

HCE Newsletter

April — 2024

- 1 LTC Play deadline** to get tickets, Call 618/546-1549, before 9 a.m.
- 2 HCE Board Meeting** 9 a.m. in the Extension office
- 8 Solar Eclipse**, S. Cross Street, Robinson festivities
- 8 Nightengale Unit** will be offering free “moon pies” from 11:45 a.m. to 2 p.m.
- 14 Frog & Toad play** at Lincoln Trail College, 2 p.m.
- 22 Earth Day**
- 25 Morning Glories Unit** will assemble the May newsletter at 10 a.m. ** Please call 546-1549, if that time doesn't work!



**We strive to be an organization
that honors and values our
community and it's residents.**

If you need a reasonable accommodation
to attend any of the events listed in this
newsletter, please call 618/546-1549.



Monthly HCE Board meeting will be Tuesday,
April 2 at 9 a.m. in the U of I Extension office.
Everyone is invited to attend!

☆ ☆ ☆ **Newsletter Assembly Crew** ☆ ☆ ☆

A HUGE thank you to these super cute Mailbox members, Mary Stampini (left) and Phyllis Adams (right) for assembling the March newsletter.

Please note: Mary is a Crawford County HCE member who lives and drives down from Vermillion County to attend our events and help assemble the newsletter! ❤️



Thank you ladies!

**Every great journey
starts with a single step.**

LTC Play — Sunday, April 14, at 2 pm

Immediately upon, reading this article — CALL U of I Extension office (618/546-1549) if you want to GO to the play! You can even call and leave a message on the answering machine after hours!

Tickets cost \$20 each and the deadline to sign up is **9 a.m. Monday, April 1**. We will be ordering a “block of seats” to sit together. The play follows upbeat Frog and grumpy Toad, two best friends who are waking up from hibernation. We watch as Frog and Toad go throughout the four seasons, going on adventures, learning to garden, going for a swim, and playing in the Fall leaves before settling back down again in the winter. Throughout the year we meet several friends of Frog and Toad's like three Birds, Turtle, Mouse, and Snail who has a very important task to accomplish. Frog and Toad both learn important life lessons and celebrate their unique friendship in this jazzy upbeat musical.

Our HCE survey results showed several wanted to go on outings as a “group”! Here is one...call ASAP to register!



Board Meeting — March 5, 2024



Donna Newbold, Norma Thompson, Sandy Bryans, & Susan Allison



Matha Holt, Loretta Mikeworth, Eva Enlow, & Myrna McNair

HCE Board Meeting — March 5, 2024

Susan Allison opened the meeting with Board members present – Sandy Bryans, Hope Dennis, Eva Enlow, Martha Holt, Loretta Mikeworth, Donna Newbold, and Norma Thompson. Roll call was, “What’s your favorite recipe with vegetables?” Norma told of a delicious recipe for carrots and Sandy talked about carrot casserole. Recipes in upcoming newsletters.

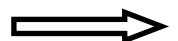
The minutes of the February meeting were read by Secretary, Donna. Sandy made a motion to approve the minutes and Martha seconded the motion. Motion passed.

Treasurer, Sandy read the February treasurer’s report. Hope made a motion to approve and Loretta seconded the motion. Motion passed.

Correspondence: A “thank you” note was received from the Hutsonville NOW school program for our \$100 donation for the “nutrition on weekends” program to help low-income families.

Old Business:

- Four \$100 checks went out to the schools’ NOW program (Robinson, Oblong, Palestine & Hutsonville) to help buy food to benefit low-income families. This is one of our community service projects. The NOW program sends home “ready-to-eat” food items on Fridays with low-income kids so they will have something to eat on the weekends.
- Birthday cards were sent to veterans at the Hutsonville Heritage Home. They are sent with four quarters. January – 3 cards; February – 4 cards; March – 3 cards
- Discussed the widows’ HCE unit being formed. Current HCE members (who are widows) that are already in units, will not need to change units.
- THANK YOU to Norma Thompson, Donna Newbold and Hope Dennis for donating various beads. A veteran at the Heritage Home strings beads to make necklaces for the “Shoebox” program in December that are sent to children overseas. HCE members are asked not to buy beads, but if you have beads in your home and want to donate them to a worthy project, you can drop them off at the Illinois Extension office. The beads can be plastic, wood, glass, big, small, etc. Any bead would be appreciated.



