Dear Extension Families,

We are happy to announce that Graham County Cooperative Extension has officially moved back to 39 South Main Street in Robbinsville. The move took several days and there were a few logistical problems (like being without telephone service), but most of the glitches have been smoothed out. It is great having a new place with new stuff!

We plan to hold an open house soon, but in the meantime, please stop in to see us any time. Our staff is here to help families and answer questions about agriculture, natural resources, nutrition, and much more!

In January, agents met with several members of the Extension Advisory Committee to get their ideas on programs that should be offered in 2012. Some of their ideas included: a search and rescue class for youth, gardening, planting trees, extending family food budgets, alternative energy, basic sewing, and teaching youth about potential careers. Our staff is very excited about their ideas and appreciates their input. Thanks to all the ALS members who participated in that planning luncheon. We want input from ALS members who could not attend that meeting as well, so if you have a great idea for an educational program Extension can offer in 2012 that would help Graham County citizens, please tell one of us!

We hope all of you are having as wonderful a new year as our staff! We also hope to see you at an Extension program this month!

Sincerely,

Teresa Garland
County Extension Director

Randy Collins
Extension Agent
Agriculture

Eve Rogers
Extension Agent
Family & Consumer Science

Believe it or not, it's time to compile your 2011 project books and cumulative records. Please call Pam, Eve or Teresa to set-up an appointment, if you need help with your project book. 4-Hers completing cumulative records (3 year records), should make an appointment with Teresa. Teresa, Eve, and Pam can be reached by calling 479-7979. Completed records are due to the Extension Center by 5:00 pm on Monday, February 27.
FORECLOSURE PREVENTION

Do you qualify for mortgage payment help from the NC Foreclosure Prevention Loan Fund?
Join staff from OnTrack WNC to find out!

Two information sessions will be offered:
   February 13: 11:00—1:00
   and
   March 12: 11:00—1:00
CSS Office of Economic Opportunity
Murphy, NC

Debt and financial management sessions are also available by appoint-
ment only. Call OnTrack WNC at 800-737-5485 to register or for more information!

WEST DISTRICT TEEN RETREAT 2012

Teen Retreat is scheduled for March 30 and 31 at Swannanoa 4-H Camp. It will begin on Friday evening and adjourn late afternoon on Saturday. Teen Retreat is open for youth ages 12 and up. Space is limited! Teens interested in attending Teen Retreat should contact the Extension Center at 479-7979 to be put on the roster.

4-H SKI NIGHT
February 23
Depart RHS at 3:15
Free for 4-H Extreme Teens!
Includes rental gear and free skiing lesson. You must call to register by February 20.

RECIPE OF THE MONTH

Double Chocolate Brownies
15 oz. can black beans (drained/rinsed)
1 Tbsp. oil (corn, safflower, sunflower, etc.)
3 eggs
4 Tbsp. cocoa
1/4 cup applesauce
3 tsp. vanilla
1 C. sugar
1/3 c. semi-sweet chocolate chips (for after baking)

Preheat oven to 350° F. Coat an 8x8 inch square metal pan with cooking spray. Set aside chocolate chips. Mix all other ingredients in a blender or mash beans with a potato masher and mix in other ingredients by hand. Pour into pan and bake for 40 minutes or until knife inserted in center comes out clean. Remove from oven, and sprinkle top evenly with chocolate chips. Cool completely before cutting. Brownies become firmer as they cool.

Rich, gooey chocolate with protein and fiber in every bite! This recipe was given by Carol Lawson and is low glycemic.
Managing mail can be a daunting organizing task because you cannot just visually organize mail, you have got to read every document in order to file or discard. The best route to solid management is to cut down on the amount of paper coming into your home. Read on for tips on better mail management.

Schedule Time to Manage Mail

Most people sort through mail while walking in the door after work and often stop in the middle to put away their coat or turn their attention to what’s for dinner. Resist the urge to manage mail until you have the time and attention to give to this task. Here are the reasons:

- If you sort on your way in the door, chances are you are not prepared to manage your mail at that time. You need the right tools (below) and the attention to decide how to use or discard each piece.
- Never touch a piece of paper more than once if you don’t have too. This is what makes managing paper so exhausting: you have to read it each time! Wait until you’re ready to manage and discard.

