In This Issue
December 2015
Volume 4, Issue 12

USDA NEWSROOM
*

FSA NEWSROOM
*

FARM CREDIT ANNOUNCEMENT
*

VET TECH CHRONICLES
*

HERB OF THE MONTH
*

HOT PEPPER MONTHLY
*

FOOD SCIENCE STEMULATION
*

OUTREACH ACTIVITIES
*

EL NINO IMPACT
*

FAMU CEP CALENDAR OF EVENTS
*

HOLIDAY GREETINGS
*

HOLIDAY RECIPE BOX

Mrs. Vonda Richardson
Associate Director
Cooperative Extension Program

Ms. Amelia C. Davis
Editor
Cooperative Extension SDA Newsletter
USDA REPORT WARNS CLIMATE CHANGE LIKELY TO IMPEDE PROGRESS ON GLOBAL FOOD SECURITY

PARIS, Dec. 2, 2015 — Climate change is likely to impede progress on reducing undernourishment around the world in the decades ahead, according to a major scientific assessment released today by the U.S. Department of Agriculture (USDA) on global food security and its implications for the United States. The report, entitled Climate Change, Global Food Security and the U.S. Food System, identifies the risks that climate change poses to global food security and the challenges facing farmers and consumers in adapting to changing climate conditions. Secretary Vilsack released the report during the COP-21 Paris Climate Conference. In the absence of response measures, climate change is likely to diminish continued progress on global food security through production disruption that lead to constraints on local availability and price increases, interrupted transport conduits, and diminished food safety, among other causes. The risks are greatest for the global poor and in tropical regions.

President Obama has pledged to reduce U.S. greenhouse gas emissions in the range of 26-28 percent below 2005 levels by 2025. U.S. agriculture is helping meet this goal, and American farmers, ranchers and foresters have demonstrated their leadership in recognition that their contributions send a strong message to the rest of the world.

"The past six years have been a success story in terms of global food security. Two hundred million fewer people are food insecure today than they were six years ago. The challenge we now face is whether we can maintain and even accelerate this progress despite the threats from climate change," said Agriculture Secretary Tom Vilsack. "The report we are releasing today highlights these challenges and offers pathways to avoid the most damaging effects of climate change."

"The report found that climate change is likely to cause disruptions in food production and a decrease in food safety, which in turn leads to local availability limitations and increases in food prices, with these risks greatest for the global poor and in tropical regions," said Dr. John Holdren, Assistant to the President or Science and Technology and Director of the White House Office of Science and Technology Policy. "Accurately identifying needs and vulnerabilities, and effectively targeting adaptive practices and technologies across the full scope of the food system, are central to improving global food security in a changing climate."

Food systems in the United States benefit from a large area of arable land, high agricultural yields, vast integrated transportation systems, and a high level of overall economic development. However, changes in climate are expected to affect U.S. consumers and producers by altering the type and price of food imports from other regions of the world, as well as by changing export demand, and transportation, processing, storage, infrastructure that enable global trade.

Climate risks to food security increase as the magnitude and rate of climate change increase. Higher emissions and concentrations of greenhouse gases are much more likely to have damaging effects than lower emissions and concentrations. The author team reviewed a range of scenarios. Under scenarios with continued increases in greenhouse gas emissions the number of people at risk of undernourishment would increase by as much as 175 million above today's level by 2080. Scenarios with lower population growth and more robust economic growth coupled with lower greenhouse gas emissions resulted in large reductions in the number of food insecure people compared to today. Even in these scenarios, higher greenhouse gas emissions resulted in more food insecurity than lower emissions.

Effective adaptation can reduce food system vulnerability to climate change and reduce detrimental climate change effects on food security, but socioeconomic conditions can impede the adoption of technically feasible adaptation options. The agricultural sector has a strong record of adapting to changing conditions. There are many opportunities to strengthen agricultural economies and bring more advanced methods of crop production to low-yielding agricultural regions. Other promising adaptations include reducing food waste through innovative packaging, expanding cold storage to lengthen shelf life, and improving transportation infrastructure to move food more rapidly to markets.

