



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

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**NC COOPERATIVE  
EXTENSION**



WILSON COUNTY CENTER

## INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss Crumpler and I am the Family and Consumer Sciences Agent at the N.C. Cooperative Extension - Wilson County Center. I started in October 2021.

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 nutrition-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 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. **I will be transitioning to quarterly newsletters starting January 2023.** 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) or by phone (252-237-0111).

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# DIY HOLIDAY GIFTS

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'Tis the season for all of the holiday shopping. Trying to figure out what to get your family, friends, coworkers, kid's teachers, neighbors, and so on can be exhausting. I'm not just talking about mentally exhausting either, but also can put a real strain on your wallet, especially with the rise of other goods going up.

However, you don't have to hunt and search for deals for everyone's present. Instead, you might want to consider giving a DIY (Do It Yourself) gift this year. To me, those are my favorite because it means you really took the time out to hand craft a gift for someone. The best part is, you don't have to be a master crafter or know how to sew to make handmade gifts that people will love.

Here are some of my favorite homemade food gift ideas that I like to make and give to others and some tips for each one. Maybe something on this list will spark your creativity this holiday season.

## Baked Goods

This can include your cookies, brownies, breads, and cakes. Keep in mind which baked goods need to be refrigerated and which ones can be kept at room temperature. Baked goods with cream, custard, cheese, meat and/or vegetable fillings and cream frostings should be refrigerated.

## Fruit Butters

Apples are in season this time of year and so apple butter and fresh biscuits could be a great gift to give someone. For safety and quality, only follow tested recipes.

## Infused Oils and Vinegars

For safety, only follow tested recipes. Preheat garlic or herbs with citric acid and add to heated oil or vinegar. Wash glass bottles and jars in warm, soapy water and submerge in boiling water for 10 minutes to sanitize. Select high quality fresh or dried herbs, fruits or vegetables and wash before use. Refrigerate or freeze infused oils.

## Jerky

For safety, only follow tested recipes and handle raw meat with care. Jerky can be made from lean beef, pork, venison or smoked turkey breast. If pork or wild game is used, first freeze portions (6" thick or less) at 0°F for 30+ days to kill any parasites that can cause illness. Jerky should be dehydrated at 140°F in a dehydrator or pre-heated oven.

## Hot Chocolate Mix

To make hot chocolate mix in a jar, all you need is: nonfat dry milk powder, sugar, unsweetened cocoa, semisweet chocolate chips, powdered nondairy creamer, and a pinch of salt. You can also add mini marshmallows and/or peppermint chips for added flavor.

## Sugar Scrubs

Sugar scrubs are super simple to make and leave skin feeling soft and silky after just one use. The best part is it only takes a few ingredients and you probably have two of those in your pantry. Granulated sugar, oil (vegetable, olive, canola, etc.), scented oils and food coloring are all you need to create this DIY gift.

## WHAT'S IN SEASON - PECANS

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### Vitamins

vitamin A  
vitamin B6  
vitamin B9  
vitamin E

### Minerals

calcium  
magnesium  
manganese  
phosphorus  
potassium  
zinc



### Health Benefits

- 1 ounce of pecans provides 10% of the recommended Daily Value for fiber.
- The minerals in pecans can help lower blood pressure
- Pecans contain monounsaturated fat which can help lower your cholesterol numbers.
- Studies have shown that nuts can help prevent heart disease in people with diabetes.
- Pecans can help ease the pain of arthritis by reducing inflammation.

### Fun Facts

- Pecans are the only major tree nut native to the United States.
- There are more than 500 different types of pecans.
- The U.S. produces more than 300 million pounds of pecans each year.
- 90% of all pecans are grown in the U.S.
- Pecans are typically harvested October through December.
- Pecan trees only produce nuts every two years.
- Pecan trees live for 300 years.
- April 14th is National Pecan Day in the U.S.
- Native Americans ate pecans but also made pecan milk for infants and the elderly.

# HEALTH(IER) PECAN PIE

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Try this healthier twist on a classic dish.  
Get the same pecan pie flavor with less the calories.

