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Newsletter

Summer 2018

County Fair
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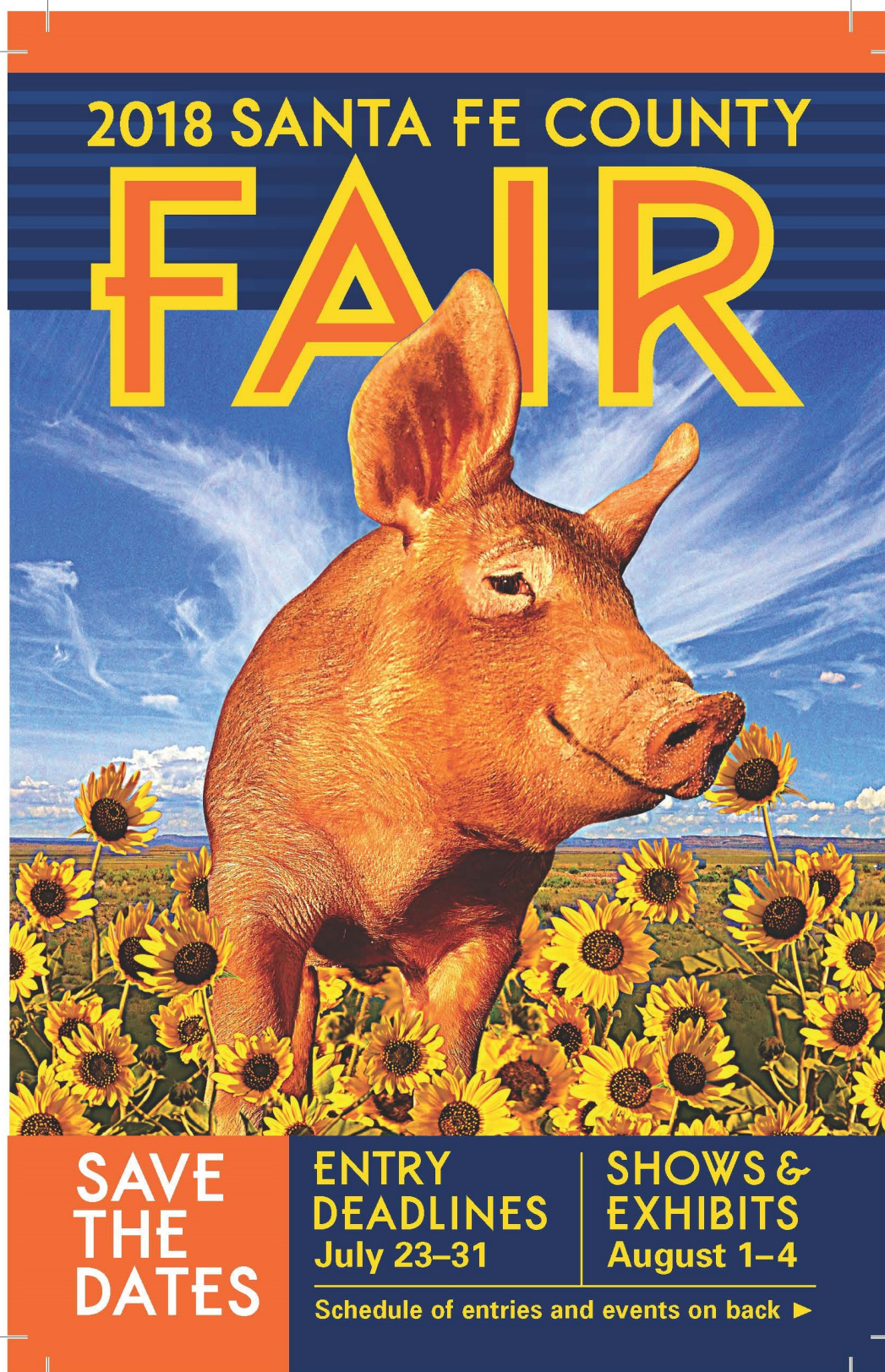
Safety Alert!

Electric Pressure
Multi-Use can-
ners not
deemed safe!

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*Design
Corner*

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2018 SANTA FE COUNTY
FAIR

**SAVE
THE
DATES**

**ENTRY
DEADLINES**
July 23-31

**SHOWS &
EXHIBITS**
August 1-4

Schedule of entries and events on back ►

FREE ENTRIES

FREE ENTRIES: SHOW OFF YOUR CREATIONS!