On April 23rd, 2015, Agriculture Secretary Vilsack announced USDA's 10 Building Blocks for Climate Smart Agriculture, a comprehensive set of voluntary programs and initiatives that is expected to reduce net emissions and enhance carbon sequestration by over 120 million metric tons of CO2 equivalent by 2025 - about 2 percent of economy-wide emissions. The ten "building blocks" span a range of technologies and practices to reduce greenhouse gas emissions, increase carbon storage, and generate clean renewable energy. USDA also supports global food security through in-country capacity building, basic and applied research, and support for improved market information, statistics and analysis. 'Climate Change, Global Food Security and the U.S. Food System' was prepared as part of the United States National Climate Assessment and part of the President's Climate Action Plan. USDA led the production of the report on behalf of the thirteen Federal Agencies of the U.S. Global Change Research Program. Thirty-one authors and contributors prepared the report, representing nineteen federal, academic, nongovernmental, and intergovernmental institutions in four countries.
WASHINGTON, Dec. 1, 2015 – Agriculture Secretary Tom Vilsack today reminded farmers and ranchers that the next general enrollment period for the Conservation Reserve Program (CRP) begins today, Dec. 1, 2015, and ends on Feb. 26, 2016. December 2015 also marks the 30th anniversary of CRP, a federally funded program that assists agricultural producers with the cost of restoring, enhancing and protecting certain grasses, shrubs and trees to improve water quality, prevent soil erosion and reduce loss of wildlife habitat.

As of September 2015, 24.2 million acres were enrolled in CRP. CRP also is protecting more than 170,000 stream miles with riparian forest and grass buffers, enough to go around the world 7 times. For an interactive tour of CRP success stories from across the U.S., visit www.fsa.usda.gov/CRPis30, or follow on Twitter at #CRPis30. "Over the past 30 years, farmers, ranchers, conservationists, hunters, fishermen and other outdoor enthusiasts have made CRP one of the most successful conservation programs in the history of the country," said Vilsack. "Today, CRP continues to make major environmental improvements to water and air quality. This is another longstanding example of how agricultural production can work hand in hand with efforts to improve the environment and increase wildlife habitat."

Participants in CRP establish long-term, resource-conserving plant species, such as approved grasses or trees (known as "covers") to control soil erosion, improve water quality and develop wildlife habitat on marginally productive agricultural lands. In return, FSA provides participants with rental payments and cost-share assistance. At times when commodity prices are low, enrolling sensitive lands in CRP can be especially attractive to farmers and ranchers, as it softens the economic hardship for landowners at the same time that it provides ecological benefits. Contract duration is between 10 and 15 years. The long-term goal of the program is to re-establish native plant species on marginal agricultural lands for the primary purpose of preventing soil erosion and improving water quality and related benefits of reducing loss of wildlife habitat.

Contracts on 1.64 million acres of CRP are set to expire on Sept. 30, 2016. Producers with expiring contracts or producers with environmentally sensitive land are encouraged to evaluate their options under CRP.

Since it was established on Dec. 23, 1985, CRP has:

- Prevented more than 9 billion tons of soil from eroding, enough soil to fill 600 million dump trucks;
- Reduced nitrogen and phosphorous runoff relative to annually tilled cropland by 95 and 85 percent respectively;
- Sequestered an annual average of 49 million tons of greenhouse gases, equal to taking 9 million cars off the road.

Since 1996, CRP has created nearly 2.7 million acres of restored wetlands.

For more information FSA conservation programs, visit a local FSA office or www.fsa.usda.gov/conservation. To find your local FSA office, visit http://offices.usda.gov.

