

Lifestyles

Garden yields aid

This is no garden of earthly delights, the nearly one-acre plot of poisonous plants at the North Carolina State University School of Veterinary Medicine.

The garden, used for teaching and research, is full of surprises. Tobacco plants with toxic stalks, cotton plants with toxic seeds and eggplants with toxic leaves all are part of the poisonous crop.

Besides its use in teaching veterinary medicine and agriculture and life sciences students at NCSU, the garden also is important as a resource in solving the problem of livestock poisoning.

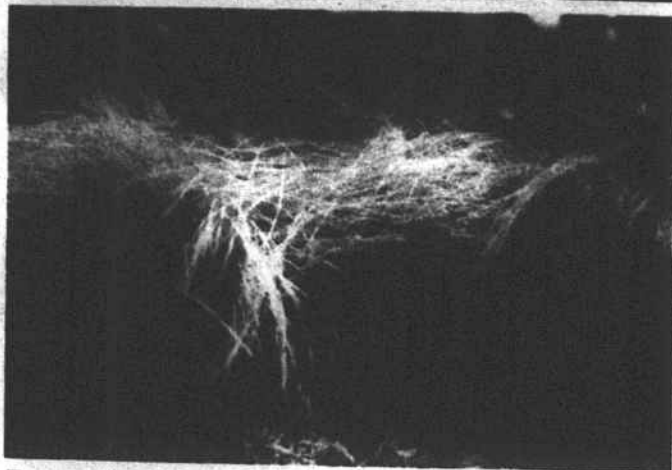
All plants in the garden are native to North Carolina and reflect the state's three principal areas - mountain, Piedmont, and coast - says Dr. Cecil F.G. Brownie, the garden's curator and a toxicologist at the School of Veterinary Medicine.

Dr. James Hardin, professor of botany and curator of NCSU's herbarium, helped plan and develop the garden and works closely with Brownie.

Brownie often gets calls from veterinarians across the state whose clients have sick animals suspected of eating poisonous plants.

One way Brownie responds to the calls is to visit the farm.

"The only way to make a diagnosis is to get out and walk the pasture to see whether there are poisonous plants present," he said. "You have to link the eating of a poisonous plant with the clinical signs the animal is showing."



Protecting from erosion

This Hoke County weeping lovegrass is a good plant to use to protect against soil erosion.

Conservation practices need summer maintenance

By Donnie R. Harris
District Conservationist

Conservation practices such as grass field borders, filter strips around a pond or local ditch bank, critical area seeding and others, need summer maintenance.

These practices which were established to protect soil from eroding may not be controlling the erosion problems due to the plants not providing adequate cover.

Vegetative practices need to be fertilized and mowed annually to control undesirable weeds and improve desirable vegetative growth.

The application of fertilizer and lime is the beginning step in establishing and maintaining vegetation. Follow these recom-

mended practices to maintain vegetation on desirable sites:

- Establish vegetation according to seeding dates.
- Apply lime and fertilizer according to soil test or 1,000 lbs. 10-10-10/ac and 2 tons lime/ac.

- Mow vegetation as needed.
- Keep unnecessary traffic off young vegetation.

- Apply seeds according to SCS recommended rates.

To maintain desirable vegetation on sites seeded or sprigged, don't apply lower seeding and fertilizer rates than recommended and follow good maintenance practices.

For more information, contact the Hoke Soil and Water Conservation District Office.

Mayonnaise not always spoiler

I had a call this week asking if mayonnaise would spoil.

Mayonnaise will spoil or get rancid if left out of the refrigerator.

However, mayonnaise is not the culprit that many believe it to be.

Some people feel that chicken salads or sandwiches should not have mayonnaise added until the last minute.

However, it would be best to add the mayonnaise immediately because some research indicates that mayonnaise may keep the growth of bacteria down, since it is acidic.

The presence of mayonnaise in a dish does not mean that there will not be a chance of food poisoning.

Food poisoning bacteria can grow in a normal mixture of food and mayonnaise, but they grow even better without it. So food that contains mayonnaise should be refrigerated like any other.

This is a very hot time of the year, and extreme care should be taken in storing food. If you have to prepare bag lunches for anyone be very careful.

Here are some pointers for you: DO....

-Put the lunch in a refrigerator if one is available. With refrigeration you will not limit the food items you pack in a lunch.

-Be particularly careful when preparing the food. You might put bacteria in the food by careless food preparation. Always have clean hands, utensils and work area. Food can be cross contaminated if you don't wash hands, utensils and cutting surfaces after they've been used with raw meats, fish and poultry then other foods. Sanitize your cutting board by scrubbing with chlorine

On the Front Burner
Alice Pettitt
Home Economics Agent



containing cleanser or a solution of 2 tablespoons chlorine in 1 gallon of water.

-Keep hot foods hot in thermos containers.

-Keep cold food cold by putting in the lunch a frozen drink, reusable ice pack or ice frozen in a plastic container.

-Select foods with care. Those that will stay safe without refrigeration:

Peanut butter and jam or jelly
Nuts
Hard cheeses
Crackers
Canned foods (in the can)
Fresh fruits and vegetables
Dried foods
Bread

Cookies, cakes, fruit pies
Hard cooked eggs in the shell
Marinated vegetable salads

-It's best to take only non-perishable sandwiches if no refrigeration is available. BUT if you must make sandwiches with meat, poultry, fish, eggs or dairy foods be extremely careful!

-Freeze a sandwich or use frozen bread to keep it cold longer.

-Add acid ingredients to prevent bacteria from growing. Catsup, pickles, relishes, olives, mustard, vinegar, lemon juice, mayonnaise and salad dressing are all acid. Keep the sandwich as cold as possible by using the methods listed above.

-Pack the lunch in a metal lunch box instead of a bag. It keeps the lunch insulated better. Or better yet, get an insulated lunch box. Some have a special plastic container that may be filled with water and frozen.

DON'T....

-Leave the lunch in a hot-spot; the sun, a radiator, or next to the heating duct.

-Pack perishable items without taking the special precautions listed above.

-Save a lunch with perishable ingredients from one day to the next.

-Fall into the habit of careless food preparation techniques. If you're ill don't prepare food. Wash your hands before food preparation and after handling meat, fish or poultry. A clean utensil is better than your hands for mixing.

REMEMBER....

Sneezing, coughing, infected cuts or sores, pets, mouth, hair, pimples, all contain bacteria.

Chicken Salad in a Pocket

1/4 cup cooked cubed chicken
1 teaspoon finely chopped onion
Curry, salt and pepper to taste
2 tablespoons raisins
2 tablespoons real mayonnaise
1/2 cup diced avocado
Mix together chicken, raisins, onion, mayonnaise, curry, salt and pepper. Add avocado and toss gently. Keep fresh in a sandwich bag. Pack pita bread separately and fill at meal time. Makes 2 "pocket" sandwiches.

Curried Tuna Pockets

1/2 cup dairy sour cream
(See FRONT, page 5B)

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