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## Family & Consumer Sciences

Welcome to the most recent edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, re-

search and community outreach. Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Educator, Jennifer Dixon Cravens, provides research based pro-

grams on Nutrition, Wellness, Fitness Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



### RECIPES

Each issue includes **easy, tasty, healthy** recipes!  
**This issue features:**

- *Pasta Primavera*
- *7-Layer Fruit Salad*
- *Herbed Chicken*
- *Yogurt Parfait*
- *Mashed Potato Salad w/ Spring Onions*
- *Red Raspberry Sorbet*
- *And More!*

### It's Spring! Visit A Farmer's Market

Support your local economy while enjoying freshly picked produce at its peak in flavor and nutrition. Take the whole family and let everyone pick out a new fruit or vegetable to try!



**ABERDEEN**  
Festival Park, 60 N. Parke St.  
Thursdays, 4:00 - 7:00 p.m.  
May 2 - October 24



**BEL AIR**  
Mary Risteau Courthouse off of Thomas St.  
Saturdays, 7:00 - 11:00 a.m.  
April 13 - December 21



**HAVRE DE GRACE**  
Hutchins Park at the foot of Congress Ave.  
Saturdays, 9:00 a.m. - Noon  
May 4 - November 16

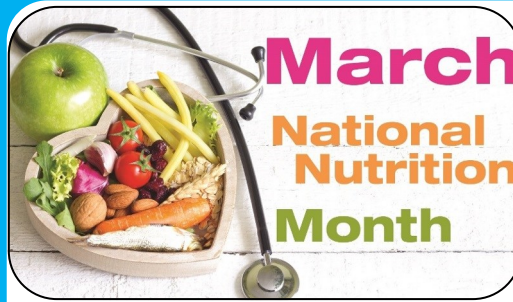
### WHAT'S IN Season?

March	Cauliflower
Cucumbers	Collards
Herbs	Kale
Garlic	
Lettuces	June
Mushrooms	Green Beans
	Cabbage
April	Carrots
Asparagus	Peas
Onions	Potatoes
Spinach	Radishes
	Squash
May	Tomatoes
Broccoli	Turnips

## Nutrition

### What is Nutrition?

Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition is an adequate, well balanced diet rich in fruits, vegetables, whole grains, clean protein, and dairy (or calcium rich foods.) Combined with regular physical activity, it is a cornerstone of good health.



## March Themes: National Nutrition Month

is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Basic Tips to Improve Health & Overall Wellness

- Increase your fresh fruit consumption
- Increase fresh vegetable consumption
- Eat more whole grains
- Increase water consumption, stay hydrated
- Select lean cuts of meats,
- Exercise 30 minutes a day
- Get 8 hours asleep each night.
- Get Rest when needed!
- Spend quality time with family and friends !



Reference: <https://www.eatright.org/food/resources/national-nutrition-month>

## Health & Wellness

### What does it mean to be Healthy?

Health is defined as the ability of a biological system to acquire, convert, allocate, distribute, and utilize energy sustainably. To be healthy means to be in good health, shape, fitness, and a body absent of disease.

According to the World Health Organization (WHO), health is defined as being in "a state of complete, physical, mental, and social well-being, and it is no longer just absence of disease or infirmity."

### What is Wellness?

Wellness is more than Health. Wellness is how you live and experience life to the fullest. Wellness is the act of practicing

healthy habit on a daily basis to attain better physical and mental health outcomes. When you are well you are not just getting by or surviving, you are actually striving in your life. These dimensions have an impact on your physical, and mental health which can reduce stress, improve social interactions, and assist you with achieving optimal wellness.

Wellness is being proactive, self-directed, and fully active in making good choices toward a healthy and fulfilling life.

Reference: <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>



# Mind, Body & Spirit

## HOW WELL ARE YOU?

Take the Quiz below. Rate your wellness for the spring. What areas do you need to work on?

### 8 Dimensions of Wellness



#### Emotional

Coping effectively with life and creating satisfying relationships.

#### Social

Developing a sense of connection, belonging, and a well-developed support system.

#### Occupational

Personal satisfaction and enrichment derived from one's work.

#### Financial

Satisfaction with current and future financial situations.

#### Spiritual

Expanding our sense of purpose and meaning in life.

#### Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

#### Physical

Recognizing the need for physical activity, diet, sleep and nutrition.

#### Environmental

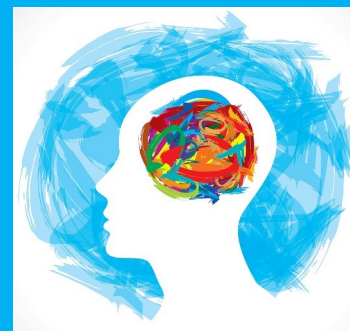
Good health by occupying pleasant, stimulating environments that support well-being.

#### Rate Your Wellness:

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Emotional    | <input type="checkbox"/> Spiritual     |
| <input type="checkbox"/> Social       | <input type="checkbox"/> Intellectual  |
| <input type="checkbox"/> Occupational | <input type="checkbox"/> Physical      |
| <input type="checkbox"/> Financial    | <input type="checkbox"/> Environmental |

/ 8

## Wellness



Physical  
Wellness



# Green Cleaning The Body



**1. Drink homemade juices.**

Fresh vegetable juices are rich in enzymes which provide extra nutrients that help your body eliminate toxins. Leafy green vegetables are particularly cleansing, especially those that are bitter such as dandelion, endive, parsley, beet, kale, chard, mustard greens, spinach, endive, bok choy, and arugula.

**2. Flush the system with water and herbal teas.**

Drinking water and teas is a perfect way to cleanse and hydrate the system. When drinking clean water, add a dash of lemon to stimulate the liver. (Try Ginger, Dandelion, Fennel, or Mint tea.)

**3. Manage your stress levels.**

The liver is the main organ associated with stress. The liver is responsible for the free flow of blood and energy throughout the body, and stress causes blockages. This can lead to problems such as IBS, bloating, heart burn, or palpitations, and headaches.

**4. Improve digestion and stop bloating.**

Bloating is caused by overeating or eating in a stressful environment. Make sure that you're not eating at your desk or in front of the TV, and eat mindfully, chewing and enjoying what you're eating. Warm and anti-inflammatory foods are often easier to digest too. Foods that ease stomach and intestinal discomfort include: cucumber, banana, papaya, asparagus, fennel seeds, ginger, peppermint, and chamomile.

