



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](http://extension.illinois.edu/hmrs)

## Celebrating Living Well Month: Prioritizing Well-Being

*Kristin Bogdonas, nutrition and wellness educator*

Every March, the National Extension Association of Family and Consumer Sciences (NEAFCS) proudly marks Living Well Month, a time to promote healthy living and recognize the vital work of FCS professionals nationwide. This initiative encourages individuals and communities to prioritize their health through various educational opportunities offered by local Extension FCS educators across the country.

### A Holistic Approach to Living Well

Living well encompasses more than just physical health; it involves nurturing every aspect of life. Extension Living Well Month provides a platform to enhance physical, mental, and emotional well-being, fostering a culture of health and happiness within communities.

### Key Steps for Living Well

1. **Nourish Your Body:** Prioritize nutritious meals, regular exercise, and sufficient sleep to promote optimal physical health. Focus on lean protein and fiber as found in the Lamb and Quinoa Meatball recipe on the right.
2. **Cultivate Resilience:** Explore mindfulness practices, access mental health resources, and prioritize self-care to enhance mental and emotional well-being.
3. **Build Social Connections:** Engage in community events and programs to strengthen social support networks, fostering a sense of belonging and improving overall quality of life.

### How to Participate

1. **Attend Workshops:** Reach out to local Extension offices for information on health, nutrition, and mental wellness programs in your area.
2. **Enjoy Outdoor Activities:** Take advantage of warmer weather by engaging in outdoor activities like hiking or gardening to boost well-being.
3. **Practice Mindfulness:** Incorporate meditation, deep breathing exercises, or mindful walks into your routine to reduce stress and enhance mental clarity.
4. **Connect Locally:** Access resources and programs aligned with living well principles through community centers, Extension offices, and other health organizations.
5. **Promote Well-Being:** Advocate for well-being in your community by sharing information, organizing wellness events, or collaborating with local organizations.

Extension Living Well Month encourages us to prioritize our well-being by embracing a holistic approach to health. Let this month be a catalyst for positive changes that contribute to a life filled with health, joy, and purpose.



### Lamb and Quinoa Meatballs

#### Ingredients

- 1 pound ground lamb
- 1 cup dry quinoa
- 1 cup water
- 1 egg (or flax egg)
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning

#### Instructions

- Wash hands. Preheat oven to 400 degrees F and line a cookie sheet with parchment paper.
- Soak quinoa for 6-8 hours (or overnight) in a bowl of water in the refrigerator. After soaking, drain and rinse the quinoa.
- Bring 1 cup of water to a boil and add the quinoa. Reduce heat and cook until water is absorbed, about 8-10 minutes. (Allow quinoa to slightly cool before proceeding to the next step.)
- Add quinoa, lamb, egg, garlic, and Italian seasoning to a bowl. Mix well and blend.
- Form 1-inch balls and place on the cookie sheet. Bake until internal temperature reaches 165 degrees F, about 20 minutes.
- These are great on their own or with a salad and your favorite dressing.

Makes ~16 meatballs, Serves 4

Nutrition Facts per serving: Calories: 493; Fat: 30g; Sodium: 250mg; Total Carbohydrates: 31g; Fiber: 3g; Protein: 25g



# SPRING SERIES OF HOME HORTICULTURE

MONDAYS APRIL 8, 15, 22, 6 - 8 PM, HOLIDAY INN, ROCK ISLAND, IL



Join us to explore a variety of interesting topics from local horticulture and environmental experts. The cost is \$10/night, \$25/series.

Register at: [go.illinois.edu/SpringSeries24](http://go.illinois.edu/SpringSeries24)

**Monday, April 8, 6 - 8 PM**  
**Birds of Prey**

*Jill Schmidt Naturalist, Clinton County Conservation*

Amazing eyesight, sharp talons, and a keen sense of flight allow birds of prey to be the ultimate hunters from the sky. Get a closer look at the variety of raptors that live in Iowa, and see two live raptors!

**Is Your Tree Normal? Unveiling Challenges for Effective Tree Care**

*Scott Carlson, Lead Instructor for Iowa Arborist Consulting*

Explore challenges with trees due to improper care, including erroneous planting and neglect. Learn about addressing structural needs, avoiding haphazard pruning, and understanding how trees respond to injury and decay for better care practices.