New Business:

- o Sign up by April 1st for **LTC's Frog & Toad** play on Sunday, April 14 at 2 p.m. We will reserve for a block of seats Newsletter goes out March 22, so they will have time to call in before April 1.
- o Martha reported this year's International program will be on the country Malaysia. If anyone knows someone who has traveled there, she would love to speak with them.

The next meeting is Tuesday, **April 2**, at 9:00 a.m. Sandy made the motion to adjourn, and Norma seconded the motion. Motion passed.

\$10 Dues and Due!

If you have not paid your \$10 dues for 2024, please do so!
If you are unsure, please look at your address mailing label.
If it is yellow, you need to pay your dues.

Check made payable to HCE. And send to:

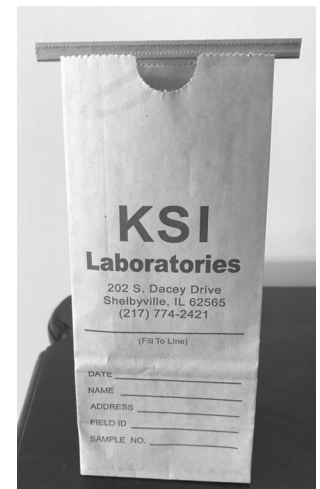
HCE / U of I Extension
216 S. Cross Street
Robinson, IL 62454



Soil Testing — Samples due April 19

U of I Extension office is offering you the opportunity to have your garden soil tested April 14-19.

You can pick up a soil sample bag and a form in the Extension office. The cost is \$20 per sample with checks to be made to KSI Laboratories, NOT to the Extension office. Samples will be tested at the lab & results will be sent back to each individual. The soil sample needs to be about a cup and a half of soil in the bag. This service is offered through April 19. Come in and pick up your bag today.



Brain Twister

No one called the office saying they figured out the words to last month's twister.

So put on your thinking cap for this one...

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?



Thoughts for Seniors

- 1) Talk to yourself. There are times you need expert advice.
- 2) "In Style" are the clothes that still fit.
- 3) You don't need anger management. You need people to stop aggravating you.
- 4) Your people skills are just fine. It's your tolerance for idiots that needs work.
- 5) The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
- 6) "On time" is when you get there.
- 7) Even duct tape can't fix stupid, but it sure does muffle the sound.
- 8) It would be great to put ourselves in the dryer for ten minutes, and come out wrinkle-free and three sizes smaller.
- 9) You are noticing people your age are so much older than you.
- 10) Growing old should have taken longer.
- 11) Aging has slowed you down, but it hasn't shut you up.
- 12) You still haven't learned to act your age and hope you never will.
- 13) "One for the road" means peeing before you leave the house.

April is National Humor Month

Laughter is an excellent form of stress relief. Whether one plays a funny joke on someone, watches a sitcom, or listens to a humorous podcast, laughter can be beneficial.

Here are just a few health advantages of laughing:

- Physically stimulates the heart, lungs, and muscles.
 - Laughter increases the release of our feel-good hormones in the brain.
 - Provides relief to a stress response when you can have a chuckle.
 - Improves the overall immune system compared to negative thoughts that can manifest and cause a harmful impact on the body.
 - Eases pain by causing the body to produce its natural pain killer.
 - It makes coping with uncomfortable situations easier.
- Finding humor promotes happiness and self-esteem.
Please take advantage of April Fool's Day but remember a joke is a joke only when both people can laugh about it.



Attention Morning Glories Unit

Members will be assembling the May newsletter in the Extension office on **Thursday, April 25**, at 10 a.m.