**5. Shop at your local organic store or farmers market.**

These vegetables listed below are in season for the spring. Some vegetables to look for: Beets, beet greens, celery, asparagus, zucchini, cucumbers, string beans, naturally fermented sauerkraut, sea vegetables (kelp, nori, hiziki), onions, garlic, leeks, collards, mustard, cabbage, kale, spinach and avocados.

Reference: [www.mindbodygreen.com](http://www.mindbodygreen.com)

**Strawberries & Cucumber Spa Water Detox**

- 1 lb. sliced strawberries
- 1/2 Cucumber, sliced
- 12 Cups Water
- 10-12 Mint Leaves, crushed

Pour water in a jug. Add strawberries, cucumber and mint. Refrigerate overnight.

Drink a glass in the morning and throughout the day. Reference: *FCS Educator*



## Green Cleaning Tips

### Employ green cleaning products

As the health and environmental impacts of conventional cleaning products become more thoroughly understood, more and more brands of healthy, green, and effective cleaning products have started hitting the market and competing for that place of honor under your sink. Many of these products are non-toxic, biodegradable, and made from renewable resources (not petroleum). But if designer labels aren't for you, home-mixed cleaners can get the job done and then some. Vinegar and baking soda can be used to clean almost anything. Just mix with a little warm water.

### Avoid poor indoor air quality



Keeping windows open as often as possible allows fresh air in and keeps toxins flowing out. This is especially important when cleaning your home.

### Be careful with antibacterial cleaners

The FDA has found that antibacterial soaps and hand cleansers do not work better than regular soap and water, and should be avoided.

### Help your home smell baking soda-licious

Baking soda not only removes those strange smells coming from your fridge, it's also a great odor-eliminator for your carpet. Just sprinkle on a little baking soda to soak up some of those odors and then vacuum it up.

### Clean your indoor air naturally

Skip the store-bought air fresheners and instead try boiling cinnamon, cloves, or any other herbs you have a fondness for. Also, plants may not make your house smell different but are good for filtering interior air--pretty much any broad green leaf plant will do.

### Toss toxic cleaners carefully

When replacing your cleaning products, don't just throw the old ones in the trash. Many communities hold toxics & electronics recycling days and will take all of these off your hands. Throwing chemicals in the trash or down the drain means they might end up back in your water supply.

## Environmental Wellness



### ALL-PURPOSE

#### "GREEN" CLEANER RECIPE

3 tbsp. white vinegar  
 1/2 tsp. washing soda  
 1/2 tsp. vegetable oil based liquid soap  
 2 cups hot water

Mix ingredients in spray bottle or bucket. Apply and wipe clean.

### Avoid conventional dry cleaners

If you do take clothes to conventional cleaners, be sure to air them outside before wearing them or putting them in the closet.

### Leave the toxins at the door

Keep the sidewalk out of your home with a good doormat or a shoeless house policy. Less dirt means less sweeping, mopping, and vacuuming, which means less work, water, energy, and fewer chemicals.

Reference: <https://www.davie-fl.gov/478/Green-Cleaning-Tips>

## Basic Tips During Tax Time



### 1. Don't wait until the last minute to start your tax return

Get yourself ready to file by pulling together the other documentation you'll need, such as mortgage and tax statements, receipts, and other deduction backup paperwork.

### 2. Consider hiring a tax professional

When you hire a tax professional, you get the benefit of someone who's aware of and on top of all the tax code changes each year.

### 4. Get and stay organized

Designate one place to save anything you might need for tax season. This can be a box or a basket; just make sure it's easily accessible.

### 5. Understand how life events change your tax picture

Certain life events can significantly alter your tax situation. Events such as a marriage, the birth of a baby, a move, buying or selling a home, or someone going to college are some of the things you should be aware of.

### 8. Check out the latest tax software

There are several choices available to you if

you want to utilize a tax software program. Of course, you can always do your taxes the traditional way with a pencil and your paper tax forms, but tax software is a breeze to use.

### 9. Utilize the IRS website and toll-free number to get answers

You can access the IRS website to gain access to tax forms, get answers to tax topics, and read recent publications. You can also call the IRS through its toll-free number at 1-800-829-1040 between the hours of 7am and 7pm.

### 10. File electronically

Filing electronically makes the process more efficient. You'll receive a confirmation that the IRS received your tax return, and you'll receive your refund, if applicable, much quicker.

By following even just a few of these strategies, you can keep your stress levels under control. Breeze through tax season this year; it's easier than you think!

Reference: <https://www.nationaldebtrelease.com/tips-stress-free-tax-season/>



## National Military Appreciation Month

National Military Appreciation Month (NMAM) is celebrated every May and is a declaration that encourages U.S. citizens to observe the month in a symbol of unity. NMAM honors the current and former members of the U.S. Armed Forces, including those who have died in the pursuit of freedom. The month of May is characterized by six national observances which highlight the contributions of those who have served: **Loyalty Day, Public Service Recognition Week, V.E. Day, Military Spouse Appreciation Day, Armed Forces Day** and **Memorial Day**.

Reference: [militarybenefits.info/national-military-appreciation-month](http://militarybenefits.info/national-military-appreciation-month)



## Spotlight on Military



### Community Outreach & Engagement

The University of Maryland Extension Educators recently partnered with the Maryland Army National Guard for their annual Resiliency Stand Down Health Event for service members. Over 200 National Guard Personnel representing each unit in the State was present. The FCS Educators present shared

information on Health, Nutrition, Wellness, and Financial Wellness. Service members BMIs were taken, and provided handouts on health and nutrition. Also, program and extension brochures were given, and a listing of FCS Educators locations throughout the state.



*Priscilla Graves (left) FCS Financial Educator in Prince George's & Anne Arundel Counties, and Jennifer Dixon Cravens, FCS/Nutrition Educator in Harford County.*



### Fresh Conversations Pilot Program

The University of Maryland Extension, in partnership with Maryland Department of Aging, is conducting The Fresh Conversation Pilot Program. The goal of this program is simple. We want to generate enthusiasm and support for older adults in their desire to be the best that they can be – no matter what their age. Maintaining good health and independence is important to almost everyone. As facilitators, we will lead a group of older adults at a local

congregate meal site as they discuss better eating and exercise habits. Fresh Conversations Pilot Program provides a newsletter as the main teaching tool to outline the monthly presentation.

