



FAMILY & CONSUMER SCIENCES



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Save Money by Lowering Vacation Costs

By Ken Stewart, Extension Educator, Family and Consumer Sciences, Monroe County

<https://livesmartohio.osu.edu/money/stewart-1982osu-edu/save-money-by-lowering-vacation-costs/>

While I was growing up my father would sometimes say this about vacations, "It is not what you are doing that makes it a vacation, it is what you are not doing." While it is true that we never went to "Wally World" we did go on a vacation of sort every year. Sometimes it was an extra-long holiday weekend, by turning a 3-day weekend into a four or five-day mini vacation. Trips to visit grandparents or a couple trips to visit aunts, uncles, and cousins states away. We would stay at their house and take in local activities. We also had family and friends come to stay with us. In researching this article, I may have discovered the origins of couch surfing (withintheworld.com/no-money-traveling/)

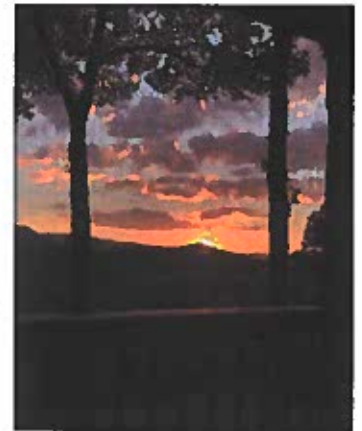
The common spending areas are transportation or travel costs; lodging; food; activities and souvenirs. It also depends on what you consider a vacation. Short trips or staycations are breaks from the normal routines that we have of work, home, sleep, repeat. The number of people traveling also changes costs as well. It is much easier to find cheaper flights and sleep options for a couple than a family or a group.

This year has seen increased cost for transportation. Consider shorter local or regional trips. Discover the sights and history of your own city

or region. There are 27 Ohio Byways to explore and www.senic.org has listings of byways in every state. At travelinspiredliving.com there is a listing of 50 Unique things to do in Ohio. State and National parks are great options.

There are significant differences between airline flight costs based on city/airport of departure and city/destination. Reduce the cost of a domestic flight by booking at the right time. Book the flight 54 days before travel. Consider travelling on Tuesdays, Wednesdays, or Saturdays on the early morning flight. Flights are also less costly if scheduled after a large event in that city. For example, it is less expensive to fly to New Orleans the week after Mardi Gras. Consider traveling the day of a major holiday like Thanksgiving or Christmas. Travel light, just a carry-on or backpack if possible. Bargain airlines eliminate airfare savings by expensive luggage charges.

Discounts are given for off-season travel and lodging. It is supply and demand that decide both. Near the beach or beach access is cheaper than beach front. Rooms with ocean views cost the most. If you travel to a popular vacation destination when everyone else is it costs more. For non-traditional lodging options check out glamping, Air BnB, Couchsurfing or camping. Renting a house or cabin is a great option for larger groups. The photo is from a recent vacation in which we rented a cabin. We used it as home base and ventured out in the region. Many of our meals were eaten at the cabin. That saved our



Ken Stewart, view from cabin while on an adventure vacation

group of eleven quite a bit on this trip.

Look for hotels that offer free breakfast. Eat local foods including from lunch trucks if you can. A big lunch will save money. Restaurants charge more for their evening meals than for lunch. Pack snacks and bring your own water bottle it is better for the environment and the budget.

Occasional Quantity Cooks

Are you planning an event for family, friends, or a group in the next year? Your event may be a church dinner, a band booster food booth at the street festival, a family reunion at the nearby park, or a 4-H Club food committee, which is preparing and serving the food at a local community dinner. Is the effort in training and food handling practices really needed? The answer is YES!

Each year in the US there are tens of millions of people who contract a foodborne disease, and for some consumers, the health outcomes are severe and include 128,000 hospitalizations, 3,000 deaths, and series long-term disease outcomes.

After completion of this course Occasional Quantity Cooks will be able to:

- Recognize factors that lead to foodborne illness.
- Successfully manage those risk factors.
- Learn the rules for good personal hygiene.
- Use sanitary practices for food preparation areas.

- Select and use safe food preparation practices and equipment.
- Know how to keep food safe during purchasing and transport.
- Safely store leftover foods.