** Please call 546-1549, if that time or day does not work for you!

Newsletter



Christmas Luncheon



Marcia Elder



Myrna McNair



Patti Neff, Eva Enlow



Susan Allison, Martha Holt, Norma Thompson, Barb Miller

Attending: Myrna McNair, Martha Holt, Susan Allison, Norma Thompson, Loretta Mikeworth, Barb Miller, Donna Newbold, Eva Enlow, Billie Bailey, Jo Carter, Karen Roberts, Phyllis Adams, Mary Stampini, Debbie Borries, Hope Dennis, Marcia, Elder, Sandy Bryans, Patty Neff, Marge Shipman, Deanna Dappert, and JoAnn Gerard

Once again, the Christmas Luncheon was a lovely event. These are the most caring and polite ladies! Martha Holt provided beautiful music on the autoharp., and everyone enjoyed the fellowship with friends (old and new). Please, make a note to attend this December!



Billie Bailey, Donna Newbold, Jo Cater



Deana Dappert



Mary Stampini, Phyllis Adams



Sandy Bryans, JoAnn Gerard



Debbie Borries, Marge Shipman, Karen Roberts

Flexibility Exercises for Older Adults

The last two months, we have read about “balancing exercises” and “strengthening exercises” for older adults. This month it is flexibility exercises.

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

Flexibility exercises include:

Stretch your arms up, grab your right wrist with your left hand, stretch your arm over and back (opening up your chest and right side body). Hold for 30 seconds and repeat on the opposite side.

Chest opener: Put your arms out to the side, palms facing up. Roll your shoulders back. Stretch your arms back. You can arch your back slightly if that feels good. You can also tilt your head back, bringing your chest forward for a bit of a deeper stretch.

Forward fold. With your feet slightly apart, bend at your waist and try to touch your toes. Relax your head and shoulders letting them dangle down. Shake your head “yes” and “no” if that helps loosen you up. When you’re ready, slowly roll up.

The torso twist. While standing, gently move your body from side to side, like swiveling around.

ABCs. Take a balance break & do this seated. Draw the alphabet with your big toe. All the way from A-Z. This seems silly but is critical for ankle mobility. Ankle mobility plays a big role in mobility!

Give yourself a hug! You deserve it. So really, give yourself a hug. Reach your hands as far behind you as is comfortable when you give yourself this hug. Hold for a few seconds. Raise your elbows up to the sky for a deeper stretch. Notice which elbow is on top. Now switch and give yourself a second hug with the other elbow on top.

Safety tips

- √ Don’t stretch so far that it hurts.
- √ Always remember to breathe normally while holding a stretch.
- √ Talk with your doctor if you are unsure about a particular exercise.



MaryLiz Wright, Nutrition & Wellness educator, gave a lively and informative program on “Let’s Amp Up the Veggies!” last month.

Attending the program:

Front table: Marilyn Sheridan, Loretta Mikeworth, Norma Thompson, Donna Newbold

Back table: Esther Fear, Sandy Bryans, Mary Stampini, Phyllis Adams, Myrna McNair, Eva Enlow, Susan Allison, Martha Holt, Patti Neff.



Canned Foods

Let’s answer common canned food questions.

Do the dates on canned foods matter?

Unless it’s baby food or infant formula, the sell by, use by, and best if used by dates are for the quality of a product, not the safety.

Can open cans of food be stored in the can in the fridge safely?

Yes, but for quality and flavor it is best to move open food to glass or plastic containers with a lid.

How do I know if canned food is unsafe to eat?

If the can is deeply dented, bulging or swollen, leaking, or rusted throw it out.

Houseplants to Grow on Your Kitchen Counter

The kitchen is often the heart of every home. Whether it is time spent preparing a favorite recipe, sitting with loved ones, or resting as you enjoy a cup of coffee, many memories are made there, and countless hours are spent there. Freshen up your kitchen space this spring — by adding a few green plants to the counter or hutch.

Growing plants indoors can add a soft green touch, create a focal piece, or incorporate nature inside. Houseplants vary in color, size, texture, and shape - there is a plant perfect for any spot. Plants improve air quality and can lower stress levels.

Things to consider when growing houseplants is the placement in favorable conditions: light, temperature, and humidity. Researching a plant's preferred growing requirements before bringing it home guarantees you have the perfect space for it to grow.

