

September – Rice Month

Delta Rice Promotions, INC will host the 28th Annual Rice Tasting Luncheon on September 14th at the Walter Sillers Coliseum on the Campus of Delta State University from 11:00 a.m. to 1:00 p.m. Tickets are \$5.00 and can be purchased at the door.

Come celebrate Mississippi's Rice Month and enjoy rice prepared more ways than you can imagine. If you would like to prepare a rice dish for the luncheon, stop by the Extension office located at 406 N. Martin Luther King Drive in Cleveland to receive your pan and food safety information.

If you need more information about the luncheon or Delta Rice Promotions, INC. please call 843-8371.

- *Rice is gluten-free, highly digestible, and the least allergenic of all grains, making it an important grain option for a gluten-free diet.*
- *Just one cup of enriched white rice has 23% of the recommended daily value of folic acid, a gluten-free diet.*

- Mississippi is #5 in the U.S. in terms of states that grow the most rice
- 8,436,000 hundredweight of rice was produced in 2017
- There are 259 rice-producing farms in Mississippi
- \$105 million value of rice production in 2017
- Top producing county is Bolivar County

Tips to Increase Your Whole Grain Intake

Make your rice colorful. Brown, wild, black, red, and purple rice are 100% whole grain & gluten-free.

Try mixing brown and white rice together in your favorite dish for a more complex and fun flavor and texture. It's also a great way to encourage kids to eat more whole grains.

Cook a double batch of brown rice and keep it on hand for a quick start to your next meal. Cooked rice can be stored in the refrigerator in a tightly covered container for 3 to 5 days, or it can be frozen for up to 6 months.

Bolivar County

FCS/CRD/4-H Extension

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Officers for 2018

Mississippi Homemaker

Volunteers: President –

Helen Coleman, Vice

President – Lois Russell,

Secretary – Emily Smith,

Treasurer – Linda Bassie,

Parliamentarian – Neoma

Robertson

Master Gardener:

President - Rhonda Slaton,

Vice President - John

Tiftickjian, Secretary -

Jeanie Brumfield, Treasurer-

Mary Anna Davis

Mid Delta Forest Woodland

Wildlife Association

President – Jason

Makamsom,

Vice President - Norman

Chenault, Secretary - Laura

Jane Giaccaglia, Treasurer-

Rob Taylor

Game Camera Survey Workshop for White-Tail Deer Enclosed To Be Held August 30th


Master Gardener Information

Each intern class picks up a project. It may be a new project or something that exists. I'm happy to report that this year's interns are interested in Junior Master Gardener activities as their intern project. It has been a few years since we've have Jr. MGs. I'm looking forward to working on this project with the Interns. Please be on the lookout for more information. This will be a fun learning experience for those young hands that like to get dirty.

Tune into Majic 107.5 on Friday mornings at 8:20 to hear "Growing Green on the Radio". Master Gardeners will provide you with the latest horticulture tips.

Recently members attended the State MG Conference in Tishomingo. Mary Anna Davis received "Top Producer" award for the Delta Region. She was one of three in our region. Congratulations Mary Anna!

FREE EXERCISE CLASSES

 is the fastest most effective way to transform your body", says Carrie Rezabek creator and founder of Pure Barre.

Do you want to sculpt your arms?
Do you want to tone your thighs?
Would you like to have a lifted seat?
Would you like to have strong abs?
How would you like to feel better about yourself?

If you answered yes to any of these questions, look at the attached calendar and pick a day and time that works for you and let's get started!

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Mississippi Homemaker Volunteers Information

MHV is celebrating its bicentennial this year

The Bolivar County MHV Club recently sewed 100 dresses to be sent to the children overseas. Each year they not only serve their community in which they live, but they also strive to meet their international goal.

Awards were given to Bolivar County MHV at State Council. The club as a whole received the Associate Director's Award. Emily Smith received the Secretary Book Award for the Delta Region.

The club accepts membership throughout the year and annual dues for both county and state MHV council are \$20.00. If you are interested in joining, please contact the Extension office at 843-8362.

Horticulture Tips:

Plant in August

- Daylilies in a sunny location, they will be well established before winter.
- Divide and transplant Louisiana Iris, Easter Lily, Canna, Liriope, Ajuga, and Shasta Daisy.
- Plant cool season vegetables: Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Spinach, Potatoes, Lettuce, Carrots, Beets, Radishes, and English Peas.
- Plant warm season grasses: Buffalo, Bermuda, and St. Augustine.
- Mums should be planted for September bloom and fall color.
- Marigolds, Asters, Zinnias, and Celosia can be planted to replace faded annuals.
- Plant seeds of Calendula, Columbine, English Daisy, Forget-me-not, Pansy, Sweet William, and Violet.



Laura J. Giaccaglia, Extension Agent/Coordinator
Bolivar County