The Conservation Reserve Program was re-authorized by the 2014 Farm Bill, which builds on historic economic gains in rural America over the past six years, while achieving meaningful reform and billions of dollars in savings for taxpayers. Since enactment, USDA has made significant progress to implement each provision of this critical legislation, including providing disaster relief to farmers and ranchers; strengthening risk management tools; expanding access to rural credit; funding critical research; establishing innovative public-private conservation partnerships; developing new markets for rural-made products; and investing in infrastructure, housing, and community facilities to help improve quality of life in rural America. For more information, visit www.usda.gov/farmbill.
Nominations for Farm Credit 100 Fresh Perspectives will be accepted at www.FarmCredit100.com until Dec. 18, 2015. A panel of experts will evaluate the entrants and select the top 100 honorees to be announced during National Ag Week, March 14-18, 2016. These 100 individuals will be celebrated and supported at the national and local level in an effort to build awareness of and appreciation for rural American contributions to everyday life.

Of the Farm Credit 100 Fresh Perspectives honorees, 10 exceptional leaders will each receive a $10,000 award to help further their contributions to thriving rural communities and agriculture. These 10 honorees and a guest will be invited to Washington, D.C., to participate in a special recognition event in 2016.

To recognize the diverse ways individuals are contributing to the future success of rural communities, nominations will be accepted in ten categories:

- Leadership (over 21)
- Youth Leadership (21 and younger)
- Rural Policy Influence
- Beginning Farmer or Rancher Achievement
- Entrepreneurship and Innovation
- Sustainability and Natural Resource Conservation
- Financial Stewardship
- Mentoring and Volunteerism
- Agriculture Education and Community Impact
- Rural and Urban Connection

“The 100 selected honorees will have the opportunity to share their stories, inspire others with their vision and advocate for agriculture,” said Picchetti. “Rural industries evolve rapidly, and we are honored to recognize those who represent the future.”

To learn more and read the nomination category descriptions, visit farmcredit100.com. Apply or nominate an agricultural leader you know for Farm Credit 100 Fresh Perspectives by Dec. 18, 2015.
Sustainable Beef Cattle Production—Part 2

Health
The condition of health herd of animals is directly related to the nutritional level. In general, the better the level of nutrition, the fewer health problems are encountered. The major concerns of a health program involve parasite control, and preventative vaccinations. The extension veterinarian can help you design both parasite controls and vaccination programs that are aimed at specific diseases occurring in your area. A vaccination program should include at a minimum an annual vaccination schedule. Vaccination program should be designed to increase the immune status and protect against the recognized disease threats located in your region. In the North Florida region, the most important diseases to vaccinate against are Infectious Bovine Rhinotracheitis-IBR, Bovine Viral Diarrhea-BVD, Parainfluenza-PI, Bovine Respiratory Syncytial Virus-BRSV, Pasteurella hemolytica a and multicodia, Haemophilus somnus, Leptospirosis, and Clostridial diseases that include black leg and malignant edema. An annual calendar of management tasks and herd health program are listed in table 3.

Marketing
The most cost-effective animal to produce is a 300 pound weaned calf. One bull can adequately reproduce with 30 cows a season. You should expect a minimum of 80% fertility rate in the female cows. This means that for every 10 cows you should have eight calves in a one-year growing season. This allows you to market eight calves in a season to cover the cost of the operation. Calves can be marketed at local livestock markets as well as to private individuals through local bulletins and newspapers. Movement of cattle of any age across state lines is regulated by the Department of agriculture in may require special considerations. Check with your local extension veterinarian if you have any questions about the details of moving cattle across state lines.

Sustainability
Raising and keeping replacement heifers from your own herd can allow you to increase the number over several years. Eventually this process will allow you to produce and sell a larger number of calves.

Financing
You may qualify for programs that help first-time farmers and ranchers or minority farmers and ranchers, or disadvantage farmers and ranchers. Your local county extension office can provide information about the details of some of these programs.

