



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

JULY 2022 EDITION

**NC COOPERATIVE  
EXTENSION**



WILSON COUNTY CENTER

## INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss Cumpler and I am the Family and Consumer Sciences Agent at the N.C. Cooperative Extension - Wilson County Center. I started in October 2021 and I am so ready to jump right in and serve the residents of this county.

My goal is to provide education and increase consumer's knowledge and confidence in the areas of foods, nutrition, and health. I act as a resource to community members who want to lead a healthier lifestyle through food-based programs. I want to help you make the healthy choice, the easy choice while staying within your budget. If this sounds like something you're interested in, please give me a call and I would love to tell you about my upcoming programs.

Be sure to subscribe to this newsletter to receive monthly updates about the programs and workshops that are being offered, as well as information on various health topics and delicious recipes that are sure to be a hit in your house. The link to subscribe is on the very last page. If you have any questions, feel free to contact me through email ([tcdavenp@ncsu.edu](mailto:tcdavenp@ncsu.edu)) or by phone (252-237-0111).

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## GRILLING SAFETY

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Summer (and the heat) is here and you know what that means...it's grilling season. Using the grill is one of the most popular ways to cook food during the summertime, especially around those summer holidays. However, there are a few things to consider when utilizing a grill. Follow these simple tips to help prevent injuries, fires, and other accidents.

1. Only use grills outdoors, away from the home, decks, overhanging branches, and anything else that could potentially catch on fire.
2. Keep children and pets at least three feet away from the grill at all times.
3. Keep your grill clean by removing grease and any other debris before lighting the grill.
4. Try avoiding a wire grill brush. The bristles can break, potentially getting mixed in with your food.

### Gas Grills:

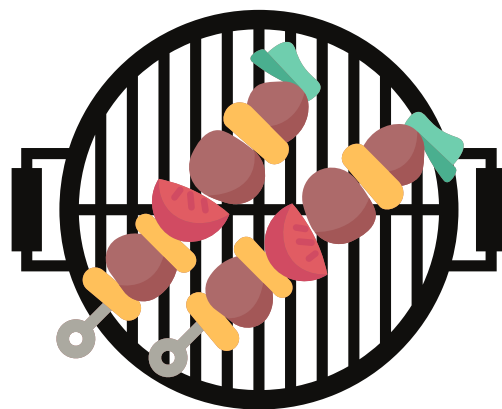
- Check your gas tank hose for leaks at the beginning of every grilling season. You can tell if your hose has a leak by applying a soapy water solution to the hose and looking for any bubbles.
- Always make sure your gas grill lid is open before lighting it.
- Do not lean over the grill when lighting burners or cooking food.
- If your burner doesn't ignite, keep the lid open, wait 5 minutes and then try again.
- If the burner goes out while cooking, turn the gas off, open the lid, and wait 5 minutes before attempting to relight it.
- Never leave your gas grill unattended.

### Charcoal Grills:

- If you use a starter fluid, make sure it is charcoal starter fluid and no other flammable liquids.
- Never add charcoal starter fluid to coals that have already been ignited.
- Keep charcoal starter fluid out of reach from children and animals and away from heat sources.
- After grilling, let coals cool completely and then dispose in a metal container with a tight fitting lid.

### Fast Facts:

- July is the peak month for grill fires.
- About half of injuries involving grills are thermal burns.
- On average, there are roughly 10,600 house fires annually involving grills.
- About 19,700 patients enter the ER yearly due to injuries involving grills.
- Gas grills contribute to a higher number of fires compared to charcoal grills.
- Roughly 7 out of 10 people own some type of outdoor grill.



# WHAT'S IN SEASON - WATERMELON

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## Vitamins

Vitamin A  
Vitamin B6  
Vitamin C  
Vitamin B1

## Minerals

Potassium  
Magnesium  
Phosphorus



## Health Benefits

- Helps control blood pressure
- Lowers cholesterol and helps prevent heart disease
- Helps to heal muscle soreness
- Boosts eye health and lowers risk of age-related macular degeneration
- Aids in preventing kidney stones
- Keeps you hydrated
- May aid in repairing skin cells

## Fun Facts

- August 3rd is National Watermelon Day
- Watermelon is 92% water
- A watermelon takes about 90 days to grow, from planting to harvesting
- Early explorers used watermelons as canteens
- There are more than 1200 varieties of watermelon
- There are 4 main categories of watermelon: seeded, seedless, icebox, and yellow/orange
- The U.S. ranks 6th in worldwide production of watermelon, with Florida, Texas, California, Georgia, and Indiana consistently in the lead
- Watermelon is one of the most low-carb fruits
- You can actually eat all parts of the watermelon, including the rind

# WATERMELON SALSA

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This recipe just screams summer time to me. It's so refreshing with just a hint of spice. This appetizer would be great to bring to your neighborhood BBQ, on a picnic, or lounging by the pool. Eat it with your favorite tortilla chips or as a topping on your tacos.

