

Strengthening Oklahoma Families

Pittsburg County OSU Extension

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Family and
Consumer Sciences

Beware of Warm-Weather Poison Hazards

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Happy Flag Day and 4th of July	

While poison hazards lurk around the home year-round, some of these dangers are unique to the warmer days of summer. “With nicer weather, people tend to be more active both inside and outside the home,” said Gina Peek, Oklahoma State University Cooperative Extension housing and consumer specialist. “As you’re working around the house and out having fun with your family, it’s important to keep safety in mind.”

While working indoors, caustics such as oven cleaners, drain openers and rust removers can burn on skin or eye contact. Some people may want to spend some extra time deep-cleaning their homes in an effort to freshen up the space for the spring and summer seasons.

“As you’re working with strong cleaners, turn on fans and open the windows,” Peek said. “Be careful not to mix any cleaning products as toxic gases may form, and of course, keep these products away from children.”

Many Oklahomans will spend lots of time shaping up the lawn and tending their gardens, tasks that may include using common lawn care products such as lime, fertilizer, herbicides and insecticides.

Some of these products can burn the skin or irritate the eyes, nose or mouth. In particular, some herbicides and pesticides also can be harmful if swallowed or inhaled. Products should be used as directed on the label and stored properly when not in use, as you would with household cleaners.

“Pay attention to the weather conditions. To cut the risk of skin, eye, throat or lung irritation, avoid applying certain products on windy days,” Peek said. “It’s also a good idea to avoid any areas that have been treated with a pesticide until it has been dry for at least an hour.” During summer barbecues, charcoal lighter fluid should be kept safely out of the reach of children because if swallowed, it could easily get into their lungs. The same care should be taken with lighter fluids and other hydrocarbons such as gasoline and kerosene.

Finally, before heading out, store the number for poison control in your phone. In case of a poison-related emergency, call 800-222-1222 to speak with a poison specialist. The line is available 24 hours, seven days a week.



60% of Americans use their grills year-round



First Bite from the Grill

Source: *Communitytable.com*

Tips for “perfect grilled chicken”

If you often end up with chicken that’s black outside but pink inside:

- Start by cooking over high (*direct*) heat, just until golden.
- Move the chicken to the side to finish cooking over medium (*indirect*) heat.

- Use an instant-read thermometer (*in the thickest part of the meat*) to check internal, temperature (*it should reach 165F*). No thermometer? Pierce with a fork, if done, juices will run clear—not pink.

- Bone-in chicken breast = 30 minutes
- Boneless chicken breasts (*pounded to 1/2-inch thickness*) = 10 to 12 minutes

About how long does it take to grill.....

- Leg quarters, thighs, wings and drumsticks = 20 to 25 minutes



Simple Fixes for Grilling Goofs

Source: *Communitytable.com*



GOOF: Veggies fall through the grill grates

FIX: Invest in a grilling basket, which is a colander-like container that sits on the grill grates.

GOOF: Dry Steaks

FIX: Allow steaks to rest about 5 minutes after grilling and before slicing.

GOOF: Food stuck on grill grates

FIX: Oil the grates before you grill, every time. How to do it: First build a fire to burn off any food bits, then scrub the grates with a wire brush. Finally, dampen a wad of paper towels with canola oil, then use long-handled tongs to rub the towels across the grates.

Best Marinade for (*Almost*) Everything

Pop the top on a can of cola for this sweet and spicy marinade that works for pork, chicken or beef.

SODA SOAK: In a medium bowl, whisk together 1 cup cola, 1/2 cup soy sauce, 1/4 cup Worcestershire sauce, 1/4 cup honey, 1 TBS. garlic powder, 1 TBS. onion powder, 1 TBS. chili powder, 1 tsp. salt, 1/2 tsp. cayenne pepper. Marinate meat at least 1 hour or up to 8 hours, then grill. Makes about 2 cups.



INVITE a FRIEND TO JOIN OHCE TODAY



Several of us attended the Extension Café in Latimer County. We learned Sewing Machine Basics, how to become a Master FCS Volunteer, and New Equipment for Food Preservation. These lessons are really good for someone who is beginning to explore sewing and food preservation. I am looking forward to enrolling in the Volunteer Program. The Volunteer Program materials are available through the OHCE Web site. Rachel Lockwood told me that the educators may do a class for this program. More details later. The leader's lessons are at the Extension Center for pick up.

The Quarterly County Council Meeting will be June 28th at 10 am. There will be some important topics discussed. For instance:

☺ OHCE State Meeting in OKC *(Please check your OHCE State Newsletter for details)*

☺ Fundraiser in October

☺ Membership Drive

☺ Pittsburg County Fair

Come early for donuts and coffee. A luncheon has not been planned for this meeting, so for whoever wants, we can go out to lunch.

