

# Santa Fe County Spring Newsletter

Cooperative Extension Service • Family and Consumer Sciences • 2019

## IN THIS ISSUE

### Holiday Food

Easter Egg Safety,  
p. 2

### Design Corner:

Painting the Exterior  
of Your Home, p. 3-5

### In the Kitchen:

Page 6 and 8

### Healthy Home:

Book Clutter: online  
places to sell your  
books.

### Did you know?

*We have free  
crocheting classes for  
all levels the first and  
third Wednesday  
afternoons here. The  
most patient  
instructors ever! All  
levels. Starts at 1:00*

### Contact Information:

[cydneym@nmsu.edu](mailto:cydneym@nmsu.edu)  
505-471-4711

NM  
STATE



SAVE THE  
DATE!



- **Master Food Preserver Series:**

**Friday mornings, 9-12:30, May 31<sup>st</sup> through June 28<sup>th</sup>**

Enrollment is limited so don't delay! If you are interested in being a Master Food Preserver, send me your mailing address and I will send you a packet. The cost of the Master Food Preserver series is \$150 (\$250.00 if you don't want to volunteer). You receive books as well as hands on classes. You are required to volunteer after the classes and your certification will last for 3 years.

**Call 471-4711 to reserve your space!**

- **Art and Crafts Fair:**

**Where: Extension Exhibit Hall, 3229 Rodeo Rd., Santa Fe**

**When: Saturday, June 22, 2019, 10-3:00**

*Come on over and see all of the new items our local artisans have been working on since last Fall! For information on renting a table to be a vendor, contact Barbara at 505-982-519*

- **Indoor Adult County Fair Dates:**

**Thursday, July 25<sup>th</sup>, 1-5:00 Adult Entries**

**Wednesday, July 31- Indoor Exhibit Hall Open 10-7:00**

**Thursday, August 1<sup>st</sup>, Open 10-7:00**

**Friday, August 2<sup>nd</sup>, Open 10-8:00**

**Saturday, August 3<sup>rd</sup>, Open 9-7:00**

*Plan now to enter your artisanal items! WE have many categories and it's free to enter. You may also sell your items. Contact 505-471-4711 for any questions.*

# What would Easter be without decorated eggs?

Many family traditions involve coloring or dyeing the eggs, then hiding and ultimately hunting those eggs. Did you know if you hide those colored eggs you are not supposed to eat them, especially if they have not been refrigerated? Following a few simple tips can make you have a happy and safe Easter!!

- Inspect your eggs before purchasing them to make sure they are not cracked or dirty.
- Be sure to keep your eggs refrigerated until it's time to cook them.
- Wash hands thoroughly before handling the eggs and at every stage in the process.
- Whatever the style of preparation, eggs should always be cooked well.
- When finished dyeing or coloring eggs and you will eat them, make sure they are refrigerated up until time of consumption.
- If using dyed eggs for centerpieces for your Easter table, for the egg hunt, or decorating purposes, do not eat those eggs. Discard them immediately after use.
- Uncracked, refrigerated, hard cooked eggs will stay fresh for one week.
- Make sure to fully cook your hard boiled eggs for dyeing that way any harmful bacteria will not be transferred.
- Do not eat eggs that have been cooked and been out of the refrigerator for more than two hours; your chances of food poisoning increases rapidly.
- Remember the Temperature Danger Zone 40°F-140°F, this is where bacteria multiply rapidly. Make sure cold food stays cold and hot food stays hot!!
- When boiling eggs, place a single layer of eggs in a saucepan and place enough water 1" above the eggs.
- Consider dying one set of eggs for hunting or decorating and one set for eating.
- When placing eggs to be hunted, make sure that you hide them in places away from dirt, animals, or chemicals. Try not to let the eggs sit out for more than two hours.
- When decorating, be sure to use food grade dyes. It is safe to use commercial egg dyes, liquid food coloring, fruit drink powders and fruits and vegetables to dye your eggs.
- Make sure you put your cooked or raw eggs inside of the refrigerator, not the door.



