

# FACES NEWSLETTER

Family and Consumer Science



AUGUST 2013

Robin T. Seitz  
Extension Agent,  
Family & Consumer  
Science

Peggie L. Garner  
County Extension  
Director

## Contact Us:

NCCE-Onslow County  
4024 Richlands Hwy.  
Jacksonville, NC  
28540

(910) 455-5873  
(910) 455-0977 Fax  
<http://onslow.ces.ncsu.edu>

*North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.*

## BASIC HOME FOOD PRESERVATION SERIES SET FOR AUGUST SPOTLIGHT FOR AUGUST

Have you ever wanted to learn about canning? Now is your chance. Onslow County Cooperative Extension is teaching a four session Basic Home Food Preservation Series August 15, 20, 24 and 27, 2013. The first session on August 15<sup>th</sup> from 5pm until 8pm is Canning Basics. This class will cover both water bath and pressure canning. Session Two is the Salsa Session. This session will focus on making and preserving tomato salsa as well as fruit salsas. Session Three is the Pickling Party on Saturday, August 24<sup>th</sup> from 9am until noon. This class will cover basic pickling of fruits and vegetables. Session Four is a Jam Session. In this class participants will learn about jams, jellies, butters and syrups.

The cost for each class is \$10 and participants will take home a jar of the product made in each class. If you want to take all four classes the cost is \$35.00. Space is limited to 12 participants per class and you must pre-register and pay by August 6<sup>th</sup>. Also available for participants to purchase for \$15.00 will be the University of Georgia Cooperative Extension's popular book, SO EASY TO PRESERVE. This beautiful book contains the latest U.S. Department of Agriculture recommendations for safe food preservation. This 375-page book has over 185 tested recipes, along with step-by-step instructions and in-depth information for both the new and experienced food preserver. Chapters include Preserving Food, Canning Pickled Products, Jellied Fruit Products, Freezing and Drying. This 5<sup>th</sup> edition has 35 new tested recipes and processes, in addition to a new section with recommended procedures for home-canned salsas. For more information, contact Robin Seitz or Lisa Rayburn at (910)-455-5873.

## **DO YOU “LIKE” THIS?**

Onslow Cooperative Extension has a new Facebook page focused on diabetes. Diabetes Kitchen at Onslow County Cooperative Extension will share nutrition advice, fitness tips and diabetes friendly recipes. The good news is you don't have to be diabetic to enjoy the information there. Check it out at <https://www.facebook.com/pages/Diabetes-Kitchen-at-Onslow-County-Cooperative-Extension/174840912582942>

**Below you will find a snapshot of tax changes that will go into place either or starting January 1, 2014 and January 1, 2015.**

**HB 998, Tax Simplification and Reduction Act Summary Note: Governor McCrory signed H. 998 into law July 23, 2013.**

### **Individual Income Taxes**

#### **Rates**

Reduced to 5.8% (Effective 1/1/14)

Reduced to 5.75% (Effective 1/1/15)

#### **Standard Deduction Amounts**

Married Filing Jointly \$15,000

Head of Household \$12,000

Single/Married filing

Separately \$ 7,500

(Effective 1/1/14)

#### **Itemized Deduction Amounts**

Allows taxpayers who itemize their returns to take the sum of the following:

\*Unlimited charitable contributions

\*Up to \$20,000 of home mortgage interest and real property taxes paid (Effective 1/1/14)

#### **Child Credit**

The credit amount is determined by the taxpayer's income level, as follows:

\* \$0 - \$40,000 125/child

\* \$40,000 - \$100,000 100/child

\* Over \$100,000 Not eligible

(Effective 1/1/14)

#### **Credits and Deductions Eliminated**

The following credits and deductions were eliminated under the bill:

\* Real property donations, including farmland preservation

\* Conservation tillage equipment

\* Gleaned crops

\* \$1,000 farm machinery property tax credit

\* Poultry composting facility construction

(Effective 1/1/14)

#### **Corporate Income Taxes**

##### **Rate**

\* Reduces C Corporation tax rate from 6.9% to 6% (Effective 1/1/14)

\* Reduces 5%(Effective 1/1/15)

\* For FY 2014-15, the 5% rate may be reduced an additional 1% if State revenues exceed \$20.2 billion

\* For FY 2015-16, the rate may be reduced an additional 1% if State revenues exceed \$20.975 billion

\* Effective 1/1/17, the reduction triggers for FY 2014-15 and FY 2015-16 apply

#### **Sales Taxes**

##### **Agricultural Exemptions**

Farmers who have \$10,000 or more in annual gross income from farming operations in the previous calendar year are eligible for various agriculture sale tax exemptions, including:

Fuel and electricity that is measured by a separate meter or separate device and used for non-household purposes

- \* Commercial fertilizer, lime, land plaster, plastic mulch, plant bed covers, potting soil, baler twine, and seeds
- \* Farm machinery, attachment and repair for, and lubricants applied to farm machinery
- \* Containers used for agricultural production and the packaging and transportation of agricultural products for sale
- \* Grain, feed, or soybean storage facilities, parts and accessories
- \* Remedies, vaccines, medications, litter materials, and feeds for animals
- \* Rodenticide, insecticides, herbicides, fungicides, pesticides, defoliants, plant growth inhibitors, regulators, and stimulator

Semen

- \* Baby chicks and poultries sold for commercial poultry or egg production
- \* Commercially manufactured facilities used for the housing, raising, or feeding of animals or housing equipment needed for these activities
- \* Building materials, supplies, fixtures, and equipment used to construct, repair, or improve enclosures or structure for housing, raising, or feeding animals
- \* Bulk tobacco barns, racks, and parts and accessories attached to tobacco barns or racks

Effective (7/1/14)

The bill repeals sales tax exemptions for the following items, which are no longer widely-used in agricultural production. (Effective 7/1/14)

- \* Horses and mules
- \* Lease or rental of tobacco sheets used in tobacco warehouse
- \* Metal flues used to cure tobacco

### **Electricity and Piped Natural Gas**

Extends sales tax to electricity and piped natural gas

- However, these items may be exempt for farmers if used agriculture purposes

### **Entertainment and Amusements**

Extends sales tax to the admission charges for entertainment and amusement services, including, most likely, agri-tourism activities

- \* Commercial agri-tourism fairs, including the State Fair are exempt

### **Service Contracts**

Imposes sales tax on the “sales price of service contracts” to maintain and repair tangible personal property, including “warranty agreement(s), maintenance agreement(s), (or) repair contract(s).”

- \* However, items that are exempt from the sales tax, such as farm machinery, are also exempt from the service contract sales tax. As result, maintenance and repair services on farm machinery will not be taxed.

### **NC Estate Tax Repeal**

Repeals the NC estate tax effective retroacting to 1/1/13

### **Gas Tax**

Caps the NC motor vehicle gas tax at 37.5% (became effective when Gov. McCrory signed the bill)



## **Make Sure School Lunch Boxes Stay Safe**

School is starting soon and packing your child's lunch can be a good way to make sure you know they're eating. If you pack what they like they're more likely to eat it. However, many kid friendly lunch choices may require special care to keep the "lunch box bug" called food poisoning at bay. To keep those lunchboxes safe follow these tips from the American Dietetic Association.

### **Wash Hands Often**

- Be sure to wash hands before, during and after preparing children's lunches.
- Make sure the counter surface is clean and dry when preparing lunch to prevent germs from spreading to the food. Don't forget to make sure the lunch box is clean, too.
- Teach children to wash their hands before digging into lunch. For extra protection, pack moist towelettes in the lunch box or bag.

### **Keep Raw Meats and Ready-to-Eat Foods Separate**

- At home, store fruits, vegetables and cooked and ready-to-eat meats for kids' lunches separately from raw meats.
- To help prevent cross-contamination, keep a supply of shelf-stable foods that don't require much preparation or refrigeration such as crackers, fresh fruits, packaged puddings and canned fruits or meats.

### **Maintain Proper Temperatures**

- Pack hot foods like soup and chili in well-insulated, tightly sealed containers until ready to eat.
- If sending perishable cold foods for lunch (such as hard-boiled eggs, milk, yogurt, cheese or a sandwich with meat, chicken, turkey or tuna), include a frozen icepack to help keep them cold until lunchtime. A frozen individual juice box can help serve as a cold pack.
- Invest in an insulated lunch box or use double paper bags.

### **Refrigerate Promptly Below 40° F**

- If packing a sandwich the night before, keep it in the refrigerator at below 40 degrees Fahrenheit until your child leaves for school.
- Instruct your child to throw away all perishable leftovers after lunch.



## What's in Season?

### Bell Peppers



Named for the bell-like shape, bell or sweet peppers are actually a fruit in the same family as tomatoes, potatoes, and eggplant. They come in a variety of colors, including green, red, yellow orange, purple, white and brown. Their sweet, mild flavor and crispy juicy flesh make them a cooking staple. Bell peppers can be stuffed and baked, grilled, roasted, stir-fried, and served in salads, stews and soups.