**Monday, April 15, 6 - 8 PM**  
**Oh Baby, Watch Me Grow!**

*Cindy Descamps, owner of Seeds and Stems Homegrown*

Discover the methods professionals use to propagate plants in spring nurseries. Learn about plants that can't be propagated at home and what to do with your new plants once they start growing.

**Rusty Patched Bumblebee: Quad Cities Contributions to Recovery**

*Lauren Larson, Wildlife Biologist with the US Fish and Wildlife Service*

The federally endangered rusty patched bumblebee has been frequently spotted in our area, providing local biologists with an opportunity to study them. Explore the findings and ongoing conservation efforts related to this species.

**Monday, April 22, 6 - 8 PM**  
**Homegrown Bouquets: Growing a Cut Flower Garden**

*Emily Swihart, horticulture educator, Illinois Extension*

Experience the delight of homegrown bouquets! Learn to cultivate a beautiful cut flower garden, gaining the skills to select, plant, and care for species that come together to create stunning bouquets.

**New Plants: Trying Them, Introducing Them, and Mixing with Our Favorites**

*Shanna Schneiter, greenhouse owner, and grower*

Annually, glossy catalogs unveil the upcoming season's new plant selections. Shanna will discuss how these fresh offerings, ranging from bedding plants to garden varieties, can add excitement to both landscapes AND dinner plates!



**Climate Conversations: Insights from Experts**  
**Thursdays, March 7, 14 and 21 from noon - 1 pm**  
**Gain insights into the evolving climate patterns and their impacts on local environments and communities. Join Bi-CAN for this free online webinar. Sign up at: [go.illinois.edu/Bi-CANClimateSeries](http://go.illinois.edu/Bi-CANClimateSeries)**

**March 7: Understanding Climate Change Basics** Ray Wolf, retired Science and Operations Officer for NOAA National Weather Service, will kick off the series by providing a comprehensive overview of climate change fundamentals. From exploring the basics of climate science to delving into the findings of the National Climate Assessment, attendees will gain a deeper understanding of the complex dynamics driving climate change. Additionally, Wolf will elucidate the specific impacts of climate change on ecosystems throughout the Midwest, offering invaluable insights into the region's environmental challenges.

**March 14: Reflecting on Historical Trends and Future Projections** Duane Friend, University of Illinois Extension State Master Naturalist and Climate Change Specialist, will explore the changing weather patterns witnessed over the last few decades in Illinois and the broader Midwest. Drawing on his expertise, Friend will analyze historical trends, discuss anticipated future changes, and highlight the far-reaching effects of these shifts on ecosystems. By examining past and projected climate data, attendees will gain a nuanced understanding of how climate change is reshaping the natural landscapes of the region.

**March 21: Local Resilience in the Face of Climate Change** Nina Struss, River Health & Resiliency Organizer at Prairie Rivers Network, will round off the series with a focus on local efforts to address climate change impacts in the Quad Cities area. Struss will share insights from the Quad Cities Climate Assessment, a groundbreaking initiative aimed at identifying environmental threats to vulnerable communities in our area. By emphasizing nature-based solutions and fostering strong local commitment, the assessment offers a blueprint for bolstering the region's resilience against the challenges posed by climate change.

Register for any or all of the free series at [go.illinois.edu/Bi-CANClimateSeries](http://go.illinois.edu/Bi-CANClimateSeries)



## RAIN GARDEN ESSENTIALS FOUR SEASONS GARDENING TUES. MARCH 5, 1:30 PM

Discover the power of rain gardens, which act as nature's filter by slowing storm water runoff, reducing soil erosion, and relieving strain on storm water systems. Gain insights into the principles of rain garden construction and design, ensuring that your garden not only enhances the beauty of your space, but also contributes to the health of the environment. Register at [go.illinois.edu/FourSeasons](http://go.illinois.edu/FourSeasons)



## BACKYARD BEEKEEPING FOUR SEASONS GARDENING TUES. MARCH 19, 1:30 PM

Beekeeping is a growing and rewarding hobby that can be enjoyed by backyard gardeners looking to expand into new ventures. Learn the basics of starting a backyard colony, understanding honeybees, and hive management techniques. Get questions answered before the hive arrives.

Register at [go.illinois.edu/FourSeasons](http://go.illinois.edu/FourSeasons)

## BREASTFEEDING THE FIRST SIX MONTH: MYTHS, BENEFITS, AND BARRIERS TUES. MARCH 7, 1 PM



Only one in five infants are exclusively breastfed for the first six months. Breast milk is essential for adequate brain, physical, and immune system development. Any liquids or foods other than breastmilk or formula before six months of age can increase a baby's risk of illness and even impact their future health. Learn about the myths, benefits, and barriers of breastfeeding during the first six months of infancy.