Establish an "In" Box

- One idea is to manage mail and other pieces of paper out of an "IN" tray that doubles as a catch-all for any document. If someone hands you a piece of paper like an address, directions, recipes, or magazine article - put it in this tray. About twice a week go through the pile and manage the paper. Do Not let your 'IN' Box overflow!

Have the Right Tools to Manage Mail

- **Shredder** - Anything with identifying information beyond your name and address should be shred immediately.
- **Recycling Bin/Garbage Can** - Most mail can be recycled immediately (think: coupons, fliers, announcements).
- **Filing System & Calendar** - For the mail you need to take action on either immediately or in the future.

Sort and Shred

- Begin by standing over a shredder and recycling bin and/or garbage can with the idea being to recycle and shred as much as you can. This way you will handle this piece of mail only once. Next, take the remaining mail (probably a much smaller pile) that needs to be acted on to your desk/table and sort into categories.

Categorize and File Events & Tasks

- Anything that is dated should be put into your calendar with the accompanying information. Examples:
  - **Coupons**: If there is a coupon you want to be sure to use, put the coupon dates in your calendar.
  - **Events**: Any hard copy documents that go along with an event (invitation, directions, response cards) go into an "Events" folder on your desk.

**Organize a System for Incoming Mail**

- Now it is time to go through the mail. Take a deep breath and relax, because mail is the largest source of paper clutter in your home and the most time consuming to sort. Having a plan of attack will aid you in keeping this huge source of clutter under control. Tackle mail and paper clutter more easily by establishing three piles: Action, Shred, Recycle. Here are the three ‘end games’ for every piece of mail:
  - **Action** - Mail you need to take action on right away or eventually. This kind of mail will be broken down into further categories like archive/referance, read, response, action, etc.
  - **Recycle/Garbage** - Junk mail that has no value to you and no identifying information on it beyond your name.
  - **Shred** - Any piece of mail that has any identifying information on it beyond your name and address. This would include social security numbers, dates of birth, credit card offers, etc.

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**PRUNING WORKSHOP**

February 29th
9 a.m. - 12 p.m.

If you are interested in learning about pruning grapes, blueberries, and fruit trees, this workshop will put you well on your way. To register, please call (828) 479-7979.
Other folders help you organize your bills and time.

**Bills to Pay:** Start out with a folder for bills, but be sure to go through it weekly so you can pay bills on time. Bills may need their own filing system. There are several ways to manage your bill paying. You need to find what works for you.

**Calls:** RSVPS, questions about bills, etc.

**Errands:** Anything I need to do outside of the house.

**Computer:** Story ideas, interesting things you want to research, emails, etc.

Any mail that fits into one of those categories is going into the appropriate folder. Then when it’s time to make calls, run errands or use the computer, you have everything you need in that folder and can grab and go.

**Archive Personal Mail and Keepsakes** - Personal mail like greeting cards includes: Birthday cards; Ticket stubs; Birth announcements; Postcards; etc. After a few weeks, choose a few items to keep – be selective!!! Then put them into your scrapbook or keepsake file.

**Magazines and Catalogs** - Items that require more time to review like catalogs should go into their own box or container. When you have time look at them and then get rid of them. Tear out articles or recipes you want to keep and put them in your "IN" box; then either donate, recycle or discard the rest of the magazine.

**Nip it in the Bud! Stop Junk Mail**

- Cutting down on the amount of junk mail you receive will cut the amount of time you spend managing your mail. Less mail = less time. Bonus: It's good for the environment. Call 1-888-5 OPT OUT (or 1-888-567-8688) and have your name removed from the credit agencies' lists.

- Call Catalogs: Set aside time each month to call the companies whose catalogs you receive and ask them to take you off their mailing list.

Source: [http://personalorganizing.about.com/](http://personalorganizing.about.com/)

**TIP FROM A READER!**

An Extension supporter suggests, for those of us who get our mail at the Post Office, going through your mail and disposing of junk mail before leaving the building. They said this really helped them keep clutter down at home! Thanks for a terrific suggestion.