References
Darrell L. Rankins Jr., Extension Animal Scientist, Associate Professor, Animal and Dairy Sciences, Auburn University.
For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.
We use a lot of herbs and spices each day without giving much thought about where they come from and how they are grown. One of the most common spices found in just about every American spice rack is nutmeg. *Myristica fragans* as it is scientifically known is indigenous to Indonesia.

Today most of the world’s nutmeg production comes from Indonesia and Grenada. The tree on which this fruit is grown can get up to 70 feet tall and as wide as 25 feet at maturity. Trees can be grown from seed or the more common practice is to reproduce by graft. To grow from seed, planting must be done shortly after harvesting because they have very low viability. Strangely enough, these seeds take a long time to germinate, sometimes upwards of 5 weeks. Most trees will not begin to flower until they are at least 8 years old at, which time it will be determined if it is a male or female tree. This is the main reason why grafted trees are preferred because 8 years is long time to wait to find out if you have a tree that will bear fruit. Trees that are grafted from a female tree will start producing in 3 years and will reach maximum production in 15 to 25 years. What is great about this tree is that it will continue producing for nearly 50 years so you can see that nutmeg production is a very long term investment but luckily maintenance is very low once the trees are established.

The fleshy yellow fruit of the nutmeg is highly flavorful and is often eaten as a fruit salad. It is also used to make jams, jellies and syrups. Other usable parts of the nutmeg are; seed and the mace. The mace is the bright red web that wraps around the shell of the seed. Nutmeg is prized as a medicinal, flavoring, and preservative agent. It is considered safe when used in foods for flavoring. It is believed to have psychoactive properties when taken in large doses. As a high school student growing up in the Caribbean I have vivid memories of my classmates putting nutmeg powder on their lips before a cross country race because it was widely believed that it would improve endurance and relieve fatigue. I cannot recall any of those runners placing in the top 10 but I would imagine that they did not have foul breath after those races because the antibacterial properties of the nutmeg is said to be good for fighting malodorous breath.

Nutmeg is not a nut but it is a mega spice and as such pose no risk to persons who have nut allergies. Nutmeg is actually a fruit with a single seed which makes it a drupe, similar to an apricot. This peculiar seed has many uses; if you have difficulty sleeping at night, drink a cup of milk with some nutmeg powder. This will help you achieve relaxation and will induce sleep. Used in small dosages nutmeg can reduce flatulence, aid digestion, improve the appetite and treat diarrhea, vomiting and nausea. Nutmeg’s flavor and fragrance come from oil of *myristica*, containing *myristicin*, a poisonous narcotic. *Myristicin* can cause hallucinations, vomiting; epileptic symptoms and large dosages can cause death. These effects will not be induced, however, even with generous culinary usage.

Besides being used in toothpastes, cough syrups, perfumes and the cosmetic industry, nutmeg oil is mixed externally with almond oil and is used to relieve rheumatic pain. Whole nutmegs almost never lose their pungency they release their oils only when grated. Pictured here are seeds that were collected over 5 years ago and they still are very flavorful when grated. Nutmeg is usually associated with sweet, spicy dishes like pies, puddings, custards, cookies and cakes. It combines well with many cheeses, and is included in soufflés and cheese sauces. It complements egg dishes and vegetables like cabbage, spinach, broccoli, beans onions and eggplant. During the Christmas season it is essential to eggnog.

**Contributors:** Linda Sapp and Trevor Hylton

---

SCOTCH BONNET PEPPER JELLIES MAKE GREAT HOLIDAY GIFTS

As production tapers off with the onset of winter, Scotch Bonnet entrepreneurs still have other aces in their arsenal of production options. One option is to process jams and jellies from their Scotch Bonnet hot peppers. Yes! You heard it right. Jams and jellies. Today’s curious consumers are developing appetites for rare tastes and culinary experiences. Hot pepper jellies are among those rare tastes and experiences. The average price for a half pint jar of hot pepper jelly is $5.00 nationwide. Because of its pungency and aromatic flavor, Scotch Bonnet peppers make delightfully spicy but tasty condiments. Below is a recipe for making Scotch Bonnet pepper jelly. You can use your new skill to impress or excite your friends by sending them as gifts for the holidays.