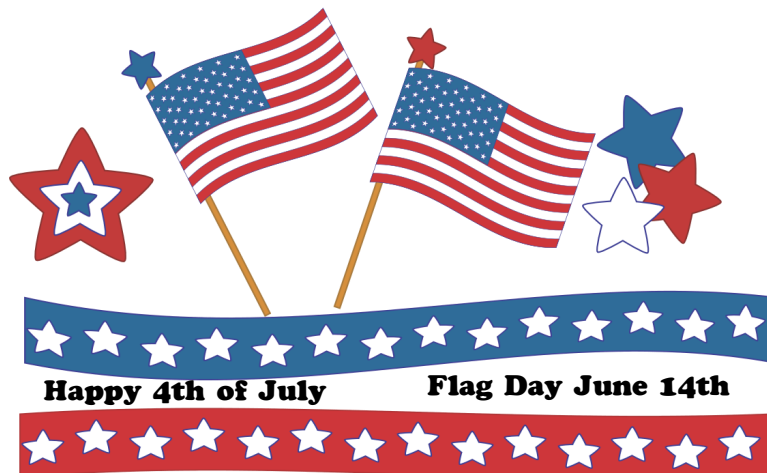
A committee has met and updated the Pittsburg County OHCE tri-fold. This tri-fold will be handed out at the Council Meeting.

I look forward to seeing everyone in a few weeks.

Frances



News from your OHCE President



Advice from a 1949 Singer Sewing Manual



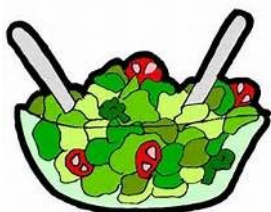
Advice from a Singer Sewing Manual from 1949:

Prepare yourself mentally for sewing. Think about what you are going to do. . . never approach sewing with a sigh or lackadaisically. Good results are difficult when indifference predominates. Never try to sew with a sink full of dirty dishes or beds unmade. When there are urgent housekeeping chores, do these first so your mind is free to enjoy your sewing. . .When you sew, make yourself as attractive as possible. Put on a clean dress. Keep a little bag full of French chalk near your sewing machine to dust your fingers at intervals. Have your hair in order, powder and lipstick put on . . . [If] you are constantly fearful that a visitor will drop in or your husband will come home and you will not look neatly put together, you will not enjoy your sewing as you should. .



Asparagus Salad

- 1 TBS. extra-virgin olive oil
- 1 TBS. mayonnaise
- 1 TBS. fresh lemon juice
- 1/2 lb. Brown mushrooms, chopped
- 1/4 tsp, kosher salt
- 6 cups leave or butter lettuce
- 1/2 lb. raw asparagus, chopped
- 4 radishes, halves & sliced
- 1/4 cup unsalted pistachios, chopped



In a large bowl, whisk together the oil, mayonnaise, lemon juice, and salt. Gently toss with the lettuce, asparagus and radishes

and top with the pistachios.

Nutrition Info: Calories 140 | Total Fat 12g | Sat Fat 1.5g | Carbs 7g | Fiber 3g | Protein 4g | Sodium 170mg |

June 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

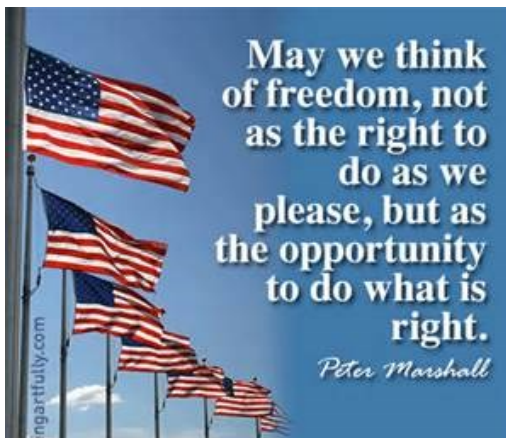
Chicken Apple Salad Sandwich

- 1/4 lb. cooked, shredded chicken
- 1/2 cup chopped celery, (on stalk)
- 1/2 cup chopped apple (one apple)
- 1/3 cup light mayonnaise
- 1 lemon, juice squeezed
- 1 small box (1.5 oz.) raisins
- 8 slices whole wheat bread
- * optional 1/4 cup chopped walnuts



Combine all ingredients together and create a sandwich on whole wheat bread with lettuce, fresh tomato & slice onion

Nutrition Info: Calories 245 | Total Fat 32g | Cholesterol 26mg | Sodium 547mg | Sugars 13g | Protein 17g



June 3 & 4 LeFlore Co OHCE Quill Show—KTC 9 a.m.—4 p.m. each day

June 28 County Council Meeting 10 a.m. McAlester OSU Ext.

July 10-12 OHCE State Meeting—Embassy Suites 8th & Phillips Ave, OKC. All members are invited. More information to come.

August 16 4-County Leader Lessons—Poteau 10 a.m. More info to come.

Sept 6-10 Pittsburg Co. Free Fair

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