REGISTER AT: [go.illinois.edu/NurturingFoundations](http://go.illinois.edu/NurturingFoundations)

Continuing Education Units are available. More info on the registration link.

## SAVE MONEY ON FOOD: GET SAVVY WEBINAR WED. MARCH 6, NOON



Are you happy with how much money you spend on food? Would you like to learn some tricks for eating well for less money? Learn ways to eat healthy while saving at this free webinar.

REGISTER AT [go.illinois.edu/getsavvywebinars](http://go.illinois.edu/getsavvywebinars)

## SPRING FORWARD: DAYLIGHT SAVINGS TIME'S IMPACT ON HEALTH & WELL-BEING WED MARCH 6, NOON

The annual ritual of Daylight Saving Time (DST) has repercussions on our biological rhythms. Understand the science behind circadian disruptions caused by reduced morning light and their implications for physical and mental health. Discover insights on mitigating health risks and adapting your rhythms after DST transitions. Presenter: Quang Nguyen. REGISTER AT: [go.illinois.edu/SpringtimeScience2024](http://go.illinois.edu/SpringtimeScience2024).

## THE PRICE OF DEBT: HOW MUCH IS TOO MUCH? WED MARCH 13, 11 AM

Find out some things to consider before borrowing. Borrowing money can be an option to support your financial goals, but it can become overwhelming if you don't know where to start. Learn essential factors for borrowing money and determine how it fits your values.

REGISTER AT: [go.illinois.edu/MoneyBasics2024](http://go.illinois.edu/MoneyBasics2024).

## PROTECT OUR DARK SKIES: HOW TO LIMIT LIGHT POLLUTION THURS MARCH 14, 1 PM



Starry nights depend on lights being turned off. Learn how to assess and improve night light conditions in your area to preserve our dark skies.

Register at [go.illinois.edu/everydayenvironment](http://go.illinois.edu/everydayenvironment)

## QCCA FLOWER & GARDEN SHOW

March 22-24, 2024, QCCA Expo Center, Rock Island, IL

Friday: Noon - 8 p.m. | Sat: 10 a.m. - 8 p.m. | Sun: 10 a.m. - 4 p.m.

Admission \$6/advance or \$8 at the door. Details at: [www.qccaexpocenter.com](http://www.qccaexpocenter.com)

Immerse yourself in a weekend of natural beauty at the upcoming Flower & Garden Show! From Friday through Sunday, indulge your senses with stunning garden displays, captivating landscapes, and delightful floral arrangements. Explore room and patio settings that inspire outdoor living, and browse through a diverse selection of lawn and garden products at the marketplace.

Don't miss Illinois Extension's display garden, where Master Gardeners will showcase the diverse branches of Extension's expertise. Visit their information booth to access valuable gardening resources and have your gardening queries addressed. Dive into a series of horticulture presentations to enhance your knowledge and passion for gardening. Join us for a weekend of blooming inspiration and horticultural enlightenment at the QCCA Flower & Garden Show!



## Join the Good Growing Grow Along

Join us as we expand our gardens to include 'new to us' species and cultivars. Register for the Good Growing Grow Along and we will send you the seeds for the species of your choice. Throughout the growing season, we will share our experiences and invite you to do the same.

Register for the Grow Along at [go.illinois.edu/GrowAlong](http://go.illinois.edu/GrowAlong)



# Good growing



## Here are some delicious ways you can support 4-H!

Help the Mercer County 4-H Teen Federation raise funds for the Mercer County Churches Food Pantry

### Drive-thru Spaghetti Luncheon Fundraiser



**Sunday, March 17, 11 AM - 1 PM**  
**Mercer County Senior Center**  
**137 W Main St, Aledo, IL**  
**\$8 for spaghetti, garlic bread, brownie.**

Drive thru or, pre-order by calling 309-371-6158.  
If you can't make it but want to support the 4-H food pantry project, mail check payable to:  
Mercer County Churches Food Pantry  
Mail or bring to: Mercer County Extension & 4-H  
910 13th St. Viola, IL 61486

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

### Pork Chop Dinner Drive-thru Fundraiser

Thurs, April 25 | 4 - 6 pm

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



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.