



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

FALL 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).

## WHAT'S INSIDE

[Introduction](#)

[Preparing for a Hurricane](#)

[What's In Season - Broccoli](#)

[Broccoli Cheddar Frittata Recipe](#)

[Upcoming Programs, Events & Highlights](#)

[Additional Resources](#)



# PREPARING FOR A HURRICANE

.....

## Foods to Stock in Preparation

### Dairy

- Hard cheeses (cheddar, parmesan, romano)
- Individually packaged cultured dairy products, like yogurt and sour cream
- Individual cheese sticks
- Shelf-stable milk boxes and alternative milk in boxes

### Proteins

- Hard-boiled, air-cooled eggs
- Shelf-stable, dry fermented meats such as pepperoni
- Individually packaged nut or seed butters

### Shelf Stable Food

- Soups, stews and chilis, pastas
- Fruits and vegetables, fruit and vegetable juices
- Tuna, salmon, chicken, pork and beans

### Grains and Snacks

- Breads, rolls and buns
- Muffins, baked goods
- Crackers, pretzels, popcorn
- Granola bars

### Produce

- Whole fruits and vegetables
- Baby carrots, grapes, apples, bananas, berries, cherry tomatoes
- Individually wrapped applesauce or fruit cups
- Canned applesauce or fruits

**Hurricanes and storms can cause power outages and lead to food safety concerns. As a hurricane approaches, protect your food and family by being prepared.**

## Four Ways to Prepare for a Hurricane

1. Purchase or locate thermometers
  - Place a thermometer in your refrigerator and freezer
  - Have a tip-sensitive digital thermometer ready to check food temperatures
2. Check stock of refrigerator
  - Purchase or prepare food items that don't require refrigeration and can be eaten cold or heated on an outdoor grill
3. Store or purchase water
  - Be prepared in case water systems are impacted resulting in boil water advisories
  - Use bottled/clean water for brushing teeth, cooking, cleaning, water for pets, etc.
4. Prepare coolers and purchase ice and/or dry ice
  - Use dry ice to extend the amount of time food will stay below 41°F
  - Purchase or freeze containers of water for ice

# WHAT'S IN SEASON - BROCCOLI

.....

## Vitamins

vitamin A  
vitamin C  
vitamin K  
vitamin E  
folate

## Minerals

calcium  
potassium  
iron



## Health Benefits

- Can help lower cholesterol
- Assist in maintaining healthy blood pressure and may improve cardiovascular function
- Supports eye health and may help prevent age-related macular degeneration
- Helps boost the immune system and promotes wound healing
- Supports strong bones and help prevent osteoporosis
- Assists with a healthy digestive system

## Fun Facts

- Broccoli was first grown in Italy and called *brocco*, which means branch or arm.
- The name broccoli is plural and refers to the numerous flower-like shoots that form the head of the plant.
- In North Carolina, broccoli can be grown in the spring or the fall. In the spring, broccoli grows in the coast plains, piedmont, or mountain regions of NC. While in the fall, broccoli only grows in the coastal plains and piedmont regions of NC.
- Broccoli is one of the most popular frozen vegetables to eat. The average person in the United States eats nearly six pounds of fresh broccoli per year.

# BROCCOLI CHEDDAR FRITTATA

This recipe is a great way to get in those vegetables during breakfast time. Pairing it with reduced-fat cheddar cheese and non-fat milk helps to limit the fat intake too.

Prep Time + Cook Time = Total Time

10 mins + 25 mins = 35 mins

### Ingredients:

- 10 ounce package frozen chopped broccoli
- 1/4 cup water
- 8 eggs
- 1/4 cup nonfat or low-fat milk
- 2 teaspoons mustard
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup shredded reduced-fat cheddar cheese
- 1 tablespoon chopped green onion
- 1 small carrot, diced
- nonstick cooking spray

### Instructions:

1. Combine broccoli, carrot (if desired), and water in a 10-inch nonstick skillet.
2. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.
3. Beat eggs, milk, mustard, salt, and pepper in a large bowl until blended.
4. Add broccoli mixture, cheese, and green onion; mix well.
5. Coat same skillet with cooking spray; heat over medium heat until eggs are almost set, 8-10 minutes. Remove from heat.
6. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8-10 minutes. Cut into wedges.