Prep Time + Cook Time = Total Time

10 mins + 0 mins = 10 mins

## Ingredients:

- 1/2 red onion, diced
- 2 cups watermelon, diced
- 2 cups pineapple, diced
- 2 mangos, diced
- 1/3 cup cilantro, chopped
- 2 limes, juiced
- 1-2 tsp. of honey, if desired

## Instructions:

- Add diced red onion, watermelon, pineapple and mango to a large mixing bowl. Stir gently to combine.
- Squeeze juice from limes into a small mixing bowl and add chopped cilantro. Whisk together.
- Add 1-2 tsp. of honey (if desired) for a little extra sweetness.
- Pour lime juice mixture over fruit and toss until well coated.
- Enjoy immediately or store in the refrigerator until needed.



**Nutrition Information Per Serving:**  
makes 4 servings

**Calories: 123**

Carbohydrate: 31g	Sodium: 3 mg
Dietary Fiber: 3 g	Protein: 1 g
Potassium: 351 mg	Sugar: 24 g
Vitamin A: 1465 IU	Calcium: 28 mg
Vitamin C: 81.5 mg	Iron: .6 mg

Source: [The Soccer Mom Blog](#)

# JULY JUMPSTART CHALLENGE

- Try to complete these moves at least 3 times.  
Incorporate 30 minutes of cardio at least 5 days.

## MONDAY

5 push-ups  
5 tricep dips  
5 squats  
5 calf raises  
10 second plank  
10 crunches

## TUESDAY

10 push-ups  
10 tricep dips  
10 squats  
10 calf raises  
20 second plank  
20 crunches

## WEDNESDAY

15 push-ups  
15 tricep dips  
15 squats  
15 calf raises  
30 second plank  
30 crunches

## THURSDAY

20 push-ups  
20 tricep dips  
20 squats  
20 calf raises  
40 second plank  
40 crunches

## FRIDAY

25 push-ups  
25 tricep dips  
25 squats  
25 calf raises  
50 second plank  
50 crunches

## SATURDAY

30 push-ups  
30 tricep dips  
30 squats  
30 calf raises  
60 second plank  
60 crunches

## SUNDAY

Rest and Reset

## UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS

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### Knife Skills Workshop

This workshop is intended for those who don't feel quite as confident in the kitchen utilizing knives or for those beginner cooks. We will go over various knives, the intended uses, different types of cuts, handling, and care. Participants will also be able to apply what they learned by practicing on produce. This workshop will be held on July 25th from 3pm-4pm and costs \$6 via Credit Card, Cash, or Check. Register for the event by visiting <https://knifeskillsworkshop.eventbrite.com>

### Boiling Water Canning Workshop

Join Family and Consumer Sciences Agent, Taylor, for this in-person boiling water canning workshop. This method of food preservation is ideal for preserving fruits and acidic foods. Learn about the science behind canning, the risks and how to avoid them, and safe recipe sources. We will conclude with hands-on canning practice. This workshop will be held on August 4th from 2pm-5pm and costs \$10 via Credit Card, Cash, or Check. Register for the event by visiting <https://www.eventbrite.com/e/boiling-water-canning-tickets-363077122447>



### Dial Gauge Pressure Canner Testing

A dial gauge pressure canner need to read the correct pressure to ensure that foods being processed are properly canned. There is a potential for unsafe processing if the gauge reads 2 pounds pressure high or low, jeopardizing the safety of the food in the jar. Bring your dial gauge pressure canner lid to the Extension Office anytime Monday-Friday 8:00am-5:00pm to be checked for FREE!

### Med Instead of Meds - In Person

Learn how to eat the "Med Way" to help prevent and even reverse some chronic conditions. Classes focus on the 7 Simple Steps to eating the Med Way. Each session explores 1-2 simple steps, a mindfulness skill, and features hands-on cooking. This six-session class series will be offered starting August 25-October 6 from 10am-12pm and costs \$35 via Credit Card, Cash, or Check. Register by visiting <https://eatingthemedway.eventbrite.com>





## ..... **ADDITIONAL RESOURCES** .....

**Grill Safety** | Want to know more about grilling safety? Visit the [National Fire Protection Association](#) and learn all about the safety aspect, as well as other fire prevention safety tips.

**Watermelon** | For more information about watermelon click on the following websites: [Watermelon.org](#) ; [Health Benefits of Watermelon](#) ; [Watermelon Facts](#) ; [Refreshing Facts about Watermelon](#)

**Exercise** | Check out these YouTube channels for free, at home workouts with little to no equipment needed: [Walk at Home by Leslie Sansone](#), [Body Project](#), [Pahla B, Fitness + Life Coach](#)

**Support Local** | To find fresh and local produce, download the [Visit NC Farm](#) app. Available for Apple and Android devices.

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