Date: Thursday, June 29, 2023

Time: 7:00-8:30 p.m.

Location: Ag Credit Building, 5362 US Highway 42, Mt. Gilead, OH 43338; Second Floor Conference Room

- Certificate of completion provided
- Snacks provided
- Cost is covered by your levy dollars
- Must register at 419-947-1070
- Questions? Contact Candace Heer at 419-947-1070

Program: Consumer Scams!

Are you aware of the signs and types of scams happening to consumers in Ohio? Join us and learn more from the Ohio Attorney General's Office and OSU Extension-Morrow County.

Date: August 23, 2023

Time: 5:30 PM

Location: Mt. Gilead Public Library, 41 E High St, Mt Gilead, OH 43338

Cost: Free but must register at the Mt. Gilead Public Library at 419-947-5866



Financial & Consumer Programs offered this summer at the Mt. Gilead Public Library

Program: **Financial Technology: Just the basics please**

• FinTech! What is it? When did it start? Is it secure? Who is creating this? Am I using this? Join us and get your questions answered with OSUE-Morrow County. Let's raise our level of awareness in this new and innovative approach

to improve services in finance.

Date: August 16, 2023

Time: 6:00 PM

Location: Mt. Gilead Public Library, 41 E High St, Mt Gilead, OH 43338

Cost: Free but must register at the Mt. Gilead Public Library at 419-947-5866

Food Safety & Food Preservation ~ Get Your Questions Answered at the Selover Public Library

Date: Tuesday, June 13, 2023

Time: Drop in between 4:30 and 6:30 PM

Location: Selover Public Library

- ❖ Ask food safety questions
- ❖ Ask home food preservation questions
- ❖ Free canner inspection dial gauge testing ~ no appointment needed!



Home Food Preservation: Canning for Newbies

Are you wanting to learn more about canning but do not know where to start? Join us for an overview of Water Bath and Pressure Canning. USDA tested water bath canning recipes for out of the garden and orchard ~ salsas, jams and chutneys will be shared!

Date: July 18, 2023

Time: 4:30 p.m.

Location: Morrow County Community Services Room, 619 West Marion Rd. Mount Gilead, OH, Entrance B

Cost: Free but must register at 419-947-1070; County Employees for Wellness register with Teresa Hoffman at 419-947-1545 ext. 327

Questions? Contact Candace Heer at 419-947-1070



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Have a Salsa Party this Summer in your backyard!

By Beth Stefura, Extension Educator, Family and Consumer Sciences, Mahoning County

<https://livehealthyosu.com/2023-04-26-have-a-salsa-party-this-summer-in-your-backyard/>

Nothing is better than a fresh Ohio tomato grown in season! Add fresh onions, peppers, and cilantro and now it's fresh salsa! Salsa is a versatile dish, used as a fresh vegetable dip for tortilla chips or added as a topping to grilled fish and meat dishes.

Consider growing a salsa garden this year. A salsa garden requires only four plants- tomatoes, onions, cilantro, and peppers. If your garden space is limited, skip the onions, and grow tomatoes, cilantro, and peppers.

Spring is the best time for planting a salsa garden. A salsa garden may be planted on a patio in containers, raised beds or in a garden. Be sure the garden spot receives at least six hours of sun daily. Start planting once the danger of frost has passed.

If you are container gardening, choose deep pots for tomatoes and peppers. Cilantro may be

planted in a shallow pot, in a larger size as they need plenty of room to grow and expand. Be sure to use supports for the tomatoes and peppers whether in a container, raised bed or garden to prevent sprawling of the plants, avoids breakage and keeps pests and disease away. Use potting soil with a 50/50 blend of potting soil and compost.

Choose tomatoes with:

- Thick flesh (limits moisture in salsa)
- Different varieties to produce throughout the season.

• Prune tomatoes regularly to prevent the plant from growing out of control.

• Trim off the lower branches to encourage air circulation around the base of the plants.

Peppers are the most challenging of the group to grow with their finicky heat requirement. Here are a few tips for growing peppers for salsa:

- Select between sweet and hot peppers or mix the two varieties according to your preference.
- Peppers change color as they are ripe, pick

them at any color stage.

• Be careful with the seeds and pale colored flesh inside the hot peppers when they ripen. Be sure to wear single use gloves when handling hot peppers to protect your hands. These are extra hot and only add them to the salsa if you like the heat. Otherwise, clean out the inside of the pepper and wash your hands carefully.

