



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

SUMMER 2023 EDITION

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.

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. 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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SUN SAFETY



It is officially summer, which means more time for fun in the sun! Whether it's gardening, being at the beach, relaxing poolside, or cheering on your favorite sports team, one needs to take precautions when being outside in the sun for hours at a time.

Below are some suggestions to consider when it comes to sun protection and how to identify potential skin cancers.

Sunscreen

The sun's ultraviolet rays (UV rays) can penetrate and damage skin in as little as 15 minutes! In order to protect yourself from skin cancer, it's suggested to wear sunscreen daily. It is best to select a water-resistant, broad-spectrum with at least 30 to 50 SPF rating. Be sure to check the sunscreen's expiration date, since the active ingredients do tend to lose their strength over a period of time. In addition to wearing sunscreen, don't forget to wear lip balm that is 15 SPF or higher to avoid sunburned lips. Sunscreen should be applied approximately 30 minutes before sun exposure to allow for skin absorption and should be reapplied every 2 hours. However, if you are swimming or sweating heavily, you might need to reapply more frequently. It should also be noted that it's not recommended for babies under 6 months of age to use sunscreen. Babies this young should avoid sun exposure as much as possible, and if out in the sun should be in a shaded area.

Sunglasses

In order to protect your eyes from sun damage, look for sunglasses that block 99 to 100 percent of UVA and UVB radiation. The color of the lens is not a good indication of UV protection.

Sun Protection Clothing

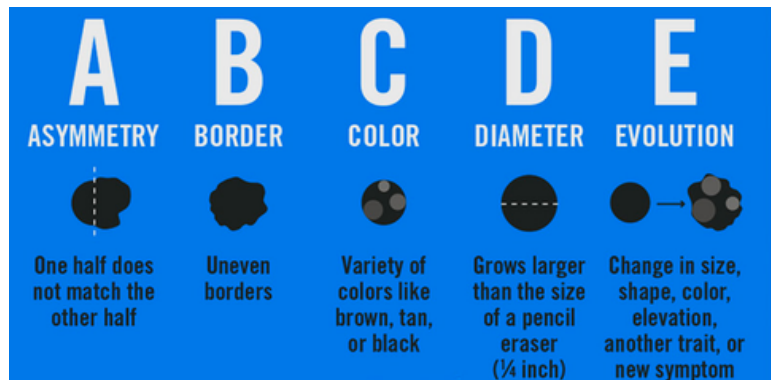
Did you know that darker color clothes provide more SPF protection than white or light colored clothes? Also, the type of fabric plays a big role in the efficiency of sun protection. Clothing made from closely knit fabric, such as denim, or synthetic fibers provide more sun protection than lightweight knit fabric, such as cotton. There are also companies that make clothing that can provide up to 50+ UPF (Ultraviolet Protection Factor). You can also purchase products that can be washed with clothing to increase its UPF, just make sure you adhere to the product guidelines.

Hats

Sometimes we forget about protecting our heads when out in the sun for long periods of time. Consider wearing a hat in those instances, one with a wide brim that can provide shade to the ears, neck and eyes.

Know Your ABCDE's

This acronym stands for Asymmetry, Border, Color, Diameter, and Evolution. These are the characteristics of skin damage that doctors look for when diagnosing and classifying skin cancer (melanoma). If you have skin damage and you are uncertain if it is potential cancer, always consult your primary care physician.