Recipe for making nine 0.25 pint sized jars of mild* scotch bonnet pepper jelly.
- 3 saucepans (one large and two medium sized). Use the largest for canning
- 1 ½ Scotch bonnet peppers (2 whole scotch bonnet peppers for more heat)
- 1 ½ medium bell peppers
- 1 ½ - 2 cups distilled vinegar. Apple cider vinegar is also ideal.
- 3 cups white sugar
- 2 packs (3.5 ozs.) powdered pectin. Liquid pectin also ideal.
- Food coloring (optional)
- ¼ pint mason jars with lids (usually comes in 4, 8, or 12 packs). Use larger jars if you wish

Directions
- Always wear gloves and goggles (if necessary) when handling Scotch Bonnet hot peppers.
- Sterilize mason jars and lids in large saucepan throughout the jelly making process
- Remove the seeds from the Scotch Bonnet peppers if you wish to make the jelly less spicy
- Dice the Scotch Bonnet and bell peppers then use a food processor/blender to puree
- Add the pureed pepper, vinegar and sugar to saucepan and bring to a rolling boil for 10 – 15 minutes, stirring occasionally to reduce foaming
- Strain the mixture into the third saucepan (for making jelly). Note: do not strain if making jam
- Add the pectin and food coloring at this point and bring back the mixture to a rolling boil for 2-3 minutes
- Ladle the hot mixture into the mason jars leaving about ¼ inch of head space
- Place lids on jars and process in hot water bath for 10 minutes
- Remove jars from hot water bath and allow to sit overnight

Note: * the term mild is purely judgmental since different individuals have varying heat tolerance levels. The above directions are approximate. Although the instructions are intended to provide the ideal end-product, individuals are expected to use their own judgment. For example: If the jelly is too thin (runny) after 24 hours, bring it back to a boil for no more than 5 minutes and ‘re-bottle’. This has proven to bring it to the desired consistency for me without any changes to the original flavor. Call and let me know if the instructions worked for you or what you did to make the experience better. (850) 412-5255

Happy Holidays
Pudding and Strawberry Parfait

Ingredients:
1 box of sugar free vanilla instant pudding
2 cups of reduced fat milk
8 oz of Sugar free cool whip
Fresh strawberries (diced)
10-20 vanilla wafers

Instructions:
1. Beat pudding mix with milk for 2 minutes using a whisk.
2. Incorporate 4 oz of sugar free cool whip into the pudding mixture.
3. Crush the vanilla wafers.
4. Layer crushed wafers, pudding mixture, remaining cool whip, and fresh berries in cups.

Yields 3-4 servings (pending the size of cups)

Recipe courtesy of Jenelle N. Robinson, PhD, CHES
Quincy, FL- On Nov 10, 2015 the Veterinary Technology staff at Florida A& M University Research & Extension Center (REC) hosted an informational session focusing on internal parasite identification and prevention from 6:30-8:00pm. The Attendees consisted of 12 local farmers. The purpose of this informational session was to provide local farmers with the knowledge of how internal parasites such as coccidia, monesia (tapeworm), haemonchus contortus (barber pole worm), and several others are able to infect their herd and how to identify some of these parasites.

The first presentation of the evening was by Veterinary Technician Norman Scarbrough, titled, “Focus, just Focus!” Scarbrough taught the local farmers that attended how to properly use and purchase a microscope.

The next speaker was Veterinary Technician Julie-Ann Valliant, with her presentation, “---- Happens!” Valliant taught the attendees how to use a fecal container and the proper way to perform a fecal float. In order to make a fecal float you really need two things and of course you already know the first ingredient. The second ingredient… the magic to the fecal float, and that magic is the fecal solution. The fecal solution has a specific gravity that allows the parasite eggs, to float. This allows the eggs to be visible underneath the lens of the microscope.