• Support your peppers to protect them from wind damage.

Cilantro

• Grows well in a shallow pot that is larger allowing it space to expand.

• Thrives in warm weather, bring the cilantro inside when it gets cold outside.

• Harvest frequently to prevent the plants from flowering and going to seed.

Caring for your salsa garden:

- Water plants when there has been no rain. Apply water at the soil level to avoid getting the plant foliage wet and water deeply to encourage plant roots to grow deep.
- Plant marigolds around the salsa garden to keep pests off the plants.
- Feed the plants with a good fertilizer once a month.

Health Benefits of Garden Salsa

- Tomatoes, onions, lime juice are rich sources of Vitamin C.
- Fiber is found naturally in plants and helps stabilize blood sugars.
- Tomatoes contain lycopene which is linked to reducing the risk of cancer.
- Hydrating tomatoes are 95% of water.
- Low in calories – two tablespoons of salsa is 10 calories or less
- Healthy for your heart- cholesterol free as it is made from plants containing no cholesterol.

Make salsa with your fresh grown harvest. It is easy and delicious. Check out the recipes below using ingredients you will be able to pick up at your local farmers market if you do not grow your own. Enjoy growing an easy salsa garden this spring and have a salsa party this summer!

Fresh Salsa

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-salsa>

Fresh tomatoes with jalapeno peppers, cilantro, onions, and lime make this dish a light and easy summer time treat. Serve it with chicken and rice for a complete meal.

Ingredients

- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 cup cilantro (chopped)
- 1/4 teaspoon salt
- 1 lime (juiced)

Directions

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Pico de Gallo

<https://www.eatingwell.com/recipe/250086-pico-de-gallo/>

This easy, fresh tomato salsa is delicious on tacos, tostadas or simply served with tortilla chips. Since the heat of jalapeños varies, start with one, taste, then add more if you want it hotter. For a sweet-tangy variation, add about 1 cup diced fresh fruit, such as pineapple, mango or peach.

Ingredients

- 3 cups diced ripe tomatoes (3-4 medium)
- 1 cup finely chopped red onion
- 1 cup chopped fresh cilantro
- 1-2 jalapeno peppers, stemmed, seeded and finely chopped
- 1 lime, zested and juiced
- 1 teaspoon sugar
- 1/2 teaspoon salt
- Freshly ground pepper to taste

Directions

Combine tomatoes, onion, cilantro, jalapeno to taste, lime zest and juice, and sugar in a medium serving bowl. Season with salt and pepper.

Tips

Make Ahead Tip: Cover and refrigerate for up to 1 day.

Perennial Optimist

By Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences, Lucas County
<https://livesmartohio.osu.edu/mind-and-body/powers-barker-1osu-edu/perennial-optimist/>

Years ago, when my children were young, they picked out a gift for me. It was a t-shirt that had a picture of flowers and the words, "Perennial Optimist." They didn't know what perennial optimist meant, they just thought I would like the flowers on it.

Perennials are the plants that come back in the garden every year, while annuals are the plants that complete their life cycle in one year and must be replanted annually. Flowers like daffodils, coneflowers, roses, and many more are perennial. In the edible garden, examples of perennials are herbs like chives and mint or fruit and vegetables like strawberries, rhubarb, and asparagus. In the middle of the winter in Ohio, none of those plants resemble what we recognize during the growing season. Some of them are not even visible above the ground. Even if it looks like they've disappeared, the gardener trusts that once the season is right, those perennial plants will grow back.

Recently, I was reminded of "perennial optimist" as I read about Tragic Optimism. One article title explains that Tragic Optimism is "the opposite of Tragic Positivity". There are health benefits related to positive thinking, but toxic positivity is when only positivity is allowed. This can be detrimental when people are not allowed to express other emotions or experiences that are not deemed positive. Tragic Optimism offers space for hope and positivity as well as the reality that there are great challenges in life.

Viktor Emil Frankl was a Jewish-Austrian



psychiatrist and neurologist, a Holocaust survivor, and author. In 1985 he wrote that Tragic Optimism is optimism in the face of tragedy. Through his life experiences he offered that life can be meaningful under any condition, including times of great loss and pain. He also highlighted people's creative capacity to turn negative experiences into something positive or constructive.