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**PAM’S PERSPECTIVE**

In January, 4-H and the after schools had lessons about kitchen chemistry. They saw how vinegar would make the shell disappear on an egg, how to hook up a battery powered clock to a potato or orange to make the clock work. Participants made volcanoes, cleaned tarnished pennies with salt and vinegar, made goo from cornstarch and water, took a small piece of Ivory soap and made a huge plate of suds by microwaving it for 30 seconds and then our final activity was blowing up a diet drink by putting Mentos into the bottle. This is always a favorite with young people. Thank you junior leaders for all your help, you make 4-H awesome!

Stitch and Stir’s lesson was about food safety; and that about 7 million Americans get food poisoning each year. Youth learned how to prevent this from happening with food they are preparing and serving. In April, the Stitch and Stir club plans on making dinner for their parents. They have been practicing each month by making something they plan to serve. This month it was breakfast pizza. It was very good.

Be sure to check for next month’s meetings. We will be doing states of matter and light and color. I hope to see you then.
**IMPORTANT DATES TO REMEMBER**

### 4-H
- February 1: Honor Club and Scholarship Applications
- February 1: KORT at Coffee & Clay
- February 3-5: Volunteer Leaders Conference
- February 7: 4H at RHS
- February 8: Kid’s Kastle After School
- February 9: RMS Leaders of 4-H Trip (School out early)
- February 10: 4-H Musketeers Trip
- February 10: 4-H County Council
- February 13: RMS Leaders Training
- February 14: Cloverbuds
- February 21: 4-H Movie Night—Teens
- February 22: Stecoah After School
- February 23: 4-H Ski Night
- February 27: Project Books & Cumulative Records Due
- February 28: Stitch N’ Stir
- February 29: County Council

### AGRICULTURE
- February 7 and 8: Viticulture Workshop
- February 11: Raising Heritage Poultry for Profit
- February 29: Pruning Workshop
- March 3 & 4: Organic Growers School

### FAMILY & CONSUMER SCIENCES
- February 16: Financial Fitness Fair
- February 13: Chocolate Covered Strawberries
- March 1: Paper Piecing

### COMMUNITY DEVELOPMENT
- February 2: GREAT—Financial Fitness Training
- February 25: Stecoah Rescue Squad Dinner/Bingo

If you are interested in any of these programs call 479-7979 for more information!

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Happy Valentines Day! Chocolate Covered Strawberries

Want to make chocolate covered strawberries for someone special for Valentines Day? There will be a program at 4:00 on Monday, February 13th at the Cooperative Extension Center. There will be a $10 cost to cover the strawberries and chocolate. You must call 479-7979 to register. This is going to be a fun and tasty event!

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**VITICULTURE WORKSHOP**

February 7th and 8th 4:00 pm  
Center for Applied Technology (CAT)  
Marble, NC

The workshop will be conducted by Randy Collins, Extension Agent from Graham County and Keith Wood, Extension Agent in Cherokee County. A live web question and answer session with specialists from NC State University will be held the afternoon of the second day.

Some of the topics will include, economics of grape and winery production, species/cultivar selection, trellising, fruit composition, wine-making, soils, diseases and insects. The cost of the program will be $20 which includes notebooks and lunch both days.

Please register for the workshop by calling the Graham County Center at 828-479-7979; Cherokee County Center at 828-837-2210.

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**FAMILY FINANCIAL FITNESS FAIR**

February 16th 11:00-5:00  
Graham County Library

Local banks will be there to explain available services, free financial education available, and accessible mortgage refinancing information will be in one room! Free door prizes!!!
HEART HEALTH

February has been designated as American Heart Month by the American Heart Association. Heart disease is the number one killer of men and women in the United States. Stroke is the third most common cause of death in this country. High blood pressure and blood cholesterol are two factors that affect heart disease.

Blood pressure varies depending on your activity. Some people have high blood pressure most or all of the time. This can lead to serious medical problems if it is not treated. The arteries can become thick and stiff and this speeds up the build up of cholesterol and fats in the arteries. It can eventually prevent the blood from flowing freely and lead to a heart attack or stroke. Hardening of the arteries is called arteriosclerosis. The arteries that carry blood to the heart can become blocked. When this happens the heart cannot receive enough oxygen. Either angina (chest pain) or a heart attack may occur. The kidneys can also be damaged by high blood pressure. Again, the blood vessels in the kidney narrow and thicken. The kidney then cannot filter as much fluid and can fail to the point of needing dialysis or a kidney transplant. If a blood clot forms in a narrowed artery that goes to the brain, a stroke may occur. A stroke may also occur when very high pressure causes a break in a weakened blood vessel in the brain.