Source: National Food Safety Institute and North Carolina Extension Service and [www.FightBAC.org](http://www.FightBAC.org),  
Prepared By: Mandy G. Armentor, LDN, RD., Asst. Extension Agent (FCS-Nutrition) Vermilion Parish Extension Service

# Design Corner:

## Painting the Exterior of Your Home

So, Spring has sprung and your home looks a little worse for wear? Giving your home a little “facelift” can increase value and generally make you feel happy in your home.

Even if you just paint your front door, it can make a hug difference! *Below is an average of how much it costs to have it done by a pro.* However, YOU can do this with the correct prep and follow through.



Home Size	Square Footage (Estimated)	Cost Range
Single story	500 - 1,500	\$1,000 - \$3,000
Two story	1,500 - 3,000	\$3,000 - \$4,500
Three story	3,000 - 6,000	\$4,500 - \$6,000+

**\*\*\*If you decide to go with a professional, be sure to get reference from their last 3 jobs and get at least 3 bids that are itemized. Be sure it spells out prep and if downspouts, hardware, window trim, etc. You can see how much money you can save if you have the time and resources to do it yourself! (<https://www.homeadvisor.com/cost/painting/paint-a-home-exterior/>)**

To get started, here are the tools and supplies you will need:

- Plastic Sheetting
- Patching Material
- Sandpaper and electric hand sander
- Caulking (Painter's Grade)
- Hose
- Drop Cloths
- Caulking Gun
- Steel Trowel
- High Pressure Nozzle
- Sponge
- Bucket
- Rags
- Ladder
- Painter's tape





# You can do this! Just follow the steps:

Starting a project with a clean, prepped workspace will help ensure that the painting process runs smoothly from beginning to end.

## For Best Results:

Do not paint immediately after rain or when temperatures drop below the temperature minimum on the label.

When removing house fixtures, tape the screws to the back of the object to prevent them from getting lost in the shuffle. Always protect plants with cloth

For mildew, always use a mildew-removing product before you begin to paint.

### Step 1

Create a workspace by removing items such as hoses, patio furniture, cars, and freestanding planters from around the project area.

### Step 2

Place all your tools and supplies in a central, easy-to-reach location.

### Step 3

Remove what you can such as nails, light fixtures, and address numbers. Remove shutters and screens, if possible.

**TIP:** When possible, removing a door from its hinges will make painting and drying a much easier experience.

### Step 4

Use plastic sheeting or masking paper to cover any items that you can't remove.

### Step 5

The next step is to make repairs and clean the surface you will be painting. For cracks and small holes, first remove any dust or debris from the area, then fill the voids with a flexible patching material.

### Step 6

Once the patch has dried completely, sand the area, blending evenly with the surface. Remove any dust with a water-dampened rag.

### Step 7

To repair gaps and seams, remove dust and debris, apply caulking and allow it to dry completely before painting.

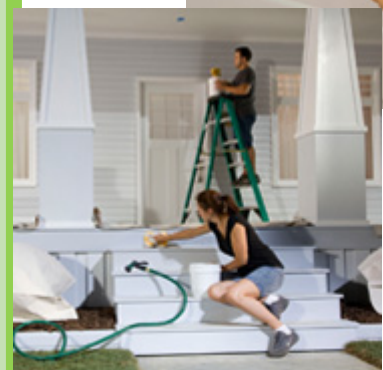
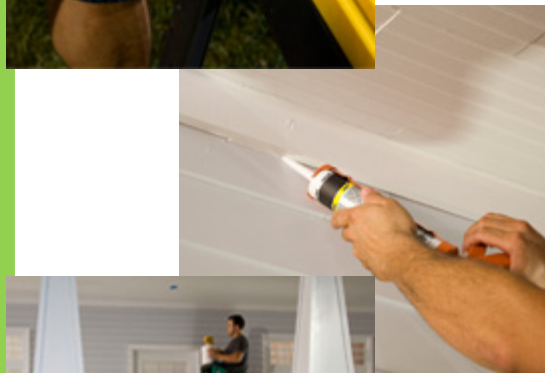
### Step 8

If a glossy as metal, scuff-sand or etch the area to allow proper product

### Step 9

Clean the exterior of your home with a hose or power washer, beginning at the top and working your way down. If dirt and grime remain after the rinse, use a sponge or soft cloth to wipe it away.