The view of Tragic Optimism embraces both positive and negative experiences as opportunities to learn and grow. By using the benefits of positivity as well as growing and learning from challenges, an individual can better understand the current situation and consider a wider option of possible future outcomes. Another author explained that Tragic Optimism "is about owing your life story, not letting your story own you" and it, "allows you to acknowledge the power of hope even when amid deep sorrow."

While Tragic Optimism is applicable to devastating situations that no one can truly plan for, I recommend Perennial Optimist as a hopeful strategy for the ups and downs of daily life and the annual seasons. As we transition from winter to spring and witness the wonder of perennial plants waking up to the season, I am encouraged by this quote by Anne Bradstreet: "If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

OSU EXTENSION CALENDAR OF EVENTS

JUNE 2023

- 1 Possession Of All Livestock Projects
- 1 Horse Forms Due
- 3 Feeder Calf Mandatory Pre-Fair Registration, 8-11 a.m., Large Show Arena
- 5 Jr. Fairboard, 7 p.m., Fairgrounds
- 6 Registration Due: Illustrated Talks or Demonstration
- 6 Registration Due: Marketing Contest
- 6 Registration Due: Public Speaking - LEGO Edition
- 7 Jr. Fair Entries Due
- 9 Early Judging Registration Due
- 9 Market Broiler Order Due
- 12 Illustrated Talks or Demonstration, 6 p.m., Ag Credit Building
- 12 Public Speaking - LEGO Edition, 6 p.m., Ag Credit Building
- 13 Food Safety & Food Preservation ~ Get Your Questions Answered, Selover Public Library, Drop in between 4:30 & 6:30 p.m.
- 15 Horse & Pony Committee, 8 p.m., Ag Credit Building
- 15 4-H Camp Registration Due, Watch email for information
- 17 Drive-It-Yourself Ag Tour – 12:30 p.m., Starting at Fisher Ag Services
- 17 & 18 Horse PAS Shows

- 19 Early 4-H Project Judging (Registration Due June 9th)
- 21 Registration Due: 4-H STEM Camp
- 22 Sr. Fairboard, 7 p.m.
- 27 Warm Season Annuals for Livestock & Wildlife – 6 p.m., Ag Credit Building Conference Room
- 28-30 4-H STEM Camp
- 29 Occasional Quantity Cooks, Ag Credit Building, Mt. Gilead, OH 7-8:30 p.m.
- 30 Marketing Contest projects due

JULY 2023

- 9-13 4-H Camp
- 13 Broiler Pickup – 12:30 p.m., Fairgrounds (bring boxes)
- 14 Registration Due: Cloverbud Fun Day
- 17 4-H Project Judging
- 18 4-H Food & Clothing Judging
- 18 Home Food Preservation: Canning for Newbies, Morrow County Community Services Room, 619 West Marion Rd, Mt. Gilead OH, Entrance B, 4:30 p.m.
- 20 Horse & Pony Committee, 8 p.m., Ag Credit Building
- 22 Cloverbud Fun Day
- 25 4-H CARTEENS, Ag Credit Building Conference Room, 6:30 p.m.

- 27 Sr. Fairboard, 7 p.m., Fairgrounds

AUGUST 2023

- 3 Market Rabbit Mandatory Registration, 5-8 p.m., Youth Building, Fairgrounds
- 3 Pullorum Testing, 6 p.m., Youth Building, Fairgrounds
- 7 & 8 Skillathon (By Club – Schedule TBA)
- 16 Financial Technology: Just the basics please, Mt. Gilead Public Library, 6 p.m.
- 17 Horse & Pony Committee, 8 p.m., Ag Credit Building
- 22 Establishing & using Perennial Warm Season Grasses for Livestock & Wildlife – 6 p.m., Ag Credit Building Conference Room
- 23 Agronomy Field Day: Corn Nitrogen Trials, Biological Seed Treatment Trials – 10 a.m.-3 p.m., Headwaters Outdoor Education Center, Ag Credit Building Conference Room
- 23 Consumer Scams!, Mt. Gilead Public Library, 5:30 p.m.
- 24 Sr. Fairboard, 7 p.m.
- 27 Drug Use Notification Form (DUNF) Due by 12 noon
- 28 Fair Move In Day

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>

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