The one–two hour program sessions are full of interactive activities such as physical activity, taste testing recipes, group discussions, and friendly competitions.

## Children's Health



### Tips to Keep Kids Active and Healthy During Spring Break

#### Explore your backyard

Make a list of simple things to do in the backyard, such as building a fort, blowing bubbles or planting herbs or flowers. To start a garden, take your child to the nursery to choose some flowers or herbs that intrigue them. To further capture their imagination, build a fairy or elf house with natural materials, such as small stones and sticks. "Planting a garden and growing plants together is an excellent lesson in how nature works," says Gwendolyn Wright, M.D. "Even very young children can help with watering and weeding."

#### Don't forget the local parks

Your local park can be the hub for outdoor fun with the family and with neighbors. You can encourage your children to watch for wildlife, such as birds and ducks, or send them on a scavenger hunt for items you would find in a park, such as a leaf, sticks, rocks and pine cones.

#### Have fun in the neighborhood

Exploring your neighborhood is an easy way to get kids outside. For toddlers, a simple walk around the block is an eye-opening adventure. Scooters, bikes and skateboards — with helmets, of course — not only improve physi-

cal fitness, but also promote development.

#### Go on an adventure

Harness high-tech with geocaching—outdoor treasure hunting that uses a GPS-enabled phone or tablet to find caches hidden by other people. Participants navigate to a specific set of GPS coordinates and search for the geocache hidden at that location. You can create a free account at [geocaching.com](http://geocaching.com), which lists geocaches near you and rates the level of difficulty.

#### Take a hike

Trail walking can be enjoyed at any age and by all abilities. Turn the hike into a science lab by having your children observe the area around them. You can bring binoculars, a magnifying glass, even drawing pads and colored pencils for them to sketch what they see. "Hiking is also a wonderful opportunity for a family to bond," says Dr. Braun-Young. "A family hike is a chance to get fresh air, exercise, explore and make memories." "Keeping kids active during their break will help them return to school energized and ready to learn," says Dr. Wright. "It doesn't matter how they move, only that they **get up and move!**"

Reference: [www.scripps.org](http://www.scripps.org)





## Senior Wellness



Never undertake a new diet or exercise plan without consulting your doctor first about what will be safe for your current level of health.



### The Best Tips for Senior Health in Spring

**Take Yourself in for a Tune Up**—To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician, who can also book you for other relevant tests.

**Put on Your Walking Shoes**—If you're no fan of ice and snow, your whole world may expand once the spring sun settles in and thaws out the land. And there's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood sugar, supporting bone and heart health and improving sleep. Not only that, walking in a park or forest is a great way to connect with nature, and, if you join a walking club or hiking group, it can be an easy way to meet new friends.

**Take an Exercise Class.** In addition to walking, get your endorphins flowing by signing up for a low-impact aerobics or other type of exercise class. Consider Yoga, Pilates or Tai Chi, all of which can improve balance and flexibility and decrease your chances of falling. Aquafit is another fun and social way to increase physical fitness, one that can be especially suitable if you have arthritis or chronic pain.

**Get Outside and Garden.** In springtime, a highlight of many seniors' lives is gardening, which brings a multitude of health benefits. For starters, tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures. On an emotional level, getting outside and breathing fresh air, listening to birds chirp, and watching worms crawl through the dirt can be as calming and relaxing as an hour of meditation. On a physical level, digging, planting and weeding can improve strength,

flexibility and agility.

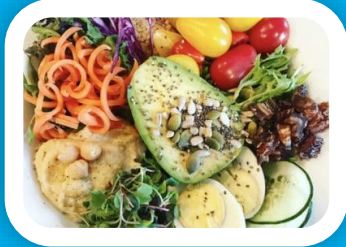
**Lighten Up Your Diet.** Many healthy fruits and veggies, like asparagus, peas, lettuce, and strawberries come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. In fact, cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul. Consider cutting down on red meat and processed foods, replacing white flour with whole grain flour, and increasing your intake of produce as well as healthy fats such as olive oil and avocados.

**Drink Lots of Water.** As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls. As a rule of thumb, aim for at least eight cups of water per day, and be conscious about the type of fluid that you ingest, choosing water, herbal tea and fresh vegetable juices over coffee, fruit juices or sugary sweet soft drinks.

**Watch for Allergies.** Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Keep an eye on the weather. Many weather reporters and websites now offer allergy predictions as well. Untreated allergies aren't just uncomfortable--they can lead to breathing problems, sinus infections, and colds. A doctor can recommend or prescribe a good allergy treatment. Taking it regularly can help prevent more serious respiratory problems.

Reference: [www.thearborcompany.org](http://www.thearborcompany.org)

# Healthy Spring Recipes



## Health Coach Cobb Salad

- ¼ cup cooked quinoa, topped with a few pieces of shredded purple cabbage from the salad bar
- 5 grape tomatoes, halved
- small handful of arugula (use any greens)
- covered with 3 pitted, chopped dates
- 6 cucumber slices
- 1 hard boiled egg, cut in half and sprinkled with sea salt and freshly ground black pepper
- 2 tablespoons (small handful) of micro-greens (use any greens)
- 2 tablespoons of freshly made hummus
- ¼ cup spiralized carrots (use a spiralizer at

home or some grocery stores have them pre-spiraled. Or, substitute julienned or shredded carrots) handful spring lettuce mix, chopped. In the middle: ½ of a small avocado filled with 1 teaspoon each raw pumpkin and raw sunflower seeds Drizzle with 2 tablespoons of your favorite healthy salad dressing. Arrange in a wide shallow bowl as listed above.

Nutrition Facts: Calories 373, Total Fat 16g, Carbohydrates 9g, Dietary Fiber 3g, Protein 10g

Reference: ElizabethRyder.com

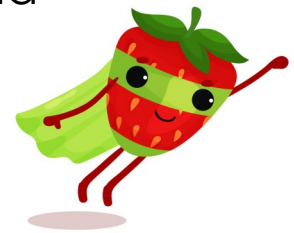


## Strawberry Spring Mix Salad

**Fresh, light, quick & easy!**

Minutes to Prepare: 5 Number of Servings: 1

- 2 cups Baby Spring Mix
- 1 cup Fresh Strawberries
- 2 tbsp. Favorite Salad dressing\*



Dice strawberries, toss together with spring mix and dressing, and enjoy.