**TIP:** Allow your home to dry completely before beginning your painting project.



## When painting your house exterior: should you hand-brush the paint or spray it on and how much should you use?

Determining quantity is no minor issue if you are purchasing high-quality, expensive paint. Throughout an entire house, it can make several hundred dollars' difference.

### Brushing vs. Spraying

**Brushing:** Many homeowners brush paint on their house exterior. Brushing affords you quicker start time, far less masking, more attention to details, thicker coat, and less paint used per square foot. But brushing is more physically demanding than spraying, a challenge many homeowners are not up to.

**Spraying:** Spraying your exterior means you can cover tricky obstructions from utilities (wires, pipes, gas meters) and architectural details. Once you have everything masked and taped-up, spraying is faster than brushing. But the cover-up is a killer, as everything within the range of several feet must be covered.



### Judging How Much To Use

*In general, you will use up to three times more paint by spraying than by brushing—plus, you risk getting a thinner coat.*

Spraying uses more paint because the sprayer atomizes the paint into tiny droplets. Most of the droplets end up on the surface, but many others drift away. This is inherent with paint spraying, and little can be done to control it.

Also, paint left in the tubing must be blown out. Some can be saved, but much of it goes to waste.

### **Brushing: 1 gallon per 400 square feet, and even more.**

One gallon of exterior acrylic-latex on a clean, painted or primed surface—a minimum of porosity—is estimated by manufacturers to cover about 400 square feet.

Through personal experience, we have found this to be largely true. If anything, it is possible to squeeze out even more square footage per gallon by brushing on—up to 450 square feet.

Dripping and laying on the paint too thick are the only factors that will bring down this estimate.

### **Spraying: 1 gallon per 150-200 square feet.**

The same amount of paint will cover about 150 to 200 square feet of wall. We would be more careful and even estimate more like a 1:3 ratio (1 gallon brushed on will require 3 gallons when sprayed on).

How to Use Less Paint When Spraying

#### Tips

- **Avoid Wind:** Even a mild, 5 mph wind is enough to blow away sprayed paint. Truly windy days can increase your paint consumption by as much as 50%.
- **Pump Paint Back:** When you are finished, it is tempting to spray out the rest of the paint into the air. Instead, pump paint remaining in the hose back into the can instead of disposing of it. Paint residing in even 25' of hose can add up.
- **Stand Closer To Surface:** The farther away from the surface you are, the more paint drifts away as a cloud. Standing closer to the surface reduces this paint-cloud. But be careful: spraying closer means a greater chance of drips. Also, you get more blow-back from the sprayer, which means suiting up with a painted sock, coveralls, respirator, and goggles.

# Makeover Fruit Pizza!

The calories and fat have been trimmed from a traditional fruit pizza to create this gorgeous, refreshing treat. It will steal the show at parties and potlucks. —Taste of Home Test Kitchen, Milwaukee, Wisconsin

TOTAL TIME: Prep: 25 min. + chilling Bake: 10 min. + cooling

YIELD: 16 servings.

## Ingredients

1 cup all-purpose flour

1/4 cup confectioners' sugar

1/2 cup cold butter, cubed

## GLAZE:

5 teaspoons cornstarch

1-1/4 cups unsweetened pineapple juice

1 teaspoon lemon juice

## TOPPINGS:

1 package (8 ounces) reduced-fat cream cheese

1/3 cup sugar

1 teaspoon vanilla extract

2 cups halved fresh strawberries

1 cup fresh blueberries

1 can (11 ounces) mandarin oranges, drained



## Directions

1. Preheat oven to 350°. In a large bowl, mix flour and confectioners' sugar; cut in butter until crumbly. Press onto an ungreased 12-in. pizza pan. Bake until very lightly browned, 10-12 minutes. Cool completely on a wire rack.

