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Dallam and Hartley Family and Consumer Science



The month of June comes from the Roman, or Julian calendar. June was initially named Iunius. The name comes from the Roman goddess Juno, wife of Jupiter. In the early Roman calendar June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days. June is the month with the longest daylight hours in the Northern Hemisphere and the shortest daylight hours in the Southern Hemisphere. The longest day of the year occurs on either June 21st or June 22nd. The First day of Summer is June 21.

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Father's Day, June 15—It is a celebration honoring fathers and celebrating fatherhood and the influence of fathers in society.

June is also **National Dairy Month** so grab a glass of milk and drink up!

The First Baseball Game was played on June 19, 1845, across the Hudson River in Hoboken, New York.

Flag Day, June 14—It commemorates the adoption of the flag of the United States, which happened on this day in 1777 by resolution of the Second Continental Congress.

National Candy Month, so go out and grab your favorite kind of candy but not before you have your Fresh Fruits and Vegetables as June is also **Fresh Fruits and Vegetable Month**





Things to do before you leave for your vacation:

- Leave keys with a trustworthy person. Let someone you trust know about your plans just in case of an emergency.
- Make a list of all emergency numbers and give to a trustworthy person.
- Make plans for plants and pets.
- Turn your air conditioner up NOT off. Turn your air conditioner up to 83-86°. That should run your air conditioner enough to remove excess humidity and keep other parts of your home safe. Turning it off will place stress on your refrigerator/freezer, spoil food in your pantry, harm sensitive electronics and removes some of the humidity in your home.
- Unplug Electronics. Electronics make up for almost 10% of your home's energy cost.
- Empty the Refrigerator of perishable foods before you leave.
- Clear all perishable rubbish. Keep your kitchen clean before you leave.
- Take out the trash.
- Make sure all of your doors and windows are locked.

Tips for packing for that much anticipated vacation:

- Always have 10% - 20% of empty space in your luggage for items you bought while traveling.
- Don't wait until the last minute to pack for a trip.
- Pack neatly.
- Try to pack your clothes as compact as possible.
- Use zip lock bags to pack clothes into, then press the air out of the bag and seal it.
- When packing, lay your suitcase open on your bed and try on all the clothing options you have to make sure they fit.
- Always bring prescriptions from your doctor while your traveling.
- If you are going to a warm place be sure to pack lightly because bulky clothing is an unnecessary hassle.
- If you are going abroad make a photocopy of your passport and store it separately from the original.

Most Forgotten Items:

- * Socks
- * Toothbrushes
- * Sunglasses
- * Hat
- * Sunscreen



Most Over-packed Items:

- * Underwear
- * Make-up
- * T-shirts
- * Toiletries

Gardener's Hand Scrub

This is such a great idea to make for yourself or to give as a gift. It is so easy to make.

Ingredients:

- * 1/2 of a 9 oz. bottle of Dawn Dish Soap (Olay Beauty Hand Renewal)
- * 1 cup of Sugar
- * Mason Jar

Directions:

- * Put the sugar in the mason jar, then add the Dawn and stir together.



TRAIL OF SALES

JUNE 7, 2014

Your treasure awaits you!!

After May 30th you will be able to pick up a hard copy of the map with selling locations at Dalhart Area Chamber of Commerce, Texas A&M AgriLife Extension Office, convenience stores and selling sites. You will also be able to go online to www.dallam.agrilife.org and print off a copy.

Look for the "I'm a Proud Supporter" signs.



XIT Arts and Crafts Rodeo

August 9, 2014

The Dallam County Extension Education Association will be putting on the Arts and Craft Rodeo at Veterans Memorial Park.

If you would like to sign up to have a booth please come by Texas A&M AgriLife Extension office or you can go online to www.dallam.agrilife.org and fill out a registration form.

The cost will be 75.00 per booth.

Booth size: 12x12

We will need registration form and payment in the office by no later than July 25, 2014 at 12:00 noon.

There will be more information available at www.dallam.agrilife.org, in the County Times Two and The Dalhart Texas.

Please contact Kay Rogers—806-244-4434 or email marsha.hightower@ag.tamu.edu.



Dallam & Hartley Counties
Texas A&M AgriLife Extension Service
401 Denrock, Dalhart, TX 79022
Tel. 806.244.4434 | Fax: 806.244.4434 | dallam@ag.tamu.edu

Dallam and Hartley Counties
Extension Office
401 Denrock
Dalhart, TX, 79022
Phone: 806-244-4434
Fax: 806-244-7434

TEXAS A&M
AGRI LIFE
EXTENSION

Rigatoni, White Beans, and Sausage

Ingredients:

- * 8 ounces rigatoni
- * 2 cups reduced-sodium chicken broth
- * 3 garlic cloves
- * 3/4 pound turkey kielbasa sausage, sliced thin
- * 1 teaspoon dried oregano
- * 1 tablespoon olive oil
- * 1 (14-ounce) can white cannellini beans, drained
- * 1 (14-ounce) can no-salt added diced tomatoes, well drained
- * 6 ounces (6 cups) baby spinach leaves
- * 6 tablespoons finely grated fresh Parmesan cheese
- * Freshly cracked pepper

Directions:

1. Cook the pasta according to package directions in a large pot. Drain and set aside.
2. Pour the chicken broth and garlic in the same pot. Place over medium-high heat and bring to a simmer. Add the sausage, oregano, and olive oil. Stir well.
3. Stir in the beans, tomatoes, and cooked pasta to the pot. Place the spinach on top of mixture. Cover with a lid and turn off the heat. Allow to steam for about 1 minute, just until spinach has begun to wilt. Stir mixture.
4. Serve with a heaping tablespoon of Parmesan cheese on top and seasoned with black pepper to taste.