\*Drizzle baby spring mix with a full-fat salad dressing containing heart-healthy canola oil or extra virgin olive oil for optimal nutrient absorption. Oil-based salad dressings enable your body to absorb larger proportions of healthy nutrients like vitamin A, while fat-free and reduced-fat dressings significantly decrease nutrient absorption, as reported in the August 2004 issue of the "The American Journal of Clinical Nutrition." Limit your dressing serving size to 2 tablespoons if you're watching fat and calories.

Nutrition Info Per Serving Calories: 104.8, Total Fat: 0.6 g, Cholesterol: 0.0 mg, Sodium: 246.7 mg, Total Carbs: 22.7 g., Dietary Fiber: 5.8 g, Protein: 2.0 g

Reference: [livestrong.com](http://livestrong.com)

## Healthy Spring Recipes

### Roasted Asparagus & Baby Artichokes

- 20 baby artichokes (about 2 1/2 pounds)
- 5 thin lemon slices
- 1 1/2 tablespoons olive oil, divided
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 2 tablespoons butter, melted
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons pine nuts, toasted

Place a large baking sheet in oven. Pre-heat oven to 450°. (Leave baking pan in oven as it heats.)

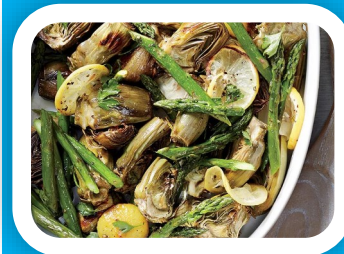
Cut off top third of each artichoke. Trim stem to within 1 inch of base; peel stem. Remove bottom leaves and tough outer leaves, leaving tender middle and bottom. Cut each artichoke in half lengthwise. Place artichokes, lemon slices, and 1 tablespoon oil in a bowl; toss to coat. Arrange mixture in a single layer on hot baking sheet. Roast at 450° for 15

minutes or until almost done and beginning to brown, stirring well after 10 minutes. Toss asparagus with remaining 1 1/2 teaspoons oil. Stir asparagus into artichoke mixture. Roast at 450° for 10 minutes or until tender, stirring after 5 minutes. Place vegetable mixture in a large bowl. Add butter and next 4 ingredients (through pepper); toss gently to combine. Sprinkle evenly with pine nuts.

#### Nutrition Information

Calories 138, Fat 6.8g, Protein 6g, Carbohydrate 18g, Fiber 9g, Cholesterol 8mg, Sodium 255mg

Reference: Getrecipes.com



### Grilled Asian Salmon

- 1 1/2 pounds salmon fillets
- lemon pepper to taste
- garlic powder to taste
- salt to taste
- 1/3 cup low-sodium soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup vegetable oil

Season salmon fillets with lemon pepper, garlic powder, and salt.

In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large re-

sealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.

Preheat grill for medium heat.

Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade.

Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Nutrition Facts: Calories 279, Fat 12.3 g, Total Carbohydrate 11.0 g, Dietary Fiber 0.7 g, Sugars 3.8 g, Protein 25.2 g

Reference: mayoclinic.org





“In nature,  
nothing exists  
alone.”

— Rachel Carson,  
1962



## April Themes: World Health Day

The World Health Day is a global health awareness day celebrated every year on April 7, under the sponsorship of the World Health Organization (WHO), as well as other related organizations.

In 1948, the WHO held the First World Health Assembly. The Assembly decided to celebrate April 7 of each year as the World Health Day. The World Health Day is held to mark WHO's founding, and is seen as an opportunity by the organization to draw worldwide attention to a subject of major importance to global health each year. The WHO organizes international, regional and local events on the Day related to a particular theme. World Health Day is acknowledged by various governments and non-governmental organizations with interests

in public health issues, who also organize activities and highlight their support in media reports, such as the Global Health Council.

WHO is focusing on universal health coverage for this year's World Health Day.

Whether you are taking the kids to be vaccinated, talking to students on the devastating health effects of tobacco, organizing a mobile blood collection in your community, or contributing to the online conversation through social media, you can play a part in these worldwide efforts to create a healthier world.

For more information, visit [www.WHO.int](http://www.WHO.int).

### Arbor Day & Earth Day—Plant a Tree

**Arbor Day** is an annual observance that celebrates the role of trees in our lives and promotes tree planting and care. As a formal holiday, it was first observed in 1872, in Nebraska, but tree planting festivals are as old as civilization. The tree has appeared throughout history and literature as the symbol of life. All fifty states, Puerto Rico, and some U.S. territories have passed legislation adopting Arbor Day, which is celebrated on a date appropriate for tree planting in their region. In Maryland, Arbor Day is the first Wednesday in April.

Reference: [www.arborday.org](http://www.arborday.org)

**Earth Day**—April 22—marks the anniversary of the birth of the modern environmental movement in 1970. Earth Day has reached its current status as the largest secular observance in the world, celebrated by more than a billion people every year, and a day of action that changes human behavior and provokes policy changes.

Reference: [www.earthday.org](http://www.earthday.org)





## Keep America Beautiful Day

Keep America Beautiful launches the Great American Cleanup on the first day of spring, March 20, 2019. The Keep America Beautiful® Great American Cleanup® is the country's largest community improvement program which kicks off in more than 20,000 communities each spring. This national program engages more than 1.5 million volunteers and participants who take action in their communities every year to create positive change and lasting impact. Keep America Beautiful encourages indi-

viduals to host “#cleanYOURblock” events in their own neighborhoods.

### Project Ideas:

1. Litter cleanup
2. Plant trees, shrubs and gardens
3. Revitalize your local park

Resources: For more information about hosting a #cleanYOURblock event, visit [kab.org](http://kab.org).

## National Walking Day—April 4



The American Heart Association is the sponsor of this day, held on the first Wednesday of April each year. Beyond the health benefits that walking can provide, it is a great way to reconnect with friends and family too. And with National Walking Day in the spring, people can't use lousy winter weather around New Year's Day as an reason to stay indoors.

