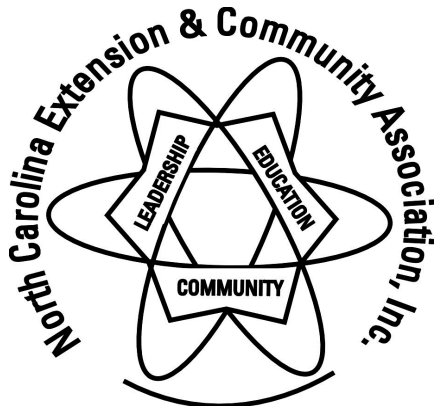


# EXTENSION & COMMUNITY ASSOCIATES' NEWSLETTER

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*May 2012*



## Area Meeting

Thanks so much for attending the April ECA meeting. You were very generous in your donation to the South East District Agents in your donation in helping with hosting our State Meeting in August. What a very nice and unexpected surprise of purchasing a brick in my honor. That is very kind of all of you. Thank you so very much.

Please let us know if you did or do any rearranging of your closets. I know the lady in the video was a little wild but she still had good information to share about what many of us need to do in our closets to make life easier.

## Lake Waccamaw

I know we voted not to do anything in June for Lake Waccamaw but if you have items you want them to have please let me know. I can always get them to their Duplin County office and they will get it to the cottages and or the thrift store. Also, Jones County ECA is going in June and they will take items for us.

## Scrapbooking

If you know anyone that likes to scrapbook – please share the attached flyer with them. We are having an all day scrapbook event here at the office on the 5<sup>th</sup> of May from 9 am to 5 pm. We will have scrapbook vendors available selling items as well as placing orders. The cost is \$15 and each person is asked to bring a dish for folks to nibble on during the day and or for lunch.

If they have any questions they can call the office.



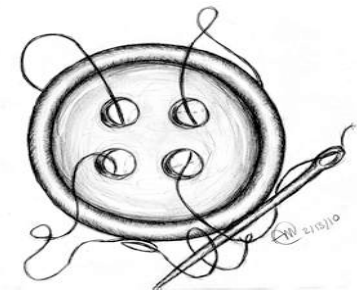
## Leader Training

The leader training in May will be on Tuesday, May 22nd at 10:00 am. The title of the training will be “Brain Blitz – Boosting Your Brain Power”. Robin Seitz, FCS Agent, will be the presenter of the information. Presidents: Please

make sure a representative from your club attends the training.

### **Discovery Gardens Dedication**

Please join us on Tuesday, May 15<sup>th</sup>, at 11:30 am to 12:30 pm for the Dedication of our Discovery Gardens. The Master Gardener/Discovery Garden Foundation has worked very hard to get this going. Please come and support them in their efforts.



### **Buttons, Buttons: Who Has the Buttons**

Thanks to Nancy Goad we are going to offer a jewelry class. We will be making bracelets out of buttons. Please start looking through your buttons and start gathering buttons you think would look nice together. Robin and I are going to try making one before we announce a date to help any of you that would like to make one.

You can purchase a bag of buttons at Michaels and at Hancock but I know many of you have containers full of buttons so you may not have to purchase any.

### **Farmers' Market**

Please remember to support our Farmers' Market. The one here at the office is open on Tuesday and Saturday from 8:30 am to 1:30 pm. The Market behind the old Lowes building and Dicks is open on Thursday from 12 noon to 6 pm.

### **4-H Summer Avenues of Interest 2012**

#### **The 4-H motto is:**

"To Make the Best Better", so make the best better by enrolling now to learn something new and meet new people. The 4-H office along with those giving leadership to the activities hope you have an enjoyable summer and invite youth age 5 – 19 to take advantage of the many opportunities offered in the Avenues of Interest Summer Program.

We invite you to join us for an exciting summer!!! Any youth in Onslow County may enroll in one or more workshops, you do not have to be a 4-H'er to register, just come by the 4-H office at 4024 Richlands Highway, Jacksonville. Call us at 455-5873 or you can also check our web site to see what classes we offer and if they are full.

(<http://onslow.ces.ncsu.edu>) All programs have a registration fee, which must be paid when you register. Registration will not be held at the workshop or activity.

All monies collected are used for supplies and or instructor fees. Again, do not miss out on an exciting summer of 4-H activities.



Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age, or disability. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating

Peggie L. Garner  
County Extension Director



## Strawberry Basil Mini Donuts

soy-free

makes 12 mini donuts

### wet ingredients:

- 1/3 cup unsweetened coconut milk (or other non-dairy milk)
- 1/3 cup minced strawberries (about 4 or 5)
- 1 to 2 tablespoons agave nectar
- 1/4 teaspoon apple cider vinegar
- 1 teaspoon lemon zest

### dry ingredients:

- 1 cup whole wheat pastry flour (use gluten-free flour as a sub)
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

Pre-heat the oven to 350 degrees. Mix the wet ingredients in one bowl and the dry in another. Spray your mini donut pan with a little oil so they will be easier to get out.

Then add the dry ingredients into the wet and mix just until it's mixed. If it's a little dry go ahead and add some extra agave nectar. Divide the batter between the 12 donut molds. Bake in pre-heated oven for 10 to 13 minutes. (They should be firm to the touch.) Let them cool for 5 to 10 minutes, then carefully remove. (If you don't wait they will stick in the pan even though you oiled it.) Place them bottom side up on a plate and let them sit for about 5 minutes then dip them in the glaze (recipe below).

### Lemon Basil Glaze

4 tablespoons powdered sugar

1 teaspoon lemon zest

juice of 1/2 lemon

1/4 teaspoon fresh lemon basil or mint, minced

Mix the glaze ingredients until smooth. Put in a small bowl to make it easier to dunk the donuts in.