY ON THE POCKET” STRATEGIES

Many of us are concerned about rising food costs. Discover easy cost-effective strategies for lunch and snack times that can help lower food costs and food waste.

- Create a meal plan for the week by writing out daily meal plans.
- Make efficient shopping lists. Make shopping lists according to what is needed for the meal plan. Assess supplies already on hand so as not to buy doubles or items not needed. Organize shopping lists by the following headings: Produce, Meats, Dairy, Dry Goods, Frozen, and other. Lists can also be organized by the layout of the store. Organized lists save time and help avoid distraction while shopping.
- Cut your own vegetables, fruits, and cheeses. Pre-cut costs much more than whole items.
- Buy in-season fruits and vegetables. They tend to cost less and taste better.
- Buy in bulk, which is almost always less expensive (but only for items you use often).
- Maximize your time and coupons. Shop and clip coupons only for what is on your meal plan.
- Learn basic food math. Take time to make a food budget before you grocery shop. Calculate reasonable amounts to spend on food. Need help? Visit Iowa University Extensions easy to use calculator, based on USDA’s Low-Cost Food Plan at www.extension.iastate.edu/foodsavings/fooddollar/.

Leftover Smart Snacks:

- Make fruit smoothies from leftover fruits
- Use leftover vegetables to add to soup, wraps, or other meals and snacks. They also can be frozen for later use.
- Combine leftover crackers, pretzels, popcorn, etc. to make a yummy assorted snack mix. Add what’s left of the raisins to add a sweet punch!

Pocket Apple Pie

- 4 flour tortillas
- 2 large apples
- 4 teaspoons brown sugar
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg



Warm tortillas in microwave to make them easier to handle. Peel and chop apples into small pieces and place 1/4 of the apples on half of each tortilla. Stir together brown sugar, cinnamon, and nutmeg, and sprinkle over the fruit. Roll up the tortillas, starting at the end with the fruit, and place on an ungreased baking sheet. Make small slits in the tortillas to allow steam to escape. Bake at 350 degrees for 8-12 minutes or until light brown. Serve warm or cool.

Are you ready for some yummy fruit snacks? Choosing snacks made of fruit is a good step in eating healthy. Another healthy step is in properly cleaning fruit.

When cleaning fruit, The Partnership for Food and Safety Education recommends:

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers, and knives that will touch fresh fruits or vegetables before and after food preparation.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Package fruits and vegetables labeled “ready-to-eat”, “washed,” or “triple washed” need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Lions, Tigers, and Bears — Pumpkin Pie!

- 1 1/2 teaspoons butterscotch instant sugar-free pudding mix
- 1/4 cup fat free milk
- 1/4 cup canned pumpkin puree
- 1/8 teaspoon pumpkin pie spice
- Assorted animal crackers



In a small freezer-weight, plastic bag, combine pudding mix and milk. Close bag and shake about one minute. Add pumpkin puree and spice to bag. Shake to mix. When mixed, cut a hole in the bottom corner and squeeze mixture into a cup. Use assorted animal crackers as spoons to eat the pie!

FRUIT AND HERB OF THE MONTH

Oranges

The United States has the best oranges in the world! First introduced by Spanish Missionaries to Florida and California, most of our supply still comes from these two states. Today most oranges are actually used to make orange juice and other products, with only about 20% of the USA crop going on the fresh market.



Due to differences in soil and climate, Florida and California oranges – even those of the same variety; – vary in color, texture and juiciness. Florida oranges are thin-skinned, very juicy and very easy to squeeze. Florida oranges are less than picture perfect when they are perfect to eat. You'll see orange, yellow and green skins marked with blemishes. Green skin on oranges is not necessarily an indication of their being unripe. In fact, the familiar bright orange color is a result of an orange dye having been applied to the skin. Oranges in their true color are yellow and green. It would be far healthier if the consumer could grow accustomed to what would appear to be an esthetically unappetizing orange. Look for thin skin, heavy fruit, and store in the refrigerator.

California oranges are considered excellent for eating. They usually have the full orange color, with a thicker skin and less juiciness than the Florida fruit.

One orange will meet about 20% of an adults daily foliate needs, as well as being an excellent source of Vitamin C – one orange supplying just over the entire US recommended daily intake (60 mg for an adult). One orange contains about 50mg of Vitamin C. Oranges are an acid and therefore a detoxifying fruit.

Juicing tips:

Orange juice, fresh from the juicer, has a live taste. The powerful healing effects of fresh juice come from the dramatic increase in enzymes available to the body. Orange juice, frozen or bottled, has no enzymes, but can be added to freshly-made juice.

Garlic

Garlic (*Allium sativum*) is one of the best known herbs in the world. Garlic varieties are categorized as either hardneck or softneck. Hardneck types produce a woody flower stalk — called a scape — while softneck types do not. Hardneck types typically have four to 12 cloves in a single circle surrounding the stiff stalk (which can't be braided) and generally do not store well. Softnecks usually produce 10-40 cloves, can be braided, and may be stored for 6-9 months.



Garlic does best in full sun in well-drained soil high in organic matter. Plant garlic in fall, a week or two after the first killing frost. Early the following spring shoots will emerge. Harvest garlic in mid-summer after half of the leaves turn brown. Store as whole bulbs in a cool place.

Spinach—Citrus Salad

8 cups fresh spinach, tough stems trimmed and torn into bite-size pieces
 2 1/2 cups (8 oz.) white mushroom, trimmed and sliced
 1/4 cups scallions
 2 slices turkey bacon
 2 tsp. cornstarch
 1/2 tsp. orange zest, finely grated
 8 oz. orange juice
 1/8 tsp. garlic salt
 1/8 tsp. freshly ground pepper
 3 oranges, peeled, halved, and sliced
 1/2 medium red bell pepper, cut into strips



In a large skillet, cook the bacon over medium heat until crisp. Drain on paper towels, then crumble. Wipe out the skillet with a paper towel.

Meanwhile, in a small bowl, blend the cornstarch, orange zest and juice, garlic salt, and black pepper until smooth; pour into the skillet. Cook, stirring, over medium heat, for about 2 minutes, or until the mixture thickens and boils. Cook, stirring, for 2 minutes; remove from the heat.

Add the spinach mixture to the skillet and toss until evenly coated. Return the skillet to the heat and cook, tossing, for 30 to 60 seconds longer, or until the spinach is slightly wilted. Return the salad to the bowl and top with the bacon, oranges, and bell pepper.

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An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity, or service, please contact the program coordinator at 715-743-5121 as soon as possible (10 days is reasonable) preceding the scheduled event so that proper arrangements can be made in a timely fashion.

RETURN SERVICE
REQUESTED

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Cooperative Extension
Clark County

UW-Extension Office
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Neillsville WI 54456

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