



The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs



Cancer Prevention Month

Since 1938, the President of the United States has proclaimed April as National Cancer Control Month. In conjunction with medical prevention, the most effective way to prevent some types of cancer involve simple lifestyle changes such as:

1. Eating a healthy diet.

- Plant foods contain phytonutrients, or compounds in plants, that are shown to protect cells from damage that may lead to health conditions, including cancer. Reach for more fruits and vegetables during meals and snacks. Remember to eat a rainbow of colors each week!
- The “New American Plate” model (American Institute for Cancer Research) focuses on two-thirds of the plate as plant foods, with one-third animal foods. You don’t have to be vegan to enjoy a plant-based diet and its protective effects.
- Research shows a Mediterranean Diet can reduce the risk of cancer. Learn more about the daily and weekly food categories from Oldways (oldwayspt.org).

2. Being physically active. While physical activity does not directly prevent cancer, individuals who participate in activity have lower cancer risk. Benefits of activity include supporting the immune system, reducing inflammation, and lowering hormones and insulin that are related to the risk of certain cancers to name a few.

3. Limited exposure. Other protective factors include limiting exposure to substances that are known to cause cancer, like tobacco, and substances that are related to cellular damage that can lead to cancer, such as sunburns and alcohol.

Source: Kristin Bogdonas, Illinois Extension nutrition and wellness educator



Strawberry Aguas Frescas

A delicious and nutritious way to hydrate. Mix up a big batch and enjoy all week long!

- 2 cups sliced fresh (or frozen) strawberries
- 2 cups water
- 2 limes, juiced
- 1 tsp. agave nectar (optional)
- Ice cubes
- Mint leaves (optional garnish)

Directions

1. Place strawberries, water, lime juice and agave nectar (if using) in the container of a blender. Process a few seconds until smooth.
2. Fill 2 large glasses or a small pitcher with ice cubes. Pour aguas frescas into glasses or the entire batch into pitcher.
3. Garnish with fresh, whole strawberries and mint leaves, if desired.

For more plant-based recipes, visit the American Institute for Cancer Research.

SPRING SERIES OF HOME HORTICULTURE

MONDAYS, APRIL 10, 17 & 24, 6 - 8 PM,
HOLIDAY INN, ROCK ISLAND, IL



Join IL Extension to explore a variety of interesting topics from local horticulture and environmental experts. The cost is \$10/night, \$25/series. Includes hors d'oeuvres. Register at: go.illinois.edu/SpringSeries23

Monday, April 10, 6 - 8 PM **Going to Bat for Bats!**

Jill Schmidt Naturalist, Clinton County Conservation

These natural insect controllers are a vital component of a healthy environment, and many bats are struggling to survive. Jill will discuss what you can do at your home and in your garden to ensure their survival.

The Why and How of Tree Diversity

Emily Swihart, IL Extension Horticulture Educator

Trees are major components of our landscape on both a physical scale and a temporal scale. As we seek to implement best practices planting and managing our urban forest, we must begin with the most basic of questions which is what to plant. We will delve into the benefits and challenges of planting a diverse urban forest and explore a range of species that can help add variety to our landscape.

Monday, April 17, 6 - 8 PM **Landscaping for the Birds**

Chris Enroth, IL Extension Horticulture Educator

Attracting birds to your backyard can go beyond setting out birdfeeders in order to provide the three things birds need: water, shelter, and food. Learn how to utilize native or well-adapted plants to start creating a landscape that welcomes birds by providing critical pieces of habitat.

Spring: A Time of Bird Transition

Jimmy Wiebler, Naturalist and Research Coordinator, Nahant Marsh Education Center

Migration is the big news of the season. As we changeover from winter to spring we are joined by a bunch of bright new colorful birds. Jimmy will share information on some of these Spring bird beauties.

Monday, April 24, 6 - 8 PM **Growing Plants Indoors**

Perrine West, Gardener

Does your knowledge of this topic stop at how to overwinter a geranium? This experienced gardener will share the seven things you need to know about houseplants. She'll touch on herbs, succulents, begonias, edible flowers, wildflowers, and shade plants.

What's New for 2023

Matt Jones, Nursery Manager, and Ethan Leader, Greenhouse Manager at Corn Crib Nursery

Find out what to watch for in the upcoming year, from the greenhouse to the nursery. Matt and Ethan will share not only those tried and true plants, but ones that you might not be familiar with.

Reduce Flooding & Water Pollution with Rain Gardens and Native Plants | Everyday Environment Webinar | Thursday, April 13 | 1:00 PM

Presenter: Eliana Brown, Illinois Extension Water Quality and Stormwater Specialist

Rain gardens and native plants incorporated into home and business landscapes can help to reduce localized flooding, improve local water quality, provide habitat for wildlife, and much more. Learn how to consider natural options to handle rain runoff and walk through the recent renovation of the Red Oak Rain Garden, one of the premier rain gardens in Illinois that helps to inform outreach by Illinois Extension.

Register go.illinois.edu/RainGardenEEW or call our office at (309) 756-9978.