WHAT'S IN SEASON - GREEN BEANS

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Vitamins

vitamin A
vitamin C
vitamin K
folate

Minerals

potassium
calcium
iron



Health Benefits

- Green beans may reduce the risk of high blood pressure
- Green beans contain no cholesterol or saturated fat, which may reduce the risk of heart disease
- Since green beans are low in fat, they may reduce the risk of some types of cancers
- Green beans are a good source of fiber

Fun Facts

- Green beans are also known as snap beans or string beans
- Bean pods can be green, yellow, purple, or even red speckled
- Green beans can either be considered bush beans, that require no support, or pole beans, which require something for the plant to climb
- In NC, green beans are in season starting June through September
- The best tasting green beans are the ones that are thinner than a pencil
- Green beans are the 3rd most popular vegetable grown in home gardens, behind tomatoes and peppers
- Green beans take between 45-60 days between planting and harvesting
- The U.S. produces around 800,000 tons of green beans each year

GREEN BEANS WITH TOMATO AND BASIL

This is a great summer side dish recipe that puts a new flavor spin on green beans. You can also substitute the can tomatoes for fresh tomatoes.

Prep Time + Cook Time = Total Time

5 mins + 15 mins = 20 mins

Ingredients:

- 6 cups fresh green beans (about 1 pound, ends snipped)
- 1 tablespoon olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes (14.5 ounce can, drained and chopped)
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
- salt and pepper (to taste, optional)

Instructions:

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).



Source: [MyPlate Recipes](#)

Nutrition Information Per Serving
makes 6 servings

Calories: 73


Total Fat: 3g	Sodium: 0mg
Saturated Fat: 0g	Protein: 3g
Cholesterol: 0mg	Vitamin D: 0mcg
Carbohydrates: 12mg	Calcium: 69mg
Dietary Fiber: 5g	Iron: 2mg
Total Sugars: 6g	Potassium: 395mg
Added Sugars: 0g	

UPCOMING PROGRAMS & EVENTS

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Interest Survey

We want to hear from you! Please complete this short survey to help us determine what classes and workshops you want offered. Survey can be found on our website at wilson.ces.ncsu.edu



Wilson County Family and Consumer Sciences Interest Survey

Hello! Thank you for your interest in the Family and Consumer Sciences programs. Please check the topics below that interest you and would like to participate in a workshop for. If you would like to receive updates about future programs, add your email below and you will be added to the [listserve](#) and receive the quarterly newsletter. This survey will help chose topics that are of interest in the community. Programs/Series will consist of research-based educational presentations and hands-on demonstrations.

Thank you so much!

Taylor Crumpler, Family and Consumer Sciences Agent

If you have any questions or comments, please email me at tcdavenp@ncsu.edu.

4-H Summer Fun Camps

There is still time to sign up for these day camps. Registration for these camps is through 4HOnline2.0, for questions call Allison or Antonia at 252-237-0111

STEM DAY

Learn a brief overview of all things science, technology, engineering, and mathematics. Hear from engaging guest speakers, participate in hands-on activities, and discover a love for STEM.

Date: July 18th

Time: 9:00 AM - 12:00 PM

For ages: 9-12

Cost: \$15



KAYAK KAMP

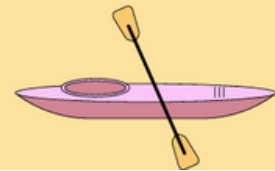
Love being on the water... or new at kayaking... this camp is for all! Equipment is provided, just bring a bagged lunch you will be able to eat on the water.

Date: July 21st

Time: 9:00 AM - 3:00 PM (subject to change)

For ages: 13-18

Cost: \$40



GRILLMASTERS

Think you're capable of being a grill master? Learn if you have what it takes in our week long camp. Gain first hand experience on how to safely grill different meats and foods. Our Livestock and FCS agents will be there to help teach different cuts of meat and proper food handling techniques. This is a great camp to prepare for 4-H grilling presentations. Youth will be preparing their lunch everyday. Be sure to wear long pants and closed toe shoes.



Date: July 24th-28th

Time: 9:00 AM - 3:00 PM

For ages: 13-18

Cost: \$80



..... **ADDITIONAL RESOURCES**

Sun Safety | For more information on sun safety, visit [The Ohio State University Extension](#)

Green Beans | For more information about green beans, visit: [Produce for Better Health & USDA SNAP-Ed Connection](#)

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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@wilsoncountyces



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Extension - FCS

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