2. In a small saucepan, mix glaze ingredients until smooth; bring to a boil. Cook and stir until thickened, about 2 minutes. Cool slightly.

3. In a bowl, beat cream cheese, sugar and vanilla until smooth. Spread over crust. Top with berries and mandarin oranges. Drizzle with glaze. Refrigerate until cold.

## **Nutrition Facts**

1 slice: 170 calories, 9g fat (6g saturated fat), 25mg cholesterol, 120mg sodium, 20g carbohydrate (13g sugars, 1g fiber), 3g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 starch, 1/2 fruit.

© 2019 RDA Enthusiast Brands, LLC

## Healthy Homes

### Book Clutter:

**If you are like me, going to a library is like a giant present that you give to yourself, and the possibilities are endless. I love book.**

**The down side is that they take up a lot of space and are dust magnets because they're hard to clean.**

**Ask yourself why you are keeping them:**

**Are you going to reread them?**

**Is it for your ego?**

**Do you use them for reference?**

***The memory of the story makes us happy, not necessarily the book.***

## Selling Books Online

I am not a fan of ebooks; the last thing I want to do after working on a computer most of the day is look at another screen. I don't have scientific facts, but there's no way it's good for you. Additionally, it would be the saddest day every if we only had virtual libraries and bookstores! I love the feel and smell of a book.

If, however, you are beginning to be overwhelmed by the number of books you have and would like to make some money, the following are great options for selling your books. Amazon and Ebay don't tend to give you as much money as the listed vendors for your books, so if you are serious, this is worth your time.

First, **you have to know your ISBN number**, which is directly above or below the bar code. Then, you are off! Here are the vendors:

- Book Scouter
- Cash4books
- Powell's books
- SellBack books
- eCampus (textbooks)
- Bookbyte
- RentBooks
- Half.com (related to eBay)
- BlueRectangle
- CKYBooks
- Paperback Swap
- Textbook Buyer
- Comic Book Classifieds
- Bonavendi.com

My book purge was *painful*, I admit. I kept signed books, 1<sup>st</sup> Editions, nostalgic and favorites. So far, there are none that I have gotten rid of that I had missed. It's also easier to dust. I even got rid of a few cookbooks, which is equally painful. I struggle with losing items and spending way too much time looking for them. I think part of it is having a creative personality and the other part is just lazy. I am working on it!

There will be more to come on "organizing and downsizing".

Fondly Yours,

*Cydney*





## Two-Ingredient Slow Cooker Mexican Chicken....so easy!

**YIELD: ABOUT 6 CUPS SHREDDED CHICKEN**

**2-INGREDIENT SLOW COOKER SALSA CHICKEN**

*All you need are 2 simple ingredients to make this slow cooker shredded chicken — good salsa and chicken!*

**TOTAL TIME: 4 HOURS 1 MIN**

**PREP TIME: 1 MIN**

**COOK TIME: 4 HOURS**

### INGREDIENTS:

- 4 boneless, skinless chicken breasts (about 2 lbs total)\*
- 2 cups favorite salsa
- salt and pepper
- (optional: fresh lime wedges for serving)

### DIRECTIONS:

Place chicken breasts in a slow cooker and cover with salsa. Toss until the chicken is covered. Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken in the slow cooker and toss with the remaining salsa and juices until well-mixed. Serve immediately, or refrigerate in an airtight container for up to 5 days. (This chicken also freezes well.)

\*You can really use just about any cut of chicken for this recipe. For easy shredding though (so that you don't have to mess with bones), I recommend boneless chicken breasts or thighs. This should be about 2 lbs of chicken total.

**DIFFICULTY: EASY** **INGREDIENTS:** [CHICKEN](#), [LIME](#), [SALSA](#) **SOURCE:** [GIVE ME SOME OVEN](#)



GIVE ME SOME OVEN

The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

New Mexico State University is an equal opportunity/affirmative action employer and educator.  
NMSU and the U.S. Department of Agriculture cooperating.