Green peppers, the most common and least expensive variety of bell pepper, are picked before they ripen and have a slightly sharper flavor. When left to ripen, green peppers become sweeter and turn red, yellow, or other colors depending on the variety. Red peppers are an excellent source of vitamins A and C. Green peppers are an excellent source of vitamin C.

Select bell peppers that are firm and crisp and that feel heavy for their size. They should be shiny and richly colored. Avoid any that are shriveled or have soft spots. For stuffed peppers, choose rounded, block-shaped peppers. Refrigerate unwashed peppers in a plastic bag for up to one week. Red, yellow, and other colored peppers are

slightly more perishable than green peppers. Wrap leftover cut peppers in plastic wrap and refrigerate for one to two days.

Rinse bell peppers under cold running water just before using. To chop or slice, stand the pepper on its end on a cutting board. Cut downward three or four times to form vertical slices. Discard the stem, core, and seeds. Remove the white membranes. Cut the slices into strips or chop as desired.

To cut a pepper into rings or to prepare it for stuffing, make a circular cut around to top of the pepper with a paring knife. Pull out and discard the stem, core, and seeds. Carefully cut out the membranes, and rinse with water to remove any seeds. Slice crosswise to form rings or leave intact for stuffing.

Roasting peppers, gives them an intensely sweet, smoky flavor. To roast peppers, arrange whole peppers on a foil-lined baking sheet. Broil them two to four inches below the heat source, turning with tongs as needed until they are blackened on all sides. Wrap the roasted peppers in the foil from the pan, and place the foil-wrapped peppers in a sealed plastic bag to steam them and loosen the skins. When they're cool enough to handle peel off and discard the blackened skins. Remove and discard stems, core, and seeds. Slice and use in sandwiches, salad dips, spreads, pizza toppings, and pasta dishes.



## Doing Laundry – The Safe Way

*The American Cleaning Institute* – is dedicated to creating better living through the safe and effective use of cleaning products. For a healthy and safe laundry routine, follow these guidelines each and every day.



### Store laundry products safely

- Keep laundry products out of the reach of children and pets.
- Remember to keep products in their original container with the original label intact and immediately put them away in a secure location after use.
- Children are usually curious and explore all the new things they find around a household. Take care to keep laundry products out of reach of young children.

### Pay attention during use

- Read and follow all recommended instructions on the laundry product label prior to use. Be sure to pay

particularly close attention to all “Caution”, Danger or similar statements.

- Never combine laundry detergents with ammonia or other household cleaning agents because some chemical mixtures may release irritating gases.
- Remember to clean up any spills, and immediately wash your hands and any items used to dispense or measure products.
- Choose to do laundry in the absence of young children so that you can give it your full attention without distractions.
- Always close the laundry detergent container, box, bottle or pouch immediately after each use. Make it a habit to put laundry products away when you have finished using them.

### Dispose of products properly

- To protect children, pets and garbage handlers, remember to rinse and re-cap the bottle before throwing away or recycling.
- Never use empty detergent containers for storage of any other materials, especially for anything intended for human consumption.
- Teach young children that laundry products and their container are not toys.



### Know what to do

- Laundry product labels contain first aid information and are a valuable resource for consumers.
- Familiarize yourself with products labels and know where the safety information is located on the label. Know what to do before unintended exposure happens.
- Keep the Poison Control Center phone number (1-800-222-1222) available at all times.
- To ensure the safety of you and your family, cleaning product manufacturers work in close partnership with the Poison Control Centers to share information about products on a routine basis.



## Peach Cobbler

**Total Time:** 1 hour

**Prep:** 15 minutes

**Cook:** time 45 minutes

### Ingredients

4 cups peeled, sliced peaches

2 cups sugar, divided

½ cup water

8 teaspoons butter

1 ½ cups self-rising flour

1 ½ cups of milk

Ground cinnamon, optional



### Directions

Preheat oven to 350 degree F

Combine the peaches, 1-cup sugar, and water in a saucepan and mix well. Bring it to a boil and simmer for 10 minutes. Remove from the heat.

Put the butter in a 3-quart baking dish and place in oven to melt.

Mix remaining 1-cup sugar, flour, and milk slowly to prevent clumping. Pour mixture over melted butter. Do not stir. Spoon the fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon, if using. Batter will rise to top during baking. Bake for 30 to 45 minutes.

To serve, scoop onto a plate and serve with your choice of whipped cream or vanilla ice cream.

**North Carolina Cooperative Extension  
North Carolina State University  
Onslow County Center  
4024 Richlands Highway  
Jacksonville, North Carolina 28540  
NON-PROFIT**