### Nutrition Information Per Serving

makes 6 servings

**Calories: 160**

Total Fat: 8 g	Sodium: 470 mg
Saturated Fat: 3 g	Protein: 13 g
Cholesterol: 257 mg	Vitamin D: 1 mcg
Carbohydrates: 3 g	Calcium: 193 mg
Dietary Fiber: 1 g	Iron: 1 mg
Total Sugars: 2 g	Potassium: 184 mg
Added Sugars: 0 g	



Source: [MyPlate Recipes](#)

## UPCOMING PROGRAMS & EVENTS

.....

### Kitchen Basics

Learn the kitchen basics from how to chop an onion, to how to make homemade butter. All classes are from 3:00pm-4:30pm. You must register for each class separately through Eventbrite.

Registration cost is \$10 per class.

**Knife Skills:** 10/26 [basicknifeskills.eventbrite.com](https://basicknifeskills.eventbrite.com)

**Butter:** 11/9 [buttermaking.eventbrite.com](https://buttermaking.eventbrite.com)

**Bread:** 11/30 [breads.eventbrite.com](https://breads.eventbrite.com)

**Soups & Sauces:** 12/14 [soupandsauce.eventbrite.com](https://soupandsauce.eventbrite.com)

### Freezer Meal Workshop

Learn how spending just 1 hour of prep time can give you multiple meals that are nutritious and delicious. This workshop includes take-home freezer meals! Class is October 31st 11:00am-1:00pm and costs \$35. Class space is limited. Register through Eventbrite.

<https://freezermeals.eventbrite.com>

\*registration closes on Sunday, October 29th\*

### Instant Pot Workshop

Learn how to cook healthy and delicious home-cooked meals in a fraction of the time by using an electric pressure cooker. Lunch is included, along with amazing recipes, tips, and tricks, and hands-on activities to conquer electric pressure cooking. Class is November 14th 11:00am-1:00pm and costs \$15. Class space is limited. Register through Eventbrite.

<https://instantpotclass.eventbrite.com>

\*registration closes on Sunday, November 12th\*

### **Air Fryer Workshop**

This class is all about cooking whole meals for you and your family using an air fryer. We will go over air fryer basics, different models, tips and trick, and delicious recipes. You'll also get hands-on experience in preparing and cooking air fryer meals. Lunch is included. Class is November 28th 11:00am-1:00pm and costs \$15. Class space is limited. Register through Eventbrite.

<https://airfryerclass.eventbrite.com>

\*registration closes on Sunday, November 26th\*

### **One Dish Wonders Workshop**

Using the one pot or one pan method is beneficial for those who highly dislike the clean-up process of cooking. Let's face it, who does? Join us to discover one dish recipes with hands-on cooking experience. Lunch is included. Class is December 12th 11:00am-1:00pm and costs \$15. Class space is limited. Register through Eventbrite.

<https://onedishmeals.eventbrite.com>

\*registration closes on Sunday, December 10th\*

### **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 Tuesday, December 5th from 3:00-4:30pm and costs \$10.

Register through Eventbrite.

[giftsinajar.eventbrite.com](https://giftsinajar.eventbrite.com)

\*registration closes on Sunday, December 3rd\*



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

**Preparing for a Hurricane** | For more information on hurricane preparation, visit the [Safe Plates website](#)

**Broccoli** | For more information about broccoli and to get recipes, visit: [Produce for Better Health](#); [USDA](#)

**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.

.....

To subscribe to this monthly newsletter click [here](#) or email [tcdavenp@ncsu.edu](mailto:tcdavenp@ncsu.edu)

Follow our social media accounts so you can stay connected!



@wilsoncountyces



Wilson County Cooperative  
Extension - FCS

NC Cooperative Extension provides equal opportunity and affirmative action efforts, and prohibits discrimination and harassment based upon a person's age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status.