Dr. Purvis, Extension Veterinarian, followed with a informational presentation to the farmers on how to identify parasite eggs and the lifecycle of each parasite discussed that evening. The last speaker of the evening was Director of Animal Health, Dr. Wright, presenting information to the farmers about drugs that are available and what works and what does not. He also discussed which drugs are used to treat against a certain parasite, which parasite may be resistant to a particular drug, proper drug dosage and route of administration.

Overall, there was good turnout and refreshments were served. The attendees were equipped with valuable knowledge of how to take care of their cattle/goat herds and gain knowledge on parasite identification.
**The El Nino Impact: Implications for Pecan Producers and Consumers**

Contributor: Gilbert Queeley

Pecan producers prefer cool dry weather at harvest time since these conditions help to preserve the mature nuts for longer periods, both on the ground and on the trees. This year’s unusually warm fall temperatures have been conducive to above average rainfall and diseases that have led to deterioration in fruit quality. Unseasonably warm temperatures this fall (above 80°F) accompanied with heavy rainfall also led to premature germination (sprouting) of the pecans while still on the trees. In a regular season, a farmer would discard about 2% to 5% of his crop as a result of spoilage. This year, one farmer saw that number grow to more than 30%. As a consequence of this year’s El Nino weather pattern, farmers across southern Georgia, the largest producer of pecans in the nation, are expected to harvest between 20 and 30 million pounds less than average. At 2010 prices, this translates into a $48 million to $72 million loss statewide.

The unfavorable weather has not only spoilt the fun for enthusiastic pecan collectors. It will more than likely result in a spike in pecan prices this spring which can alter consumer buying decisions at the grocery stores. This Fall’s below average pecan harvest combined with consumer uncertainty can put a huge dent in the income of pecan growers across north Florida and South Georgia. Farmers in the region can therefore learn an important lesson from this year’s El Nino experience. My advice to them is simple: In an El Nino year, it is highly recommended that they harvest their mature nuts as soon as weather conditions permit. This practice can potentially reduce losses and boost income.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 15th</td>
<td>Master Goat/Sheep Program and Master Farmer Online Registration starts</td>
<td>Registration starts <a href="http://www.famu.edu/goats">http://www.famu.edu/goats</a></td>
</tr>
<tr>
<td></td>
<td>Contacts: Mr. Gilbert Queeley – 850-412-5255</td>
<td>Mrs. Angela McKenzie-Jakes - 850-875-8552</td>
</tr>
<tr>
<td>February 23rd</td>
<td>Aquaponic Seminar</td>
<td>Fee: $20 early reg./ $25 day of Event</td>
</tr>
<tr>
<td></td>
<td>Sponsored by Gadsden County Extension Office at the FAMU Teleconference Center</td>
<td>Vineyard Management &amp; Pesticide Safety Workshop</td>
</tr>
<tr>
<td></td>
<td>February 11th—1—4:30 pm at Center for Viticulture &amp; Small Fruit Research. Call (850) 599-3969 to register.</td>
<td></td>
</tr>
<tr>
<td>March 13-14</td>
<td>FAMU CEP Master Farmer Program</td>
<td></td>
</tr>
<tr>
<td></td>
<td>March 13-14 and March 24-28</td>
<td></td>
</tr>
<tr>
<td>March 9th</td>
<td>Feral Swine Workshop</td>
<td>March 9th, Monticello, FL; Feral Swine Workshop</td>
</tr>
<tr>
<td>March 26th</td>
<td>Feral Swine Workshop</td>
<td>Feral Swine Workshop, March 26th, Marianna, FL</td>
</tr>
<tr>
<td>March 15-16</td>
<td>FAMU CEP Spring Agri-Showcase – Date: June 13th</td>
<td>*Master Goat/Sheep &amp; Master Farmer Programs Graduation</td>
</tr>
<tr>
<td>May 1-2</td>
<td>FAMU CEP Spring Agri-Showcase – Date: June 13th</td>
<td></td>
</tr>
<tr>
<td>May 15-16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 29-30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 7-8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 13-14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 15-16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 29-30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 20th</td>
<td>2015 Master Goat and Sheep Certification Program <em>Bonus Session</em></td>
<td>June 20th: 9- 4 pm</td>
</tr>
<tr>
<td>July 12-17</td>
<td>1890 Land Grant 125th celebration – Washington, DC– July 13-17th</td>
<td>1890 Land Grant 125th celebration – Washington, DC– July 13-17th</td>
</tr>
<tr>
<td>July 20th</td>
<td>1890 Land Grant 125th celebration – Washington, DC– July 13-17th</td>
<td></td>
</tr>
<tr>
<td>July 20th</td>
<td>2015 Master Goat and Sheep Certification Program <em>Bonus Session</em></td>
<td></td>
</tr>
<tr>
<td>August 29, 2015</td>
<td>Grape Harvest Festival – August 29, 2015</td>
<td></td>
</tr>
<tr>
<td>October 3rd</td>
<td>FAMU CEP Open House – Perry Paige Courtyard/</td>
<td></td>
</tr>
<tr>
<td>10-4 pm</td>
<td>Date: August 26, 2015– 9 a.m. – 1 p.m. (POSTPONED)</td>
<td></td>
</tr>
<tr>
<td>October 24</td>
<td>FAMU Extension Fall Crop Field Day</td>
<td></td>
</tr>
<tr>
<td>November 5-15</td>
<td>North Florida Fair- November 5-15, 2015</td>
<td></td>
</tr>
<tr>
<td>December</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