NATIVE PLANTS: SEQUENCE OF BLOOMS | FOUR SEASONS | TUES. APRIL 25, 1:30 PM

Native plants are essential components of a sustainable landscape, and many offer blooms to brighten any garden. Explore a selection of Illinois native plants suitable for the home garden and find out how to plant in sequence for a show of blooms that runs from late winter through summer – and into fall! Learn about each plant’s size, growth tendencies, light requirements, and soil moisture needs. By the end of the presentation, participants should have a good feel for what characteristics to look for when selecting a native plant for their garden.

Presenter: Elizabeth Wahle, Commercial Agriculture Educator

Register at go.illinois.edu/NativePlants4Seasons or call our office at (309) 756-9978.

DEER DONATION PROGRAM: FIRST-YEAR RECAP PRESENTATION | WED APRIL 19, NOON

Learn about outcomes of Illinois Extension’s inaugural program to increase community access to lean protein through donation of harvested deer. Presenters will share data highlighting the program’s success, including pounds of meat donated, number of pantries reached, and plans for next year. Food pantry operators, hunters, conservation agencies, and potential meat processors who want to be involved in future donation programs are encouraged to participate. Participants will gain an understanding of the steps of a successful donation program and the relationship between hunters, food pantries, and meat processors. There will be time allotted for questions and answers.

The Illinois Deer Donation Program is supported by the Health Equity Achieved Together Project, a multi-disciplinary collaboration with University of Illinois SNAP-Ed.

Register at go.illinois.edu/DeerDonationRecap or call our office at (309) 756-9978.



ADDRESSING AGEISM AND PROMOTING INCLUSIVITY | LESSONS FOR LIVING THURS, APRIL 20 | 2 PM

Come and learn more about what ageism is, how it impacts society, and ways to promote inclusivity in our communities. It is not uncommon for those living in the third stage of life to be categorized as the 55 or 60 plus group, which can subtly suggest that they are so similar they can be “lumped” together. This catchall approach implies that older people are more alike than different from each other, which is a stereotype. Generalizations or stereotypes can lead to ageism, or discrimination based on a person’s age. The truth is, we are all aging, but ageist attitudes influence how we think of others and even ourselves.

Register at go.illinois.edu/2023HCElessons or call our office at (309) 756-9978.



HEALTH INSURANCE DISSECTED | GET SAVVY WED APRIL 12, NOON

Premiums, deductibles, co-payments, and other out-of-pocket health costs all add up. Choosing your health insurance plan wisely can make a big difference in your overall costs. Learn savvy strategies in this webinar on health insurance.

Register at go.illinois.edu/GetSavvyWebinars or call our office at (309) 756-9978.

Illinois Groundwork provides community resources and guidance for creating community green infrastructure.



During large rainstorms, many Illinois residents brace themselves for flooding in their basements, streets, and neighborhoods. Illinois Groundwork, illinoisgroundwork.org, is a new free, online tool for communities and stormwater professionals with resources on green stormwater infrastructure, which provides a way for rain to be absorbed into the soil where it lands.

Green stormwater infrastructure is an approach to enhancing traditional or “grey” infrastructure using a rain garden or even permeable pavement. But this method doesn’t always work as well as it might. By improving access to data, research, and other resources, this tool can help increase the effective use of green infrastructure to address stormwater management challenges.

The web tool outlines a process that users can follow to incorporate soil data into green infrastructure design. Illinois Groundwork provides insights into helpful or necessary expertise, specific tasks, and additional resources. It also includes an interactive resource to help optimize green infrastructure sizing and Plant Finder, which covers 119 plants, with information on soil type, light, and moisture needs for each, as well as photos and descriptions.

“Plant Finder helps designers select plants that are best suited for site conditions and promotes designing with maintenance in mind,” says Layne Knoche, University of Illinois stormwater associate. Other resources include relevant Illinois regulations, scientific literature addressing a range of green infrastructure benefits, and real-world green infrastructure examples.



Get resources at illinoisgroundwork.org



Delicious ways you can support 4-H!

Help the Mercer County 4-H Teen Federation raise funds for the Mercer County Senior Center!

Drive-thru Spaghetti Luncheon Fundraiser



Sunday, April 2, 11 AM – 1 PM
Mercer County Senior Center
137 W Main St, Aledo, IL



Drive thru or, you can also pre-order by calling 309-373-3636 or 309-371-6158. All proceeds from meal donations will support building renovations at the Mercer County Senior Center.

Rock Island County Extension & 4-H Education Foundation's

Pork Chop Dinner

Drive-thru Fundraiser

Thurs, April 27 | 4 - 6:30 pm

Illinois Extension, 321 W 2nd Ave, Milan, IL



New Location!

Stop by our Drive-thru event at the IL Extension office in Milan to pick up a delicious meal to go and support Rock Island 4-H and Extension programs!

Prices: Pork Chop Meal \$10, Hot Dog Meal, \$5

Meals include: grilled pork chop sandwich, or hot dog, potato chips, baked beans, applesauce, dessert.

Take Home a Pie! We will have an assortment of pies made by our 4-H members and volunteers you can purchase at the drive through.