Bring all items at designated times to Fairgrounds on Rodeo Road.

MONDAY, JULY 23 INDOOR ENTRIES (NON-PERISHABLE)

12–7 pm, check-in Adult entries; 3–7pm, check-in Youth entries

SATURDAY, JULY 28 BAKED GOODS

9–12 pm, check-in all Baked Goods entries

MONDAY, JULY 30 QUILTS

3–7 pm, check-in all Adult Quilt entries

TUESDAY, JULY 31 AGRICULTURAL AND FLORICULTURAL

12–2 pm, check-in Agricultural products and Floricultural entries

FREE FAIR EVENTS

SUNDAY, JULY 29 HORSE SHOW

9 am, Horse Show (Rodeo de Santa Fe Arena)

WEDNESDAY, AUGUST 1 LIVESTOCK SHOWS

8 am, Rabbit Show • 10 am, Goat Show • 1 pm, Lamb Show

10 am–5 pm, Indoor exhibits open to the public

THURSDAY, AUGUST 2 LIVESTOCK SHOWS

8 am, Poultry Show • 10 am, Swine Show • 2 pm, Cattle Show

10 am–5 pm, Indoor exhibits open to the public

FRIDAY, AUGUST 3 LIVESTOCK AUCTION

9 am, Round Robin Showmanship • 10 am, Herding Dogs

2:30 pm, Livestock Buyers Reception • 4 pm, Livestock Auction

10 am–5 pm, Indoor exhibits open to the public

SATURDAY, AUGUST 4 FAMILY DAY AT THE FAIR

8 am, Dairy Goat Show • 9 am, Meet a Mule • 1 pm, Barnyard Olympics

9 am–5 pm, Indoor exhibits open to the public

Questions? 505-471-4711; abransford@santafecountynm.gov

https://www.santafecountynm.gov/community_services/fair

Mark your calendar!

“NO” to electric pressure canners!

Several months ago, an American-based manufacturer began to run a TV infomercial, and large web ad campaign for a digital pressure multi-cooker with the ability to can and preserve. It raised lots of eyebrows because it claimed to meet USDA standards for canning and the internet was a-buzz about this new ability in a multi-cooker.

The National Center for Home Food Preservation (NCHFP), an offshoot of the United States Department of Agriculture (USDA), posted an announcement today warning consumers against using digital multi-cookers for pressure canning – *even if they are advertised as being able to do so.*

Specifically, they said..

“Even if there are referrals to the National Center for HFP in the instructions for canning in the manufacturer’s directions, we do not currently support the use of the USDA canning processes in electric, multi-cooker appliances.”

For a more detailed explanation of why the electric pressure canners are not deemed safe, go to: <https://nchfp.uga.edu/publications/nchfp/factsheets/>



“Pressure canning takes advantage of the high temperatures which can be achieved with pressure to fully sterilize the food within the jars and ensure that the contents are safe. Temperature, altitude and “processing times” are carefully calculated based on the type of food being pressure canned.”

Did You Know?

In 1950, the average home size was less than 1,000 square feet with two bedrooms and one bath, according to the National Association of Realtors. By the early 1970s, the average home had increased to 1,500 square feet.

Today, the median new home size is nearly 2,500 square feet, with most homes featuring at least four bedrooms and three or more baths, the Census Bureau reports. And all this is in spite of the fact that family size decreased from 3.37 members in 1950 to 2.5 members in 2016.

Design Corner : Must have measurements

- Distance Between Seating

There should be **no more than 10 feet and no less than 3 feet** between people seated around the room to optimize intimate conversation *and* everyone's personal space. People sharing sofas and love seats are the exception, but the people seated on each end should be at least 3 feet from the next closest chair.

- The Size of Pass-Through Between Furniture

You'll want about **30 inches to 36 inches of walkway** between pieces to avoid feeling like you're in a crowded movie theater.

- Height of a Coffee Table

Coffee table heights vary greatly, but keep it close to the seat height of the sofa (within 4 inches in either direction) for easy access.

- Coffee Table to Sofa Size Ratio

The coffee table should be about $\frac{1}{2}$ to $\frac{2}{3}$ **the size of the sofa**, at least visually. It's almost impossible to measure, but "a little more than half the size" is a good rule of thumb when shopping for a center table.

- Distance from Side Tables to Chairs

Side tables may sit closer to the chair or sofa than the coffee table would. The ideal measurement here is "**close enough to set down a drink.**" Try sitting in each seat and imagine trying to set down your coffee or magazine.

