The council voted to give the Soup Kitchen a $25.00 gas card to help deliver the food to the parts of the county; they also voted to give the Senior Center Expo a $25.00 gift card for a door prize during the Senior Expo on September 12th from 9 am to 2 pm.

The council also voted on going to Camp Caraway. They asked me to request the County to use the county van so all could go together and county council will pay for the gas. The date we will be visiting is Wednesday, July 22nd. We will leave the office at 8:00 am, stop for breakfast somewhere and visit the girls. We will then go to Dail’s for lunch, visit the country store and come home. We should be home by no later then 4:30 pm.

The staff member that made our arrangements with me today said they really could use the following: towel sets, twin sheet sets and pillows. These are items that when the girls leave they take when them. They are considered personal items and are not shared with other girls. They do need and want the other items like brushes, nail polish, activity books, etc. but the others are items they can really use. You can also start saving items to donate to the Country Store.

The council also voted to have a booth at the county fair in October. They are going to use the theme of Foster Children in Onslow County. If you have any ideas please let me know. They are going to put the booth together at the next County Council meeting in August.

I reported that I had mailed the medicine bottles and stamps last week. It cost County Council about $107.00 to mail them. We are going to continue to collect them. Please remember that I cannot mail vitamin bottles
or any kind of bottles that you can get over-the-counter medications in. They have to be prescription.

I told you it was a great meeting with a lot of information!!!!

The council also voted to participate in the Overseas Coupon Program. This is a real easy program. All you have to do is to collect manufacturer coupons, sort them into food and non-food groups and turn them in at your club meeting. Someone from your club will get them to me by the 25th of each month and I will send them off when we have enough. Please remember, these have to be manufacturer coupons. They cannot be restaurant coupons or store coupons. Many of the military bases these will be sent to do not have the restaurants or stores we have here. You will receive more information from your club members that participated in the meeting.

Farmers’ Market Seasonal Opening

The Farmers’ Market Seasonal Opening for this year will be Saturday, June 13th from 8:30 am – 1:30 pm. The actual ceremony will be at 9:30 am. Please come out and support our local market. If you have not been this year you will be surprised with all of the new vendors.

Leader Training

The leader training in June for your July meeting will be June 23, 2009 at 10:00 am.*

please note on your club calendar page it says that date is to be determined. It has been determined to be the 23rd. Sorry! The topic will be “Understanding Value Added Agriculture”. I will be the presenter of the information. Please make sure someone from each club is present to receive the information.

Newsletter Format

Did you notice a change in your newsletter last month? In the past, the recipes and poems have always been in the back. Last month, those were put on the first page. Please share with me if you have a preference if you like one better than the other.

June/July Spotlight
Our New Extension Employee

My name is Larry Kent and as of March 2, 2009 I am the Program Assistant at your Onslow County Cooperative Extension office. I will be working with the Onslow County Water Quality Monitoring program, and the Agriculture Agents in their programs here in Onslow County.

Originally I’m from Greenville, Michigan. I have been associated with and/or living in Onslow County for the past number of years. Some of you may already know me as I have been working with the Onslow County "Farmers' Market" as a volunteer for the past four years.

Agriculture is my passion. If there is anything I can do to help you, please feel free to contact me at 910-340-0009 or email me at: Larry_Kent@ncsu.edu. I look forward to working with each and all of you.
Recipe Corner

Corn Chowder… Fresh and Sweet
This is one of those recipes that you can make any time of the year but will only be at its best if you have fresh sweet corn available as it is now at the Onslow County Farmers’ Market. Visit the market on Tuesdays and Saturdays from 8:30am to 1:30 pm at 4024 Richlands Highway, or on Thursdays from 2pm-7pm at 1108 Western Boulevard (behind Dick’s Sporting Goods).

Fresh Sweet Corn Chowder
Serves about 6
- 3 cups of fresh sweet corn kernels - 7 to 10 ears depending on size
- 1 large red or yellow onion (grated or chopped)
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 cups chicken stock
- 6 new potatoes, cup up into small cubes
- 2 cups milk
- 1 teaspoon fresh thyme leaves, minced
- Fresh ground pepper, to taste
- 1 cup heavy cream
- Salt, to taste

Start by removing the corn kernels from half the ears or corn. The safest and best way to remove the kernels is to first blanch it by boiling the ears for a couple of minutes and then cut off the kernels by standing the corn on its end and slicing down or laying the corn cob on its side and slicing across.

With the remaining ears of corn, use the large holes of a grater to take off the majority of the corn. Do this over a bowl so you don't loose any of the pulp and juices. If there is any remaining corn on the cob, scrap it off with the back of your knife.

As long as you are grating the corn, why not grate the onion? This will also help give the chowder a smoother, creamier texture. If you don't want to grate the onion, just chop it finely.

Next, heat the butter and oil in a large heavy bottomed soup pot and sauté the onion until translucent. Add the chicken stock and then the potatoes. Bring this to a boil and then reduce heat and simmer for a couple of minutes.

Now add milk, the grated corn pulp and juice only, and thyme and pepper. Let this simmer for about 8 minutes until the potatoes are tender.

Add the whole corn kernels that you removed from the corn cobs and the heavy cream. Let this simmer for 5 or 6 minutes until the corn kernels are cooked. Be careful not to overcook them.

Taste and adjust seasonings with salt and pepper.

Fluffy Key Lime Pie
(lighter recipe)
1 ½ cups crushed graham crackers
1/3 cup margarine, melted
3 Tb sugar
1 14-oz can sweetened condensed milk
½ cup Key lime juice
1 8-oz container whipped topping, thawed

Heat oven to 350°F. In small bowl, mix graham cracker crumbs, butter and sugar. Press in bottom and up side of 9” glass pie plate. Bake 8-10 minutes. Cool. In large bowl, beat milk and lime juice with electric mixer on medium speed until smooth and thickened. Fold in whipped topping. Spoon into cooled pie crust. Cover and refrigerate approx. 1 hour or until set. Store in refrigerator.
**Life Lessons**  
*By Joanna Fuchs*

You may have thought I didn’t see,  
Or that I hadn’t heard,  
Life lesson that you taught to me,  
But I got every word.

Perhaps you thought I missed it all,  
And that we’d grow apart,  
But Dad, I picked up everything,  
It’s written on my heart.

Without you, Dad, I wouldn’t be  
The one and I am today;  
You built a strong foundation  
No one can take away.

I’ve grown up with your values,  
And I’m very glad I did;  
So here’s to you, dear father,  
From your forever grateful kid.

---

**BED IN SUMMER**  
*By Robert Louis Stevenson*

In winter I get up at night,  
And dress by yellow candle light.  
In summer quite the other way,  
I have to go to bed by day,

I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown up people’s feet  
Still going past me in the street,

And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?

Peggie L. Garner  
County Extension Director

---

[Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age, or disability. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.]