

March 2021

Locally Delicious...in WNC, Fresh is Always in Season!

Are you interested in buying local foods and in-season produce? For creative ideas on preparing these nutritious gems, check out Yancey County Cooperative Extension's new series, "Locally Delicious....In WNC, Fresh is Always in Season!". This series will focus on what's in season, locally, along with a quick "how-to" video for preparing a simple recipe. Also included will be the recipe and nutritional content. We have two videos currently available for viewing. They show how to prepare Sauteed Collards and Apples, and Oven-Roasted Asparagus. You can view all videos produced in this series by going to:

http://go.ncsu.edu/locally_delicious_wnc

If you would like to receive updates on new cooking videos, please send an email to: Sue_Estridge@ncsu.edu or call (828) 682-6186

Stay Informed About Everything FCS!

Stay in tune with everything happening with Yancey County Family & Consumer Sciences! To keep up with Extension events, please visit our website: <https://yancey.ces.ncsu.edu> or click here: <https://go.ncsu.edu/yanceywebsite> You can also visit the the FCS Facebook page @ Madison & Yancey Counties Family and Consumer Sciences



Hi, I'm Sue Estridge, the Family and Consumer Sciences (FCS) Extension Agent. I love serving the citizens of Yancey County in the areas of foods, nutrition and wellness, food safety/preservation, food insecurity and value added kitchens. I have two children and in my spare time, I volunteer as a National Ski Patrolroller at Wolf Ridge Ski Resort. I also enjoy cooking and spending time outdoors. For more information about Yancey Co. Family & Consumer Sciences, please contact me at (828) 649-2411 or Sue_Estridge@ncsu.edu



Ferment On!

Have you ever wanted to learn to ferment foods? In this five-week series, we will demonstrate and share resources on how to safely make fermented foods. We will demonstrate a different type of fermentation each week. This series will show you what it takes to make fermented foods through demonstrations and shared materials. We will cover the "ins and outs" of fermentation, plus the benefits and storage recommendations.

Location:
Meet by Zoom.
Attend from anywhere
with a
reliable internet
connection

Cost:
Free!
There is no cost
to Attend

Time:
Each Session will
start
at 1 pm and last
approximately 1
hour



<u>Date</u>	<u>Topic:</u>
April 13	• Introduction to Fermentation and Sauerkraut
April 20	• Kimchi
April 27	• Yogurt
May 4	• Kombucha
May 11	• Pickles



Zoom Seminar Access: Closer to the start of the sessions, you will receive an email with instructions and a link to join this online live broadcast via Zoom as well as online resources. The ability to access Zoom through a computer, tablet, or smartphone with a reliable internet connection will enhance the experience.

To Register for the sessions, go to: go.ncsu.edu/fermenting

**For Questions, or for assistance with registration contact Sue Estridge
 (sue_estridge@ncsu.edu) or call the**

NC Cooperative Extension Yancey County Center at 828-682-6186



FOOD PRESERVATION MADE EASY

A FOUR WEEK *IN PERSON* FREE HANDS-ON FOOD PRESERVATION SERIES

Learn about canning or just brush up on the latest information on food preservation from canning to freezing to drying by attending Food Preservation Made Easy! Participants will have the opportunity to make a preserved item at each session. Register for all sessions, or pick and choose which session(s) you wish to attend.

DATES/TOPICS:

- MAY 6** ~ Dehydration
- May 13** ~ Water Bath Canning
- May 20** ~ Freezing
- May 27** ~ Pressure Canning

TIME :

1 PM - 3 PM

WHERE:

**Yancey Co.
Cooperative Extension Center**

COST:

FREE

TO REGISTER:

Registration is limited. Masks will be required
 Please call 828-682-6186 or send an email to Sue_Estridge@ncsu.edu
 Or Register online here:
<https://go.ncsu.edu/yanceyfoodpreservation>

Spring Means It's Asparagus Time!



By: Sue Estridge, Area FCS Extension Agent



Asparagus is one of the most labor intensive vegetables to cultivate, unfortunately that makes it one of the least affordable vegetables. The price of a small bundle of fresh asparagus typically ranges from \$3-\$5. When buying fresh asparagus, keep in mind that it is in peak season during the late spring and early summer and will likely be more affordable during this time. Asparagus should be stored in the refrigerator. The shelf life of fresh asparagus can be extended a few days by chopping away an inch of the stem and placing the ends of the asparagus spears in water. For an easy, healthy and delicious asparagus recipe, try Oven-Roasted Asparagus! For step-by-step video instructions, go to: <https://go.ncsu.edu/asparagusvideo>

Oven-Roasted Asparagus



Ingredients:

- 2 lbs fresh asparagus, washed and trimmed (cut off tough ends)
- 3 Tablespoons olive oil
- 1 ½ Tablespoons grated Parmesan cheese
- 1 tsp. sea salt
- 1 clove garlic, minced
- ½ tsp. ground black pepper
- Juice of one lemon

Directions:

1. Preheat oven to 425 degrees
2. Place the asparagus into a mixing bowl, and drizzle with olive oil.
3. Toss to coat, then sprinkle with Parmesan cheese, salt and garlic.
4. Arrange the asparagus onto a baking sheet in a single layer, and sprinkle with ground pepper.
5. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness.
6. Sprinkle with lemon juice just before serving

Nutritional Information per 1 cup serving:

Per Serving: 123 calories; protein 3.3g; carbohydrates 5.2g; fat 10.8g; cholesterol 1.7mg; sodium 471.4mg.

For more information, please contact Sue Estridge at 828-682-6186 or Sue_Estridge@ncsu.edu