### General walking tips

If you have not walked distances for some time, you should start slowly. Increase the length and pace of your walk gradually.

Here are some tips on how to get started and how to prepare for walking.

1. Warm-up activity – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.
2. Build activity slowly – start with a 20 minute walk then increase gradually. Try to walk at least three times per

week.

3. Use the correct technique – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.
4. Shoes and socks – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.
5. Weather – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen and hat.
6. Water – drink water before and after your walk. Take water with you on your walk, especially in warm weather.
7. Cool down – make sure you cool down after a long fast walk. Do a few stretching exercises.

Reference: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)



# Alcohol & Drug Awareness Month

## *"Help for Today, Hope for Tomorrow"*

21M

**1 in 3 families are impacted by addiction, and an estimated 21 Million Americans have substance use disorder.**

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery from alcohol use!

With this year's theme — **"Help for Today, Hope for Tomorrow"** — the month of April will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcohol addiction, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives. Local Facing Addiction with NCADD Affiliates

as well as schools, colleges, churches, and countless other community organizations will sponsor a host of activities that create awareness and encourage individuals and families to get help for alcohol-related problems.

An integral part of Alcohol Awareness Month is Alcohol-Free Weekend, April 5-7, 2019, which takes place on the first weekend of April, to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During Alcohol-Free Weekend, Facing Addiction with NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact [Local Facing Addiction with NCADD Affiliates](#), Alcoholics Anonymous (AA) and Al-Anon to learn more about alcohol use disorder and its early symptoms.

Reference: [www.facingaddiction.org](http://www.facingaddiction.org)



**Facing Addiction**  
with NCADD



## Healthy April Recipes

### Pasta Primavera

2 cups broccoli florets  
 1 cup sliced mushrooms  
 1 cup sliced zucchini or yellow squash  
 2 cups sliced red or green peppers  
 1 tablespoon extra-virgin olive oil  
 1/2 cup chopped onion  
 2 garlic cloves, minced  
 1 teaspoon butter  
 1 cup evaporated fat-free milk  
 3/4 cup freshly grated Parmesan cheese  
 12 ounces whole-wheat pasta  
 1/3 cup finely chopped fresh parsley

In a large pot fitted with a steamer basket, bring about 1 inch of water to boil. Add the broccoli, mushrooms, zucchini and peppers. Cover and steam until tender-crisp, about 10 minutes. Remove from the pot. In large saucepan, heat the olive oil and saute the onion and garlic over medium heat. Add the steamed vegetables and stir or shake to coat the vegetables with the onion and garlic mixture. Remove from heat but keep warm.

In another large saucepan, heat the butter, evaporated milk and Parmesan cheese. Stir over moderate heat until somewhat thickened and heated through. Stir continuously and don't scald. Remove from heat but keep warm. In the meantime, fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 10 to 12 minutes, or according to package directions. Drain the pasta thoroughly. Divide the pasta evenly among individual plates. Top with vegetables and pour the sauce over the vegetables and pasta. Garnish with fresh parsley and serve immediately. Serving size: 1 cup of pasta and 1 cup of vegetables

Nutritional information per serving: Calories 347, Total fat 7 g, Cholesterol 12 mg, Sodium 223 mg, Carbohydrate 54 g, Dietary fiber 6 g, Total sugars 10 g, Protein 17 g  
 Reference: mayoclinic.org



#### Nutrition Tip!

Traditional pasta primavera uses a heavy cream sauce. This lighter version is much lower in calories, fat and sodium, and has a fresher taste. It isn't intended to be saucy like its traditional counterpart.

### Black Bean Quesadillas

2 tsp extra virgin olive oil  
 1 onion, diced  
 1 red pepper, diced  
 2 cloves garlic, minced  
 1/2 tsp cumin  
 1 can black beans, drained and rinsed  
 1 cup salsa – mild, medium, or hot  
 1/2 cup + 2 Tbsp shredded light Monterey Jack cheese  
 5 large whole wheat soft tortillas

Heat a large frying pan over medium heat. Add the oil, onion, and red pepper. Sauté for 3 minutes, or until veggies are soft. Add the cumin, black beans, and salsa. Stir well. When the beans are heated through, remove from heat. (This can be made ahead of time and stored in the fridge for up to 3 days.) Preheat the oven to 350°F. Put a baking sheet in the oven.

Heat a medium frying pan over medium heat. Place 1 tortilla into the pan. Spoon 3/4 cup of the bean mixture on one half. Sprinkle with 2 Tbsp cheese. Fold the other half over the tortilla over the beans and press down gently with a spatula. Brown underside and then very carefully flip it over to brown the other side.

When the tortilla is cooked, place it in the oven on the baking sheet. Cook remaining quesadillas.

When they are all cooked, cut each into 4 triangles. Serve with salsa and low-fat sour cream if desired.

Nutrition information per serving: 280 Calories, 6 g Total Fat, 2 g Sat Fat, 495 mg Sodium, 9 g Fiber, 14 g Protein  
 Reference: allrecipes.com





**MOM**  
Happy Mother's Day



## May Themes: Mother's Day

Mother's Day is celebrated on the second Sunday of May. The holiday began as mothers supporting world peace, but over time has become a celebration of all the hard work moms do everyday. On Mother's Day, children cook breakfast for their moms, buy them flowers and shower them with small surprises. In fact, each year Americans send over 133 million cards to their mothers just for Mother's Day alone!

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood. By 1912 many states, towns and churches had adopted

Mother's Day as an annual holiday. In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.

*Reference: [www.americanenglish.state.gov](http://www.americanenglish.state.gov)*

### 6 Ways to Celebrate Mother's Day!

- 1. Create A Photo Album, Slideshow, or Video.**
- 2. Go On A Mother's Day Picnic**
- 3. Cook A Great Lunch Or Dinner**
- 4. Take Her To Her Favorite Places**
- 5. Take A Class Together**
- 6. Treat Her To A Spa Day or send her on a short trip or vacation.**





# National Stroke Awareness Month

## Stroke Facts

May is



National Stroke  
Awareness Month



In the United States, stroke is a leading cause of death, killing nearly 130,000 people each year, and can cause serious, long-term adult disability.