Some people have a greater risk of high blood pressure. The risks factors include a family history of high blood pressure, men over age 40, women past menopause, African American heritage, obesity and physical inactivity.

You can decrease your risk of getting high blood pressure by following these guidelines: aim for a healthy diet, be physically active daily, choose and prepare food with less salt, eat at least five to nine fruits and vegetables daily and if you drink alcoholic beverages, do so in moderation. Moderate drinking is one drink for women and two drinks for men per day. These are lifestyle changes, not a quick fix. They will need to be followed for the rest of your life.

High blood cholesterol also contributes to heart disease. Cholesterol is a fat-like substance in your blood and deposits itself in arteries and vessels when these are an excess of it. High blood cholesterol itself does not cause symptoms so many people are unaware that their level is too high. If you are over 20, your cholesterol should be measured at least once every five years. A lipoprotein profile is the name of the test and is best done after a 9 to 12 hour fast.

Cholesterol levels are affected by diet, weight and physical activity. A diet high in saturated fat (from animal products) and cholesterol make your blood cholesterol level rise. Reducing the amount of saturated fat and cholesterol in your diet helps to lower your blood cholesterol level. Being overweight is a risk factor for heart disease and it also increases your cholesterol. Losing weight can help lower your LDL (bad) and total cholesterol levels. Being physically active on a regular basis can help to lower LDL cholesterol and raise HDL (good) cholesterol. Three points that you cannot do anything about that also affect cholesterol levels are age and gender, and heredity. As we age our cholesterol levels rise. After menopause, women’s LDL levels tend to rise. High blood cholesterol can run in families and your genes play a role in some families.

Triglycerides play a part in heart disease. They are another form of fat in food and should also be checked in a lipoprotein profile. Triglycerides are linked to coronary artery disease in some people. Treatment is similar to treatment for high cholesterol.

For more information see your physician and check the American Heart Association Web site.

Source: University of Florida Extension

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Source: University of Florida Extension
This article answers the following questions:

- How can you protect your grapes from frost damage?
- How much damage can frost cause in grapes?
- Are some grapes better than others at avoiding frost damage?

Grapevines are sensitive to freezing temperatures during the growing season; spring frost frequently damages opening buds and young shoots, and in some regions early fall frost can defoliate vines before harvest. There is some variation among cultivars, but the LT50 (lethal temperature of 50% of subjects) of Pinot noir was 26ºF for green swollen buds, 28ºF at bud burst, 29ºF at two-leaf stage, and 30ºF at 4-leaf stage (Sugar et al., 2003). Freeze damage among buds at different stages often varies within a vineyard and even within a single vine. Death of a primary shoot usually results in subsequent development of a shoot from the secondary growing point. Most cultivars do not have good (or any) fruit production from secondary shoots, although some grape cultivars, especially French hybrids, may produce 50% of a normal crop or more from secondary buds and non-count basal buds. Growing conditions during flower cluster initiation in the previous year influences fruitfulness of both primary and secondary shoots.

### Reducing the Risk

Strategies to manage frost injury to grapevines involve

- avoidance by reducing frost risk, or
- protection by temperature modification

#### Relative Dates of Bud Burst of Selected Grape Cultivars

<table>
<thead>
<tr>
<th>Cultivar</th>
<th>Time of Bud Burst (days)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chenin blanc, Chardonnay</td>
<td>0</td>
</tr>
<tr>
<td>Gewürztraminer, Viognier</td>
<td>1</td>
</tr>
<tr>
<td>Pinot blanc</td>
<td>2</td>
</tr>
<tr>
<td>Pinos gris, Pinot noir, Merlot</td>
<td>3</td>
</tr>
<tr>
<td>Petite Verdot, Tannat</td>
<td>5</td>
</tr>
<tr>
<td>Riesling, Cabernet Franc, Semillon</td>
<td>6</td>
</tr>
<tr>
<td>Grenache, Muscat Ottonel</td>
<td>7</td>
</tr>
<tr>
<td>Sauvignon blanc, Syrah, Tempranillo</td>
<td>8</td>
</tr>
<tr>
<td>Carignan, Marsanne</td>
<td>10</td>
</tr>
<tr>
<td>Counoise</td>
<td>13</td>
</tr>
<tr>
<td>Cabernet Sauvignon, Mourvedre</td>
<td>14</td>
</tr>
</tbody>
</table>

*Relative dates of bud burst based on 38 year average at INRA Vassal Station - Languedoc (ENTAV-INRA, 1995).

