Happy 4th of July

I pray you have a safe and Happy 4th of July. Please be careful if you are traveling and it appears we are going to have a hot summer so stay cool when you can.

Lake Waccamaw

We are scheduled to go to Lake Waccamaw to the Girl’s Cottages on Wednesday, July 22nd. We will leave the office at 8:00 am and return that afternoon about 4:00-4:30 pm. Harmony club has already brought in stuff for the country store and items for the girls cottages. You can bring your items to me early or you can bring them the day we go. Please remember that items for the cottages need to be new items and the country store is a thrift shop so they will take whatever you would like to bring them to sell. Just remember whatever you bring has to fit in our vehicle.

I need to know by July 10th if you are planning on going. I am having to arrange for drivers and vehicles so please let me know as soon as possible. The county has released vehicles starting July 1st to go out of county so county council will not have to purchase the gas for the trip.

We will stop somewhere for a snack on the way down so please plan ahead of time for that and we will have lunch at Dail’s Restaurant before going to the county store.

Leader Training

There is no leader training in July since August is Do Your Own Thing. Please let me know what your club is going to do as soon as you decide so we will have it for the newsletter.

State Meeting

The ECA state meeting is in Concord, NC in October. I have not received any information on it yet but let me
know if you are interested in going with Ruth Clifton and me.

**County Council Meeting**

Make sure your calendar is marked for August 13th for our county council meeting. The meeting will start at 10:00 am.

**Medicine Bottles**

Remember that we cannot send vitamin bottles with our medicine bottles. The bottles can only be prescription bottles. I am having to go through the bottles and recycle all of the non-prescription bottles. Please help in this matter.

**Baby Shower**

I would like to have a baby shower for Robin at the September Area meeting. Please let me know if you are interested in participating. She is due at the end of September so your area meeting on the 10th would be a great time. She is having a little girl and everything so far is going well.

**Greg is Retiring.**

Well, it just seems like yesterday that Cathy retired. Danny Shaw is retiring the 30th of June and now Greg, our 4-H agent, feels as though it is his turn to go. We will be having a reception for him on August 28th from 1 pm – 4 pm. It will be a floating reception like Cathy’s. You will get your official invitation in next month’s newsletter but I wanted to give you a heads up so you can put it on your calendar if you are interested in attending.

**County Fair**

I am getting a lot of calls regarding booths at the county fair so please start making your plans for your booth. It looks like it will be a good, competitive year.
Book Report

I sure hope you are working on your book reports. I have quite a few in but still need more. You can turn them in all at the same time and the end of the year or you can turn them in as you finish them. Remember your challenge: To read one book a month and report on it.

Recipe Corner

Farmer’s Market Delight

Our Farmer’s Market is a great place to take advantage of the fresh, local produce. Your friends and family will flip over these zesty grilled summer kebabs. We have added fresh basil to the marinade for an extra boost of phytochemicals and flavor. These kebabs make a great light main course, or a terrific accompaniment to grilled fish or chicken.

Vegetable Kebabs

1 small eggplant
1 zucchini

1 yellow summer squash
1 red bell pepper
1 small red onion
2Tbsp. balsamic or red wine vinegar
¼ cup canola oil
¼ cup plus 1 Tbsp. minced fresh basil
(or 1 Tbsp. plus 1 tsp. dried), divided
¼ cup non-fat plain yogurt
2 Tbsp. non-fat mayonnaise
1tsp. fresh lemon juices

Cut eggplant, zucchini and summer squash in half lengthwise, then into thick chunks. Cut bell pepper in half and remove seeds then cut into eight pieces. Cut onion into eight wedges. Thread 8 skewers, 2 skewers of each vegetable, keeping each vegetable on separate skewers. Place the vegetables in a shallow an large enough to hold the skewers.

Meanwhile, make the dressing. Place the yogurt, mayonnaise, the remaining 1 tablespoon of fresh basil (or 1 teaspoon dried) and lemon juice in a blender and mix at low speed until it is smooth.
Grill the vegetables starting with the eggplant. About five minutes later, add the onions, and then about five minutes after that, add the rest of the vegetables (adjusting height of rack to avoid charring). Grill to your liking and serve with the dressing drizzled over top.

If you don’t have a grill, these kebabs can also be cooked under the oven broiler. If you have leftovers, try chopping them up to use on a salad, on top of a pilaf or couscous, as a sandwich topping, in a burrito, in your favorite pasta sauce or in a dip for some extra flavor.

Make 8 servings, ½ cup per serving. Per serving 97 calories, 7g. Total fat (less than 1g. saturated fat), 8g. carbohydrate, 2g. protein, 1g. dietary fiber, 39mg. sodium.