- Stroke is a brain attack, cutting off vital blood flow and oxygen to the brain.
- There are an estimated 7million stroke

### What is F.A.S.T.?

Few Americans know the signs of stroke. Learning them – and acting FAST when they occur – could save your life or the life of a loved one. Remember that stroke strikes FAST and you should act fast, too. Call 9-1-1 if any of the following symptoms occur:



survivors in the U.S. over age 20.

- Approximately 800,000 strokes will occur this year, one occurring every 40 seconds, and taking a life approximately every four minutes.
- Stroke can happen to anyone at any time, regardless of race, sex, or age.
- Approximately 55,000 more women than men have a stroke each year.
- African Americans have almost twice the risk of first-ever stroke compared to Caucasians.
- Two million brain cells die every minute during stroke, increasing risk of permanent brain damage, disability or death.

**Recognizing symptoms and acting FAST to get medical attention can save a life and limit disabilities.**

**What are the medical risk factors?** Previous stroke, previous episode of TIA (or mini stroke), high cholesterol, high blood pressure, heart disease, atrial fibrillation and carotid artery disease are medical risk factors. These factors can be controlled and managed even if you have already had issues with any of them in the past. Talk with your doctor about what will work best for you.

**What are the lifestyle risk factors?** Smoking, being overweight, and drinking too much alcohol are all lifestyle factors. You can control these factors by quitting smoking, exercising regularly, watching what and how much you eat, and limiting alcohol consumption.

Reference: [www.stroke.org](http://www.stroke.org)

## Healthy May Recipes



### 7-Layer Fruit Salad

- ½ cup orange juice
- 1 tablespoon lime juice
- 1 tablespoon chopped fresh mint (optional), plus more for garnish
- 2 cups diced watermelon
- 2 cups halved blackberries
- 2 cups diced honeydew melon
- 2 cups quartered strawberries
- 2 cups diced pineapple
- 2 cups halved green , purple grapes
- 2 cups diced cantaloupe

Combine orange juice, lime juice and mint (if using) in a small bowl. Toss watermelon with 1 tablespoon of the juice mixture in a medium bowl.

Arrange in a trifle bowl. Repeat with blackberries, honeydew, strawberries, pineapple, grapes and cantaloupe, tossing each fruit with 1 tablespoon of the juice mixture and layering it decoratively in the bowl. Garnish with mint, if desired. To make ahead: Refrigerate for up to 2 hours.

Makes 14 1-cup servings. Nutrition: 65 calories; 0 g fat(0 g sat); 2 g fiber; 17 g carbohydrates; 1 g protein; 13g sugar  
Rich in : Vitamin C , Vitamin A

Reference: allrecipes.com



### Herbed Chicken Breast

- 4 skinless, boneless chicken breasts
- 1 tsp each rosemary and basil
- A few dashes black pepper
- 2 tsp sesame seed

Spray baking dish with non stick spray. Place chicken in dish. Sprinkle with herbs. Broil 5 minutes on each side, then reduce heat to 350 - bake about 10 - 15 minutes

until no longer pink inside.  
Number of Servings: 4

Nutritional Information Per Serving: Calories: 127.0, Total Fat: 1.5 g, Sodium: 74.0 mg, Total Carbs: 0.5 g, Dietary Fiber: 0.3 g, Protein: 26.3 g

Reference: sparkpeople.com



## Healthy May Recipes

### Roasted Mixed Vegetables

- 4 med-large zucchini
- 6 small yellow summer squash
- 1 lb. fresh whole mushrooms
- 12 oz. bag of petite carrots
- 1 large green pepper
- 1 large red pepper
- 1 tsp. garlic powder or granulated garlic
- 1 tsp. onion powder
- 1 tsp. rosemary
- 1 tsp. thyme
- 1 tsp. seasoned salt
- 1/4 cup olive oil



Preheat oven to 450.

In a large roasting pan put in whole mushrooms, pour in bag of carrots, cut up zucchini, yellow squash, red and green peppers into fairly good size chunks.

Sprinkle over garlic powder, onion powder, rosemary, thyme, seasoned salt. Toss to distribute spices then pour over olive oil.

Cook uncovered for 40 minutes, stirring every 10-15 minutes. Veggies should be cooked but not mushy!

Makes 12 one cup servings.

Amount Per Serving: Calories: 93.9, Total Fat: 4.8 g, Cholesterol: 0.0 mg, Sodium: 215.0 mg, Total Carbs: 12.6 g, Dietary Fiber: 3.8 g, Protein: 2.7 g

Rich in Vitamins A & C

Reference: eatingwell.com



## June Themes

### Summertime Fun & Sun!

#### Stay Hydrated and Healthy This Summer



Our bodies are made up of about 60% water, and every system depends on water. So water is important for healthy skin, hair, and nails, as well as controlling body temperature, heart rate, and blood pressure.

You can stay fully hydrated throughout the day by drinking water and other fluids, as well as eating foods that are hydrating.

Fruits are an excellent source for water. Watermelon is 90% water, so it ranks highest on the list. Oranges, grapefruit, and melons like cantaloupe and honeydew are also strong contenders. Vegetables, though not as full of water as fruit, can also provide a nutrient-rich water source. Stick with celery, cucumbers, tomatoes, green peppers, and Romaine lettuce.

There are plenty of hidden sources of water in your diet, says White. If you want to tap into these foods, reach for oatmeal,

yogurt, soup, and smoothies.

Besides guzzling water, milk is a top choice to refuel. Juices and sports drinks are also hydrating -- you can lower the sugar content by diluting them with water.

Coffee and tea also count in your tally. Many used to believe that they were dehydrating, but that myth has been debunked. The diuretic effect does not offset hydration.

Alcohol is a huge dehydrator, says White. You should try to limit your intake, but if you are going to raise a glass, aim for at least a one-to-one ratio with water.

If you don't like the taste of plain water, try adding lemon to it. Or test out your own concoction, like sparkling water with raspberries with a sprig of mint.