Many home cooks grow herbs such as chives, basil, mints, and rosemary on the kitchen counter to easily snip fresh cuttings from the plant and add them directly to a recipe. But there are also many practical and tough houseplants to add color and calmness.

Aloe Vera

Aloe is a commonly grown succulent with thick, fleshy leaves and upright, spiky habit. In case of a minor burn or scratch in the kitchen, a leaf can be snapped off and the gel inside can be applied to the skin for a cool relief.

Aloe needs bright indirect light unless the leaves may droop instead of standing erect. To prevent root rot of the plant, allow the soil to completely dry out between watering.

Aloe plants produce offsets or baby plants as part of their natural reproduction. Cut or pull the offsets from the mother plant and repot them to add to your display or share with others.



Cast Iron plant

A truly hard-to-kill plant that will survive neglect and tough growing conditions, the cast iron plant is best grown in indirect light but can tolerate low-light



conditions, such as a north-facing window or several feet from a window with no direct light. The dark green, sword-shaped leaves form a lush plant, reaching 2 feet tall in a decorative container. Avoid overwatering these plants, and only water them when the soil completely dries out. There are stunning varieties of cast iron plants available at garden centers, including variegated leaves with stripes and speckles.

Air plants are easy to grow and make great additions to your indoor décor. They are named for their process of getting water: through the air. They resemble little tufts of grass with a silver or gray appearance and can range in size from one inch to six inches wide. Bright, indirect sunlight is needed to keep air plants healthy.



Good air circulation is essential to allow the plant to dry out between watering and to prevent disease on the foliage. They can be misted, rinsed, soaked, or a combination of each. If air plants are not receiving enough water, they will curl or roll, dull in color, and the tips may brown.

Dwarf Olive plants are native to the Mediterranean, they grow best receiving at least 6 hours of sunlight a day—place the container in a south-facing window but away from any heat vents or drafts. Water the container when the top inch of soil dries out. While growing an olive tree indoors will be unlikely to yield any fruit to enjoy, the light green and silver foliage will add a calming aspect to the kitchen counter and be a topic of conversation.



International Program in May

In May, Martha Holt will host the annual International Program. This year, it is on the country of **Malaysia**. If you or anyone you know has traveled to Malaysia OR has any souvenirs OR knowledge, please let Martha know. She would be very interested in “showing” the pieces off during the meeting. Please contact the Extension office.

Two 3-Year-Olds and Bottle of Melatonin Supplements: What Could Go Wrong?

Four tiny hands, 85 melatonin gummies and two mouths full of trouble: This is the story of two curious 3-year-old cousins who were up past their bedtime cruising the kitchen for some late-night snacks. When they found a big bottle of gummies, they went for it. Little did they know those seemingly delicious candies were actually melatonin supplements their grandparents accidentally left on the kitchen counter. Eating 85 of the sleep aids between the two of them could have turned into a nightmare. Thankfully, both boys were unharmed from their late-night adventure.

While this story has a happy ending, it's an important reminder of a common exposure handled multiple times a day at the Illinois Poison Center.

Supplements Can Look Like Candy — Adults use melatonin to combat insomnia and sometimes give them to children for sleep issues. Melatonin supplements come in a wide variety of forms, from gummies and chocolates to liquid drops and teas. However, young children can easily mistake melatonin gummies and chocolates for candy.

Child Overdose Cases Are Up — Accidental overdoses in children can happen more easily than you might think. Cases have increased by 500% from 2012 to 2021. The potential toxicity of supplements in children is a concern that has garnered increasing attention with the flavorful taste and candy like appearance in vitamins and supplements. With the popularity of cannabis gummies, Melatonin gummies, and multivitamin gummies, cases keep rising.

Call Your Local Poison Center — If you suspect that a child has ingested a medicine or supplement, call the poison center at 1-800-222-1222. Expert nurses and pharmacists will ask for details regarding what and how many was ingested, your child's age, and any symptoms they may be experiencing.

Illinois Poison Center Information

Hope Dennis, U of I Extension, can give a program to any group or unit on “look alike” supplements and medicines. She has magnets, stickers, cell phone finger holders, jar openers, etc. with the Poison Control logo and phone number you need to call in an emergency. Call 618/546-1549 to schedule a program.



