



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

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**NC** COOPERATIVE  
EXTENSION



NC STATE  
UNIVERSITY

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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# COOKING WITH HERBS

*"The secret to transforming easy dishes into extraordinary meals? Fresh herbs."* - The Herbal Kitchen

What exactly is an herb? Herbs are plants with aromatic properties. In cooking, an herb is the green or leafy part of a plant that is used for seasoning or flavoring a recipe, but is not the main ingredient. In addition to flavoring food, herbs can be used for medicinal purposes too.

The main benefit of cooking with herbs is that they provide flavor in foods without the added fat, sodium, sugar, and calories. Examples of herbs include, but are not limited to: basil, cilantro, dill, oregano, parsley, rosemary, sage, and thyme. Let's dive deeper into each of these herbs and their distinctiveness.

## Basil

- Flavor profile: licorice, or anise, clove-like
- Types include: sweet, thai, purple, and scented
- Blackens/bruises once cut
- Natural with tomatoes
- Terrific in fresh pesto, salads, soups, pizzas, and pastas

## Cilantro

- Cilantro is the leaf of a coriander plant and are not interchangeable in recipes
- Typically used raw
- Great with salsas and tomatoes

## Dill

- Flavor profile: lemony, little sweet, some bitterness
- Pairs nicely with seafood, carrots, green beans, potatoes, and tomatoes

## Oregano

- Greek is the more common variety with a lemon-like, peppery flavor
- Holds up to cooking, but delicate enough to use raw
- Pairs well with peppers, tomatoes, sauces, and salads

## Parsley

- Types include: curly or flat leaf (strongly flavored and often preferred for cooking)
- Flavor profile: fresh, peppery

## Rosemary

- Flavor profile: somewhat pungent and piney
- Use sparingly as an accent to food
- Typically cooked - not a tender herb

## Sage

- Flavor profile: peppery, rosemary type
- Works well with foods rich in fats/oil
- A little goes a long way

## Thyme

- Flavor profile: hint of clove and mint
- Stands up to cooking

If you need to substitute dried herbs for fresh herbs, a general rule of thumb is to use one-third the amount of dried herbs as you would fresh herbs. For example, if a recipe called for 1 tablespoon of fresh dill, you could use 1 teaspoon dried dill instead.

Another general rule is when doubling a recipe, do not double the herbs. Instead, increase amounts by one-half. For example, if you're doubling a recipe and it calls for 1 tablespoon oregano, add 1.5 tablespoons to begin with. Remember, you can always add more, but you cannot take away once added.

More delicate fresh herbs (i.e. basil, cilantro, parsley, dill) can be added a minute or two before end of cooking or sprinkled of food before serving. However, less delicate fresh herbs (i.e. rosemary, thyme) can be added around the last 20 minutes of cooking.

Fresh herbs should be stored in the refrigerator, wrapped in a damp paper towel, in an airtight container. Dried herbs should be stored in a dark place away from sunlight in an airtight container. If kept properly, dried herbs can last about 1 year.

# WHAT'S IN SEASON - COLLARD GREENS

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## Vitamins

vitamin K  
vitamin C  
vitamin A  
folate

## Minerals

calcium  
magnesium  
potassium  
phosphorus



## Health Benefits

- Studies show that cruciferous vegetables, like collard greens, may lower the risk of certain cancers
- Collard greens help enhance good HDL levels and diminish bad LDL cholesterol levels
- The vitamin K and calcium in collard greens boost bone health
- May boost eye health and prevent against age-related macular degeneration, cataracts, and glaucoma
- Collard greens are full of fiber, which supports digestive health

## Fun Facts

- Collard greens are the tastiest in the cold months, specifically January through April.
- In 1975, Ayden, North Carolina named their town's annual festival the Ayden Collard Festival.
- Collard greens are the oldest leafy greens in the cabbage family, dating back 2000 years.
- Collard greens were originally grown by ancient Greeks and Romans.
- Collard greens are commonly known as a staple in southern cooking, but they are also popular in Indian, Italian, and Asian cuisine.

# ITALIAN STUFFED COLLARD GREENS RECIPE



Try your hand at this non-traditional way of eating collard greens. Even collard skeptics will enjoy eating them with this recipe.