- Height of a Side Table

An end table should be no taller than the height of the arm of the chair(s) they're serving, and no lower than the height of the seat. The best height is one **around 3 inches shorter than the arm**. For chairs without arms, aim for a table top that's no more than 8 inches above the seat height.

- The Height and Size of Sofa Tables

Sofa tables, the console table that sits behind the sofa, should be **no taller than the height the sofa back**. As for size, consoles can be anywhere from half the length to nearly the full length of the sofa (making sure to allow at

- Distance Between a Coffee Table and Sofa

The general rule of thumb is to place the coffee table within about **14 inches to 18 inches** from the sofa. That's close enough to reach for a magazine, but still offers plenty of leg room.

- The Size of an Area Rug

Generally speaking, area rugs should never be closer than 6 inches from the wall. The best distance is **24 inches from the wall** in large rooms, and between 12 inches and 18 inches in a small space. In every room, though, rugs should be large enough to rest under two legs of the sofa and **chairs**.

- Height of Artwork on the Wall

Pieces hung on the wall should generally be placed so the center of the piece is at standing eye level, **about 57 inches from the floor**. Or alternatively, in a room where people sit most of the time, you may prefer to hang artwork at a seated eye level (which is 30 inches above the seat height). Either way, allow 6 inches to 12 inches of space between the edge of the piece and the ceiling, floor or wall edge.

In the Kitchen

Fresh fruit season is finally here! Enjoy your fruit in many delicious ways, including this healthy recipe that follows. These cupcakes get most of their sweetness from the peaches' natural sugars. You can also substitute the cornmeal with New Mexico blue corn meal! You may also substitute nectarines for the peaches.

Blueberry-Peach Cornmeal Cupcakes

- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 teaspoons baking powder (slightly less if you are at an altitude above 6000 feet)
- 2 teaspoons baking soda (slightly less if you are at an altitude above 6000 feet)
- 1/2 teaspoon salt
- 1 1/4 cups low-fat buttermilk
- 1/2 cup granulated sugar
- 2 large eggs
- 2 tablespoons olive oil
- 2 teaspoons vanilla extract
- 1 teaspoon grated lemon zest
- 1 ripe peach, peel, pitted and diced (about 1 cup)
- 1 cup fresh or frozen blueberries
- 1 tablespoon confectioner's sugar



Directions:

1. Preheat oven to 350 degrees. Spray 12 cup muffin pan with cooking spray.
2. Whisk together flour, cornmeal, baking powder, baking soda, and salt in medium bowl. Whisk together buttermilk, granulated sugar, eggs, oil, vanilla and lemon zest in large bowl. Add flour mixture to buttermilk mixture and stir just until flour mixture is moistened. Gently stir in peach and blueberries.
3. Fill muffin cups evenly with batter. Bake until toothpick inserted into centers comes out clean, 18-20 minutes. Let cool in pan on wire rack 5 minutes. Remove cupcake from pan and cool completely on rack. Just before serving, dust with confectioner's sugar.*

* For anyone participating in Weight Watchers, this has 6 smartpoints. Per Serving (one cupcake): 179 Cal, 5 g Total Fat, 1g Sat Fat, 270 mg Sod, 31 g Total Carb, 13 g Sugar, 1 g Fib, 4 g Prot.

In the Kitchen

It's going to be that time again soon! You know, when the squash seems to multiply overnight! If you are lucky enough to have a garden, here's a recipe from a 2006 Paula Deen magazine (Cooking with Paula Deen, March/April 2006, p. 47) you might enjoy:

Tex-Mex Squash Casserole

- 3 1/2 pounds yellow squash, halved lengthwise and sliced
- 1 sweet onion, chopped
- 1 (8-ounce) package shredded fiesta blend cheese
- 1 (10.5-ounce) can of cream of chicken soup
- 1 (4-ounce) can chopped green chilies
- 2 large eggs, lightly beaten
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 cups crushed tortilla chips
- 1 tablespoon butter, melted



Directions

Place squash and onion in a Dutch oven. Add water to cover; bring to a boil, reduce heat, and simmer 12-15 minutes, or until tender; drain well.

Preheat oven to 350 degrees F. Lightly grease a 13x9x2-inch baking dish.

In a large bowl, combine squash mixture and next 7 ingredients, mixing well. Spoon mixture into prepared baking dish.

In a small bowl, combine tortilla chips and melted butter. Sprinkle evenly over squash. Bake for 45-50 minutes, or until hot and bubbly.



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



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