2024 Solar Eclipse Festivities

On **Monday, April 8**, a total solar eclipse will sweep across southern Illinois from southwest to central east. This marks the first occurrence since the Great American Eclipse in 2017 and the last until August 2044. Seize this unique opportunity to witness history!

In Robinson, South Cross Street (in front of U of I Extension) will be blocked off between 11:45 a.m. to 2 p.m. for the festivities the City of Robinson is hosting. They will be grilling hotdogs for free and WTYE radio will be broadcasting “remotely” from the street. They hope to have a band or singer for entertainment. Special glasses to watch the eclipse will be handed out for free.

Nightengale HCE Unit will be offering “Moon Pies”!

Our very own, Nightengale HCE Unit will join the festivities with a table offering homemade “moon pies” for FREE!

Unit members: Eva Enlow, Marcia Elder, Nora Staley, and Hope Dennis will be baking chocolate chip cookies that morning and “gluing” them together with vanilla icing.

**Please mark this fun day in history on your
calendars and plan to come to Robinson!**

How to Watch the 2024 Solar Eclipse

Safety First

Eye Protection: Protect your eyes by wearing protective glasses designed specifically for viewing an eclipse – regular sunglasses won't do the trick! Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright Sun.

Protect Eyes During Entire Viewing: After looking at the Sun, turn away and remove your filter — do not remove it while looking at the Sun.

No Direct Viewing: Direct viewing of any part of the Sun without protection can cause serious and permanent eye damage. If you don't have eclipse glasses, use a pinhole camera or indirectly project an image of the Sun onto another surface – both methods are easy and effective ways to safely watch the eclipse without risking your vision.

Layering Glasses: If you normally wear eyeglasses, keep them on and put your eclipse glasses on over them, or hold your handheld viewer in front of them.

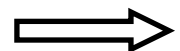
Don't Look Through Unfiltered Devices: Do not look at the uneclipsed, partially eclipsed, or annularly eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device.

Don't Use a Viewer Using Optical Devices: Similarly, do not look at the Sun through a camera, telescope, binoculars, or any other optical device while using your eclipse glasses or handheld solar viewer — the concentrated solar rays could damage the filter and enter your eyes, causing serious injury.

Use Solar Filters: Plan on taking pictures or using an optical device? Be sure to equip your equipment with a special solar filter, as well as use proper technique to prevent potential damage to your equipment.

Viewing During Totality: Once the totality happens, remove your solar filter only when the Moon completely covers the Sun's bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright Sun begins to reappear, replace your solar viewer to look at the remaining partial phases.