What Are Grits?
(Nobody Knows)

Some folks believe grits are grown on bushes and are harvested by midgets by shaking the bushes after spreading sheets around them. Many people feel that grits are made from ground up bits of white corn. These are obviously lies spread by Communists and terrorists.

Nothing as good as a Grits can be made from corn. The most recent research suggests that the mysterious Manna that God rained down upon the Israelites during their time in the Sinai Desert was most likely Grits.

Critics disagree, stating that there is no record of biscuits, butter, salt, and red eye gravy raining down from the sky, and that God would not punish his people by forcing them to eat Grits without these key ingredients.

How Grits are Formed:
(According to Southern Georgia) Grits are formed deep underground under intense heat and pressure. It takes over 1000 years to form a single Grit. Most of the world's grit mines are in South Georgia, and are guarded day and night by armed guards and pit bull dogs. Harvesting the Grit is a dangerous occupation, and many Grit miners lose their lives each year so that Grits can continue to be served morning after morning for breakfast (not that having Grits for lunch and dinner is out of the question).
Yankees have attempted to create a synthetic Grits. They call them Cream of Wheat. As far as we can tell the key ingredients of Cream of Wheat are Elmer's Glue and shredded Styrofoam. These synthetic grits have also been shown to cause nausea, and may leave you unable to have children.

**Historical Grits:**  
*(Remains only a rumor)*

As we mentioned earlier, the first known mention of the Grits was by the Ancient Israelites in the Sinai Desert.

After that, the Grits was not heard from for another 1000 years. Experts feel that the Grits was used during this time only during secret religious ceremonies, and was kept from the public due to it's rarity.

The next mention of the Grits was found amidst the ruins of the ancient city of Pompeii in a woman's personal diary discovered in the seat of an old sedan.

The woman's name was Herculaneum Jemimaneus  
*(Aunt Jemima to her friends.)*

The 10 Commandments of Grits:

I. Thou shalt not put syrup on thy Grits  
II. Thou shalt not eat thy Grits with a spoon or knife  

III. Thou shalt not eat Cream of Wheat and call it Grits, for this is blasphemy  
IV. Thou shalt not covet thy neighbors Grits  
V. Thou shalt use only Salt, Butter, and red eye gravy as toppings for thy Grits  
VI. Thou shalt not eat Instant Grits  
VII. Thou shalt not put ketchup on thy Grits  
VIII. Thou shalt not put margarine on thy Grits.  
IX. Thou shalt not eat toast with thy Grits, only biscuits made from scratch.  
X. Thou shalt eat grits on the Sabbath for this is manna from heaven.

**How to Cook Grits:**  
*(If you can stand the heat)*

For one serving of Grits: Boil 1.5 cups of water with salt and a little butter. Add 5 Tbsp of Grits. Reduce to a simmer and allow the Grits to soak up all the water. When a pencil stuck into the grits stands alone, it is done. That's all there is to cooking grits.

How to make red eye gravy: Fry salt cured country ham in cast-iron pan. Remove the ham when done and add coffee to the gravy and simmer for several minutes. Great on grits and biscuits.
How to Eat Grits:  
*(If you really care to)*

Immediately after removing your grits from the stove top, add a generous portion of butter or red eye gravy. *(WARNING: Do NOT use low-fat butter.)* The butter should cause the Grits to turn a wondrous shade of yellow. *(Hold a banana or a yellow rain slicker next to your Grits; if the colors match, you have the correct amount of butter.)*

In lieu of butter, pour a generous helping of red eye gravy on your grits. Be sure to pour enough to have some left for sopping up with your biscuits. Never, ever substitute canned or store bought biscuits for the real thing because they can cause cancer, rotten teeth and impotence. Next, add salt.

*(NOTICE: The correct ration of Grit to Salt is 10:1 Therefore for every 10 grits, you should have 1 grain of salt.)*

Now begin eating your grits. Always use a fork, never a spoon, to eat Grits. Your grits should be thick enough so they do not run through the tines of the fork.

The correct beverage to serve with Grits is black coffee. *(DO NOT use cream or, heaven forbid, Skim Milk.)* Your grits should never be eaten in a bowl because Yankees will think it's Cream of Wheat.

Ways to Eat Leftover Grits: 
*(Leftover grits are extremely rare)*

Spread them in the bottom of a casserole dish, Cover and place them in the refrigerator overnight. The Grits will congeal into a gelatinous mass. Next morning, slice the Grits into squares and fry them in 1/2' of cooking oil and butter until they turn a golden brown. Many people are tempted to pour syrup onto Grits served this way. This is, of course, totally unacceptable, but delicious!.

**REDNECK BLESSING BEFORE EATING GRITS**

May the Lord bless these grits, May no Yankee ever get the recipe, May I eat grits every day while living, And may I die while eating grits.  
AMEN

Peggie L. Garner  
County Extension Director

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