



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

SPRING 2024 EDITION

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).

WHAT'S INSIDE

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SWAP YOUR FATS



Fat is necessary in the body and functions to protect our organs, absorb certain vitamins, support cell function, and is important in producing various hormones! While fat is necessary, it is important that we choose the right kind of fats.

Fats that are solid at room temperature, also categorized as "saturated fats," have not been shown to have health benefits. Sources of saturated fats include animal fats, such as butter and lard, whole milk products, cheese, and tropical plant oils including coconut and palm kernel oil.

To improve your heart health, try swapping saturated fats for unsaturated fats! Unsaturated fats tend to be liquid at room temperature and include foods such as olive oil and canola oil, nuts, seeds, nut butters, avocados, and fish. These fat

sources have been shown to have health promoting properties, specifically, cardiovascular benefits.

Practical Tips to Swap your Fats:

- Choose olive or canola oil most often for cooking, instead of butter or lard
- Choose low-fat cheeses and low to non-fat dairy milk and yogurt (you'll get the same amount of protein, calcium, and other healthful nutrients, without the saturated fat and it's accompanying calories!)
- Choose to snack on nuts and seeds rather than potato chips
- Add fish and seafood to your menu!

Take a look at the "Fat Choice Continuum" below for a view-friendly representation of fats that you should eat more of and fats that you should try to avoid.

Fat choice continuum



WHAT'S IN SEASON - GREEN PEAS

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Vitamins

vitamin A
B vitamins
vitamin C
vitamin K

Minerals

fiber
potassium
iron
zinc



Health Benefits

- Supports a healthy immune system
- Helps with cell and tissue growth
- Promotes eye health
- Aids with healthy digestion
- Contain folate which is important for pregnant women
- Has heart healthy properties
- Helps to build muscles
- Contains minerals that help carry oxygenated blood through the body

Fun Facts

- Peas are one of the oldest cultivated crops and have been eaten by humans for more than 9,000 years
- Fresh peas need to be refrigerated after picking or purchasing in a unsealed container. They should keep for about 3-5 days.
- One pound of unshelled pea pods will yield about 1 cup of peas.
- Peas are thought to have originated in Middle Asia and the central plateau of Ethiopia.
- The Italians are credited with breeding what is known as the “new pea” that most of us today call petits pois (little pea).
- The oldest pea was found in Thailand and was 3,000 years old.

PEA PESTO RECIPE

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Try this different take on pesto. The green peas pair nicely with the fresh spinach and basil. This would be delicious with pasta and a great way to increase your vegetable intake.

Prep Time + Cook Time = Total Time

5 mins + 5 mins = 10 mins

Ingredients:

- 1 cup of peas (fresh, frozen, or canned)
- 1/2 cup grated Parmesan cheese
- 1 cup basil leaves
- 1 cup spinach (fresh, frozen, or canned)
- 1/2 cup walnuts
- 2 cloves garlic
- 1/4 cup of olive oil
- 1/4 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. Place peas, cheese, basil, spinach, walnuts and garlic to a food processor or blender.
2. Add in water, oil, salt and pepper. Blend until the ingredients are combined and become a thick sauce.
3. Place pesto in an airtight container in the refrigerator until ready to use.

Notes:

- If using canned peas and spinach, rinse with water to reduce salt content.
- This can be used hot or cold.
- Try swapping pesto for mayonnaise on a sandwich.
- Try as a dip with carrots or broccoli for a healthy snack.



Nutrition Information Per Serving

makes 8 servings

Calories: 147

Total Fat: 13 g	Sodium: 160 mg
Saturated Fat: 2 g	Protein: 4 g
Cholesterol: 3 mg	Potassium: 93 mg
Carbohydrates: 5 g	Calcium: 82 mg
Dietary Fiber: 2 g	Iron: 1 mg
Total Sugars: 1 g	

Source: [MyPlate](#)

UPCOMING PROGRAMS & EVENTS

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Canning Classes

Intro to Canning: April 4

Boiling Water Canning Sweet Spreads: April 11

Boiling Water Canning Pickled Products: April 24

Pressure Canning: May 2

Fermentation: May 9

**\$12 PER CLASS
\$50 WHEN
YOU REGISTER
FOR ALL 5**

**CALL
252-237-0111
TO REGISTER
FOR CLASSES**

**ALL CLASSES
HELD 1-4:30PM
AT THE AG
CENTER**

Money is due by class date with check or exact cash



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MED instead of MEDS

Learn how to prevent and even reverse certain chronic conditions by attending the Med Instead of Meds 6-session class series. Each session focuses on one of the 7 Simple Steps to eating the Mediterranean Way, a mindfulness skill, and hands-on cooking.

When: Wednesdays starting May 22nd - June 26th 10am-12pm

Where: Wilson County Agricultural Center
(1806 Goldsboro Street SW, Wilson, NC 27893)

Cost: \$35 per person

Registration closes on Sunday, May 19th at 11:00pm.

To learn more and to register,
scan the QR code or visit:
go.ncsu.edu/medinsteadmeds





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

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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#ITSA NEWSEASON

WILSON FARMERS & ARTISAN MARKET
homegrown • handcrafted

Fresh Local Foods & Handcrafted Treasures

APRIL 20 - AUGUST 31, 2024
SATURDAYS
8:00AM TO 12:00PM

VOLLIS SIMPSON WHIRLIGIG PARK

- FRESH PRODUCE • MEATS • EGGS
- SEAFOOD • BAKED GOODS
- HONEY • HERBS • PLANTS • SOAPS
- ART • SMOOTHIES & MORE!

FOR MORE INFO, VISIT:

HistoricDowntownWilson.com/farmers-artisan-market

MARKET MANAGER

FarmersArtisanMarket@wilsonnc.org





..... **ADDITIONAL RESOURCES**

Swapping Your Fats | For more information on swapping your fats, visit [Meds Instead of Meds](#) and [Harvard School of Public Health](#).

Green Peas | For more information about collard greens, visit these websites: [Eat Fresh](#), [USDA - Peas](#), and [Yes Peas](#).

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

Follow our social media accounts so you can stay connected!



@wilsoncountyces



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