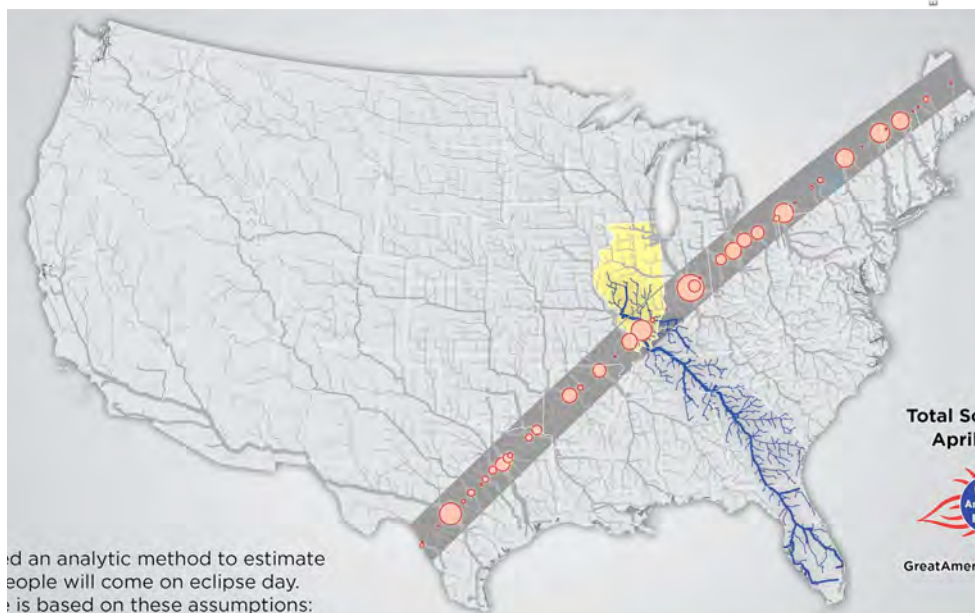
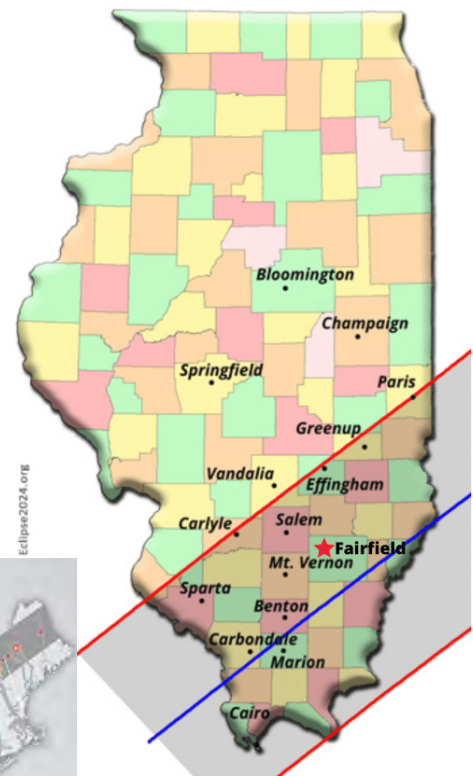
Viewing Outside Totality: Outside the path of totality, and throughout a partial or annular solar eclipse, you must always use a safe solar filter to view the Sun directly.



Weather: As the eclipse track reaches Illinois, it moves into the path of the mid-latitude spring storms: the Alberta Clipper, the Colorado Low, and their various cousins. These are names given to the more intense low-pressure systems, but there are many weaker ones that bring a day or two of cloud and then depart eastward, leaving only a few centimeters of snow or millimeters of rain. At this latitude, they are a regular spring event, probably every three or four days.

Simply put, a total eclipse of the Sun is the most beautiful sight you will ever see in the sky. Nothing can prepare you for the amazing sight when the sky suddenly darkens and the Sun's corona shines in the sky. No photograph can capture the stunning beauty of a total solar eclipse, you must see it for yourself.

- Predictions have the totality happening between 1:58 p.m. - 2:06 p.m.
- The speed of the moon's shadow moving across southern Illinois will be moving at 1,898 to 1,960 mph.
- Anywhere between 100,000 and 300,000 people are expected to visit Illinois to watch the eclipse.



Lighter Recipes for Spring

Mary Liz Wright told us she does NOT like sweet potatoes, but she wants to eat them because they are so nutritious! She found roasting them is delicious.

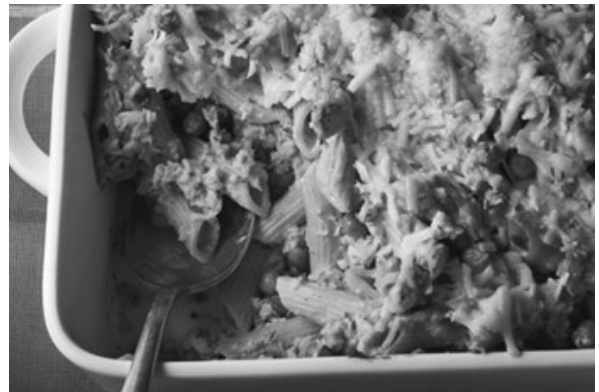
Preheat oven to 425°F.

Do not peel, cut sweet potatoes into bite sized pieces, toss in a little olive oil, garlic powder and sometimes Italian seasoning. Bake or air fryer until chewy, longer than you think, probably 35-40 minutes or 20 minutes in air fryer. You need to check them to make sure they don't burn. Then bag them up and eat like popcorn. A delicious and healthy snack.

