Friday Night Lights!
By Keishon Thomas, FACS Agent

It’s time for Football! There will be bands, family, fun and my favorite, ‘The Concession Stand’. The safety and well-being of everyone visiting the concession stand lies in the hands of volunteers.

If you will be volunteering at a concession stand, use these tips to ensure proper food safety and stay in the game. Remember your checklist of essential items:

♦ Dishwashing liquid can be used to clean all equipment and utensils.
♦ Paper towels can be used to wash and dry equipment and utensils, dry hands and clean countertops. Remember sponges, dishcloths and brushes can spread bacteria.
♦ Sanitizing solution to sanitize all workspaces, including countertops and equipment. This reduces the levels of bacteria left behind after cleaning.
♦ Use gloves, tongs, and tissue paper to avoid hand-to-hand contact with food items.

While working the concession stand it’s essential to:

♦ Wash hands often, including when you begin your shift and after leaving and returning to the stand.
♦ Keep the germs on ice. Place the ice scooper outside of the ice machine to avoid germs from the handle contaminating the entire batch of ice.
♦ Keep it cold. Refrigerated items should be stored in a cooler with ice or in a refrigerator at 40 degrees or below. While this may be a no-brainer, it is often overlooked.
♦ Keep it hot. Some foods can be dangerous if they are not held at the appropriate temperature once they are cooked. If the food item is not kept warm, throw it out after two hours.

If you have symptoms of illness don’t volunteer. Get someone to replace you.

Training is essential. Provide food safety training prior to the big event. If you are interested in more information about concession stand food safety or training your volunteers, please contact us at 478-751-6338.
Bibb 4-H’ers Compete in Georgia State District Project Achievement

By Kari Mateling, 4-H Agent

In March of 2018, a total of forty-four Macon-Bibb 7th-12th graders competed in District Project Achievement (DPA) at Rock Eagle 4-H Center! Through DPA, students gain valuable written and oral communication skills. Participants indicated they felt more confident, focused, and prepared to speak in front of a group because of DPA. The requirements to attend DPA include: researching a topic, writing a speech, preparing visuals, keeping project records for a year in the form of a written portfolio, and giving an 8-12 minute oral presentation.

High school students who place 1st in the district competition go on to the state competition in Atlanta at the end of July. Three students represented Macon-Bibb County in July. Nicholas Jackson, a 12th grader at Central High School, placed 5th in the Performing Arts category with his solo on the marimba. Kai Thomas, a 10th grader at Howard High School, placed 3rd in the Housing, Equipment and Environment category with her speech about dangerous household look-a-likes. Zoe Economides, an 11th grader at the Academy for Classical Education, received a perfect interview score and outshined her competition in the Arts and Crafts category.

Bibb County 4-H is very proud of these young people! For more information about Bibb County 4-H please contact Kari Mateling. karim@uga.edu

Bibb County 4-H will be selling locally grown Georgia pecans during the month of October! Like us on Facebook to learn more about this fundraiser! https://www.facebook.com/BibbCountyCooperativeExtension/
The Master Gardener Extension Volunteer Program in Georgia is to increase Extension’s ability to educate the public about consumer horticulture and gardening topics. Bibb County Extension participates with other central Georgia counties to train new Master Gardeners February-April each year. The training consists of a combination of lectures, reading, hands-on activities, and off-site visits.

If you are interested in participating in the program, please call the Extension office at 478-751-6338 for information or to request an application, to be sent in late October.

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**Fascinating Fungi**  
*By Karol Kelly, ANR Agent*

I was pleasantly surprised to find the dainty bird’s nest fungus (Cyathus spp.) growing among the mulch as I pulled weeds recently. I’d read about this tiny decomposer for years and was amazed by its minuscule size. When comparing it to the white ‘toad stools’ popping up nearby, it was surprising to think that they are cousins, belonging to the same Class of organisms. During the fall, when cooler temperatures and moisture prevails, it is usually easy to spot some member of the Kingdom Fungi. While some mushrooms are fairly non-descript, others vary widely in color, form, and texture. In most cases, the part we are able to see is part of the reproductive process with the thread-like vegetative growth lying beneath the soil, mingled in with mulch, or perhaps beneath the bark of a decomposing tree.

We typically hear from homeowners who want to get rid of the ‘weird’ things growing in their yards. While the fruiting bodies will disappear after a couple of weeks as environmental conditions change and insects move in, a golf club will work to remove these even quicker. There is really no need to be overly concerned about removing mushrooms unless you have small children roaming the yard who might try to eat them. While the vast majority of mushrooms are not poisonous, it is still important to take mushroom poisoning seriously. *I’d strongly advise against eating mushrooms picked in the wild.*

Fungi are a fascinating group of organisms that should be studied and appreciated rather than feared in our home landscapes. For more information, visit [http://botit.botany.wisc.edu/toms_fungi/](http://botit.botany.wisc.edu/toms_fungi/) or [www.gamushroomclub.org](http://www.gamushroomclub.org).
Harvest Muffins

14.5-oz. can sliced carrots, no salt added
1 teaspoon ground cinnamon
1 egg
1/3 cup sugar
1 1/4 cup all-purpose flour
1 1/4 teaspoon baking soda
1/2 teaspoon salt

DIRECTIONS:
1. Preheat oven to 350°F.
2. Drain carrots and pour onto dinner-size plate.
3. Sprinkle cinnamon over carrots.
4. Mash with fork until all pieces of carrot are about the size of peas.
5. Break egg into medium bowl and mix well with fork.
6. Add oil to egg and mix well.
7. Add carrots and sugar to oil/egg mixture and stir well.
8. In separate bowl, stir together flour baking soda, and salt.
9. Add flour mixture to carrot mixture and stir until moist.
10. Pour batter into muffin tins (sprayed with nonstick spray or lined) — about 1/2 full.
11. Bake 25-30 minutes. Test center of one muffin with a toothpick. If it comes out clean, the muffin is done.