The most important factor in avoiding frost injury is vineyard site selection. Cold air flows downhill so mid-slope positions are warmer if cold air flow is unobstructed. Grape cultivars vary in date of bud burst by up to 2 weeks, so your selection of cultivars influences frost risk and preferred location within the vineyard. Plant cultivars with early bud burst in locations with the lowest risk of frost. Most French hybrid cultivars, such as Frontenac or Marechal Foch, break bud earlier than Vitis vinifera varieties. Varieties with strong Vitis riparia backgrounds are especially prone to early budbreak.
Effects of Pruning

Vineyard management practices also can influence date of bud burst and reduce the risk of frost injury. Pruned vines have earlier bud burst than unpruned vines, so delayed pruning is an effective strategy for delaying bud burst and reducing risk of frost injury. Similarly, double-pruning delays bud burst of basal buds that ultimately produce fruitful shoots. The first step is to prune early to long spurs with 5 to 8 buds. Apical buds burst earlier and suppress growth of basal buds. After frost risk has passed, or once basal buds begin to break, do a final pruning to cut back to two-bud spurs.

Wind machines are a valuable tool for frost protection in areas where atmospheric temperature inversions occur during radiation freeze events. The warmer air inversion layer typically occurs at about 40-50 ft, and wind machines 30 ft tall with 18-foot blades mix the warmer air from the inversion with cooler air around the vines. One wind machine typically can provide 1-3°F of warming for about 10-12 acres.

Overhead sprinklers work on the basis of the heat of fusion; water changing from the liquid phase to solid (ice) phase releases a small amount of heat. Rapidly rotating sprinklers provide a constant supply of liquid water coating grapevine buds and shoots. The continuously freezing water releases heat and raises the temperature of grapevine tissues. Although the method seems straightforward, a thorough understanding of the influence of dew point and wind speed on temperatures is necessary for effective use of this method. Improperly operated sprinklers can cause more damage than no treatment when evaporative cooling effects exceed the heat of fusion. Large volumes of water are required for this method.

References:

ORGANIC GROWERS SCHOOL
March 3rd and 4th
University of North Carolina—Asheville

Interested in organic production? If so, the 19th annual Organic Grower’s School is just around the corner. This program offers organic growing information on a variety of commodities, from beef to vegetables. Information and registration is available at www.organicgrowersschool.org or you can stop by the Graham County Cooperative Extension Center to pick up a registration form.

Register by February 15th and save on registration fees.
Raising Heritage Poultry for Profit

A workshop for Small, Sustainable Poultry Farmers who interested in breeding, growing and selling standard bred poultry.

Have you ever tasted a farm-fresh egg or freshly-harvested chicken? Many people are now raising their own poultry, for personal use or for sale, making this an exciting time in the poultry industry. The marketplace for historical, heritage breeds of poultry is growing rapidly. Would you like to learn about standard bred poultry? Learn how to breed and reproduce heritage poultry for eggs and for meat purposes! Learn about sustainable breeding and how to market poultry products in stores and restaurants, and in your community! Learn what breeds are on the verge of extinction and how you can be a part of their preservation! During this workshop, you'll learn how to identify breeds, how to select and breed them legally and safely, how to create an environment for maximum, natural production, and finally, how to strategically market your poultry for a small farm profit.

Saturday, February 11th 2012 (Asheville NC)

9:00am - 4:00pm
Buncombe County Extension Training Center
94 Cove Avenue
Asheville, NC 28801

Cost & registration, includes training materials and lunch: $89.00 for PRE-registration. Register on-line www.centerforpoultry.com

Mail checks to: Center for Poultry – 642 Moffitt Hill Road – Old Fort, NC 28762.

For more information contact: jim@centerforpoultry.com or call 209.890.5326.