NOTE: Any vegetable you DO NOT like, try cooking it a different way: sauté, roast, bake, air-fry, etc.

Salmon Pasta Bake

2 c. whole wheat penne pasta
2 medium green onions
1 (14½-oz) can pink salmon in water
1 c. frozen peas
1 c. nonfat or low-fat plain yogurt
2 t. dried dill or dried parsley
¼ t. salt
¼ t. ground black pepper
½ c. Parmesan cheese, grated
9-inch square baking dish
Preheat oven to 400°F.



Boil the pasta according to package directions. Drain in a colander. Run under cool water to keep noodles from sticking together. Finely chop green onions. Drain canned salmon. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper. Transfer pasta mixture to baking dish. Sprinkle Parmesan cheese on top. Bake 25-30 minutes, until bubbling and golden.

Notes:

Try using a 12-oz can of tuna in water instead of the salmon.

Kick up the flavor by adding a pinch of ground cayenne pepper to the pasta mixture. Or, top with hot sauce when served.

Northwest Apple Salad

- 2 medium Granny Smith apples
- 2 T. dried fruit, such as raisins,
dried cranberries, or dried currants
- 3 T. plain low-fat yogurt
- 1 T. whole, shelled walnuts
- 1 T. honey (optional)



Rinse and cut apples into 1-inch pieces, do not peel. Place in medium bowl. Add dried fruit and yogurt to bowl. Mix well. In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Once cooled, chop the nuts. Or, put nuts in a plastic bag and crush with a can. Add crushed nuts to bowl and, if using, add honey. Toss and serve.

Notes:

Use any kind of apple in this recipe.

Use any kind of nuts in place of walnuts. Or, omit if allergic.

Cranberry Walnut Coleslaw

- 1 (1-pound) head cabbage
- 3 medium carrots
- 1 c. walnuts
- 1/3 c. cider vinegar
- 1/4 c. canola oil
- 1 T. sugar
- 1 t. celery seed
- 1/4 t. salt
- 1 c. dried cranberries



Rinse cabbage and carrots. Thinly slice cabbage. Peel and grate carrots. Chop walnuts. In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed, and salt. Add cabbage, carrots, walnuts, and cranberries. Toss to mix well.

Note:

If you buy a head of cabbage larger than 1 pound, slice up leftover cabbage to use with another meal. Try sautéing cabbage with sliced apples and seasoning with a little cider vinegar, salt, and pepper.

Serve with chicken or pork.

Do You THINK About What You Eat?

Regarding our personal lives, do we make mindful and conscious choices? Have we become advocates of comfort and ease? Has convenience become our lifestyle? Choosing sugary bakery items, a fruit drink with sugar over the fruit, or eating meals out, are everyday examples of convenience in our lifestyle. Our diet, which is key to sustaining life, has become a choice of convenience in our busy lives. The rising number of chronic conditions reflects our convenient life style. It is important to maintain a healthy diet and to be physically active to promote overall health and well-being. Cigarette packs warn consumers of health hazards, while unhealthy foods lack such warnings. This emphasizes the importance of making mindful choices as consumers, reading nutrition labels, and avoiding foods high in salt, sugar, fat, and preservatives.

A "healthy plate" is often emphasized promoting healthy eating. BUT healthy eating begins with healthy buying and only requires a conscious effort.

Dietary Habits:

- Choose water over sugar-sweetened beverages.
- Add fresh vegetables to your everyday diet and include a variety.
- Include fiber-rich whole-grain foods over processed cereals.
- Consume fresh fruits, and avoid the processed form (juices/ jams)
- Add a variety of protein to the plate from both animal and vegetarian sources.
- Choose low-fat or fat-free dairy to restrict saturated fats without altering the calcium intake.

Physical Activity:

- With the help of an expert, plan an exercise schedule and stick to it.
- Invite a friend for a walk to adhere to the regime
- Start slowly and add time, frequency or intensity every week.
- Make physical activity part of your daily or weekly schedule.
- Move more and sit less throughout the day.

Did you Know. . .