## Prep Time + Cook Time = Total Time

25 mins + 1 hour = 1 hour 25 mins

### Ingredients:

- 1 bunch collard greens (10-12 leaves)
- 1 16 ounce jar marinara
- 1 pot salted boiling water (about 1 tablespoon salt)
- 1 pound Italian chicken sausage, casings removed
- 1/2 cup diced sweet onion
- 3 cloves minced garlic
- 1 1/2 cups cooked brown rice
- 1 1/2 cups part skim low moisture shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1/4 cup fresh basil

### Instructions:

1. Cook the collard greens in a pot of salted boiling water for 3 minutes or until just tender. Drain and rinse with cold water and arrange the leaves so that they are laying flat and won't break.
2. Over medium heat, cook the sausage and onions in a skillet until the sausage is browned. Add the minced garlic and cook 1 more minute, then remove from the heat. Allow to cool so that it doesn't melt the cheese when added.
3. Add the cooked rice, mozzarella and fresh basil to the cool skillet with the sausage and onions and stir to evenly combine.
4. Line a baking dish with the jar of marinara sauce.
5. Place 1/3-1/2 cup of the sausage and rice mixture in each cooked collard green leaf, roll, and place in the baking dish until all of the rice mixture is used.
6. Cover with foil, and cook in a 350°F oven for 35-40 minutes. Allow 5 minutes to cool and then serve immediately.



Source: [Simple Seasonal](#)

### Nutrition Information Per Serving

makes 5-6 servings

#### Calories: 389

|                       |                   |
|-----------------------|-------------------|
| Total Fat: 22.1 g     | Sodium: 1314.6 mg |
| Saturated Fat: 8.3 g  | Protein: 23.3 g   |
| Cholesterol: 102.2 mg | Vitamin A: 36%    |
| Carbohydrates: 24.4 g | Vitamin C: 43%    |
| Dietary Fiber: 3.9 g  | Calcium: 35%      |
| Total Sugars: 6.4 g   | Iron: 18%         |

## UPCOMING PROGRAMS & EVENTS

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### Mastering Mobile

Learn how to navigate your mobile device at this “Mastering Mobile” workshop. This will be held on Tuesday, February 27th from 2-3pm for iPhone users and 3:30-4:30pm for Android users at the Wilson County Ag Center. No registration required.



### Dial Gauge Pressure Canner Testing

A dial gauge pressure canner needs 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!



### Home Food Preservation Workshops

Starting in April, there will be home food preservation workshops held on Thursdays. Topics will range from pressure canning to fermentation and more. The time is to be determined. Please follow our Facebook page at N.C. Cooperative Extension - Wilson County Center, as class information will be posted there.





# Extension At Home

Helping You Improve Your Life!



## Virtual Lunch & Learn 2nd Tuesday of the Month at 12:00 pm EDT/EST

Extension At Home is a program about important topics affecting individual and family life. Come join us online and empower yourself!

Scan the code to the right or find the our Extension At Home sessions at [go.ncsu.edu/extensionathome](http://go.ncsu.edu/extensionathome)

SCAN ME



### JANUARY - JUNE SCHEDULE\*

|               |   |
|---------------|---|
| JANUARY 9TH   | MEAL PREP 101                                     |
| FEBRUARY 13TH | HAPPY HEART HABITS: STEPS TO BETTER CARDIO HEALTH |
| MARCH 12TH    | COOK WITH EASE: TIPS, TOOLS & GADGETS             |
| APRIL 9TH     | BECOME A SCAM DETECTIVE                           |
| MAY 14TH      | EMBRACING WELLNESS: TIPS FOR HEALTHY AGING        |
| JUNE 11TH     | EAT A RAINBOW                                     |

\*Information for the rest of the year will be shared at a later date.

Brought to you by the NCEAFCS North Central District Extension FCS Agents



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

**Cooking with Herbs** | For more information on cooking with herbs, visit [University of Georgia Extension](#), [University of Delaware Extension](#) & [Eating Well](#)

**Collard Greens** | For more information about collard greens, visit these websites: [The Lexington Medical Center Blog](#) & [Table NC](#)

**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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