HAPPY THANKSGIVING

MERRY CHRISTMAS AND A HAPPY NEW YEAR
Happy New Year

From the staff of
FAMU Cooperative Extension
Linda’s Peach Cobbler

½ cup of butter  1 cup flour  2 cups sugar
1 Tbsp baking powder  Pinch of salt  1 cup milk
2 cans of organic peaches  1 Tbsp fresh lemon juice
1 tsp. of cinnamon

Melt butter in baking dish. Combine flour, 1 cup of sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir). Bring remaining 1 cup sugar, peaches, and lemon juice to a boil over high heat, stirring constantly, pour over batter (do not stir). Sprinkle with cinnamon.

Bake at 375 for 50 minutes or until golden brown.

Renysha’s Cranberry White Chocolate Chip Cookies

½ cup brown sugar  ½ cup white sugar  1 Tbsp vanilla extract
1 egg  2 cups all-purpose flour  2 tsp cornstarch
1 tsp baking soda  Pinch salt  1 cup dried cranberries
1 cup white chocolate chips
¾ cup unsalted butter, at room temperature

Beat together butter, brown sugar & white sugar until light and fluffy. Beat in the vanilla and egg to combine. Next, beat in the flour, cornstarch, baking soda and pinch of salt until soft dough has formed. Stir in the cranberries and white chips by hand.

Refrigerate the cookie dough for AT LEAST 1 HOUR. You can chill it overnight. Preheat oven to 350 degrees F. Line two baking sheets with liners or baker’s spray. Remove chilled dough from fridge and roll into Tablespoon-sized balls. Place onto the cookie sheets about 1-2” apart from one another.

Bake for approx. 8-10 minutes, rotating pans halfway through baking time to ensure an even cook. Cookies may appear slightly undone, but do not over-bake them! They will continue to set up more as they cool. Allow cookies to set on the baking sheets for about 10 minutes or so before carefully transferring to a wire rack to cool completely.

Garnish cookies with additional white chips on top of still-warm cookies before serving.
Check out all of the 2015 FAMU Cooperative Extension’s SDA Newsletters and sign up to subscribe! Log on to: www.famu.edu/cep