

Lifestyles



Protection
Corn on this Hoke County farm is planted to help protect against erosion.

Erosion protection can be cheap

"There's cheap help available to farmers these days," says Donnie Harris, district conservationist with the Soil Conservation Service (SCS) in Hoke County. "All a farmer must do is recognize the extra helper and use it."
What's the help, you ask? It's crop residue, and all a farmer must do is leave it on the fields instead of plowing or burning it.
How does crop residue help? "Crop residue helps in many ways," says Harris. "One way crop residue helps is that it prevents erosion during winter rains."

Controlling erosion keeps organic matter in the field where it increases the moisture-holding capacity of the soil and makes the soil easier to work.
Years ago it was believed that crop residue needed to be plowed under but research shows that organic matter increases more with less cultivation. Crop residues on or near the surface allow organic matter to work into the soil slowly and at the same time protect the soil from erosion.
Some people even burn crop residue. When an acre of small grain stubble and straw is burned,

you lose about 40 pounds of nitrogen, 5 pounds of phosphorus and 60 pounds of potash, plus the loss of benefits from organic matter. With today's tough economic times, it makes sense not to burn residue or fall plow.

Wood stoves could cause environmental problems

Wood-burning stoves are fast becoming a popular way to heat homes in North Carolina, and abandoned scrap wood is often seen as a cheap source of fuel.
However, the burning of treated wood and plywood can cause serious health problems, according to Dr. Ted Taylor, a toxicologist with Environmental Epidemiology Branch in the N.C. Department of Human Resources' Division of Health Services.

"Abandoned scrap wood may seem like a good, cheap source of fuel," Taylor said. "However, wood use for building is often treated with a preservative such as creosote, pentachlorophenol (Penta, PCP), or a mixture of copper, chromium, and arsenic (CCA)."
He added that if wood treated with creosote or Penta is burned, toxic gases can be emitted and inhaled.

Tips offered for cleaning woes

Proper loading of a dishwasher gives best results in washing and drying.
For washing, dishes and utensils need to be positioned in relation to the wash action.
Place the soiled surfaces facing the source of the water spray at the center of the tub.
For best drying, proper loading should allow the water to drain off the surfaces.

On the Front Burner
Alice Pettitt
Home Economics Agent



Spray paint gives a professional finish to even the most difficult-to-cover objects. But the very first step for any paint job is the proper preparation of the surface. First, wash any grease and dirt from the object with an all purpose household cleaner. Paint does not stick well to dirty surfaces. Sand glossy or rough surfaces. Just before painting, cover the work and surrounding area with newspapers secured by masking tape.
Then shake spray-paint can vigorously so that the mixing beads inside rattle for more than a minute.
Read label instructions to see from what distance the object should be sprayed. Usually, the spray can should be held parallel to, and about ten to twelve inches above, the painting surface.

4 small, firm bananas
¼ cup flaked coconut
Preheat oven to 400°. Generously grease 9-inch glass pie plate or 1½ quart oblong baking dish with butter. In small bowl, combine pineapple juice, brown sugar and allspice. Slice bananas diagonally into 1½ inch chunks; toss with lemon juice and turn into prepared plate. Top with pineapple mixture; then sprinkle with walnuts and coconut. Bake 7 minutes or until coconut is lightly browned. Serve warm and, if desired, over ice cream. Makes about 4 servings.

Herbed Cheese Dip
2 cups (16 oz.) lowfat cottage cheese
½ teaspoon basil
¼ teaspoon garlic powder
2 tablespoons milk
1 tablespoon thinly sliced green onion
2 tablespoons grated parmesan cheese
¼ teaspoon oregano
¼ teaspoon paprika
1 tablespoon lemon juice

In blender or food processor, process cottage cheese until smooth. Add remaining ingredients and process until thoroughly blended; chill. Serve with your favorite vegetable "dippers." Makes about 2 cups dip.

Monte Cristo Sandwiches
4 tablespoons butter or margarine
(See FRONT, page 5B)

To retain the seasoning and discourage rusting of cast iron cookware, wash them in hot water using a sponge or cloth.
Do not soak the ironware.
To avoid removing the seasoning on the utensil, scour stubborn stains with a plain steel wool pad rather than soaking in detergent or placing the ironware in a dishwasher.
Rinse and dry thoroughly. Then apply a thin coat of unsalted cooking oil or shortening to restore the top seasoning.
Store ironware in a warm, dry place and do not stack or cover since this can cause "sweating" which results in rusting.

Here's how to remove grass stains from washable fabrics. Pretreat or soak the stain in a product containing enzymes. If the stain persists, launder using chlorine bleach, if safe for the fabric, or use an oxygen bleach.

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