Reference: webmd.com



#### Cold Brewed Iced Tea

Did you know? Tea is rich in antioxidants. And it contains less caffeine, than coffee, it may reduce your risk for heart attack and stroke, helps protect bones, and keeps your smile bright. Make cold brewed Iced Tea instead of soda! It's easy; just follow these steps:

**Combine 8 cups cold water and 10 tea bags in a pitcher. Cover and refrigerate 15 to 36 hours, until it's the strength you like. Remove tea bags. Add lemon slices and honey or stevia to taste and serve over ice.**

## National Dairy Month



# HAPPY JUNE DAIRY MONTH!



Consuming dairy products provides health benefits – especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

### Health benefits

- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- The intake of dairy products is espe-

cially important to bone health during childhood and adolescence, when bone mass is being built.

- Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.
- For those lactose intolerant, eat foods rich in calcium, vitamin C, and D.

Reference: [choosemyplate.gov](http://choosemyplate.gov)

## Yogurt Parfait Recipe

32 ounces plain Greek yogurt  
 1/4 cup pure maple syrup  
 1 teaspoon vanilla  
 2 1/2 cups mixed berries (i.e. raspberries, blueberries, blackberries, etc.)  
 1/2 cup raw pumpkin seeds shelled  
 1/4 cup chopped walnuts  
 1/4 cup chia seeds  
 1/4 cup flax seed meal  
 1 teaspoon cinnamon  
 1/4 teaspoon ground cloves  
 1/4 teaspoon salt

In a medium bowl, whisk together yogurt, maple syrup and vanilla. Pour into a liquid measuring cup and set aside.

In another bowl, mix together seeds, nuts and spices.

To assemble parfaits, set out five glasses or mason jars and pour in 1/4 cup or so of the yogurt mixture into each glass.

Top the yogurt layer with a couple tablespoons of the nut and seed mixture.

Sprinkle a couple tablespoons of berries on top of the nut mixture then begin again with yogurt.

Repeat the layers until all ingredients have been used.

Seal mason jars or cover glasses with plastic wrap until you're ready to serve.

### Notes

These will keep in the refrigerator covered with plastic wrap for up to 5 days.

Nutritional information: Calories 361, Total fat 18.6g, Protein 15.1g, Cholesterol, 5mg, Sodium 231mg, Fiber 12.3g





## June Themes

### Happy Father's Day

Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years

later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972. The occasion is marked by giving a gift to one's father or spending time with him. It is a time set aside to value a father's role in one's life and to reflect upon paternal bonding.

### June is Men's Health Month



### Men's Health Month

Father's Day is a great opportunity to remind the men in your life that you want them around for a long time to come. For Father's Day, we offer gentle reminders about six ways you can refocus on your health, courtesy of the CDC:

1. **Get Enough Sleep**—Aim for 7-9 hours.
2. **Stop Smoking**—Lower your risk for cancer, COPD, and other smoking-related illnesses.
3. **Exercise More**—Try to fit in 2 ½ hours of aerobic activity, plus muscle-strengthening exercises, each week.
4. **Eat Healthy**—Your diet should include a variety of fruits and vegetables daily.
5. **Reduce Stress**—You'll feel much more relaxed if you avoid drugs and alcohol, connect socially, and find support.
6. **Get Regular Checkups**—You need to know your blood pressure and cholesterol

numbers, because if they're elevated, your risk for heart disease and stroke goes up. And high blood pressure may even increase your risk for erectile dysfunction. You also need screening for colorectal and prostate cancer: Positive outcomes are more likely with early detection. According to the Agency for Healthcare Research and Quality's (AHRQ) Stay Healthy at Any Age page, you don't need a one-size-fits-all yearly physical. Rather, develop a partnership with your healthcare provider, and based on your profile and lifestyle, decide which screenings, diagnostic tests, and immunizations are right for you. The timing and frequency should be based on your risk factors for developing a condition or disease, including family or personal history, age, ethnicity, and environmental exposure.

Source: [www.ahrq.gov](http://www.ahrq.gov)

## Healthy June Recipes

### Beef & Broccoli

- 1 tbsp olive oil, divided
- 1 1/2 lbs flank steak, very thinly sliced across the grain
- 3 cloves garlic, minced
- 1 shallot, finely chopped
- 4 green onions, thinly sliced
- 4 cups broccoli florets, about 2 small crowns
- 2 tbsp arrowroot starch
- 3/4 cup water
- 1/3 cup low-sodium soy sauce
- 2 tbsp coconut sugar
- 1 tsp fresh ginger, minced
- 1/8 tsp crushed red pepper flakes

Heat the oil in a skillet over medium-high heat. Add the beef and cook until well-browned, about 6-8 minutes. Once well-browned, remove from pan and set aside. 2. In the same pan, add garlic, shallot and green onions to the beef

drippings. Cook one minute, stirring frequently. Add broccoli and cover for 5 minutes. 3. In a small mixing bowl, combine water and arrowroot starch and mix until no longer lumpy. Combine soy sauce, coconut sugar, ginger and red pepper flakes in a medium bowl. Add arrowroot starch mixture and stir to combine. Set aside. 4. Remove cover from pan and add sauce. Cook until sauce starts to thicken, about 3-5 minutes. Add beef and stir to combine, cooking an additional 2-3 minutes. 5. Serve over brown rice, if desired.

Nutritional info: Amount Per Serving (1 meal) Calories 306 Total Fat 13.2g Saturated Fat 4.4g Cholesterol 77.1mg Sodium 854.8mg Total Carbohydrates 19.1g Dietary Fiber 1.1g Sugars 7.7g Protein 28.9g Reference: [asweetpeachef.com](http://asweetpeachef.com)



### Healthy Turkey Taco

- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground paprika
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 (12 ounce) package ground turkey
- 1/2 cup water

Mix chili powder, cumin, paprika, salt, garlic powder, onion powder, oregano, and cayenne together in a small bowl. Cook turkey in a large nonstick skillet over medium heat, stirring to break up

clumps, until no longer pink, 3 to 5 minutes. Stir in chili powder mixture and water. Reduce heat and simmer, stirring occasionally, until most of the liquid has been absorbed, about 10 minutes. Simmer until flavors combine, 3 to 4 minutes. Transfer to a serving bowl. Serve with soft tortillas or hard taco shells and lettuce, tomato, shredded cheese and salsa.