Prep Time + Cook Time = Total Time

10 mins + 35 mins = 45 mins

## Ingredients:

- 1/2 cup raw honey
- 2 tbsp melted coconut oil
- 3 eggs
- 1/2 tsp fresh orange zest
- 1/8 tsp sea salt
- 1 tbsp unsweetened almond milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 3 tbsp whole wheat pastry flour
- 2 cups raw pecans
- 1 pastry pie shell

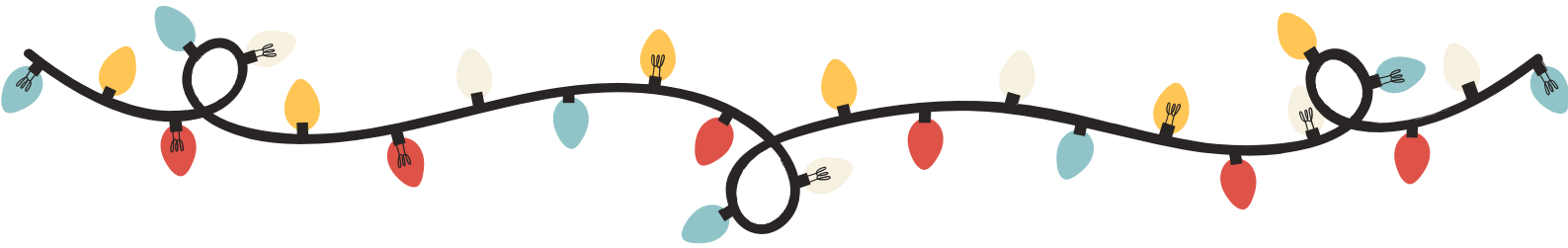
## Instructions:

1. Preheat oven to 400°F.
2. In a large bowl, combine raw honey, coconut oil, eggs, fresh orange zest, sea salt, unsweetened almond milk, ground cinnamon, pure vanilla extract, and whole wheat pastry flour. Stir to combine.
3. Arrange the raw pecans into the prepared pastry pie shell.
4. Pour the liquid filling mixture over the pecans, spreading some with a spoon if necessary.
5. Place in the oven and bake for 10 minutes at 400°F, then reduce the temperature to 350°F and bake for 20-25 minutes.
6. The pie will rise in the oven. You'll know it's done when it has small cracks in the top and is no longer giggly.
7. Remove from the oven and let cool.



Source: [Healthy Pecan Pie](#)

# 12 DAYS OF CHRISTMAS WORKOUT



Complete like the "12 Days of Christmas" Song.  
Repeat as many times as you can.  
Rest when needed.

1 Burpee with Push-up

2 Air Squats

3 Straight Leg Raises

4 Tricep Dips

5 Second Plank

6 Bicycle Crunches

7 Hip Bridges

8 Mountain Climbers

9 Squat Jumps

10 Side Lunges

11 Jumping Jacks

12 High Knees



## UPCOMING PROGRAMS & EVENTS

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### Botanical Wreath Making Workshop

Join the Master Gardeners for a wreath making workshop using greenery from the Wilson Botanical Gardens. This workshop will be held on Monday, December 5th from 3pm-5pm and 6pm-8pm at the Wilson Agricultural Center. Registration is \$35 for WBG members and \$40 for non-WBG members. Register for the event by visiting the **Botanical Gardens website**. Call 252-237-0113 for more information.

### Holiday Gifts in a Jar

Having a hard time shopping for the people who just seem to have everything? Then this workshop is for you! Learn how to make easy and affordable gifts in a mason jar! This workshop will be held on Thursday, December 8th from 3:00-4:30pm and costs \$6 via Credit Card, Cash, or Check. Register for the event by visiting the **holidaygiftsinajar.eventbrite.com** or calling 252-237-0111.



### Eat.Move.Save

This four-session course will meet once a week for 1 hour. You will learn tips and trick to stick to your New Years Resolution around eating healthier, moving more, and saving money. This class series will meet on Tuesdays starting January 10th through January 31st from 3-4pm. It is open to adults of all ages and is FREE to attend. **To register, visit eatmovesave.eventbrite.com or call 252-237-0111.**



### Freezer Meal Workshop

Join us in learning how to prepare freezer meals that the whole family will love. You'll learn how spending just 1 hour of prep time can give you multiple meals that are nutritious and delicious. There are two classes being offered. To register for Thursday, February 2nd 2-3:30pm, **please use this link**. To register for Monday, February 6th 5:30-7, **please use this link**. For any questions, call 252-237-0111.





## ADDITIONAL RESOURCES

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**DIY Holiday Gifts** | For more information about DIY gifts that involve food safety, please email [tcdavenp@ncsu.edu](mailto:tcdavenp@ncsu.edu) or call 252-237-0111

**Pecans** | For more information about pecans, visit these websites: [American Pecan](#); [I Love Pecans](#); [Natchitoches Pecans](#)

**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](#)

**What's In Season?** | To find out when produce is in season in North Carolina, visit this website: [What's In Season? Fruit and Vegetable Availability](#).

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

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