American Psychological Assoc. says nearly 8 in 10 adults say they have stress in their lives. Individuals report increased tension in their bodies, “snapping” or getting angry very quickly. Stress on the body and mind is profound if individuals don’t address self-care.

Here are a few tips to help increase focus and awareness while decreasing stress at work:

Be Present — Be aware and consciously complete tasks. Practice

Mindful Exercises — Be creative about finding time slots in the day to practice short exercises to rebalance your nervous system.

Single-task instead of Multitasking — Focuses on doing one task well at a time.

Use Electronics Wisely — Set a timer on your phone, silence email notifications, and limit time on social media.

Feel Gratitude — Don’t dwell on something that is wrong instead, acknowledge when things go well. Practice with a gratitude journal to feed your mind with positive thoughts.

Baking Tip!

HCE Board member, **Sandy Bryans**, reported she was making two red velvet cakes and didn’t have buttermilk. After some research, she found a tip that said, instead of using buttermilk — use either plain yogurt OR sour cream.

She solved this problem by adding the “same amount” of yogurt to one cake and the “same amount” of sour cream to the other cake.

Sandy reported BOTH cakes were delicious!

Thanks Sandy!

Am Up Your Veggies! — March Lesson

Research shows only 1 in 10 Americans eat the recommended 2-1/2 cups of vegetable per day. The benefits are huge! Fruits and vegetables add vitamins and nutrients to your diet that help protect you from heart disease, stroke and some cancers

Eat a Healthy Rainbow!

Red improves heart health, decreases prostate and breast cancer risk

Green antioxidants decreases cancer risk

Orange/ Yellow immune system health, reduces inflammation, improves vision

Blue/ Purple brain health, memory

White/Brown lower cholesterol, blood pressure, reduces risk of stomach cancer

Great Source of Fiber

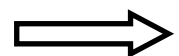
Soluble: aids in maintaining healthy cholesterol levels, found in beans, peas, carrots

Insoluble: keeps digestive tract functioning well, found in cauliflower, green beans, cucumbers, potatoes



Storage and Budget Tips

- ⇒ Frozen and canned are sometimes more nutritious than fresh, and usually cheaper
- ⇒ Root vegetables are usually a budget friendly source of vitamins
Store potatoes and onions separately in a dry, dark place
- ⇒ Place a paper towel in the mushroom container to prevent decay
- ⇒ Wrap leafy greens in a damp towel and place in an OPEN plastic bag in the crisper drawer of your fridge
- ⇒ Store romaine, asparagus, herbs upright in 2-3 inches of water in the fridge
- ⇒ Only wash fresh produce just before eating



Cooking Tips

- Fat (oil) aids in nutrient absorption
- Cook minimally to preserve flavor and nutrients
- Roasting enhances flavor and preserves nutrients
- If family members “don’t like veggies” use different cooking methods and nontraditional seasonings
- Green veggies: sensitive to acid (lemon juice), steam, roast, or stir fry
- Red veggies: acid improves color but may toughen, use acid at the end of cook time

Supper Salad

4 servings

4 cups chopped lettuce	6-oz can tuna, drained
1/2 cup low-fat Italian dressing	1 tomato
2 cups boiled potatoes, diced	2 hard-cooked eggs
2 cups cooked green beans	Black pepper (or paprika)

Toss lettuce with 1/4 cup dressing; make a bed of lettuce on a serving platter. Toss potatoes with other 1/4 cup dressing; place in center on lettuce. Mix together green beans and tuna; arrange on outside of potatoes. Cut tomato and eggs in wedges; arrange them around edge of bean/tuna mixture. Garnish with pepper.

Hamburger Fry Pan Supper

6 servings

1 lb. ground beef	2 cups shredded cabbage
1 medium onion, chopped	3/4 cup thinly sliced celery
2 medium unpeeled red potatoes, diced	1/2 cup water
	Salt & pepper to taste

In a large skillet, brown beef and onion; drain off fat. Add remaining ingredients. Cover skillet with lid; simmer 20 minutes or until vegetables are tender, stirring occasionally.

**Pick up the whole lesson, complete with recipes,
in the U of I Extension office.**