Nutrition Facts: 200 Calories, 15 gram sf protein, Carbs, 15, 4 grams of dietary fiber, 3 grams of sugar. Reference: [allrecipes.com](http://allrecipes.com)





## Healthy Summer Recipes



### Black Bean Burger

- ½ cup prepared salsa
- 2 (15 ounce) cans low-sodium black beans, rinsed
- 1 cup well-crushed tortilla chips
- ½ cup grated white onion
- 1 large egg, beaten
- 3 tablespoons mayonnaise
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt
- 3 tablespoons avocado oil or canola oil, divided
- 8 whole-grain burger buns, toasted
- ½ cup prepared guacamole
- 8 slices tomato slices
- 1 cup sprouts
- ½ cup thinly sliced red onion

Place salsa in a fine-mesh sieve and stir a few times to drain excess liquid. Mash

beans with a potato masher in a large bowl until no whole ones remain. Stir in the drained salsa, tortilla chips, grated onion, egg, mayonnaise, chili powder, cumin and salt. Let stand 10 minutes.

Form the bean mixture into 8 burgers about 3 inches wide (½ cup each).

Heat 1½ tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium, add 4 burgers and cook until browned and heated through, 3 to 4 minutes per side. Repeat with the remaining oil and burgers. Serve the burgers on buns with guacamole, tomato slices, sprouts and red onion.

Nutrition Facts: Serving size: 1 burger each  
Per serving: 404 calories; 18 g fat(2 g sat); 11 g fiber; 50 g carbohydrates; 12 g protein; 25 mg cholesterol; 6 g sugars; 689 mg sodium.

Reference: eatingwell.com



### Cucumber & Tomato Salad

- 3 cups sliced cucumbers seeds removed
- 2 cups cherry tomatoes halved
- 1/4 cup red onion thinly sliced
- 1 green bell pepper cored, seeded and diced
- 1/4 cup chopped herbs such as parsley, dill, chives or green onion
- 4 tablespoons olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- salt and pepper to taste
- 1/4 teaspoon dried oregano

Place the cucumbers, cherry tomatoes, red onion, bell pepper and herbs in a large bowl. In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, salt, pepper and oregano. Pour the dressing over the vegetables. Toss gently to coat. Serve.

Nutrition: Calories 107, Carbohydrates 5g, Protein 1g, Fat 9g, Sodium 17mg, Fiber 1g, Sugar 2g, Rich in Vitamin A Vitamin , Calcium, and Iron.

Reference: FCS Educator





## Healthy Summer Recipes

### Mashed Potato Salad with Spring Onions

3 pounds small new potatoes  
Pinch of salt plus ½ teaspoon, divided  
½ cup mayonnaise  
2 tablespoons yellow mustard  
1 tablespoon dill pickle brine  
2 tablespoons finely chopped dill pickles  
¼ cup chopped spring onions or scallions  
¾ teaspoon ground pepper

Place potatoes in a large pot and cover with water by 2 inches. Add a pinch of salt and bring to a boil. Cook until tender, 8 to 12 minutes. Drain and rinse with cold water. Let stand until almost cool, about 30 minutes. Whisk mayonnaise, mustard and pickle brine in a small bowl.

Cut the potatoes into 1-inch pieces and transfer to a large bowl. Mash them halfway so there are still some chunks—they shouldn't be totally smooth. Fold in the dressing, pickles, spring onions (or scallions), pepper and the remaining ½ teaspoon salt. Chill for at least 30 minutes (and up to 1 day) before serving. To make ahead: Refrigerate for up to 1 day. Serving size: about 1 cup

Per serving: 229 calories; 11 g fat (2 g sat); 4 g fiber; 30 g carbohydrates; 4 g protein; 29 mcg folate; 6 mg cholesterol; 2 g sugars; 0 g added sugars; 52 IU vitamin A; 34 mg vitamin C; 29 mg calcium; 2 mg iron; 333 mg sodium; 746 mg potassium. Nutrition Bonus: Vitamin C (57% daily value)

Reference: allrecipes.com



### Red Raspberry Sorbet

3 cups (15oz) raspberries, frozen  
¼ cup (2 ½ oz) fat-free condensed milk

Combine the berries and the condensed milk in a food processor or powerful blender and process until smooth and creamy. Transfer to a freezable container and let it firm up for about 4 hours to be able to scoop. Keep in the freezer for up to 6 weeks.

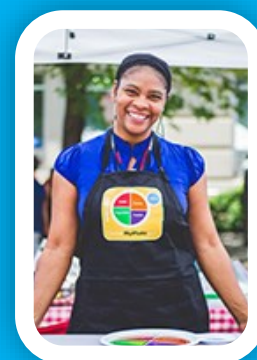
Nutrition facts; 108 Calories, 7 grams of dietary fiber, 4 grams of protein, 20 grams of sodium, 25 carbs, Rich in Vitamin C, Rich in antioxidants, and high in Gallic acid, which fights cancer and is a natural anti-inflammatory.

Reference: Allrecipes.com



Have a Great Summer,

FCS/Nutrition Educator





## Mark Your Calendar! Upcoming Classes

Class	Location	Dates/Time	Cost	Contact
Healthy Living: Nutrition	Village at Lakeview Community Center Edgewood, MD	1:00—3:00 pm March 13, May 10, June 7, June 18	FREE	Trace Miller 410-679-0473 or Jennifer Dixon Cravens 410-638-3255
Healthy Homes Green Cleaning	Ag Center-University of Maryland Extension Office, Street Maryland	10-00 am—12:00pm May 23	\$5.00, includes lecture and supplies	Jennifer Dixon Cravens 410-638-3255
Healthy Living—Nutrition & Wellness	Ag Center-University of Maryland Extension Office, Street Maryland	10-00 am—12:00pm June 26	FREE	Jennifer Dixon Cravens 410-638-3255
Healthy Living-Nutrition Education	W.A.G.E Connection Beards Hill Plaza Aberdeen, MD 21001	10:00 am—12:00 pm March 15, April 15	FREE	Jennifer Dixon Cravens 410-638-3255
Grow It, Eat It, Preserve It (for Beginners & Advanced canners)	Harford County Extension Office 3525 Conowingo Rd. Street, MD 21154	11:00 am—1:00 pm July 15—Pickles Aug 12—Peach Salsa	\$20, includes lecture/ instruction, equipment and produce to process your own preserved jar.	Dr. Shauna Henley, visit <a href="http://gieipi19h.eventbrite.com">gieipi19h.eventbrite.com</a> or call 410-638-3255

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